



**Coaches Instruction and Protocol for Return
to athletics and activities at Charles City County High School
(Conditioning- To begin Nov. 4, 2020)
*All dates/times subject to change.**

1. Student-athletes must have a completed physical and handbook signed on file before being allowed to participate.
2. Coaches and student-athletes must pass temperature screenings prior to entering the building. Any failed test will result in dismissal from the property.
3. Coaches must sign-up with the athletic director to use the facility and provide a list of names of student-athletes who will be utilizing the facility at that time.
4. Masks are to be worn by student-athletes unless they are actively participating in a drill or running. Coaches must keep masks on unless they are 10 feet or more from student-athletes while providing instruction.
5. Cohorts will be **no more than 10 people** per designated area. For example, a cohort for weightlifting will be confined to the weight room or outside running on the field/track. They will not be allowed in the gym or any other practice area.
6. Cohorts will be allowed to come to the premises **every other day**. This will allow for easier contact tracing.
7. Coaches will assist with maintaining the cleanliness of facilities.
8. Locker rooms will have minimal use.
9. No visitors or spectators will be allowed inside the facility during conditioning.
10. **Conditioning is not mandatory!**