

UPDATED 7/17/20: Mesa County Valley School District Summer Activity Guidelines -STAGE 1B

District 51 will follow Mesa County 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.

Stage 1B: Starting July 17th - these changes are in compliance with the Governors' Mask Mandate effective 7/17/20.

1. Face coverings are **required indoors** for both coaches and athletes (masks may be removed during a lift, but need to be worn all other times) with a limit of 15 individuals in the weightroom during Stage 1B. **Gyms and wrestling rooms will be closed at this time.**
2. There may be up to 50 people in the area doing the same **outdoor** activity in pods of 15 or less. Athletes/participants are to stay in the same pod from the previous stages. If a group has not met, then new pods can be arranged.
3. Minimum distance of 6 feet between participants at all times, unless wearing a mask.
4. Limit access only to parts of the building that are necessary. Access will be limited to the area team/coach has scheduled- weight rooms and restrooms. **NO LOCKER ROOM, BAND ROOM, WRESTLING ROOM OR GYM ACCESS PERMITTED** during Stage 1B.
5. All participants and staff enter/exit through the same location(s) each day. Groups will not enter and exit from the same point.
6. Symptom screening - NFHS Coach monitoring checklist (Google Form with daily responses from questionnaire). If a student has symptoms or answers yes - coaches will contact parents and remove the student from the activity. **CONTACT TRACING IS VERY IMPORTANT!**
7. Attendance will be taken, and kept on file, for all sessions. Participants who are late and miss screening will not participate that day.
8. 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.
9. All areas need to be sanitized by the coach/sponsor prior to participants entering and again after participants exit.
10. **All participants and staff will wash hands both prior and after the activity** (Touchless hand washing stations will be provided at each school). If the group meets off campus, hand sanitizer can be used.
11. All equipment must be sanitized before and after use. Weight equipment must be sanitized by the user immediately after each individual use. Balls and pads may be used during this stage. If equipment and balls stay within the pod, there is no need for it to be sanitized. For equipment and balls that are shared between pods, all items are required to be sanitized.
12. Participants are encouraged to shower and wash workout clothes immediately upon return home.

Weight Room: Scheduled by coach/sport

● Group size limit: 15 - 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. Masks are worn in and out of the weightroom, but may be removed only when lifting. Restroom facilities will be made available to students.

Practice facilities areas are CLOSED to outside spectators and participants to maintain required Mesa County Public Health guidelines. In general, masks are required while in doors, but are not required outdoors if social distancing is maintained.