**2020 OKLAHOMA UNION CONDITIONING GUIDELINES**

The Oklahoma Secondary School Activity Association (OSSAA) in conjunction with State Agencies, Physicians, and the Center for Disease Control (CDC) has determined that as of Monday, June 1, 2020 it is safe to return to athletic activities. The coaches and administration of OKU met and have determined that activities will resume on June 5, 2020. In order to ensure the health and safety of all our student athletes, coaching staff and other OKU personnel, we will be implementing the following guidelines during our summer athletics activities. (The situation surrounding the COVID-19 pandemic is fluid and adjustments may need to be made at any given time.) **During each phase all participants must check in each day and complete and pass a COVID-19 Screening. Vulnerable individuals should not oversee or participate in any workouts during any of the three phases.**

**PHASE ONE-June 5, 2020 through June 26, 2020**

On June 5th coaches may have face-to-face contact with students using the guidelines listed below. No team practice is permitted. No camps or leagues may be conducted. Strength and conditioning workouts are permitted.

**CHECK IN**

* Every person entering the facility (student-athletes, coaches and staff) must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above will not be permitted to stay. Any person not allowed to participate must wait 48 hours to return.
* All participants must be dressed in workout clothes. No locker rooms will be available to use to dress. (There will be designated restrooms available for use.)
* Persons dropping off participants should not leave until student is allowed to participate that day.
* Participants must use designated entrances: Weight room-main doors of field house; Gym-main doors of high school.

**WEIGHT ROOM**

* Hand sanitizer, disinfectant spray and cleaning wipes will be available at each rack. Athletes will be required to sanitize hands and clean equipment after use of any weight room equipment.
* Any equipment used will be disinfected by the coaching staff after each group exits the weight room prior to the arrival of the next group.
* Groups will consist of no more than twenty-five athletes.
* Two people maximum on any piece of equipment (with exception of spotters).
* No shared bottles, towels, gloves or any other personal equipment will be allowed.
* Social distancing should be followed (with exception of spotters).
* Locker rooms and restrooms if available must be sanitized before use and at the conclusion of each workout.
* Any equipment used to include weights, balls, bats, helmets, etc. must be disinfected with use.

**GYM/INDOOR FACILITY**

* Hand sanitizer, disinfectant spray and cleaning wipes will be available to use as necessary.
* Any area of gym affected by human contact or perspiration will be disinfected by the coaching staff after each group exits the gym prior to the arrival of the next group.
* No more than twenty-five athletes per group.
* No shared bottles, towels, gloves or any other personal equipment allowed.
* Locker rooms and restrooms if used must be sanitized after each group leaves.
* Social distancing should be followed.
* Any equipment used, to include weights, balls, bats, helmets, etc. must be disinfected with use.
* No scrimmaging or one-on-one permitted.

**OUTDOORS**

* Hand sanitizer, disinfectant spray and cleaning wipes will be available to use as necessary.
* No more than twenty-five athletes per group.
* Locker rooms and restrooms if used must be sanitized after each group leaves.
* No shared bottles, towels, gloves or any other personal equipment allowed.
* No shared helmets or equipment worn on the head including facemasks.
* Any equipment used, to include weights, balls, bats, helmets, etc. must be disinfected with use.
* Social distancing should be followed.

**PHASE TWO-JULY 6,2020 THROUGH JULY 15, 2020.**

No team practice is permitted. No camps, clinics or leagues may be conducted. Strength and conditioning is permitted.

* Social distancing guidelines must be followed.
* Hands must be washed or hand sanitizer used prior to the use of any equipment.
* Any equipment used must be disinfected appropriately after use.
* Tryouts are permitted (must follow OSSAA Policy for tryouts).
* No shared bottles, towels, gloves or other personal equipment allowed.

**JULY 15, 2020—PRACTICE MAY BEGIN FOR FAST-PITCH SOFTBALL AND VOLLEYBALL.**