

Updated 7/9 Leander ISD Strength Camp & Skill Development Plan

Pre-Arrival and Check-in

- Athletes & Staff **MUST** wear a facial covering.
- Athletes and staff must complete screening questions before arrival each day.
- Daily chart of athletes and symptoms completed at arrival on Google doc. Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.
- Hand Sanitizer available at check-in site. All athletes must sanitize their hands at check in.
- Stagger Report times of groups to allow complete check-in prior to each group arriving. Social distancing will be required at all times (6 ft apart).

During Camp/Skill Development

- Athletes & Staff **MUST** wear a facial covering unless actively exercising.
- All athletes are required to have their own water bottles labeled and filled with water. Athletes are prohibited from sharing water bottles.
- There will be no use of water coolers, water cows, or reusable water bottles.
- Groups will be made of 20 athletes or less and 1 coach. Limit of 15 athletes if sport specific activity.
- Athletes must remain in same group as much as possible to limit exposure.
- Adhere to social distancing guidelines during strength & conditioning workouts.
 - 6 ft social distancing will be kept when not actively exercising.
 - 10 ft social distancing will be kept when actively exercising.
- Competitive drills involving one or more students on offense against one or more students on defense may be conducted beginning July 13, 2020. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings.
- There will be no high fives, back slaps, or any other physical encouragement.
- All equipment used must be disinfected after each use by athletes.
- Hand Sanitizer available for use at all stations. Athletes will use sanitizer before moving to next station.
- Athletes may be inside gyms and weight rooms at 50% capacity.
- Indoor restrooms will only be used at 50% capacity.
- There will be no locker room access.

Departure

- Athletes must wear a facial covering.
- Athletes will wait outside to be picked up.
- All equipment disinfected.
- Athletes must sanitize their hands when they leave for the day.
- Athletes must leave as soon as workouts are over. No loitering.
- Parents must remain in their cars during the pick up process.

[Updated UIL Strength & Conditioning & Sport Specific Instruction Guidelines](#)

- Campus Athletic Coordinator will identify those who have been directly exposed to infectious secretions (e.g., being coughed on while not wearing a facial covering) or being within six feet of the individual for a cumulative duration of 15 minutes, while not wearing a facial covering, within 48 hours before the individual’s onset of symptoms. Those individuals will be required to self-quarantine for 14 days from their last exposure to that individual.
- District communication will be provided to the parents of students who came in contact with a COVID-19 positive student or staff member.
- Students who have tested positive for COVID-19 will be required to provide a doctor’s release before returning to camp.
- The classroom or area will be disinfected once unoccupied.
- Additionally, staff will follow all LISD health protocols in line with Texas standards for onsite employees.