

# Raider's Edge Summer Preparedness Plan

## RAIDER PERFORMANCE & STRENGTH TRAINING (PHASE 2 APPLICATION)

**Days:** Monday – Tuesday – Wednesday – Thursday

**Dates:** June 15 through August 6, 2020

**Cost:** \$160

**Registration:** All students must pre-register. In person registration is not accepted.

**Note:** Failure to adhere to expectations/procedures/guidelines as outlined below will result in the student athlete being immediately dismissed from the program with no refund issued.

## GUIDELINES

- Students who are currently enrolled at CDH for the 2020-2021 School Year are eligible to register.
- Students must pre-register online. No in person registration.
- Students may attend only the session for which he or she has registered.
- Each session will operate with a maximum of 10 participants.
- Workout sessions will be approximately 90 Minutes.
- Ratio of 1 instructor per 10 student athletes.
- First session check in will start at 7:30 AM with a new session beginning every 20 minutes.
- The 10 athlete training group (pod) will remain together throughout the entire 90 minute training session.
- Students will rotate through 4 stations.
- All CDH facilities are limited access. Only group participants are allowed in training areas, no outside people or personnel

## EXPECTATIONS

- Students will check in at Fitness Center North Entrance (Door 9) 10 minutes prior to start of session.
- Check in will consist of CDH Covid-19 Screening Questionnaire and Temperature check. ***(Using students' phone or iPad. iPad will be available if student does not have a device.)***
- Student must come dressed and prepared to train as locker rooms will not be available.
- Students who are late will not be allowed to participate.
- Students must bring a large water bottle. Drinking fountains will be closed.
- Do not share water bottles, clothing, shoes or towels.
- Students will be educated and expected to sanitize equipment following each use.
- Students must follow instructions on traveling between stations.
- Students must stay with their group for all sessions.
- Students must exit the building immediately upon finishing the final station.
- Coaches are required to wear masks and will maintain a 10' distance between themselves and the group members moving throughout stations.

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## DAILY PROCEDURES

- Enter via Fitness Center Door 9 entrance.**  
Report directly to your first station
- Check In & Hand Sanitize**  
Hand sanitizer will be provided for you.
- Station #1 – Fitness Center**  
Students will enter Door 9 and remain in the Fitness Center.
- Station #2 – Inside | Field House**  
Students will exit the Fitness Center's south most doors and proceed directly to the FH via concession stand hallway.
- Station #3 – Inside | Auxiliary Gym**  
Students will exit the Field House and proceed to the Auxiliary Gym via locker room hall way staircase.
- Station #4 – Outside | Wingerd Turf Field**  
Students will exit the Auxiliary Gym through south west doors, exit the Lentsch forum door 1 and proceed to Wingerd Field via Albert St.

SESSION	CHECK IN	START	END
1	7:30 AM	7:40 AM	8:00 AM
2	7:50 AM	8:00 AM	8:20 AM

3	8:10 AM	8:20 AM	8:40 AM
4	8:30 AM	8:40 AM	9:00 AM
5	8:50 AM	9:00 AM	9:20 AM
6	9:10 AM	9:20 AM	9:40 AM
7	9:30 AM	9:40 AM	10:00 AM
8	9:50 AM	10:00 AM	10:20 AM
9	10:10 AM	10:20 AM	10:40 AM
10	10:30 AM	10:40 AM	11:00 AM
11	10:50 AM	11:00 AM	11:20 AM
12	11:10 AM	11:20 AM	11:40 AM
13	11:30 AM	11:40 AM	12:00 AM
14	11:50 AM	12:00 AM	12:20 PM
15	12:10 AM	12:20 AM	12:40 PM
16	12:30 AM	12:40 AM	1:00 PM
17	12:50 AM	1:00 AM	1:20 PM
18	11:55 AM	12:00 PM	1:40 PM
19	1:30 PM	1:40 PM	2:00 PM

\*\*\*Reference CDH Covid -19 Release Form for actions in the event of a positive test or symptoms\*\*\*

Based on MDH and CDC and NFHS recommendations, we have established some guidelines on the use of our facilities under the current Stay Safe Minnesota Order. As always, please follow the recommended preventative measures in all instances:

- Wash hands often:** Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes:** If you are in a private setting and do not have your cloth face covering on, remember to always cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not available, use the inside of your elbow. Throw used tissues in the trash, and immediately wash your hands.
- Stay home when sick:** The best way to prevent the spread of illness is to avoid exposing others and being exposed to the virus.
- Limit gatherings to 10 people or less:** No more than 10 people should congregate in a public space.
- Practice Social Distancing:** Stay at least 6 feet away from anyone who is not part of your household.
- Continue to wear a facemask while in public:** If a mask is not available, avoid touching your face as much as possible.
- Clean and disinfect:** Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

## PRE-WORKOUT SCREENING:

- All coaches and students will be screened for signs, symptoms and exposure to COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable/High Risk individuals will not oversee or participate in any workouts during NFHS Phase 1/MN Phase 2.

## FACILITIES CLEANING:

- Adequate cleaning schedules have been created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.)
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.

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- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **LIMITATIONS ON GATHERINGS:**

- No gatherings of more than 10 people at a time (inside or outside).
- Locker rooms will not be utilized during NFHS Phase 1/MN Phase 2. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts will be conducted in "pods" of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

### **PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT**

- 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.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

### **HYDRATION**

- 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.