



Pelican Rapids High School

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Brian Korf, **Principal** (4435)

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At PRHS everyone is a leader,

and every leader values integrity,

shows respect, and acts responsibly.

"Non scholae, sed vitae,

discimus!" (We learn not

for school, but for life!)

COVID PROTOCOL PELICAN RAPIDS HIGH SCHOOL WEIGHTROOM

1. Enter door #2, it is recommended that all athletes when reporting to training wear a face mask. Athletes should come dressed ready to train. Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces. Each athlete should have a water bottle for their individual use. There will not be any locker room facilities or water fountains available for student use. Students will stay in the Legends Gym Foyer until they are brought to the weight room by a coach. All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. Any person with positive symptoms reported will not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate health-care professional. No gathering of more than 10 people at a time (inside or outside), due to size of weight room to maintain proper social distancing.
2. Once entering the building you will move to the bathroom; Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
3. Athletes will then move to warm up area maintaining social distancing. After warm-up session, athlete will move to weight room. Athletes are encouraged/recommended to wear mask for training sessions.
4. Upon entering the weight room athletes will use wipes to clean benches and bars. Athletes will train in the same rack for the duration of their training session, to maintain proper social distancing and prevent multiple athletes from using/touching same surfaces.
5. Upon completion of weight room training, athlete will use wipes and clean benches and bars. Athlete will exit weight room and leave the building by Door #3.
6. Between session cleaning/disinfection. Prior to an individual or groups of individuals entering the weight room, hard surfaces within that area will be wiped down and sanitized. Racks and benches will be wiped down after each group. Disinfecting fogger will be used at the end of the day.

ADDITIONAL CONSIDERATIONS FOR ATHLETES AND FACILITY

- There should be no shared athletic equipment (towels, clothing, shoes, water bottles or equipment) between students.
- There will be areas for drop off for gym bags/back packs for those athletes that have to carry extra clothing/equipment due to travel distance, or lack of transportation during their day.
- Students will wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- Students will be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Adequate cleaning schedules should be created and implemented for the weight room to mitigate any communicable diseases.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts and will wash hands after their workout as well.