On June 6, we were thrilled to receive IHSA guidance permitting student-athletes to start voluntary strength and conditioning workouts. The District values all student-athletes and coaches and appreciates the ongoing support from friends and family members. We convened a small committee to determine next steps to ensure the safety of our student-athletes and coaches.

Currently, the IHSA allows athletics and activities to resume with strict social distancing, health and safety precautions, and limitations. The current summer camps philosophy is to provide students and coaches an opportunity to reconnect. It is an opportunity to begin to return to normal, however it is not a return to normal. Some coaches or athletes may choose to continue preparing for their season at home via virtual meetings and personal workouts, and that is acceptable. Some coaches or athletes may choose not to take part at all for a multitude of reasons and that is acceptable as well. No summer camps can be deemed mandatory nor can participation be held against any coach or student-athlete.

Champaign Unit 4 Overview: June 15-June 30

*These dates are subject to change based on the Governor’s decision about moving the State of Illinois from Phase 3 to Phase 4.

Participation Guidelines, Daily Regimen, Expectations and Facilities

**Participation Guidelines**

- Workouts will take place from 8 a.m.-3 p.m. Monday-Friday per the coaches groupings. Workouts will be an hour long with the last starting time being 2 p.m.
- Maintain social distance by being 6 feet apart. Masks shall be worn when social distance cannot be maintained.
- Follow gathering guidelines of groups of 10 or less including the coach and medical personnel.
- Groups of 10 or less must be pre-determined.
- Once groups are determined, students may not switch from one group to another based upon sport.
- Students that participate in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.
- Interaction between groups shall be avoided.
- Sessions can only include running and exercises designed to promote physical fitness.
- Sport-specific drills are not permitted, and sport-specific equipment may not be used.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
Coaches must maintain a daily record of which athletes are participating, when, and any symptoms they may present (see IHSA form on link).

Athletes should be monitored at the start of practice for temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present they should not participate in practice and should be referred to a physician for evaluation and testing.

Players shall bring their own water bottle, shoes, towels, and other personal equipment.

The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

Criteria is derived from the [Illinois High School Association (Link)](https://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf)

### Daily Regimen
- Students screened and attendance documented on sheet provided
- Students wash hands
- Students participate
- Students wash hands
- Students screen out and documented
- Coach sanitizes all shared equipment after use

### Expectations for Coaches
- All coaches must be Champaign Unit 4 employees and/or coaching staff members.
- No non-staff volunteer coaches will be allowed
- Follow the [CDC and IDPH Guidelines](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- Perform temperature checks of all athletes at the start of each workout
- Wear face coverings at all times
- Follow hand hygiene instructions and/or wear gloves
- Wipe down personal spaces
- Follow high touch cleaning protocols to wipe down areas after use

### Expectations for Athletes
- Wear a face mask at all time (as directed by IHSA guideline)
- Maintain a distance of 6 feet from another person at all times
- Wash their hands before and after participation
- Bring their own water and water bottles, drinking fountains are not permitted unless they are touchless fountains.
- Students should be encouraged to bring their own equipment for personal use to the greatest extent possible. (examples include but not limited to: jump ropes, bottles, towels, etc.

### Facilities
- Only outdoor facilities may be used
- Currently, due to construction, we will not be able to accommodate weight lifting or other indoor athletic activities.
- Athletic Directors will create a schedule for coaches
- Students should come and go with only essentials needed for participation (locker rooms are not to be used)
- Bathrooms are not to be used.
Centennial High School Locations
- Football Field
  - North End - 20 yard line through end zone
  - South End - 20 yard line through end zone
- Practice Football Field
- Soccer Field
- Track

Champaign Central High Locations
- Football Field
  - North End - 20 yard line through end zone
  - South End - 20 yard line through end zone
- Practice soccer practice field
- Soccer field
- Track

It is the responsibility of each IHSA member school to comply with the above requirements. Additionally, IHSA member school sponsored camps, clinics, and open gyms are prohibited in any sport at this time.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain 6-foot distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care physician. Parents understand that any student who has symptoms cannot participate and will have to be picked up from the school immediately.

Dated as of June 10