

# **Team Summit, Covid-19 Clubhouse Opening**

## **-Second Phase-**

### **Sanitation and General Health Practices**

- All staff will wear protective face (mouth and nose) covering. A sun or snow buff is sufficient covering.
- All athletes will wear protective face (mouth and nose) covering. A sun or snow buff is sufficient covering.
- Athletes are responsible for bringing their own water bottles to training sessions. The preferred water bottle will have a straw out of the top of the water bottom so the athlete does not take their face mask off to get a drink, they simply feed the straw under their mask for a drink.
- Frequent cleaning/sanitizing of all high touch areas (such as door handles, handrails, bathroom amenities) will be done by Team Summit staff working at the clubhouse.
- The exterior doors must remain propped open throughout the entire day of training sessions to allow for better air circulation.
- All staff will practice social distancing.
- All athletes will practice social distancing.

### **Restrooms**

- Bathrooms will be open.
- Only 1 athlete or staff member may be in a restroom at a time.
- Faucet handles, toilet flushing handles, plus all other high touch surfaces in the restrooms will be cleaned/sanitized by staff after each scheduled training session.

### **Upon Arrival to a Training Session**

- Each training session will be limited to 7 athletes and 1-2 coaches. (8-9 athletes and 1 coach for outdoor training sessions)
- Attendance will be taken and recorded that include questions about how the athlete is feeling that day with specifics about any Covid-19 symptoms. If the athlete has any symptoms they will be asked to contact their parents and not allowed to participate in the activities.
- Athletes will begin an outdoor warm up including jogging and mobility walks.
- Just prior to entering the clubhouse each athlete must apply a hand sanitizing solution onto their hands.

- Each athlete will have their own training space (~9' x 8' in area) as well as individual bars, weight sets and weight collars. There will be no sharing of equipment or individual training space of any kind.

## **End of a Training Session**

- Each athlete is responsible for disinfecting their own training space (EX: disinfecting bars, weights, collars and racks).
- Each training space will be supplied with a spray bottle of disinfecting solution, paper towels and a coach will supervise the cleaning process.
- Team Summit staff will wipe down high touch areas with a disinfecting solution.
- At the conclusion of an entire day of training sessions, Team Summit staff will also spray the gym area, restrooms and common area near the doors with a disinfecting spray such as Lysol.

**Individual Considerations**, please take personal responsibility for your health and the health of your teammates and coaches by adhering to the following:

- Stay more than 6 feet away from other people.
- Frequent washing of your hands.
- Stay at home if you are feeling sick and contact your doctor for further recommendations.
- Symptoms that should prevent you from attending training and prompt you to contact your doctor:
  1. Fever
  2. Cough
  3. Shortness of breath
  4. Sore throat or congestion
  5. Headache or chills
  6. Muscle or joint pain
  7. Nausea or vomiting
  8. Loss of sense of smell or taste
  9. Diarrhea
  10. OR any current health advisories put forth by the CDC