

DeKalb County Athletics Off-season Weight Room and Conditioning Work-outs

- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the weight room must be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules must be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment must be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Athletics Staff Personal Protective Equipment Requirements:

All athletic trainers and staff are required to utilize the following PPE and sanitation supplies during pre-conditioning sessions:

- Masks
- Thermometers
- Hand Sanitizer
- Disinfectant
- Athletics Trainers should wear proper PPE in the athletic training rooms.

Hydration:

- No water fountains or water cows allowed.
- Athletes should bring their own water bottles or schools must provide single use paper cups.

Student Trainers:

- No student trainers or managers will be allowed to attend-participate during off-season training.

Protocol if coach or athlete tests positive for COVID-19:

- The athletic liaison of the local school will notify the principal and district athletic director

Return to play protocol post COVID19 diagnosis:

- Student safety and well-being is vitally important. Those persons who are diagnosed with COVID-19 should present written information confirming clearance from and by a healthcare professional after testing positive and recovering.
- After this information is received by the school, student athletes may return to sports activities.

Spring Football 2021

- ***When using the dressing room players must wear a mask.***
- ***Players may need to use the dressing rooms in groups or pods if you have an excessive numbers***
- ***The same requirement should be met for the end of practice routine***
- ***Anytime players and coaches are inside they should wear mask***
- ***Follow the protocols above for all football activities***