



## WRESTLING RETURN TO ATHLETICS PLAN

### Training Schedule

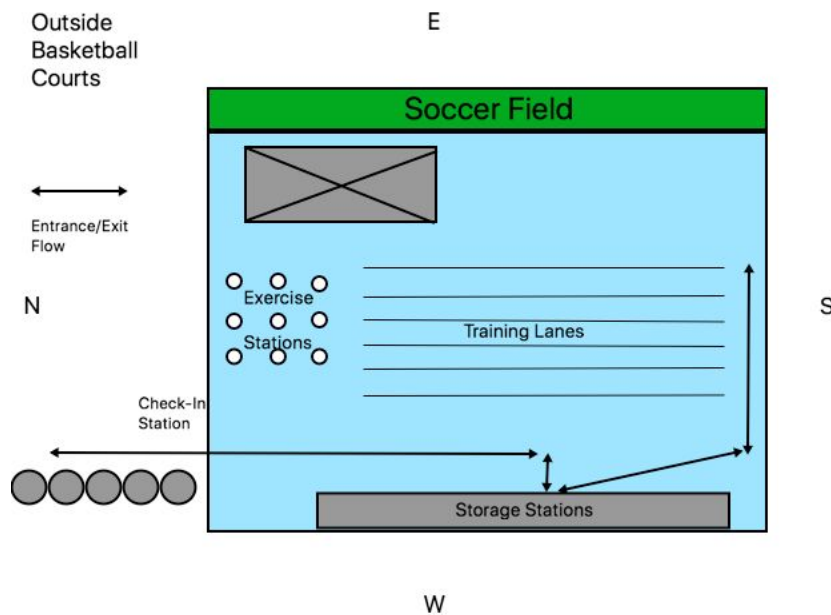
Training schedule is tentatively scheduled for Monday, Wednesday, and Fridays at 6 PM and will run until 7:45 PM.

### Phase 1

### COVID-19 WAIVER OF LIABILITY

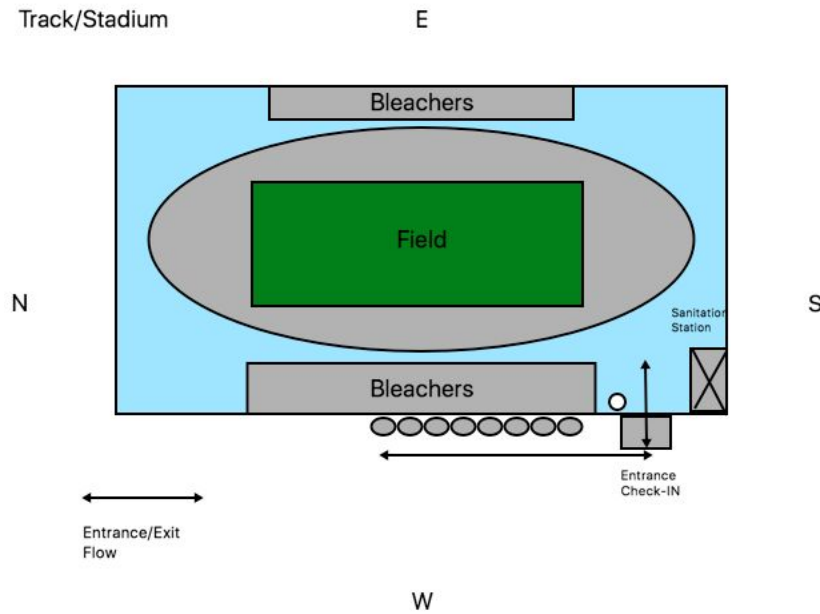
All students will be required to have a signed COVID-19 Waiver on file prior to returning to play in phase 1 - also the COVID-19 slide presentation must be completed and form signed.

