

## **Training and Conditioning Guidance for Non-UIL Activities**

6/9/2020

Schools may, but are not required to, begin conditioning, training and/or instruction for non-UIL activities that have fall semester competitions beginning June 9, 2020, under the requirements described below. Because of the proximity between individuals, particularly in indoor facilities, stringent compliance with these protocols is strongly recommended. The following are the minimum recommended health protocols for non-UIL conditioning and training programs in Texas. Programs may choose to adopt additional protocols consistent with their specific needs and circumstances.

It is recommended that each school identify a compliance officer to oversee effective use of these protocols.

### **Bringing Students on Campus for Training or Conditioning**

Attendance at workouts and training sessions must be optional for students. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts and training, emailed or otherwise electronically delivered instructions, or any delivery model approved by the local school district.

### **Operational Considerations**

#### *Facilities*

1. Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout/training.
2. Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, and providing guidance to students to enter one at a time and wait six feet apart outside the entrance.

#### *Grouping Students and Staffing*

1. Sport Specific Activities Conducted Outdoors- Students may be placed in working groups no larger than 15 total students, through June 21. Beginning June 22, students may be placed in working groups no larger than 25 students total. Each working group should maintain appropriate distance from other working groups.
2. Sport Specific Activities Conducted Indoors - Students may be placed in working groups no larger than 10 total students, through June 21. Beginning June 22, students may be placed in working groups no larger than 15 students total. Each working group should maintain appropriate distance from other working groups.
3. Indoor workout activities can be conducted up to a maximum of 25% capacity through June 21 and may begin operating at 50% capacity beginning June 22.

4. Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
5. Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a COVID-19 case is confirmed.

### *Health and Hygiene Practices*

1. Before the start of summer workouts or training sessions, and at the start of every week of summer workouts and training sessions, schools should pre-screen all students for COVID-19 symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person, or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the training/conditioning sessions, if possible.
2. Except for reasonable safety considerations, such as spotting, students and staff should maintain at least six feet of distance from all sides when not actively exercising. When actively exercising or playing a wind instrument, students and coaches must maintain at least ten feet of distance from all sides when possible.
3. Workout stations should be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.
4. Schools should have hand sanitizer or hand-washing stations readily available in the workout or training area. Students and staff should be encouraged to sanitize/wash their hands frequently.
5. All surfaces in workout or training areas should be thoroughly disinfected throughout and at the end of each day.
6. Any equipment should be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.
7. No clothing or towels can be laundered on site or shared during workouts/training.
8. There can be no shared water or food.
9. Consistent with the actions taken by many organizations across the state, consider having all employees wear cloth face coverings (over the nose and mouth). If available, employees should consider wearing non-medical grade face masks. Similarly, consider having all students for whom it is developmentally appropriate wear cloth face coverings (over the nose and mouth), except while doing an activity where the mask cannot be worn (e.g., eating). It is most likely not developmentally appropriate for students younger than five years old and for some students with disabilities to wear masks or face coverings.

### **Transportation**

If the school is planning to offer transportation for summer activities, schools should follow the Summer School transportation guidance.