



## **SEASON 2 CHECK IN AND CHANGE ROOM GUIDELINES**

**SEASON 2 CHECK IN FOR TRAINING PROCEDURE** - each sport requires different methods to check in for training, but all athletes must be checked in or they can not train. PSI Athletic Department staff need to check that students are at sessions for safety and security reasons and also for bus transport management.

Swimmers (EC - Grade 12): **includes Artistic Swimmers.**

1. Check in at the swim reception area downstairs, remove shoes and leave school bags on shelves. Put on flip flops. **Keep distanced with mask on.**
2. Move to change rooms as needed. **Masks on in change rooms.**

Other Sports Primary athletes (EC - Grade 5):

1. Check in at the gym reception desk. **Keep distanced with mask on.**
2. Move to the training area to meet coaches.
3. Athletics department staff will inform students where to go as needed.

Other Sports Secondary athletes (Grade 6 - Grade 12):

1. Check in at the gym reception desk. **Keep distanced with mask on.** Athletics department staff will inform athletes where to go after checking in.
2. Then use change rooms - bring belongings out with you. **Masks on in change rooms**
3. Then move to the training area to meet coaches.

**Winter Distance Runners - Keep distanced with mask on**

1. Winter Distance runners check in at the amphitheatre to the coaches.
2. Winter Distance runners can use change rooms between blocks 3 and 4 or at times suitable to them earlier.
3. Winter Distance runners meet at amphitheatre and wait for coaches

Saturday Programmes: (EC - Grade 12):

1. All athletes check in with **Saturday Supervisor** at the front gate.
2. They then move to training areas to start training. Swimmers use change rooms as listed above.
3. All athletes must be signed out at the front gate by the **Saturday Supervisor** before being allowed to leave the campus.

### **SEASON 2 CHANGE ROOM GUIDELINES**

PSI Panther Athletes need to understand and follow the following procedures / rules in relation to using the gym change rooms for training sessions and games in the different sports for Season 2.

1. Mask on and use the change room in under 15 minutes.
2. Take your sports bag with training gear to the gym, change rooms and change into your uniforms for training / games as per the [Dress Code](#).
3. Leave all personal valuables at school in your bags, do not take them to training / games.
4. After changing, place clothes in your own sports bag to take with you to training / games. **Note the lockers are not lockable in the gym change rooms - do not leave them there. Swimmers leave their items in the lockers, except towel and goggles / swim cap.**

**The Athletic Department staff will be located at the reception desk near the Gym to check in all athletes of other sports. Swimmers will have a staff member at the pool reception area to check them in.**

Please note that you will have to walk through the reception area and need to ensure you follow the rules below:

- a. Do not wear football cleats / boots in the building
- b. Use inside voices and do not disturb other PSI staff or students as they are still working.
- c. Please remember to purchase extra food at lunchtime and or bring snacks from home for training days. No eating or drinking allowed on the buses.

4. After training / games, go to change rooms and change out of your training / game gear and into your other clothes (secondary only and swimmers). You may then collect your valuables from your locked locker in the Secondary building and go home. Please remember that the **school campus closes at 5.00 pm** and you should not be on the campus after then, so move quickly off campus.

Stay inside the campus to wait for drivers / ubers etc

If you are waiting for **late arriving transport**, you should move to the reception area of the Primary building and wait there to be collected by parents / drivers.  
Stay inside the campus to wait for drivers / ubers etc