### EXTERIOR BASKETBALL COURT FLOW OF TRAFFIC



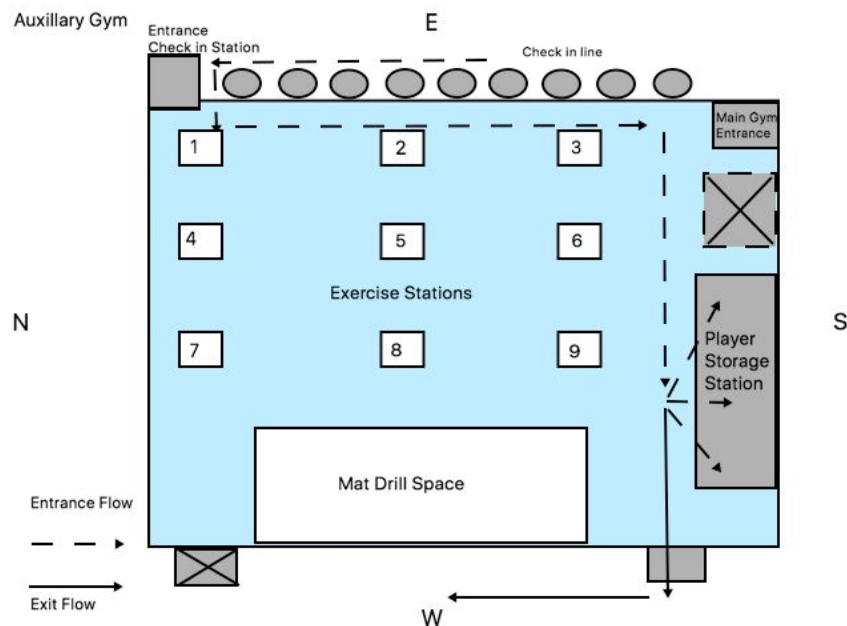
All student athletes will enter and exit while maintaining distancing guidelines and ensure flow of groups through the grounds. Athletes would stay in their designated lanes and exercise stations throughout the entirety of the training session as directed by training staff.

## TRACK FLOW OF TRAFFIC



All student athletes will enter and exit through the main entrance when there are no other individuals in the immediate vicinity of the main entrance. Students will enter at a minimum of 6' distance between all individuals as directed by training staff. Student athletes will maintain all social distancing guidelines throughout the duration of training.

## AUX GYM FLOW OF TRAFFIC \* when applicable



*\*Auxiliary Gym usage is contingent on the rescinded restrictions from Sacramento County, approval by the Natomas Unified School District, and availability.*

All student athletes will enter and exit through different doors in order to maintain distancing guidelines and ensure flow of groups through the facility. Athletes would stay in their designated gym throughout the entirety of gym training session.

### **Physical Exams**

Athletes are required to pass a physical prior to their season of sport.

New Athletes: Require all athletes to (first-time athletic participants in a school's athletic program) to obtain a pre-participation physical examination.

Returning athletes: Must have a current physical on file.

Athletes with underlying, pre-existing conditions, injuries or illnesses must obtain an updated pre-participation physical examination or appropriate clearance from the treating physician upon situation

### **Off-Season Workouts**

Off-Season workouts are voluntary and cannot be used in 2020-2021 as a reason for exclusion during the season of the sport.

There will be a maximum of 14 athletes to 1 coach per gym through the duration of Phase 1 or until instructed otherwise with a minimum distance of 6' radius. Athletes may not switch groups at any time. They must go to the assigned group and time.

### **Medical Kit**

NUSD shall create an expansive medical/injury kit for each level of sport and provide to the Varsity Head Coach to distribute to all levels before Phase 1 can begin. Items include: thermometer, gloves, ice packs, PPE, and basic first aid items.

### **Sanitation**

Sanitation will take place in between groups of athletes training. We will work closely with the AD and Janitorial staff.

### **Washing of Hands**

All student/athletes and coaches should wash their hands for a minimum of 20 seconds with warm water and soap upon entering the building. Depending on what the school provides it will either be in the restroom or a hand wash station.

### **Pre-Workout Screening**

Per District regulation, we will have the student/athlete hand wash on arrival form a line on designated spots for waiting. Training staff would ensure screening is administered to each student. Screenings are to include but not limited to: contactless temperature checks and questionnaires. If the player does not meet criteria of a "healthy" state by the district, the

player would be instructed to go home for 14 days or unless approved by a doctor.

### **Preparing for practice**

The student/athlete will arrive ready to go in their appropriate attire and with the adequate supplies.

### **Designation of workout space**

Exercise stations will be designated by painters tape throughout the facility. Due to the maximum of 14 students/athletes, we would designate exercise stations with a minimum of 6' distance between all individuals.

Additional space will be provided for wrestling specific non-contact drills. For example: stance motion drills, sprawls, leg-attack variations, stand-up & cut-away drills, and etc.

Track workouts will maintain 6' distance at all times.

### **Workouts**

During Phase 1: Workouts would include speed & agility, plyometrics, as well as wrestling specific non-contact drills. No contact will be allowed during this phase. Due to inactivity many of the athletes have not been working out regularly and we will be participating in progressive conditioning.

### **Hydration Expectations**

All students/athletes are required to bring their own water bottle and towel. Be sure to bring enough water for an entire 90 minute practice. All water bottles must have the student athletes name on them. There will be no sharing water bottles. Drinking fountains will not be available for use.

### **Locker Rooms**

No locker rooms will be utilized during Phase 1.