



WPS ATHLETIC SUMMER WORKOUT PLAN - 2020

OVERVIEW

As permitted by Kansas Governor Laura Kelly's phase in plan, guidance from state educational and athletic organizations, county health officials and Wichita Public Schools, WPS is planning to begin summer workout and conditioning activities for high school student athletes on June 1, 2020. Coaches will need to follow all social distancing, health, and operational guidelines specified by the Wichita Public Schools pertaining to district summer operations. Also, coaches will follow the guidelines set forth by KSHSAA (<http://kshsaa.org/Public/pdf/SummerGuidelines.pdf>).

WPS operational guidelines that pertain to summer HS athletic workout include:

- All district facilities will remain closed to walk-in traffic. Appointments with district stakeholders will be facilitated *by appointment only*, if circumstances allow safe social distancing and other personal safety measures to be practices. Access to facilities will be allowed in emergency situations.
- We will continue practicing social distancing (6' apart) and other public health measures endorsed by the CDC and KDHE, including [guidelines for employee illness and self-quarantine after travel](#).
- Employees who are not feeling well are required to stay home.
- Employees working in groups of two or more are required to wear masks as a precautionary measure.
- Cleaning supplies will be available at all times, and should be used appropriately.
- District temperature screening and illness protocols must be followed (see "resources" below), which include the following expectation:
 - ...All other (non food service) WPS employees required to report to work in person, will monitor their temperature prior to entering and working in a WPS building site.

Additional athlete summer workout guidelines include:

- Coaches and student athletes who are not feeling well are required to stay home.
- Coaches and students should monitor their temperature prior to coming to school and
- Locker rooms will remain closed through the summer.
- When inside activities are being conducted, student athletes should not be in any other part of the building. Only in the designated practice areas.
- If inclement weather conditions require emergency shelter inside a school building, access to facilities should be allowed in these emergency situations.
- Athletes should be instructed to bring their own water bottles. No sharing of water bottles. Coaches will provide water in jugs for students to refill personal water bottles.
- All phases of this plan should follow the Governor's phasing plan, including limitations on the size of group gatherings. This means there could be a staggered workout schedule.
- Until there are indoor activities allowed, if there is inclement weather, that day will be cancelled.
- With the KSHSAA guidelines, each individual athlete must get in 5 days before they move to the next week of progression. Coaches need to take attendance to monitor this. While the buildings are only open Monday – Thursday, workouts may be conducted outside on Friday/Saturday to get in the 5 workouts per week through the first three weeks. No access to the buildings on Friday/Saturday.

THIS PLAN/TIMELINE IS SUBJECT TO CHANGE BASED ON GOV. KELLY'S PHASING PLAN TO REOPEN KANSAS. UPDATES WILL BE POSTED ONLINE AT WWW.USD259.ORG/WPSreturn

WORKOUT SCHEDULE, AS PUBLIC HEALTH GUIDELINES ALLOW:

June 1: (Week 1) Summer Strength and Conditioning may begin (outdoor activities only)

- 3 hours max per participant per day
- Social distancing and gathering restrictions apply
- No organized competition of any kind between schools
- Cheer/dance try-outs may be conducted if doing them outdoors. If teams were picked virtually they may practice outdoors. No stunting allowed to maintain social distancing.

June 8: (Week 2) Summer Strength and Conditioning continues (outdoor activities only)

- 5 hours max per participant per day
- Social distancing and gathering restrictions apply
- No organized competition of any kind between schools

June 15: (Week 3) If Phase Out plan is initiated by Governor and approved by KDHE, Sedgwick County and USD 259 Administration.

- Indoor & Outdoor activities, excluding weight room
 - Guidelines on participation numbers, equipment and sanitation TBD
- Cheer/dance try-outs may be conducted if doing them indoors. No stunting allowed to maintain social distancing.

June 22: (Week 4)

- Indoor & Outdoor activities, excluding weight room
 - Guidelines on participation numbers, equipment and sanitation TBD

June 29: (Week 5)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
 - Guidelines on participation numbers, equipment and sanitation TBD

July 6: (Week 6)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
- One-week team camps for all sports allowed
- One team vs. team camp, including college contact camp is permitted for football starting this week (week 6) through August 15. Must be conducted by third party; maximum of two days.

July 13: (Week 7)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
- One-week team camps for all sports allowed

July 20: (Week 8)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
- One-week team camps for all sports allowed

July 27: (Week 9)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
- One-week team camps for all sports allowed

August 3: (Week 10)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
- One-week team camps for all sports allowed
- No Basketball team camps or instruction with players

August 10: (Week 11)

- Indoor & Outdoor activities, Weight room open with restrictions TBD
- Fall sport team camps
- No Basketball team camps or instruction with players

August 17: Fall Sport Practices Begin

More information about Wichita Public Schools pandemic recovery plan can be found online at www.usd259.org/WPSreturn.