



NEW CANEY ISD

COVID-19 Summer Strength & Conditioning Guidelines

Please note this is not an all-inclusive document. These items may change as new guidelines are released. NCISD is committed to the safety of the student-athletes and staff.

Social Distancing

- All locations will utilize one point of entry and one exit for all participants.
- During workouts, smaller groups will be implemented so that social distancing guidelines can be followed by students and staff.
- All individuals who are participating in Summer Strength & Conditioning are encouraged to wear masks and gloves.

Summer Strength & Conditioning Pre-Screening Procedures

- Prior to entering the building, a COVID-19 symptom pre-screen questionnaire will be administered. If any symptoms are present, the individual will be sent home until asymptomatic for 72 hours.
- Temperature checks will also be taken prior to entering the building. If the temperature is over 100.0° F, the individual will be sent home until fever free for 72 hours.

Disinfecting & Sanitizing

- After every use, all facilities, weight rooms, water fountains, etc. will be disinfected.
- All facilities used during Summer Strength & Conditioning will be cleaned and disinfected on a daily basis at the conclusion of all workouts.
- Hand sanitizer will be available for use during workouts and before entering/exiting the building.

Equipment Usage

- Athletes will not be allowed to share personal items (towels, clothes, shoes, etc.)
- Athletes must come dressed, ready to work out.

Water and Hydration

- Athletes are encouraged to bring their own filled water bottle/jug (i.e. gallon jug)
- Water breaks will be given but there will be no shared water.

Any individual who answers YES to the COVID-19 symptom pre-screen questionnaire should not return to Summer Strength & Conditioning Workouts until the following conditions have been met:

If the individual has a confirmed case of COVID-19

- Stays home 72 hours after being fever free (100.0) without taking medication
- Improvement in other symptoms: (e.g., cough, shortness of breath)
- 10 Days have passed since first symptoms appeared

If the individual has symptoms, but not positive COVID-19 test or medical evaluation

- Meet the same criteria as listed for confirmed case of COVID-19:

If the individual has symptoms and wants to return to work before end of isolation period:

- Obtain a medical professional's note with alternative diagnosis

Any individual living with someone who experiences any COVID-19 symptoms, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer school. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Porter High School Summer Strength & Conditioning Dates/Locations

Girls

Incoming 9th-12th grade - 8 AM-10 AM @ White Oak Middle School

Incoming 7th-8th grade - 10 AM-12 PM @ White Oak Middle School

Boys

Incoming 9th-12th grade - 8 AM-10 AM @ Porter High School

Incoming 7th-8th grade - 10 AM-12 PM @ Porter High School