

USD 353 2020 Summer Weights and Condition Program (PSQ) (First Draft)

Who can take PSQ? Current students enrolled in USD 353 schools will be broken down into times by grade. (based upon grades to be (2020-21) next year 1st-12th)

When is PSQ? Students will be assigned a time session based off of their grade. **High School PSQ will start when we are in Phase 3 of the reopening plan, earliest date would be June 15th (pending any local or state health department changes) and run Monday through Friday for the first two weeks and be high school only.**

Phase 3: June 15th-26th: Monday thru Friday

High School: to be 9th-12th graders

Session 1: 6:30- 8:10

Session 2: 8:15- 9:55

All students that want to participate in summer team camps must be in attendance for PSQ for 10 days prior to the camps in all sports except football where you need 15 days of PSQ.

Phase Out: Starting June 29th

High School: to be 9th-12th graders will go Monday-Thursday

Session 1: 6:30- 8:10

Session 2: 8:15- 9:55

Middle School: to be 6th-8th graders will go Monday- Thursday

Session: 9:30- 10:40

Elementary School: to be 1st-5th graders will go on Monday and Wednesday

Session: 10:45- 11:45

What does PSQ cost? The cost for high school students is free, the cost for middle school students is \$50, and the cost for elementary students is \$30. Please make checks payable to Zane Aguilar.

When is enrollment due? Completed enrollment forms for PSQ can be turned in the first day the student comes to session or mailed to

Wellington High School

Attn. Zane Aguilar

1700 E. 16th

Wellington, KS 67152,

Questions can be directed to Zane Aguilar email maquilar@usd353.com, or Luke Smith email

lsmith@usd353.com

Enrollment form Grades to be 1-8:

https://docs.google.com/document/d/15dbiSbJc8C_PSAL47uQsPQAKgA7aQivhmC8DK4zY0CQ/edit?usp=sharing

Covid-19 Issues Due to health guidelines and restrictions all high school athletes using weight room equipment will be required to wipe down equipment after their lift is complete. Failure to follow these procedures will result in a removal from the program. Middle School students will also have to clean their equipment when they are in the weight room. Students will be in the gym or outside working on technique and fundamentals of lifting as well as speed and conditioning training. Elementary students will not be in the weight room at all. They will also be in the gym or outside working on technique and fundamentals of lifting as well as speed and conditioning training. While students are not in the weight room they will be doing body weight exercises to increase their strength. We will continue to monitor state and local health guidelines and communicate any changes that occur to our plan via text alerts and the USD 353 website.

Phase 3: June 15th-26th: High School only

1.) Adhere to social distancing guidelines established by the Governor and Sumner Co. Health Department. (PHASE 3)

a.) Mass Gatherings of no more than 90 individuals are allowed.

We will limit 30 people max in each location: (weight room, main gym, aux gym) or conduct conditioning outside to help maintain social distancing

b.) Maintain 6 ft. of social distancing with only infrequent or incidental moments of closer proximity.

2.) Adhere to KSHSAA Guidelines

a.) Physical activity includes any warm-up, stretching, conditioning and weight-lifting activities.

June 15 - June 19 athletes are limited to a maximum of three hours of physical activity per day.

June 22 - June 26 athletes are limited to a maximum of five hours of physical activity per day.

b.) Organized competition sanctioned by an outside organization or between students from different schools shall not take place during this time.

Phase Out: June 29th- August 15th

1.) Adhere to social distancing guidelines established by the Governor and Sumner Co. Health Department. (PHASE OUT)

a.) Maintain social distance when applicable.

2.) Adhere to KSHSAA Guidelines

a.) Strength and Conditioning, sport specific instruction, organized competition and one-week school coach team camps may begin.

b.) Basketball programs may not hold team camps from August 3 - August 16.

c.) Football - 7 on 7 and 5 on 5, one week coaches team camp (helmet only) are permitted

d.) Football - August 3 - August 15 coaches can continue to conduct football related activities, one week team camp (helmet only), strength and conditioning, and one team vs. team camp (must be conducted by a third party and a maximum of two days), including college contact camp, is permitted.

General Sanitation Guidelines

- 1) All student-athletes/staff will enter & exit from the same place each day. (Please use the glass doors on the west side of the school by the weight room)
- 2) Student-Athletes/staff that have any symptoms (fever, cough, etc) should stay home
-Everyone that attends conditioning during the first two weeks will have their temperature taken, anyone who has a temperature of 100.4+, or known illness, will be excluded pending clearance from a medical professional.
- 3) Spray sanitizing solution/towels will be present to clean all equipment used.
- 4) At the conclusion of each workout session and before the next workout session all equipment will be cleaned & sanitized under the supervision of the coaching staff.
- 5) Communicate with the custodial crew each day after inside facilities have been used to guide disinfecting procedures.
- 6) Students and staff will only be allowed in the weight room, gyms, the locker rooms will be only for restroom emergencies and not a place to hang out.
- 8) All student-athletes/staff will apply hand sanitizer prior to the workout as well as prior to leaving the facility.
- 9) Once workouts are completed, student-athletes need to vacate the premises immediately. Student-athletes will not be allowed to gather around the facility or parking lot.
- 10) Attendance is voluntary for staff and students.