



## Natomas High Football Summer Workout Plan

The Covid-19 pandemic has changed almost everything we deem “normal.” From completing school online to working from home, life, as we know it, isn’t the same. One of the most impacted areas of normal life is high school sports. Having to cancel all spring activities, and most of the upcoming summer schedules, students and programs have been left wondering if their sport will be next. High school football is at the forefront of this question, and the uncertainty of it has casted fear to all its loyal fans and participants. Fortunately, given the early success of the “stay at home order,” our community has gradually re-opened. School will also soon be able to resume, and with that comes the potential for fall sports to start preparing for their upcoming season.

The Natomas High Football Program is excited to get back to work! Our players and coaches are eager to return to the sport they love. We also understand the necessary conditions that are present with the COVID-19 pandemic, and with that understanding, come realignment in our approach to training. The following will be our plan to begin that process.

We will conduct our training in phases. With this approach we can slowly bring our players back into the fold while maintaining player safety and properly follow county guidelines. Groups or Pods arrive at time scheduled. First 15 minutes are for temperature checks, questionnaires, and hand washing. Then a 40 min warm up and workout session (entire pod leaves facility). Then 5 minutes for coaches to clean equipment before the next group. *This will eliminate separate lifting groups crossing paths.* We won’t have more than 40-50 kids to begin so these times will work all through phase 1.

### Monday - Friday:

- Pod 1 & 2 (2 groups of 10) 3:00pm arrival
- Pod 3 & 4 (2 groups of 10) 4:00pm arrival
- Pod 5 & 6 (2 groups of 10) 5:00pm arrival
- Pod 7 & 8 (2 groups of 10) 6:00pm arrival (if needed)

### Flow of admission:

- Athletes will enter campus through the theater gates.
- Athletes will participate in the pre-screening process. (see below)
- Athletes will enter practice through the weight room side door or through the green gate to the grass field in front of the weight room.

- Athletes will exit practice through the North PE Hallway door or the driving lane near Joey's Food Locker.
- Designated bathrooms to use during practice will be the F Wing Bathroom.

### **Pre-Screening**

- Athletes will enter through the theater gate.
- Athletes must have all documents completed and cleared by the Athletic Director prior to completing the pre-screening process.
- Pre-screening station will be located near the outside bathrooms connected to the multipurpose room near the student store, and include:
  - Athletes will have their temperature taken
  - Athletes will complete the pre-screening survey.
  - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated restroom near the student store to wash hands.
- Athletes will be lined up using social distancing to wash their hands.
- Once athletes have washed their hands, they will proceed to the weight room or grass area in front of the weight room for practice.

### **Phase 1**

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after practices
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathrooms will be in the F wing bathrooms.
- Athletes will be grouped into pods of no more than 10 athletes. They will stay in their pods throughout the duration of Phase 1.
- Pods can access the large gym, small gym, and weight room as needed, depending on the coaches' needs.
- Athletes will supply their own water bottle.
- Athletes will place their bags in designated areas that are spaced out 6 feet apart.
- No balls will be used in Phase 1
- Practices will consist of weight training, conditioning, and playbook implementation.
- Playbook implication will consist of the following:
  - All athletes will have an offensive position.
  - Lineman walking through blocking assignments while maintaining 6 feet
  - Running Backs will be running plays through a portable LOS (Line of Scrimmage).
  - Quarterbacks and Wide Receivers will practice routes and plays while maintaining 6 feet.

# Football Flow Map

