

Phase one: June 1 until further notice

Important notes and points of emphasis:

- Pre-workout screening: If anyone has a fever or has Covid-19 symptoms, they are a NO GO!
- Pre-sanitize/wash hands before workout
- Sign yourselves in at sign in-sheet each time you workout
- 6 ft separation between athletes is the main theme on everything we do
- Face coverings are acceptable but not mandatory (This could change)
- No use of drinking fountains. **Players should bring their own hydration in marked bottle.**
- No sharing of hydration bottles. **Players should bring their own hydration in marked bottle.**
- There will be limited bathroom/locker room access (These will be marked)
- Post sanitize/wash hands after workout.
- Lakota will Sanitize all athletic equipment after each use
- No use of cell phones while working out. These can be mistakenly mishandled by others.
- Athletes are not to linger in groups after workout. Leave facility immediately after workout.

Other Notes:

- **It would be very helpful if all athletes could supply themselves with hand sanitizer!**
- The month of June is for skill training and weight training only.
- Competition in the Sports of Baseball, Softball, XC, Golf are acceptable over the summer.
- Staff will be present at each workout for assistance/support/guidance.

Important Reminders:

Parents and Players, we need your help in returning back to Lakota campus safely and confidently.

It is critical that athletes follow the safety measures that we are putting in place for the sake of all.