**RLHS Athletic Re-opening Plan   
Phase 1**

***Strength & Conditioning – Target June 8, 2020***

* IL needs to have moved to Re-opening Phase 3;
* Focus: Maintaining safety for all involved; [NFHS](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf) & IHSA guidance will be followed;
* Groups of students would be limited to 9, with 1 coach; no change to training group allowed to avoid cross-contamination;
* Groups will be scheduled in 1-hour time slots to start every 2 hours to allow for each group to leave campus and equipment to be cleaned in-between each session;
* All staff and students will be required to have a temperature check and complete a daily symptom questionnaire prior to participation;
* Appropriate PPE will be required where advisable; training sessions will be tailored to account for these safety measures;
* Students in a group will maintain appropriate social distancing during all activities and will not share equipment during a session;
* After a piece of equipment is used it will be wiped down by the student and then by a District employee;
* Training will be general in nature for strength and conditioning. No sport specific training will be allowed and no sport tools will be used during the training session;
* Training sessions will take place on the turf;
* Students will register for the session time of their choice with priority going first to 2020-21 senior athletes, then returning varsity athletes.

***Sport Specific – Target ASAP***

* The IHSA has loosened it’s restriction for out of season coaches to work with and share sport specific content with athletes.
* All coaches can be providing our athletes with sport specific at-home training plans and sport specific strategy and tactics via electronic methods.
* To maintain competitiveness, RLHS coaches should be meeting regularly with athletes to do the following:
  + Complete well-being checks;
  + Provide sport specific at-home training plans;
  + Conduct sport specific meetings about strategy and tactics.
* Sessions will be limited to twice a week per sport.