

Lewiston High School Reintroduction Program 2020

Goals for LHS Summer Programs:

1. Protect the health and safety of students, coaches and spectators-(physical, emotional and mental).
2. Consistency with Governor Little's stages within "Rebound Idaho".
3. Adaptability, flexibility as we learn, and things evolve with COVID-19.

All Stages – Individuals should continue to: Engage in social distancing of at least 6', wear face coverings when applicable, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

- *The symptoms for COVID 19 include (but are not limited to): cough shortness of breath, fever, chills, muscle pain, sore throat and a new loss of taste and smell. Student-athletes should check their temperatures and self-screen for symptoms twice daily.*

The following plan is subject to change based on Lewiston, ID public health district guidelines and policies.

No extracurricular activity will begin until Monday, May 18, 2020.

May 18 – May 29 (Stage 2)

- Groups of **10 or less** (e.g. 9 athletes + 1 coach) where appropriate physical distance and precautionary measures observed. No competition between other schools.

Weight Room:

- Allow the appropriate number of people where social distancing may be maintained.
- Groups established will remain together for the duration of workouts thereafter.
- Lifts/exercises will be limited to those that do not require a spotter.
- Coaches will demonstrate how each station should be cleaned following use (e.g. all grips, bars, benches, handles...) *Athletes will be responsible for cleaning their stations/equipment as well as discarding trash in receptacles provided.*
- Stations will be thoroughly disinfected following each use (working and maintaining communication with custodial staff).
- Participants will furnish their own filled water bottle/container. **No** drinking fountains available. Locker area and bathrooms will **not** be available.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

Gymnasium:

- No more than 10 individuals in the gym.
- Drills for individual development only.
- No full competition or drills that do not support social distancing.
- All participants will utilize hand- sanitizing options provided at entry and exit of facility.

- Participants will furnish their own filled water bottle/container. **No** drinking fountains available. Locker area and bathrooms will **not** be available.

Stadium/Green Space:

- No more than 10 people on the playing field.
- Drills for individual development only.
- No game-like competitions. No direct contact between participants.
- All participants will utilize hand sanitizing options provided.
- Participants will furnish their own filled water bottle/container. **No** drinking fountains available. Locker area and bathrooms will **not** be available.

May 30-June 12, 2020 (Stage 3) – Stage 3 only if Stage 2 criteria are met and satisfied:

- Groups of less than **50** individuals where appropriate physical distancing and precautionary measures observed. No competition between other schools.

Weight Room:

- Allow the appropriate number of people where social distancing may be maintained. Actual number will depend on weight room space allowances.
- Groups established will remain together for the duration of workouts thereafter.
- Spotting/Safety will be determined on COVID status and information via “Rebound Idaho” and local health information/guidelines.
- Space out to minimize contact
- Multiple cleaning supplies (spray bottles) available.
- Coaches will demonstrate how each station should be cleaned following use (e.g., all grips, bars, benches, handles etc...). *Athletes will be responsible for cleaning their stations/equipment as well as discarding trash in receptacles provided.*
- Stations will be thoroughly disinfected following each use.
- Participants will furnish their own filled water bottle/container. **No** drinking fountain available. Locker area and bathrooms will **not** be available.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

Gymnasium: CDC Guidelines on Gymnasiums

- No more than 20 people in the gym.
- Drills for individual development only.
- No full competition or drills that will not support social distancing.
- Participants will furnish their own filled water bottle/container.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

Stadium/Green Space:

- No more than 50 individuals on the playing field.
- Conditioning and drills that allow for appropriate distancing.
- No game-like competitions. No direct contact between participants.
- Participants will furnish their own filled water bottle/container.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

June 13 – 26, 2020 (Stage 4) – Stage 4 only if Stage 3 is met and satisfied:

- Groups of more than **50** people where appropriate physical distancing and precautionary measures observed. No competition between other schools.

Weight Room:

- Allow appropriate number of people where social distancing may be maintained. Actual number will depend on weight room space allowances.
- Groups established will remain together for the duration of workouts thereafter.
- Spotting/Safety procedures will be determined based on ‘Rebound Idaho’ and local health information/guidelines.
- Space out to minimize contact.
- Multiple cleaning supplies (spray bottles) available.
- Coaches will demonstrate how each station should be cleaned following use (e.g. all grips, bars, benches, handles etc...). *Athletes will be responsible for cleaning their stations/equipment as well as discarding trash in receptacles provided.*
- Stations will be thoroughly disinfected following each use.
- Each individual will furnish their own water bottle/container. Drinking fountain will **not** be available. Locker area and bathrooms will **not** be available.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

Gymnasium: CDC Guidelines on Gymnasiums.

- No more than 50 people in each gym that is available.
- Drills for individual development only.
- Limited competition between members of practicing groups.
- Participants will furnish their own filled water bottle/container.
- Drinking fountain will **not** be available. Locker area and bathrooms will **not** be available.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

Stadium/Green Space:

- More than 50 people on the playing field.

- Conditioning and Drills that allow for appropriate distancing.
- Limited competition between members of practicing groups.
- No full contact w/ football (e.g. tackling, live blocking etc..)
- Participants will furnish their own filled water bottle/container.
- All participants will use hand- sanitizing options provided at entry and exit of facility.

June 27 – July 30, 2020 – All subject to change based on state and local health guidelines:

- Kids clinics/camps, athletic camps, and tournaments will be allowed per current guidelines (all local).
- No out of state travel to camps and/or tournaments.
- Competitions allowed between IEL schools... **FANS ALLOWED (subject to change based on state and local health district guidelines/information).**