Ed-Co Weight Room Policy during COVID-19

COVID-19 Student Activities Waiver will need to be signed, dated and turned into the school. Athletes without signed waivers on file will not be allowed to participate.

Coaches supervising the weight room will take all athletes temperature upon arrival. Anyone with a temp of 100.3º will be sent home. Anyone with symptoms of illness may not attend. The District will contact Delaware County Public Health if a positive case of COVID-19 is reported.

Attendance in the weight room is optional and shall remain that way through the summer.

Major Changes:
1. **The IHSAA/IGHSAU has limited the number of athletes in the weight room to 10 at a time. There will also be a second group of 10 lifting outside the weight room.** Lifting sessions will be structured to allow both groups to get ½ of their workout done, and then switch places to complete the other half.
    a. This process will take **less than one hour** total.
2. **No spotting will be allowed without a mask.** Any lifts that require a spot will require masking. It is highly recommended that you bring a mask with you for this purpose.
3. Social Distancing will occur in both workouts, except when a mask is worn.
4. **Once a pod of 10 athletes has been created and a time slot has been assigned, it will be final for the summer.** The time and pod that you are assigned will be when you lift and who you lift with for the rest of summer.
    a. Pods of 10 athletes will not be interacting with other pods of 10. They will be required to stay within their own group for all workouts.

Coaches are responsible for ensuring social distancing is maintained between athletes as much as possible.

Everyone is required to hand sanitize before entering the weight room, and is encouraged to bring their own hand sanitizer to use throughout the workout as they feel necessary.

Coaches are required to disinfect all equipment used **before** and **after** workouts.

Anyone **attending must bring his or her own water/beverage to consume** during and after the workout.   The water fountain will be disabled.