

Summer Weight Room (Grades 9-12)

June 2 – July 31

The district's number one priority is the safety and well-being of all the students and staff at Southern Public Schools. Based on the eased restrictions of the Directed Health Measure in Nebraska, students will be allowed to use the weight room facility starting on June 2, 2020. Here are the guidelines put forth by the local health officials that all student athletes and faculty must abide by over the summer months. Please feel free to contact a building principal or a head coach if you have any questions about the following rules and regulations.

Summer Weight Room Guidelines:

- 1) All student athletes and parents will be required to sign an Acknowledgement, Waiver, Release of Liability, and Indemnification Agreement for Use of School Facility before they are allowed to participate in the voluntary summer weight room program.
- 2) Only students going into grades 9-12 will be allowed to use the weight room over the summer months. No K-8 students, alumni, community members, or faculty members will be allowed to use the weight room and all student athletes must be under the supervision of an adult at all times.
- 3) Participation in the summer weight room program is voluntary and it will not affect playing time in any fall, winter, or spring sports season. Based on the COVID-19 pandemic, no summer weight room awards will be given out in any capacity during the 2020-2021 school year.
- 4) There can be no more than 10 student athletes per session in the weight room or in the gym at one time. The two groups will need to remain separated at all times.
- 5) Once an individual completes a lift on a machine, that machine must be cleaned before the next individual can use it.
- 6) Sessions will last for one hour for each group of student athletes. Each group of student athletes may be in the facility four days a week (Lifting two days and sport specific cardio drills two days).
- 7) Student athletes will enter and exit through the commons doors. Restrooms will be provided in the commons area and locker rooms will be off limits to all coaches and student athletes.
- 8) When student athletes are not lifting, they will be working on sport specific cardio drills on the gym floor.
- 9) Weight programs will be set up to work on specific equipment so that coaches and student athletes will be able to monitor and clean the equipment.
- 10) The facility will be open from 7:00 a.m. to 10:00 a.m. on Tuesday through Friday. The facility will be closed on Monday.
- 11) All student athletes will be assigned to a lifting & conditioning group. The group established will not change throughout the summer. You must come at your scheduled time and leave at your scheduled time. If a student athlete repeatedly misses their workout time, they may be moved out of the group to accommodate other student athletes. If a student athlete cannot make it to their workout time spot, they will need to contact one of their head coaches.
- 12) We will only be lifting on the machines (No free weights will be lifted until further notice).
- 13) The custodial staff will be cleaning the weight room and the gym every afternoon that it is been used by student athletes.
- 14) For safety purposes, each student athlete will not be allowed to bring anything except a water bottle into the weight room and they will not be allowed to use drinking fountains.

- 15) If any student athletes or staff members are sick, they will need to stay home until the sickness subsides. If a student becomes sick during their workout, we will take their temperature and contact their parent/guardian immediately.
- 16) Once a student athlete workout is complete, they will be required to leave the school premises immediately. Student athletes will not be allowed to congregate in the parking lot or on any other area of the school grounds.
- 17) All student athletes and coaches will need to follow the 6-foot social distancing guidelines at all times. Failure to follow the rules provided will require removal from the facility for the remainder of the summer.

Summer Weight Room Groups & A Mandatory Cleaning Training:

To the best of our ability, summer weight room groups will be assigned based on each student's preferred time spot. On Tuesday, May 26, we will be sending out emails to all students going into grades 9-12 regarding which workout time will work the best for them. Every student athlete will need to respond to this email by Thursday, May 28. The groups for the voluntary summer weight room program will be sent out to all student athletes by Friday, May 29. On Tuesday, June 2, all student athletes will be required to attend a cleaning training and pick up a waiver for both the students and the parents to sign. The signed waiver must be returned before any student athletes will be permitted to use the summer weight room. These waivers will be available for student athletes to pick up on Tuesday, June 2.

Summer Weight Room Schedule:

9-12 Boys Weight Room (Tuesdays & Thursdays)

7:00 – 7:50 Group 1
7:50 – 8:00 Wipe Down Equipment
8:00 – 8:50 Group 2
8:50 – 9:00 Wipe Down Equipment
9:00 – 9:50 Group 3
9:50 – 10:00 Wipe Down Equipment

9-12 Girls Sport Specific Cardio Drills (Tuesday & Thursday)

Group 1 7:00 – 7:45
Group 2 8:00 – 8:45
Group 3 9:00 – 9:45

9-12 Girls Weight Room (Wednesdays & Fridays)

7:00 – 7:50 Group 1
7:50 – 8:00 Wipe Down Equipment
8:00 – 8:50 Group 2
8:50 – 9:00 Wipe Down Equipment
9:00 – 9:50 Group 3
9:50 – 10:00 Wipe Down Equipment

9-12 Boys Sport Specific Cardio Drills (Tuesdays & Thursdays)

Group 1 7:00 – 7:45
Group 2 8:00 – 8:45
Group 3 9:00 – 9:45