

## Open Gym/Weight Room Policies

Starting June 1

- Gym will be open under direct supervision of coaches at following times  
Monday through Friday:
  - Mondays – mornings – Girls BB
  - Tuesdays – mornings – Boys BB
  - Tuesdays – late afternoons/evenings – VB
  - Wednesdays – mornings – Girls BB
  - Thursdays – mornings – Boys BB
  - Thursdays – late afternoons/evenings – VB
  - Fridays – mornings – Girls BB
  - The boys basketball coaches may also have times for M-W-F evenings and weekends.
  - These are only times athletes will be allowed in gym/weight room
  - Only MS and HS athletes will be allowed to use gym/weight room
- Coaches will work with athletes of their sport for times to use gym/weight room for workouts.
  - Only 3 athletes in weight room at one time
  - Only 6 athletes in gym at one time
  - Note – there can be 6 on gym floor and 3 in weight room at same time. This does not include the supervisor.
  - A google doc will be sent to all athletes to sign up for times. Athletes that sign up prior will have priority over ones that just show up. To accommodate all athletes, there will be 1 hour time limit. If enough open spots, athletes will be allowed to stay longer.
- There is to be no direct competition between 2 or more athletes.
  - No scrimmages
- Athletes will not share any equipment. When finished using equipment they are to wipe it down. This includes basketballs and volleyballs. Necessary cleaning equipment will be placed in weight room and in gym.
- Athletes are to use main entrance of elementary school to access gym. At front door will be a sign in and sign out sheet. They need to sign in and out.

- The locker rooms are closed. Use bathrooms in elementary lunch room to change clothes if necessary.
  - When elementary lunchroom floor is being refinished, access will be northeast door of gym and lockers will be accessible at that time.
- It is important that athletes and coaches do their best to maintain 6 feet of social distancing from each other at all times.