

<b>Athlete Guidelines</b>	
Guideline(s)	Description
Equipment	Players must come in athletic gear, bring own water bottle
Waiver	All athletes must sign a waiver, one waiver per person
Water	Players must bring their own water bottle
Groups (Pods)	We will break pods up by Offensive positions, Practice 1--O-Line (1 hour 15 minutes), no more than 22 athletes and 3 coaches; Practice 2--Skills (1 hour 15 minutes)--no more than 21 athletes and 4 coaches
Health Checks	Health checks will occur in front of football shed before beginning practice. Hand sanitizer will be available at the check-in location.
Spotting	
Masks	Athletes will be asked to bring a mask and wear whenever feasible (during coaching, when in close contact with teammates and drill allows)
Sanitation	Coaches are responsible for sanitizing equipment at the end of practice
Hand cleaning	Athletes will be asked to sanitize hands prior to practice and every 30 minutes throughout, and before leaving practice
Sharing Equipment	Athletes and balls will try to stay in same pods whenever possible
Personal Equipment	Athletes will be asked to sanitize their helmets at the end of practice, and take clothes home and wash them for next day.
Personal Equipment	Athletes will take their equipment home at the end of practice.
<b>Coaches Guidelines</b>	
Guideline	Description
Waiver	All coaches need to have a signed waiver on file
Water	No access to drinking fountain
Groups (Pods)	No more than 21 athletes in a pod, 4 coaches
Health Checks	Health checks will occur in front of football shed before beginning practice. Hand sanitizer will be available at the check-in location.

Masks	Athletes will be asked to wear a mask when feasible. Coaches will wear a mask when within 6 feet and talking to an athlete(s)
Sanitation	Coaches are responsible for sanitizing equipment while athletes are at water break (approx. every 30 minutes), and at the end of practice.
Hand cleaning	Athletes will be asked to sanitize hands prior to practice and after each water break (approx. every 30 minutes)
Time	Practices will be for 1 hour 15 minutes to 1 1/2 hours
Athletes Equipment	Coaches will make sure athletes clean their helmets with sanitizing spray.
<b>Guidelines for Practice</b>	
Restrooms	Restrooms are not available
Drinking Fountain	Drinking fountain is not accessible, athletes are to bring own water bottle
Check-in	Athletes will check-in while practicing social distancing
Vehicles	No car pooling
Parking	Park on west side of street, you will enter on the west side of the school.
Health Checks	Health checks will occur by the football shed. Athletes are asked to not gather
Check-out	Athletes must leave immediately following practice, no congregating on the bench or along side of the school.
Sanitizing Stations	Located around practice field
Entering Buidling	Athletes will not be allowed in the building
Towels	Athletes are encouraged to bring their own towels