

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Please see the sample OHSAA COVID-19 Monitoring sheet provided.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. Your school should create a plan for how these documents are filed.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals (as defined above) should not oversee or participate in any workouts during Phase One.

Phases for Cross Country, Cheerleading, Football, Volleyball, Boys & Girls Basketball Individual Workouts

Phase 1

- No gathering of more than 10 people at a time (inside or outside).
- All athletic equipment, including balls, **should not** be shared and should be cleaned after each use and prior to the next workout.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- **The use of locker rooms will not be available.**

Hydration Stations

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) **should not** be utilized.