

Panther Athletes and Parents,

I am excited to share with you our plans to get our student-athletes back to school and working out with their coaches! On Friday, June 5<sup>th</sup> we received guidance from the IHSA and since then have been working diligently to put together a plan that will work for us. The rest of this document will explain the guidelines that all of our student-athletes and coaches must follow. Our coaches will reach out and communicate to you and your child about setting up workout times and where the athletes will meet. Please understand that all of this is strictly voluntary, and the choice is ultimately up to you and your family if you want your child to participate. All athletes must bring their own workout clothes, towel, and drink. Locker rooms and water fountains will NOT be available. PBL will supply PPE for those who need it and will incorporate effective cleaning for all frequently touched equipment. PBL will put student and staff safety as their first priority when administering these voluntary workouts. Thank you and welcome back!

Brock Niebuhr

Paxton-Buckley-Loda Athletic Director

# PBL RETURN TO PLAY GUIDELINES

The following guidelines must be strictly adhered to as we begin our summer workouts. These guidelines are in coordination with the guidelines set forth by the CDC, IDPH, and IHSA. As the state loosens its orders we will continue to adapt this plan throughout the summer.

- ALL SUMMER ACTIVITIES ARE VOLUNTARY. There will be no awards given based on attendance or achievement.
- Students are limited to 3 hours of participation per day.
- Groups must be 10 people or less-including coaches and medical personnel.
- Groups will be pre-determined and students cannot change which group they are in.
- Students that participate in multiple sports are encouraged to work with their fall sport.
- Interaction between groups shall be avoided at all times.
- Maintain social distance by being 6 feet apart whenever possible.
  - Coaches will wear masks at all times.
  - When social distancing cannot be achieved, masks must be worn by athletes.
  - If a mask cannot be worn for medical reasons, please contact the school in advance.
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport specific drills are not permitted; sport-specific equipment may not be used.
- Coaches must maintain a daily record of what athletes are participating, when, and symptoms they may present (see attachment)
  - **Athletes who present any symptoms shall be sent home and will not be allowed to return until they have tested negative for COVID-19 or been released with a note by a family physician.**
- Students are to arrive and dismiss at their assigned times. There will be no congregating in the parking lot.
- PBL will implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- **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.**

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

[illegible]

|  |  |     |    |     |    |     |    |     |    |     |    |  |
|--|--|-----|----|-----|----|-----|----|-----|----|-----|----|--|
|  |  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |  |
|  |  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |  |