



Cherryvale Middle-High School

Athletic/Activities Department

Rodney Vigil, Athletic/Activities Director

USD 447 Parents/Students:

The Administration at USD 447 has been closely monitoring the guidelines and restrictions put forth by the CDC, the state of Kansas, the Montgomery County Health Department, and KSHSAA in regards to summer athletic activities.

USD 447 is planning to open our facilities, such as the weight room and gyms, on Monday June 8. We will continue to follow state and county guidelines for gathering limits, social distancing, and infection prevention recommendations.

Monday/Tuesday/Thursday (incoming 7th - 12th grade)

Boys - 6am to 7am (Weight room/Practice Field)

Girls - 7:30am to 8:30 am (Weight Room)

Before, during, and after each session we will be disinfecting all equipment being used. We also ask that each student athlete please bring his/her own water bottle (please bring enough water to sustain you for the full duration of time that you will be attending). Water fountains will be closed.

Each Coach/Activity may hold other sport-specific workouts (like open gyms) at different times as long as they can maintain social distancing and follow the infection prevention recommendations. Coaches will communicate times and locations with student athletes as we get closer to the June 8th start date and more information becomes available.

A waiver for each student athlete must be signed and returned by Thursday of the 1st week of the activity. Additional information can be found at www.usd447schools.org. Participation by a student in the summer programs is voluntary.

We thank you for your understanding and patience as we work through these unusual times together.

"Home of the Chargers"

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UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick



Avoid touching your face

Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations

Summer Conditioning Guidelines

1. Students and staff will perform a temperature check at the door each day. Record all Temperatures. (100.4 is considered a fever) (Non-contact, infrared thermometers have been ordered for this purpose).
2. Wash hands immediately after entering and use hand sanitizing stations frequently.
3. Limit numbers or groups.
4. Have the same partners for all lifting.
5. Clean all equipment between lifts, including bars and weights that were used.
6. Clean all equipment after use for the day.
7. Wash hands before leaving.
8. Do not participate if feeling ill. (Do not allow them in if they look ill)
9. Do not participate if a household member is being tested for or is positive for COVID.
10. Encourage 14-day waiting period if the student participated in athletic or other recreational programs outside of our district.
11. Students will bring their own water bottles

Social Distancing Guidelines:

- No more than 25 people in the weight room at a time
- Maintain 6 ft distance when possible
- Parking will be every other stall in the HS Parking lot
- Students will line up 6 ft apart in line while temp checks are being done
- Students will enter and exit same door at the HS and Weight Room

Sessions:

Monday, Tuesdays, Thursdays (incoming 7th - 12 grade)

Boys 6am-7am Weight's Room/Practice Field

Girls 7:30am-8:30am- Weight Room

Open Gym:

Coaches will get with each other to work out the schedule. Basketball will be at the HS Gym and Volleyball will be at LC Gym.

DOOR

Lockers

Lockers

DOOR

Rack

Rack

Dumbbells

**Tires, Sleds,
Open etc.**

Rack

Rack

Abs/ Core

Rack

Abs/ Core

Check-In

DOOR

Rack

Rack