



## Eden Valley-Watkins Eagles

Independent School District No. 463

Eden Valley-Watkins Athletic Department

Dave Schneider, Activities Director

298 Brook Street, Eden Valley, MN 55329

Phone: (320) 453-2900 ext. 1159 Fax (320) 453-5600

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### **EVW Indoor and Outdoor Practice and Workouts Guidelines - Summer 2020**

- A. Our goal is to provide a safe environment for our student-athletes while improving their strength, speed, conditioning and overall athletic skills. We will minimize exposure as much as possible.
- B. Practices and workouts are a time to improve and get better, not to socialize. Try to limit the amount of time of each practice and workouts to 90 minutes.
- C. We will continue to modify and adapt this plan when new guidelines and regulations become available from MDH, MDE and the MSHSL.
- D. All student-athletes will have to complete an "Eden Valley-Watkins Activities COVID 19 Release Form" to be eligible for participation in all summer practices and workouts. One form will cover all activities.

#### **Arrival/Departure:**

1. Student-athletes and coaches should enter/exit through doors #1, #2 and #26.
2. Student-athletes can NOT gather in the parking lots before or after practice. Athletes will be asked to go from their car to their practice area and then immediately leave after the conclusion of the practice.
3. Attendance must be taken for all workouts/practices so we have a record of who attended each practice/workout.

#### **Ratios for participants per location:**

1. Weight Room - Maximum of 12 student-athletes
2. Wrestling Room - Maximum of 12 student-athletes
3. Peps Gym - Maximum of 25 individuals (includes student-athletes and coaches)
4. JP Gym –
  1. With curtain up - Maximum of 25 individuals (includes student-athletes and coaches)
  2. With curtain down - Maximum of 25 individuals (includes student-athletes and coaches) on each half of the gym.
  3. If the curtain is down, we need to keep student-athletes on the same side of the gym for the entire practice.

#### **Practice Schedules:**

1. Monday - Females 7:30-8:45, Males 9:00-10:15, VB 9:00-10:30, Bb 6:00-7:30 pm
2. Tuesday - Females 7:30-8:45, Males 9:00-10:15, GBB 9:00-10:30
3. Wednesday - Males 7:30-8:45, Females 9:00-10:15, BBB 9:00-10:30
4. Thursday - Males 7:30-8:45, Females 9:00-10:15, FB 9:00-10:30
5. Blackout/no contact dates are July 3,4, and 5.
6. Last contact day for coaches is Aug. 7th.



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### **Indoor and Outdoor Practices and Workouts Guidelines Starting on June 29.**

#### **General Guidelines:**

1. A physical distancing of at least 6 feet will be maintained by all athletes and coaches as much as possible.
2. Coaches will wear masks.
3. Coaches and student-athletes will sanitize their hands before each practice when they arrive (hand sanitizer will be provided).
4. High-touch items will be routinely disinfected. (balls, wt equipment, ect).
  1. Towels and disinfectant spray will be provided.
  2. Athletes will need to wipe down equipment after using it.
5. Student-athletes should remain in the same pods as much as possible.
6. Student-athletes will have to bring their own water bottles
7. Handshakes, high fives, and/or group interaction will not be allowed.
8. Discourage sharing of equipment as much as possible.
9. Locker rooms and showers can not be used.
10. We will keep any play or interaction between players contactless.
11. We will not play games/scrimmages.
12. Individual skill development will be emphasized.
13. It is highly recommended to use our outdoor facilities as much as possible.
14. Hand sanitizer, cleaning wipes, and disinfectant spray bottles will always be available.

### **Indoor and Outdoor Practices and Workouts Guidelines Starting on July 6th.**

#### **General Guidelines:**

1. A physical distancing of at least 6 feet will be maintained by all athletes and coaches as much as possible.
2. Coaches will wear masks.
3. Coaches and student-athletes will sanitize their hands before each practice when they arrive (hand sanitizer will be provided).
4. High-touch items will be routinely disinfected. (balls, wt equipment, ect).
  1. Towels and disinfectant spray will be provided.
  2. Athletes will need to wipe down equipment after using it.
5. Student-athletes should remain in the same pods as much as possible.
6. Student-athletes will have to bring their own water bottles
7. Handshakes, high fives, and/or group interaction will not be allowed.
8. Discourage sharing of equipment as much as possible.
9. Locker rooms and showers can not be used.
10. Team may play inter-team games/scrimmages
11. It is highly recommended to use our outdoor facilities as much as possible.
12. Hand sanitizer, cleaning wipes, and disinfectant spray bottles will always be available.

EDEN VALLEY-WATKINS SCHOOLS

**EWV**



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### **Indoor and Outdoor Practices and Workouts Guidelines Starting on July 18.**

#### **General Guidelines:**

1. A physical distancing of at least 6 feet will be maintained by all athletes and coaches as much as possible.
2. Coaches will wear masks.
3. Coaches and student-athletes will sanitize their hands before each practice when they arrive (hand sanitizer will be provided).
4. High-touch items will be routinely disinfected. (balls, wt equipment, ect).
  1. Towels and disinfectant spray will be provided.
  2. Athletes will need to wipe down equipment after using it.
5. Student-athletes should remain in the same pods as much as possible.
6. Student-athletes will have to bring their own water bottles
7. Handshakes, high fives, and/or group interaction will not be allowed.
8. Discourage sharing of equipment as much as possible.
9. Locker rooms and showers can not be used.
10. Team may play games/scrimmages against teams outside our local community. Please consider COVID-19 case activity level and risk in those communities when making travel decisions.
11. It is highly recommended to use our outdoor facilities as much as possible.
12. Hand sanitizer, cleaning wipes, and disinfectant spray bottles will always be available.

Revised: 6/26/2020