



## BLOOMFIELD SCHOOL DISTRICT STUDENTS FIRST

### Summer Strength and Conditioning and Sport-Specific Skill Instruction

The Bloomfield Schools Athletic Department has developed a plan to offer BSD athletes the opportunity to participate in a voluntary strength and conditioning program and sport-specific skill instruction during the summer of 2020, with start date of June 15<sup>th</sup>. The plan complies with the applicable orders and regulations from state and local health and governmental authorities and the guidance from the New Mexico Activities Association (NMAA).

*Below is the link to the NMAA minimum guidelines for Strength and Conditioning and Sport-Specific Skill Instruction:*

<https://www.nmact.org/2020/05/nmaa-guidance-for-return-to-play/>

### Information for Parents

BSD is committed to providing a safe and healthy environment for all student-athletes and coaches. We recognize that the COVID-19 pandemic crisis has caused many changes to our daily lives. BSD wants you to feel confident and comfortable during these uncertain times if you elect to allow your student to attend a voluntary, optional Strength and Conditioning (S&C) session. I have included below some information about the planned S&C sessions to assist you to make a decision about your student's attendance. A FAQ also is attached to the end of this document.

Each high school Head Coach has developed a plan and will set the schedule for all strength and conditioning (S&C) and sport specific skill instruction sessions both at the Junior High as well as High School. All schedules will comply with NMAA rules and approved by BSD Athletics.

On the first day of strength and conditioning and/or sport specific skill workout, athletes will be provided instructions. The coaches will explain all rules and expectations. Contact activities will not be allowed.

Entrance and Exit Procedures. Each head coach will provide instructions for entrance and exit procedures for S&C as well as sport specific skills participants to ensure a well-managed process. Parents, siblings or other visitors will not be admitted to any facility. Visitors are not allowed during workouts. BSD will request any outside observer to leave the premises.

Daily Health Screening. Each student-athlete and coach must complete a daily COVID health screening and temperature check before he/she may participate or work. Coaches or student-athletes who answer any screening question "yes" must stay home or, if completing the screening on site, will be sent home. A participant whose temperature is 100.3 or above, will be sent home and may not enter the facility. Any student-athlete who receives a positive COVID-19 test must report results immediately to their head coach; any coach who receives a positive COVID-19 test must report the results immediately to the Athletic Director.

- Participation Limits. BSD will limit enrollment in each session. No more than 25 students and 5 coaches on a field at one time. No more than 15 students and 3 coaches in a gym at one time.

Social Distancing. During workout activities, students-athletes and coaches must maintain at least six or more feet distance when actively exercising. Coaches may have a brief period of closer contact with a student if a shorter distance is required for safe participation. When not working out, students and staff must maintain at least six feet distance.

Coach to Athlete Ratio.

For all activities conducted outdoors, student-athletes may be placed in working groups of no more than 5 total athletes with one coach. For sport specific activities conducted indoors, athletes may be placed in working groups no larger than 5 total athletes with one coach.

Students will remain in the same workout group on a daily basis. If a participant develops symptoms of COVID-19, all participants in the workout group will be removed until the participant has been cleared to return.

PPE/Sanitation.

Student-athletes must report in their exercise clothing. Locker rooms and shower facilities will not be available to athletes or coaches before or after workouts. Restroom facilities will be available.

Student-athletes may but are not required to wear masks during active exercise. Student-athletes must wear masks when not actively exercising. Coaches will wear masks at all times.

Restrooms for hand sanitizing will be available. All participants will be encouraged to wash/sanitize hands throughout the session.

Athletic facilities and equipment will be disinfected before, and after work out sessions.

Food and Drink.

Student-athletes must bring their own water bottle. Water fountains may be used to refill water bottle. Water fountain may not be used as a drinking fountain- only to refill bottles. Water fountain must be sanitized after each student-athlete refills their bottle. Food or drink may not be shared.

Please visit with your student-athlete about the importance of following all social distance guidelines and all rules for summer workouts. We want all athletes to feel comfortable participating in this voluntary activity. Student-athletes who repeatedly disregard rules and expectations may be removed from the program.

If you have questions about the summer program, please contact your Head Coach:

We look forward to working with your student athlete.

Sincerely,

Ben Tensay  
Director of Athletics  
[btensay@bsin.k12.nm.us](mailto:btensay@bsin.k12.nm.us)

## **Frequently Asked Questions: Summer Strength and Conditioning and Sport-Specific Skill Instruction**

Q. Are student-athletes required to have a physical on file to participate in strength and conditioning and sport-specific skill instruction?

A. *Yes. (19-20SY Physicals will be accepted.)*

Q. Is the strength and conditioning program and sport-specific skill instruction required for my student-athlete to participate in athletics during the school year?

A. *No. Participation is voluntary.*

Q. Are parents or visitors allowed to watch workout sessions?

A. *Parents/visitors must remain outside the perimeter of the facilities. They may wait for their student-athlete in the school parking lot. Parents and visitors are not allowed to enter the facility.*

Q. Whom should I contact with questions about strength and conditioning or sport-specific skill instruction?

A. *Contact the Head Coach for your sport.*