



JUNE PHASE III COVID S&C GUIDELINES

In accordance with [Restore Illinois](#) and [IHSA](#) Phase III Guidelines



SCHEDULE

Mon, Weds, Thrs

7am, 8am, 9am

4pm, 5pm, 6pm

**Prompt hourly ARRIVALS and DEPARTURES
with no congregating in the building / parking lot.*

Small Groups

9 Athletes : 1 Coach

Groups By Appt Only

[CLICK Here to Reserve a Spot](#)



DISTANCING

6 Feet Apart

- For all Warm-Ups, Workouts, & Interactions
- No Handshakes or Horseplay

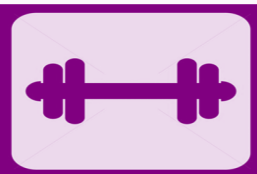
Weight Room

- Doors Open + Fans for Ventilation
- Exercises that Require No Spotting
- The only personal items allowed:
phone, bottle, mask, (keys)



DO I HAVE TO WORKOUT IN A MASK?

You are **not** required to wear a mask while exercising under the guidelines. Bringing a mask is recommended for transitions, and in the event of unexpected instances where social distancing is not possible. Coaches will wear masks.



WHAT WILL THE WORKOUTS BE LIKE?

- **PRE-WKOUT Symptom Survey Required for Attendance:** Digital Survey > [Bring a Phone](#)
- **PAPERLESS Workouts = [Bring a Phone](#)**
- **Minimum Effective Intensity** to Start
- **No Water Provided = [Bring Your Own Bottle](#)**

****FOOTBALL SPEED SCHOOL****

No football drills; socially distanced groups of 9 will be separated outside by more than 30 feet apart on the athletic fields; same basic guidelines mentioned above; no reservation needed.



DISINFECTING

- Hand Sanitizer Provided
- Minimal-to-No Equipment Sharing
- No Rubber Gloves (Athletic Gloves Only)
- Equipment Disinfected Between Uses