



LGA Weight Room

The following policy and procedures will be followed by all teams that are using the weight room.

The new rules are as follows:

1. Prior to entering the weight room, each athlete must have gone through the Pre-screening process, which include:
 - a. Athletes will have their temperature taken
 - b. Athletes will complete the pre-screening survey.
 - c. Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
2. Athletes will be required to wash hands before they enter the weight-room and after they leave.
3. No spotters will be allowed when lifting. Athletes are not allowed to lift more than 50% of their max weight.
4. Athletes will be going through rotations/stations in the weight room. After each rotation, athletes will use sterilizing wipes located in the bucket in front of the weight room and wipe down the items that were used. This includes, but is not limited to: barbells, dumbbells, weights, benches, medicine balls, etc...

PHASE 1

- Athletes will be required to maintain 6 feet social distancing at all times.
- Athletes can bring their own water bottle and bags with their names on them and keep them spaced 6 feet apart in the. Athletes will not be permitted to share water bottles at any time.
- 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 bathroom will be outside of the gym.
- No parents or non-team members will be allowed at practice, only athletes and coaches.

- After weight room use and athletes have washed their hands, the coach will walk athletes to the front of the school while maintaining social distance to await pick up.
- The weight room is divided into 8 racks with a racked dumbbell station and will be set up to ensure social distancing.
 - Within each lifting group, we will split up students so no more than 8 athletes are in the Racks and no more than 2 in the dumbbell area
- Coaches are able to have pods of no more than 10 athletes at a time outside the weight room, utilizing the field for conditioning and cardio work.
- Coaches will stay with their pods at all times and not mix between pods.
- Athletes may transition to the weight room through the gym lobby door. Athletes exiting the weightroom will do so using the other exit located on the opposite side of the entrance door.