



FOOTBALL RETURN TO ATHLETICS PLAN

Monday - Thursday

Pod 1 (2 groups of 10) 1:00pm arrival

Pod 2 (2 groups of 10) 1:20pm arrival

Pod 3 (2 groups of 10) 1:40pm arrival

Pod 4 (2 groups of 10) 2:00pm arrival

Each assigned POD of 20 arrives at their designated time - these times will be staggered to ensure that each POD of 20 can be checked in and moved to their 1st station using social distancing.

This rotation will repeat itself every 20 minutes.

3 - 30 minutes stations

Workouts will be conducted in a 2 hour window

Players divided into groups of 10 (out of the 20 POD) based off position/grade

A coach will be assigned to each group and will rotate with them

2-3 Coaches will supervise area stations and help with sanitation and procedures

Players will be given times to show up (in pods) for checking in.

Meet in hall by wt room & gym ex Pod 1 group A (outside wtroom) Pod 1 group B (outside gym)

Conduct hand washing / COVID-19 Temperature check & daily questions during check in

Social distancing during all workouts

New group every 20 mins

5 - 20 min rotations

3 Stations: Wt room 1/Wt room 2, Stadium Turf, Grass Field

Each station will be sanitized before groups rotate
As each Pod finishes (staggered) they will exit the facility - every 20 minutes.

Come dressed in workout clothes and shoes
Each player brings their own water with their name on it and cleats for fieldwork.
Players will have an individual area designated for their shoe bag
There will be NO ACCESS to locker room or water carts