

COVID-19 Strength and Conditioning and Sport Specific Instruction

UIL schools may, but are not required to, begin UIL Summer Strength and Conditioning and Sport Specific Instruction beginning June 8, 2020 under the requirements described below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

Deciding Whether to Offer In-Person Summer Strength and Conditioning

Schools should take their local context into account when deciding whether to offer summer strength and conditioning on campus by monitoring the situation on the Texas Department of State Health Services dashboard. Schools should follow all local and state requirements when considering strength and conditioning activities.

Requirements for All Workouts
Attendance at workouts must be optional for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.
Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.
Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
During workouts, schools must have at least one staff member per twenty students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
No clothing or towels may be laundered on site or shared during workouts.
There can be no shared water or food.
Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible.
Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.
If the school is planning to offer transportation for summer activities, schools should follow all TEA guidance and local guidance related to such transportation.

* Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

Strength and Conditioning Workouts
<p>A strength and conditioning session shall be no more than two consecutive hours per day, Monday through Friday.</p>
<p>Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.</p>
<p>Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.</p>
<p>A student shall attend no more than one session per day.</p>
<p>Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.</p>

Sport Specific Instruction
<p>Sessions may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.</p>
<p>Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed. School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.</p>
<p>Sport Specific Activities Conducted <u>Outdoors</u> - Students may be placed in working groups no larger than 15 total students. Each working group should maintain appropriate distance from other working groups.</p>
<p>Sport Specific Activities Conducted <u>Indoors</u> - Students may be placed in working groups no larger than 10 total students. Each working group should maintain appropriate distance from other working groups.</p>
<p>No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted. (Example: Basketball players may participate in drills, but cannot conduct drills / activities against a defender)</p>
<p>Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.</p>

Sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.

Indoor workout activities can be conducted up to a maximum of **25% capacity**.

Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.

Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.

Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.