



Natomas High School Men's/Women's Basketball

Daily Schedule:

- Men's
 - Monday - Thursday
 - Pod 1 (10 athletes) 5:15 pm - 6:00 pm (JV)
 - Pod 2 (10 athletes) 6:30 pm - 7:45 pm (Varsity)
- Women's
 - Monday-Thursday
 - Pod 1 (10 athletes) 8:30 pm - 9:45 pm (JV)
 - Pod 2 (10 athletes) 10:00 pm - 11:15 pm (Varsity)

Flow of admission:

- Athletes will enter campus through the theater gates.
- Athletes will participate in the pre-screening process. (see below)
- Athletes will enter practice through the exterior door to the main gym.
- Athletes will exit practice through the North PE Hallway door. (Near Joey's Food Locker)
- Designated bathroom for practice will be in the lobby of the gym

Pre-Screening:

- Athletes will enter through the theater gate.
- Athletes must have all documents completed and cleared by the Athletic Director prior to completing the pre-screening process.
- Pre-screening station will be located near the outside bathrooms connected to the multipurpose room near the student store, and include:
 - Athletes will have their temperature taken
 - Athletes will complete the pre-screening survey.
 - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated restroom near the student store to wash hands.
- Athletes will be lined up using social distancing to wash their hands.

- Once athletes have washed their hands, they will proceed to the exterior door to the main gym for practice.

Phase 1

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after practices
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathrooms for use during practice will be in the lobby of the gym.
- Athletes will be grouped into pods of no more than 10 athletes. They will stay in their pods throughout the duration of Phase 1.
- Pods can access the large gym, small gym, and weight room as needed while meeting the safety guidelines.
- Athletes will supply their own water bottle.
- Athletes will place their bags in designated areas that are spaced out 6 feet apart.
- Each player will be assigned their own ball.
- After each session balls will be sanitized prior to the next group entering the gym.
- Practices will consist of weight training, conditioning, and individual skill development.
- For weightlifting time, please see the Natomas High Weight Room Plan

Basketball Flow Map

