



Player COVID Training

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Casteel High School
June 4th 2020

Purpose of Conference Call

- Review our “Reconditioning” plan for next week, Monday June 8th
- Communicate the importance of each detail to all participants
- Share the outlook for our football season
 - Fundraising (emails, cards), summer camp, stages of competitive athletic reintegration

House Keeping

- Athlete Participation Waiver - <http://casteelfootball.com/forms/AthleteParticipationWaiver.pdf>
- Physicals - Get it updated
- Register My Athlete - <https://registermyathlete.com/>
- Register for Strength Camp - <http://casteelfootball.com/camps.html>
- Prepare emails for Email Fundraiser
 - Everyone needs minimum of 20
 - Starts Wednesday 6/10
- Fundraising (emails, discount cards July 13th)

Reintegration Stages

	Stage 1 (June 8 th -17 th)	Stage 2 (June 18 th -27 th)	Stage 3 (June 29 th - July 9 th)
Pre-Workout Screening	-All Coaches/Athletes Screened Daily	-All Coaches/Athletes Screened Daily	-All Coaches/Athletes Screened Daily
Limitations on Gatherings	<ul style="list-style-type: none"> -Follow State Phasing Guidelines -Refer to CUSD Guidance Handbook -No gathering of more than 10 people at a time (Inside/Outside) -No Locker Rooms Students come dressed/prepared -Same 5-10 students should always workout together (cohorting/pods) -Follow social distancing inside/outside (6 feet between participants) 	<ul style="list-style-type: none"> -Follow State Phasing Guidelines -Refer to CUSD Guidance Handbook -No gathering of more than 10 people at a time (Inside) *Unless social distancing can be maintained - Up to 50 outside No Locker Rooms Students come dressed/prepared -Same 5-10 students should always workout together (cohorting/pods) -Follow social distancing inside/outside (6 feet between participants) 	<ul style="list-style-type: none"> -Follow State Phasing Guidelines -Refer to CUSD Guidance Handbook -Gathering sizes of up to 50 individuals (Indoors/outdoors) -When not practicing/competing Individuals should maintain distance of 3-6 feet apart -If possible, 5-10 students should always workout together (cohorting/pods) Locker Rooms okay to start using (site decision)
Facilities Cleaning	<ul style="list-style-type: none"> -Per CDC Guidelines/CUSD Guidelines -Create cleaning schedules (Before, During, After Session) of all facilities used -Clean equipment after individual use -Use hand sanitizer, wash hands 		

Reintegration Stages Cont....

Physical Activity & Equipment	Follow CUSD Guidelines		
	<p>No shared equipment Clean all athletic equipment before/after each workout Individual drills with equipment permissible Resistance training and reconditioning emphasis</p>	<p>Lower Risk sports practices/competitions may resume Modified practices may begin for Moderate Risk sports Refer to Potential Infection Risk by Sport (Below)</p>	<p>Moderate Risk sports/competitions may begin Modified* practices may begin Modified* practice may begin for High Risk sports Refer to Potential Infection Risk by Sport (Below)</p>
<p>Hydration</p>	<p>Students bring own water (Gallon Recommended). No sharing water. No site water stations (Water cows, fountains, etc.) Purchase water bottles okay if possible.</p>		<p>Students bring own water Site water stations (water cows, fountains, etc.). Permissible (Must be cleaned after every practice/contest). Purchased water bottles okay if possible.</p>

WHAT'S NEEDED FOR TRAINING

- Athletic Attire - Navy shorts, white shirt, athletic shoes, and cleats
- 1 Gallon of water - No water no participation. Players will be asked to leave the facility and workout will not count towards 10.
- Athlete Waiver - Waiver must be signed with a wet signature or scanned and sent via email. Waiver must be received for athlete to participate in any activities.
- Prescreening process - QR Code through Cell Phone, Coaches phone, or sign in sheet. Multiple questions on sheet.
- If sick - Stay home if you have any symptoms and communicate your absence via email or phone.
- Outside bathrooms - Will be open for use

TRAINING PLAN

- 10 Reconditioning Days are **REQUIRED** for an athlete to participate in competitive athletic activities for Casteel.
- Four 40 Minute sessions
- 10 man teams
- Social distancing
 - During prescreening & field activities
 - Parking lot - We must have staggered arrival times

TRAINING SCHEDULE

Arrival Times		
Seniors (2021)	7:00 AM - 7:40 AM	Starts June 8th – June 25th Monday – Thursday All players must wait in cars until signaled to begin prescreening. Exceptions for siblings traveling together. Younger sibling link with older.
Juniors (2022)	7:40 AM - 8:20 AM	
Sophomores (2023)	8:20 AM - 9:00 AM	
Freshmen (2024)	9:00 AM - 9:40 AM	

Training Procedure

- **Step 1 – Be on time**
 - Athletes must remain in their pods. If an athlete is late they will be asked to return home and workout will not count.
- **Step 2 – Wait in Car**
 - All athletes will wait in their cars until signaled to begin prescreening
- **Step 3 – Line Up on side walk**
 - Line up on side walk 6 feet apart in front of main stadium entrance.
- **Step 4 – Scan QR Codes**
 - Scan with cell phones that will be posted on gates. If player does not have cell phone see a coach who will survey the athlete.
- **Step 5 – Clearance**
 - Once cleared athlete will go to field 3 (Freshmen Practice Field) and line up for conditioning. If NOT cleared, athlete will be given instructions and must return home.
- **Step 6 – Completion of workout**
 - Upon completion of the workout, athletes will exit the facility through the emergency gate just north of the field house. Enter their cars and return home immediately. We cannot have any athletes congregating in the parking lot.

CONCLUSION

- This looks different than we're use to
 - Player participation will be tracked
- It's an opportunity to get back into football
- We get our team back
- It's something positive to look forward to
- We have to be safe, cautious, and diligent, but take advantage of the opportunity to get back together, start rebuilding our team, and prepare for a great season.



QUESTIONS ???



The End

Have a good evening