

SCUC ISD Summer Strength and Conditioning Camps



Summer Strength and Conditioning/Sport Specific

When: June 8th-July 16th

Dead Days-June 7/8

Monday-Thursday for 2 Hours

Where: 7th-8th Grade-Corbett and Dobie JH, 9-12th Grade-Clemens and Steele HS

Cost: \$80 Online Registration: myschoolbucks.com

*MUST HAVE PHYSICAL ON FILE. May bring on Day 1.

Links to Clemens/Corbett and Steele/Dobie Camp Information

CLEMENS/CORBETT-<https://www.scuc.txed.net/domain/2123>

STEELE/DOBIE-<https://weareknightnation.com/2020/05/29/2020-knight-camp/>

*Additional UIL Athletic Summer Camps and Dates are TBD.
Information will be provided on links above.

PHASE I-(2 Weeks)

- OUTDOOR Strength and Conditioning ONLY at JH's
- Weight room access allowed at HS's starting 6/15 in response to UIL changes
- NO Sport Skill Training
- No Limit on virtual training, player/team meetings
- Asking that only camp participants enter the outdoor/indoor facilities
- Outdoor facility restrooms will be open for participants/coaches

Phase II-(2 Weeks-TBA)

- Indoor (Weight Rooms and Gyms)/Outdoor Strength and Conditioning
- Football and Volleyball Sport Specific training
- Individual Sport Specific training allowed
(Tennis/Wrestling/Golf/Swim/Cross Country/Track and Field)
- No Limit on virtual Training, Player/Team Meetings

Phase III-(2 Weeks-TBA)

- Indoor/outdoor Strength and Conditioning
- Additional Team Sports Specific Training
- No limit on virtual training, player/team meetings

Recommendations for Covid-19 Summer Camps

EMPLOYEES (Coordinators, Coaches, Trainers)

- Daily Self Check for COVID-19 Symptoms Required
- Handwashing upon arrival to facility
- Facemasks recommended for Indoor activities
- ~~1 Staff Member per 20 students~~ **UIL change on 6/9**
- Outdoor Groups-No larger than 15 students. **Starting 6/22-outdoor groups 25**
- Indoor Groups-No larger than 10 students. **Starting 6/22-indoor groups 15**
- 6 ft. social distancing from all sides when not actively exercising
- 10 ft. social distancing from all sides when exercising
- Students will be maintained in same groups each day
- Designated staff member to ensure distancing/proper sanitization

Recommendations for Covid-19 Summer Camps

STUDENTS

- Students must have physical on file
- Students must self-screen every day for Covid-19 symptoms
- Must bring own water and towel
- No sharing of food/drinks between athletes
- Athletes should wash hands prior to arrival
- No shared athletic equipment(clothing/towels)
- Individual clothing/towels should be washed before next day use
- Students/staff should limit physical contact(hand shaking/hugs/fist bumps)
- Student spotters are encouraged to wear masks

Recommendations for Covid-19 Summer Camps

FACILITIES

- Single points of entry and exit will be identified for each facility with traffic flow
- Equipment will be spaced 10 ft. apart on all sides
- Hand Sanitizer will be available for all participants/staff
- Students are not allowed in locker rooms/showers
- Restrooms are designated with 6 ft. social distancing.
- Facilities will be sanitized prior to next days' activities
- Shared equipment may be used between individual groups
- Equipment should be sanitized prior to usage of next group
- Only camp participants are allowed within facilities
- Media must set up appointment through campus athletic coordinator
- No open gyms, scrimmaging, outside camps, team drills permitted

Recommendations for Covid-19 Summer Camps

CLEANING

- Equipment should be sanitized prior to the next groups use
- Equipment/facilities should be sanitized at the end of each day
- Regular cleaning and sanitization of commonly touched areas such as doorknobs/tables/chairs.
- Cleaning and Disinfecting
wipes/sanitizer/foggers/sprayers/gloves/etc...provided by the District

Response if Someone Tests Positive

- I. If a positive case is identified among staff or students, the group to which the staff member is assigned and in contact with, must be removed from the session. All members must self isolate for 2 weeks
- II. If confirmed individual regularly had close contact outside a single group, then all students/staff with whom confirmed individual had close contact with shall be removed from session for 2 weeks.
- III. In the case of the individual who was diagnosed with Covid-19, the individual may attend when all three of the following criteria are met:
 1. 3 Days have passed since recovery (resolution of fever without fever reducing medicine)
 2. The individual has improvement in respiratory symptoms (cough, shortness of breath, etc.)
 3. At least 10 days have passed since symptoms first appeared
- IV. If the individual has symptoms that could be COVID-19 related and wants to return to work before the completing the above self-isolation period, the individual must obtain a medical professionals' note clearing the individual for return based on an alternative diagnosis.

Communication if Someone Tests Positive

- Coaches will contact other participants of the group in which student testing positive was involved
- Athletic Coordinator or Athletic Director will send memo to ALL participants explaining situation and actions taken by the school

Additional UIL Guidelines/Recommendations/FAQ's

- <https://www.uiltexas.org/athletics/summer-strength-conditioning>