

**J.A.C.**  
**Summer 2020**  
**Guidelines/Reminders**

- **Pre-Registration only**
  - No walk-up registrations on the day of camp will be accepted.
- **UIL Pre-Participation physical required for the following:**
  - Incoming 7<sup>th</sup> graders, new to LISD, new to Athletics, pre-existing medical conditions.
- **Every athlete and coach will go through a screening process upon check-in.**
  - Temperature check.
  - Symptom chart check list.
  - ANY athlete or coach who answers YES for any symptom, or records a high temperature/fever will not be able to participate until healthy.
- **Any athlete or coach who is not feeling well will need to stay at home until healthy.**
- **All athletes must bring their own water. We encourage the container to be minimum 1 gallon.**
  - Non-contact water refill stations will be available.
- **Athletes must have a mask for the purpose of spotting and during check-in.**
  - Athletes will NOT have to wear the mask while exercising.
- **Drop off and pickup locations, along with entry and exit points are indicated on FMHS Stadium and Athletics complex map.**
- **Restroom availability will be limited. Athletes are encouraged to be aware and plan accordingly.**
- **All equipment will be properly sanitized between use. Anytime a rotation occurs between athletes or groups, all equipment will be wiped down and disinfected.**
- **Hand sanitizing stations will be readily available in the weight room.**
- **All agility stations are non-contact. Lines for agility stations will be set up to allow for a minimum of 6 feet between athletes.**
- **Athletes will be organized in small group pods that will remain consistent from day to day in order to limit exposure among a large group of campers.**
- **Weight equipment is set up for athletes to be 12 feet apart. In the event that a lifter requires a spotter, the spotters will be required to have a mask.**
- **A professional crew will come through nightly to sanitize all areas.**
- **Our coaching staff is aware that many athletes have had a long period of minimal activity. We will properly ease back into building athlete's endurance and conditioning levels.**
- **For the purpose of organization, registrations are encouraged to be submitted by 5:00 p.m. Any camper registered after 5 p.m. will not be able to participate on the following day. They will need to be properly screened for UIL Pre-Participation physical and placed in a group. Once cleared, they will be able to participate two days after the registration is submitted.**
  
- **Athletes who do not bring their own water and mask will not be permitted to proceed through check-in and will be sent home.**