



# PHASE TWO

## BARTLESVILLE ATHLETICS

### SUMMER ACTIVITIES

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Beginning on July 6<sup>th</sup>, 2020 Bartlesville Athletics will move into **PHASE TWO** of summer activities. *In order to ensure the safety of all, the following recommended procedures will be put in place at the district athletic facilities that will open. All sports are expected to follow each item outlined in this document. The situation surrounding COVID-19 is fluid and adjustments may need to be made. These summer workouts are VOLUNTARY. Non-participation will NOT be counted against any coach or student-athlete.*

#### **PHASE TWO— JULY 6<sup>TH</sup> THROUGH JULY 15<sup>TH</sup>**

ALL COACHES AND STUDENT-ATHLETES WILL BE REQUIRED TO COMPLY WITH THE FOLLOWING RESTRICTIONS AND GUIDELINES REGARDLESS OF FACILITY USED OR ACTIVITY.

- All coaches and students-athletes must check-in each day before using any Bartlesville Athletic facilities.
- All locker room facilities will be off limits for use by student-athletes. Participants must come dressed and leave immediately following their daily work out. Students are encouraged to shower upon returning home. Bruin Athletic programs will not launder student-athletes clothing.
- Temperatures of all coaches and student-athletes will be taken prior to any activity and will be logged daily.
- All activities must be approved beforehand by the Bartlesville Athletic Department.
- All coaches and student-athletes must have their own masks available during workouts.
  - *All coaches must wear masks during workouts, except when performing activities restrictive to breathing and whenever proper social distancing is possible.*
- No more than (2) student-athletes will be permitted on each piece of work out equipment.
- All coaches and student-athletes should keep a distance of at least 6 feet from others
- All coaches and student athletes must sanitize their hands prior to entering any Bartlesville Athletics facility. Hand sanitizing stations will be available throughout the facility.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted. All coaches and student-athletes are required to bring their own hydration bottle. On campus water fountains will be unavailable for use.
- A 20:1 ratio of student-athletes to coaches at most from any athletic program that is utilizing a Bartlesville Athletics facility must be present daily to properly check-in their student-athletes and to supervise workouts.
- Our certified strength and conditioning coaches will program all workouts with proper sequencing based on the conditioning and performance level of each student-athlete group.
- All work out equipment, balls, and athletic equipment must be sprayed or wiped with disinfectant on an as needed basis. Disinfectant will be available at all times.
- No sharing of helmets or equipment worn on the head, including facemasks.
- No scrimmaging or one-on-one drills are permitted during this phase.
- Physicals from the 2019-2020 school year are permitted for summer workouts. All student-athletes must have a 2020-2021 school year physical prior to fall practices.
- There will be restricted reopening of Custer Stadium, high school basketball gyms, softball and baseball complexes.
- Ventilation is important. During workouts and cleaning, open doors to allow for additional ventilation and air flow, which is helpful in mitigating COVID-19 spread.
- Sport specific instruction will be allowed in accordance with OSSAA rules.