



# INDERIKUM

## HIGH SCHOOL

### Boys Basketball

#### Daily Schedule:

- **Varsity**
  - Monday-Thursday
  - Group 1 (10 Athletes) 1 hour 15 minute main gym/or outside depending on County guidelines
  - Group 2 (10 Athletes) 1 hour 15 minute main gym/or outside depending on County guidelines
- **JV**
  - Monday-Thursday
  - Group 1 (10 Athletes) 1 hour 15 minute small gym/or outside depending on County guidelines
  - Group 2 (10 Athletes) 1 hour 15 minute small gym/or outside depending on County guidelines

(if Saturday practice: JV and Varsity will go 1 hour and 10 minutes after another 10 Athletes at a time)

#### Flow of admission:

- Athletes will enter campus through the door near the weight room and coaches office
- 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 door near the small gym leading to the student parking. (Heading toward football field)
- Designated bathroom for practice will be outside of the gym near the weight room

#### Pre-Screening:

- Athletes will enter through the door in the coaches office hallway.
- 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 in the coaches office hallway, 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 workout

#### Phase 1

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after workout
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Athletes will use the designated bathrooms during workout near the coaches office hallway outside of the gym.
- Athletes will be grouped into more than 10 athletes. They will stay in their groups throughout the duration of Phase 1.
- Groups 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.
- Workouts will consist of weight training, conditioning, and individual skill development.