ATHLETICS FACILITIES USAGE
POLICIES AND PROCEDURES DURING COVID

1- Facility usage, the weight room, the Crew Training Center, Tripi Field or Stransky Complex, must be scheduled and reserved by Canisius HS teams prior to use.

2- Mr. Jason Hopkins, the school’s athletic trainer and strength coordinator, will keep and maintain the school’s training facilities schedule. The link below goes to a Google calendar; it shall contain the most-current form for training facilities schedules:

https://calendar.google.com/calendar?cid=bWF1cm9AY2FuaXNpdXNoaWdoLm9yZw

3- Any team or group scheduled to use an athletics facility shall be limited to a maximum of 15 students. Teams or groups with more than 15 students will need to create pods to stay within the limit. Pods must be kept consistent in the event contact tracing is needed.

Per the New York State Return To Play Guidelines…

Coaches must ensure a distance of at least six feet is maintained among individuals at all times, whether indoors or outdoors, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.

Coaches should modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.
4- All individuals must complete the school’s health survey as well as have their temperature taken by school personnel before entering any of the athletics facilities, either at the Blue Doors before school, or at the Reception Desk until 5pm. For workouts scheduled on non-school days, coaches will be responsible for confirming their student-athletes have completed the health survey and will also check a student’s temperature. Coaches will be trained on both obligations by the Athletics Department.

Any individual with a temperature of 100 or more will not be allowed in the building. If it’s a student, the coach will contact the family, and then alert Nurse Keating. Any individual not feeling well should not attend a workout.

5- Students will check-in at the top of the stairway in the hallway leading to the locker room changing areas. Upon confirmation that the student is part of a group authorized to utilize athletics facilities at that time, the student will proceed to a designated changing area. The locker areas have been numbered.

A student who is not a member of a team and wants to workout, should contact Mr. Jason Hopkins at jhopkins@canisiushigh.org to be placed on the schedule.

6- To facilitate proper distancing for students to change into workout attire, the school will utilize all general and team changing areas for usage by authorized groups and students. Students must lock personal belongings in a designated locker in the changing areas. At the conclusion of his workout, the student must gather all belongings and exit the athletics facilities. Failure to properly lock one’s belongings in a locker may lead to having one’s privilege to workout forfeited. Loitering is not permitted.

7- While athletics facilities will be cleaned regularly, each person utilizing the weight room will be required to clean weights after each use.

8- Usage of athletics facilities will be coordinated to provide a minimum of a 15-minute interval between group/student use so as to provide ample time for sanitizing. Facilities will be sanitized after each group concludes a workout.

9- Per New York State Department of Health reopening guidelines for both schools and athletics facilities, masks must be worn by all individuals at all times in indoor athletics facilities as well as outside when social distancing cannot be maintained.
WEIGHT ROOM GUIDELINES

1) Individuals shall seek to maintain social distance.
2) Each group with the strength coach shall create individual stretching routines rather than incorporate any warm-up requiring the use of partners.
3) Users shall work in groups of three or less while on any workout platform. Spotting, if necessary, shall be conducted from the ends of an exercise bar.
4) To facilitate proper cleaning, groups shall be limited to weight room facility usage to no more than 45 minutes.
5) Hand sanitizers and cleaning stations shall be interspersed throughout the facility.
6) All users shall adhere to recommended daily personal hygiene guidelines:
   i) Wash hands thoroughly and frequently with soap and water or hand sanitizer
   ii) Avoid touching face
   iii) Do not attend if you are not feeling well and/or have a temperature
   iv) Maintain six feet of distancing from other students and staff when and where applicable.
   v) Masks must be worn.
7) Users shall not share towels or water/hydration bottles of any kind.
8) Users shall bring and utilize clean clothes for workout attire.
9) Changing areas shall be sanitized regularly. Users must remove all belonging at the conclusion of a workout.
10) On non-school days, all must enter through a singular, approved entrance to confirm each individual present has completed the health survey and has an acceptable temperature reading before further entering the campus.

School Administration will evaluate these plans and guidelines regularly; when necessary, the Athletics Department shall communicate any changes or adjustments to all constituents responsible for the implementation and practice of the above policies and procedures and shall ensure full adherence of and compliance to such policies and procedures.