

## LSHS Summer KEY WorkOut Procedures for PHASE I of Return

- **ALL WORKOUTS** are Voluntary (not required to attend)
- If you have a **PRE EXISTING ASTHMATIC** diagnosis, please consult your doctor about participating.
- **IF YOU ARE NOT FEELING WELL - STAY HOME.** (Cold symptoms, nausea, fever, headache...etc)
- **BEFORE** you can participate, **ALL PAPERWORK** must be completed and turned in before a workout can take place. You can turn the forms in during the pickup days, the week of July 9<sup>th</sup> – July 17<sup>th</sup> in the Field House (located in stadium).

\***ITEMS** to bring to your workout:

\***MASK/FACE** covering for the mandatory screening process... (mask is not required to do the actual workout but is **REQUIRED** to be screened)

\* Water bottle with your name on it. (free bottles in field house)

6 feet of distancing throughout the entire workout period **ON CAMPUS** is mandatory.

**SCREENING PROCESS** takes place everyday at assigned Practice Location.

\*Come to workout with proper shorts, shirt (**shirt is required during the entire workout**) and footwear needed.

\*Temperature will be recorded each day - a temperature of 100.4 or higher will indicate you cannot workout

\* a questionnaire will be completed every day.

**PLEASE ARRIVE TO YOUR WORKOUT PROMPTLY FOR THEIR SCHEDULE SCREENING TIMES.** Your coach will let you know your screening time. (please expect a delay to possibly occur)

\***Follow directions about where to go upon arrival.**

Locker Rooms and School buildings are off limits to everyone.

\***SPECTATORS ARE ONLY ALLOWED IN THEIR CARS.**

Coaches will notify athletes of cancelation in case of bad weather.