

Athletic Director
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Hopkins Vikings

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Athlete/Coach/Volunteer Expectations to Return to Activities

(Athletes/Coaches/Volunteers are expected to adhere to the following processes in regards to summer activities, otherwise they will not be allowed to participate.)

1) Pre-Screening Process

- a) Temperature Check with thermal thermometer
- b) Fill out documentation (online or paper determined by program) in regards to health
 - i) If an athlete/coach/volunteer has any symptoms of Covid-19, they will be asked to leave and will not be allowed to participate.
- c) Any vulnerable individuals shall not oversee or partake in any activities

2) Activity Limitations

- a) As of 6/2/20 no groups larger than 100 shall participate in activities
- b) Locker rooms will be closed and off limits to all participants.
- c) Workouts will be delivered in pods, the same group of students will work together in order to limit exposure in case someone develops an infection
- d) Social distancing during activity will be enforced, 6ft. Minimum distance will be used for all activities.

3) Facilities Cleaning

- a) All facilities will be cleaned prior to each days activities, our programs will be working with our custodial/grounds staff to determine adequate schedules for cleaning.
- b) Participants should wash hands for 20 seconds or use hand sanitizer prior to touching any equipment. There will be time provided for athletes to sanitize/wash hands as appropriate during the workout.
- c) Students are strongly recommended to come ready to pair soon after the activity as possible at home.

4) Physical Activity and Athletic Equipment

- a) There should be no sharing of towels, clothing or shoes
- b) All equipment will be sanitized before/during/after activities

Hopkins Athletic Department
Core Values
Spirit, Determination, Loyalty, Excellence,
Unity



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5) Hydration and Food

- a) All students must bring their own water bottles, and should not share with others
- b) Hydrations Stations will not be permitted (Water Horse, Water Fountains)
- c) Food should not be shared or eaten in a buffet style.

These areas of concern are fluid, as the state opens up more what coaches are allowed to do will open up as well.

Some sports have higher risks than others that may increase their level of safety. All participants are participating at their own risk. All summer activities are voluntary and therefore should only be attended if comfortable enough to follow the procedures listed above.

If a student tests positive for Covid-19 they and others who were participating along with them would be unable to participate in activities for a 2 week period, as to avoid the spreading of Covid-19 to others.

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