



Summer Strength and Conditioning and Sport-Specific Skill Instruction

The AISD Athletic Department has developed a plan to offer AISD athletes the opportunity to participate in a voluntary strength and conditioning program and sport-specific skill instruction during the summer of 2020. The plan complies with the applicable orders and regulations from state and local health and governmental authorities and the guidance from the University Interscholastic League (UIL).

Click on the link below to view the UIL/TEA guidelines for Strength and Conditioning and Sport-Specific Skill Instruction:

[UIL Summer Program Guidelines](#)

AISD is committed to providing a safe and healthy environment for all athletes and coaches. We recognize that the COVID-19 pandemic crisis has caused many changes to our daily lives. AISD wants you to feel confident and comfortable during these uncertain times if you elect to allow your student to attend a voluntary, optional Strength and Conditioning (S&C) or skills session. We have included below some information about the planned sessions to assist you in making a decision about your student's attendance. An FAQ is also attached to the end of this document.

Each high school athletic coordinator has developed a plan and will set the schedule for all strength and conditioning and sport specific skill instruction sessions at a campus. All schedules will comply with UIL rules and be approved by the AISD Athletic Department.

AISD Summer Programs will operate under a two-phase program.

- Phase 1 will be conducted outdoors only with Phase 2 moving to include indoor strength and conditioning (weight rooms) and indoor skill work (gyms).
- Phase 1 of the program will include only 10th - 12th grade students. Incoming freshman will be brought into the program at a later date.

On the first two days of the program, athletes will not work out. The coaches will explain all rules and expectations and athletes will complete an educational walk through of a typical session.

Registration: Students who wish to participate in AISD summer programs must complete the google document registration form and return the completed waiver form signed by the parent/guardian. All athletes must have a current physical on file from last school year in order to participate in any summer program. If an athlete does not have a physical on file, one will be required before participating.

Entrance and Exit Procedures: Each high school has developed entrance and exit procedures for participants to ensure a well-managed process. Parents, siblings or other non-AISD visitors will not be admitted to any facility. Visitors who wish to observe outdoor workouts must remain outside the perimeter fence and should observe all social distancing requirements. AISD will request any outside observer to leave the premises if he/she is creating a distraction or disturbance that interferes with the program.

Daily Health Screening: Each student and staff member must complete a daily COVID health screening and temperature check before he/she may participate or work. Staff or students who answer any screening question "yes" must stay home or, if completing the screening on site, will be sent home. A participant whose temperature is 99.6 or above will be sent home and may not enter the facility. Any student or staff member who receives a positive COVID-19 test must report the results immediately to the Athletic Coordinator who will notify the AISD Athletic Office.

Social Distancing: During workout activities, students and staff must maintain at least ten feet of distance. Staff may have a brief period of closer contact with a student if required for safe participation. When not working out, students and staff must maintain at least six feet distance.



Staff to Student Ratios: For activities conducted outdoors, students may be placed in working groups of no more than 15 total students. For activities conducted indoors, students may be placed in working groups no larger than 10 total students. Coaches will be assigned to specific working groups and there must be one coach for every 20 students.

Students will remain in the same workout group throughout the S&C program and sport specific skill instruction to the greatest extent possible. If a participant develops symptoms of COVID-19, all participants in the workout group will be removed until the participant has been cleared to return.

Sanitation:

Students must report to campus in their exercise clothing. Locker rooms and shower facilities will not be available to students or staff before or after workouts. Restroom facilities will be available on an emergency basis only.

Hand sanitizing stations will be available throughout the workout facility. All participants will be required to sanitize their hands upon entry to the facility, between each workout station, and before they leave for the day.

Athletic facilities and equipment will be disinfected before, during and after workout sessions. Disinfectant spray and/or wipes will be available.

Only one person will be using each piece of equipment at a time. The athlete will disinfect the equipment after each use. All balls used during a sport specific skill workout will be sanitized after each workout group has finished.

Food and Drink: Students must bring their own labeled water bottle. Water fountains and communal coolers will not be available. Food or drink may not be shared.

In Closing:

Please visit with your student athlete about the importance of following all social distancing guidelines and all rules for AISD summer programs. We want all athletes to feel comfortable participating in this voluntary activity. Students who repeatedly disregard the rules and expectations may be removed from the program.

If you have questions about the summer program, please contact your Campus Athletic Coordinator.

We look forward to working with your student athlete.



Frequently Asked Questions: Summer Strength and Conditioning and Sport-Specific Skill Instruction

- Q. Are students required to have a physical on file to participate in strength and conditioning and sport-specific skill instruction?
- A. Yes. *(If one is on file from last year, the student athlete is in compliance)*
- Q. What is the maximum length of a strength and conditioning session?
- A. *No more than two consecutive hours per day, Monday through Thursday*
- Q. What is the maximum length of a sports-specific skill session?
- A. *Sessions may be conducted in addition to the strength and conditioning sessions. 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 Thursday*
- Q. Is the strength and conditioning program and sport-specific skill instruction required for my student athlete to participate in athletics during the school year?
- A. *No. Participation is voluntary.*
- Q. Are parents or visitors allowed to watch workout sessions?
- A. *Parents/visitors must remain outside the perimeter of the fence if they wish to watch outdoor activities. Parents and visitors are not allowed to enter the facility.*
- Q. May a student walk up and register if he/she does not sign up in advance?
- A. *AISD must maintain the required athlete/coach ratio and occupancy limitations. AISD will not allow a student to register on site if his/her participation would exceed the ratio and occupancy limits. Where possible, we would offer the student athlete enrollment at a later time or date.*
- Q. How many strength and conditioning sessions may a student athlete attend per day?
- A. *One*
- Q. Whom should I contact with questions about strength and conditioning or sport-specific skill instruction?
- A. *Contact the Athletic Coordinator for your campus.*
- Q. What does my student need to bring with him/her to the summer program?
- A. *On the first day, make sure to bring the completed waiver form and a labeled water bottle. The Athletic Coordinator for your campus will advise you on any other items needed for your specific program.*