

Fall Sports Protocol: Indoor/Outdoor Sports Protocol

Purpose: To establish guidelines for safe access to the Browning High School Fall Sports Program. This Indoor/Outdoor Facilities is for Browning Public-School grades 9th through 12th to utilize for health promotion, continued sports training for athletics, and improve physical and mental condition in a safe and healthy environment.

PROTOCOL:

1. COVID -19 Instructions:

- All students will wear facemask, when utilizing the Indoor\Outdoor during the COVID-19 pandemic, or until instructed otherwise.
- A maximum of four students per workout station at a time, with a maximum of 25 total students Indoor facility at a time. Outdoor activities will vary depending on size of area being utilized. FB- No more than 10 student athletes per 15 Square yards, XC- No more than 25 can gather at time, coaches will utilize different course areas with different but same student athletes. Golf- Will utilize outside practice areas
- Students will disinfect individual workout equipment and workout station area before and after use with approved disinfected product.
- Students will not be allowed to share water bottles, clothing, shake hands, hug, etc.... during practice/game times

2. Access:

- Students must first use hand sanitizer before signing in for activities.
- Available to all Browning Public Students grades 6 through 12 as defined above.
- The weight-room will open Monday – Thursday 8am to 8pm. There will be no weekend access.
- All students utilizing the Indoor Facility are required to sign in and answer in detail sign in sheet.
- No parents or siblings will be allowed to access the Indoor Facility.

3. Attire:

- Proper athletic attire, workout clothing and shoes, is required in Indoor facilities at all times.
- No locker room access. Emergency restroom only.
- Must be dressed with proper attire before entering and Indoor Facility.

4. Equipment:

- All equipment (sport specific balls, dumbbells, weights, bars, boxes etc.) should only be used for its designed purpose and will remain in designated area. Students will refrain from moving any equipment outside of designated area without permission

- Once students finish with any equipment, it is students' responsibility to clean, disinfect and replace all sport specific balls, weights, and dumbbells in the designated racks and areas.
- Follow general Indoor Facility rules and make sure to spot and assist when needed for students in your area.

5. Health and Safety:

- Students should not access any Indoor or Outdoor facility if they are experiencing any contagious illness.
- Students must maintain a distance of six feet from other students not in designated workout area. A maximum of four students per workout station at a time, with a maximum of 16 total students inside weight room facility at a time.
- All students are required to disinfect the equipment once finished. Weight room will be equipped with proper sanitation products including hand sanitizer, disinfection wipes, and trash bin.
- Indoor/Outdoor/Weight room will be cleaned and disinfected at the beginning of day (opening), throughout the day, and evening (closing).
- No food will be allowed in the Indoor facility and weight room, water or other fluids are permitted. Please bring own containers, no sharing of drinks and or containers.
- Workout at own risk and be mindful of your limitations.

6. Outdoor Activities: Basketball hoops, running, box jumping, speed ladder, etc..

- All Covid-19 instructions still in place.
- No more than ten per group for outdoor activities.
- All equipment used must be wiped down after use by students.

Any questions pertaining to the summer activities please call: 338-5606, cell- 845-8023
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