

**ARCHULETA SCHOOL DISTRICT 50 JT
ACTIVITY GUIDELINES QUICK REFERENCE CHART**

ASD will follow San Juan Basin Public Health, NFHS and SMAC (Sports Medicine Advisory Committee) Guidelines for Opening High School Athletics and Activities. Reminder: Participation is strictly voluntary and only for high school students. ALL DATES AND PROCEDURES LISTED BELOW ARE TARGETS AND SUBJECT TO CHANGE, contingent on keeping the spread of COVID -19 at a manageable level.

General Activity Description	Individual Skill Development & Workouts	Maintain Physical Distancing
Symptom screening - NFHS Coach monitoring checklist (Google Form with daily responses from questionnaire). If a student or coach has symptoms or answers yes - coaches will contact parents and the athletic director and remove the student from the activity.	All participants and staff enter/exit through the same location(s) each day. One way entrance, another way exit, Only restrooms, weight room and gyms will be opened. Locker Rooms will NOT be available.	Minimum distance of 6 feet between participants at all times. Gym floors will be disinfected after each practice. FACE COVERINGS ARE TO BE WORN GOING IN AND OUT OF THE BUILDING, not during workouts
Attendance will be taken, and kept on file, for all sessions. Athletes who are late and miss screening will not participate that day. Athletes can only be a part of two different pods (if they play multiple sports) and need to stay in the same pods for the duration of Stage 2.	All participants must have a personal water bottle(s) - no team jugs or water fountains may be used. Water fountains will be covered up and not used.	There may be up to 25 people in the area doing the same activity in pods of 10 or less. Athletes are to stay in the same pod for the duration of Stage 2
Weight Room		
Pod size limit: 10 - One user per station. No lifts that require a spotter. Equipment must be wiped down after each individual use and the entire area needs to be sanitized by the coach after the group is finished.	Restroom facilities will be made available to all students- no matter the group. All individuals need to wash hands prior and after each workout	Pod size limit: 10 - One user per station. No lifts that require a spotter. Equipment must be wiped down after each individual use and the entire area needs to be sanitized by the coach after the group is finished.
Cross Country		
Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. start or finish)	All individuals need to wash hands prior to and after each workout	Group may start off campus.
Track		
Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. start or finish). NO sharing of implements/equipment. Padded equipment will NOT be allowed.	All individuals need to wash hands prior to and after each event	Group are limited to pods of 10 with a max of 25 on the field. Pods must be 20 feet apart
Golf		
Maintain appropriate physical distancing of 6 feet	All individuals need to wash hands prior to and after each round	Groups may meet at Golf Course
Volleyball		

Conditioning, and drills may take place as long as social distancing is strictly followed. Gym floor is to be disinfected after each practice or use.	All individuals need to wash hands prior to and after each workout. Volleyballs need to stay in the same pod and be disinfected after each practice.	Groups are limited to pods of 10 with a max of 25 in the gym. Pods must be 20 feet apart
Soccer		
Conditioning, drills and play may take place as long as social distancing is strictly followed. Balls must be disinfected after each pod use.	All individuals need to wash hands prior to and after each workout. Volleyballs need to stay in the same pod and be disinfected after each practice.	Group are limited to pods of 10 with a max of 25 on the field. Pods must be 20 feet apart
Baseball		
Conditioning and drills make take place as long as social distancing is followed. Players should not share gloves or bats. Players may hit in cages, throw batting practice. Baseballs must be disinfected after each pods use. Ground balls and live hitting are permitted.	All individuals need to wash hands prior and to after each workout. Baseballs need to stay in the same pod and be disinfected after each practice.	Group are limited to pods of 10 with a max of 25 on the field. Pods must be 20 feet apart
Basketball		
Conditioning, drills and shooting make take place as long as social distancing is strictly followed with no contact between players. Courts must be disinfected after each practice or use.	All individuals need to wash hands prior to and after each workout. Basketballs need to stay in the same pod and be disinfected after each practice.	Groups are limited to pods of 10 with a max of 25 in the gym. Pods must be 20 feet apart
Wrestling		
Conditioning, mirror drills with spacing, no player to player contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is strictly followed). Mats must be disinfected after each use.	All individuals need to wash hands prior to and after each event	Groups are limited to pods of 10 with a max of 25 in the wrestling gym. Pods must be 20 feet apart
Cheerleading/Poms		
Conditioning and individual technique/choreography work. Students may not practice or participate in partner or group stunts. No cheer mats may be used.	All individuals need to wash hands prior and after each event	Group are limited to pods of 10 with a max of 25 on the field. Pods must be 20 feet apart
Football		
Conditioning and individual drills. Footballs may be used, but no contact with other players is allowed and there should be no use of tackling dummies/donuts/sleds. Protective equipment is prohibited. Each pod must have their own footballs to use during Stage 2.	All individuals need to wash hands prior to and after each workout. Footballs need to stay in the same pod and be disinfected after each practice.	Group are limited to pods of 10 with a max of 25 on the field. Pods must be 20 feet apart