

# Strength & Conditioning Camp F.A.Q.

**We do understand that this is not “normal”,  
however this is a step towards “normal”  
so please be patient with us while we all manage our new “normal”.**

## **My student is a multi sport athlete so which sport do they choose?**

- Students that participate in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.

## **How do we know what time slot we are assigned?**

- The registration will end at 2:00pm on Saturday, 6/13. Students will be notified by 5:00pm on Sunday, 6/14 of their days and time.

## **How are the groups being assigned?**

- Per IHSA in Phase 1 Students will work in groups of 9 students with 1 coach making the total 10 people. When registration ends, the list of students per sport will be sent to the coach to split into these group totals if necessary. Then the time slots will be determined by availability of space.
- Varsity (class of 2021 seniors and juniors) **will have the first opportunity to participate**, followed by other varsity and lower level members on down as space and time allows. There will be no charge for this camp during Phase 1, however there is no guarantee of a spot in this camp EXCEPT for returning Seniors and Juniors.
- During the month of June, FALL sports will be the main focus of this session. Other sports will have opportunity as time and space permit.

## **How is social distancing being maintained?**

- Everyone must maintain a distance of 6 feet at all times within their assigned group. Each group must be at least 30 feet apart. Students and coaches will not be allowed to switch groups after they begin practice to ensure safety. Interaction between groups shall be avoided.

## **Where do the students get dropped off or enter the building?**

- At **OHS** all students will enter at **Door #35**.
- At **OEHS** all students will enter at **Door #41** (except for the week of June 15th, coaches will let athletes know the location ).

## **What facilities are going to be used during this camp?**

- Both indoor and outdoor facilities may be used (as available, indoor facilities may have conflicts due to student pick up days/graduations).

## **Will temperatures be taken?**

- Athletes will be monitored at the start of each practice for a temperature > 100.4 F/37 C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea or loss of taste or smell). If symptoms are present they should not participate in practice and should be referred to a physician for evaluation and testing.

## **When can I drop off and pick up my student?**

- Students can NOT be dropped off more than 5 minutes before the start of their camp and students MUST be picked up IMMEDIATELY following camp.

## **Will water be provided?**

- No, per IHSA in Phase 1 all athletes need to bring their own water bottle to ensure their safety and can not share with others. Drinking fountains are not permitted unless they are touchless fountains during this time.

## **Will bathrooms and locker rooms be available?**

- No, per IHSA in Phase 1 all bathrooms and locker rooms will NOT be accessible during this time. Please be prepared for this situation.

## **What should my student bring to camp?**

- All students must have a face mask at all times and should bring their own water bottle and towel if needed. NO bags or backpacks will be allowed. Students should come and go with only essentials needed for participation.

### **Will the student be required to wear a face mask?**

- All students must bring a face mask with them each day and shall be worn when social distance cannot be maintained.

### **Will there be athletic trainers on site?**

- Training services for summer camps are limited and will be focused on COVID 19 temperature checks, symptom checking and minor injury care when needed. For this Phase 1, trainers will not be available for taping, rehabilitation, special services, etc.

### **Will hand sanitizer be provided?**

- Yes, we will have hand sanitizer available which all students and coaches will need to use at the beginning and end of each camp.

### **What type of activities will my student partake in during this camp?**

- Sessions can only include weight lifting, running, and exercises designed to promote physical fitness. Sport specific drills are not permitted and sport specific equipment may not be used. Free weight exercises that require a spotter can not be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

### **If I do not feel comfortable with my student participating in camp will that be held against them?**

- No, this is a completely optional camp. If you do not feel comfortable that is completely up to you.

### **What does a day at camp look like?**

- Students arrive at camp no earlier than 5 minutes prior to the start.
- Coach sanitizes all equipment before use.
- Students must be wearing a face mask.
- Students are asked not to congregate in order to maintain social distancing.

- Students will have their temperature checked and answer a symptom questionnaire. (These records will be kept on file per IHSA)
- All students and coaches will sanitize their hands. Hand sanitizer will be provided.
- Students will participate in camp.
- Students will sanitize hands.
- Students will exit the building from the door nearest their location at that time (as long as it is not the same as the entrance door) and then will walk outside the building back to the parking lot. (Must be picked up immediately)
- Coach will then sanitize all shared equipment after use.

**If your camp is located outside at the start of camp:**

- Same as above, however the coach will be screening the students at that location.

**What are the guidelines for the coaches?**

- All coaches running camps will be SD308 employees and/or coaches staff members.
- No non-staff volunteer coaches will be allowed.
- They will follow the CDC and IDPH guidelines.
- Will perform temperature checks and symptom questionnaires.
- Wear face coverings at all times.
- Follow hand hygiene instructions and/or wear gloves.
- Wipe down personal spaces.
- Follow high touch cleaning protocols to wipe down areas after use.