

Smith-Cotton High School Summer Activity Guidelines

Smith-Cotton High School is moving forward with plans for our summer Athletics and Activities programs. We understand the importance of summer opportunities and how they enhance our school based programs. Having said that please understand that participation in any Smith-Cotton summer program, practice, gathering or event is entirely voluntary.

This plan is established for a June 1, 2020 target return date. It is subject to revision or cancellation at any time as district, local, state, or federal guidelines may change. These guidelines are written using the Pettis County Health Order dated May 2 and effective through May 31. Our hope is that as time goes on, some guidelines will become less restrictive.

Protective Guidelines for Sessions:

- All student participants must have signed permission from their parents/guardians before taking part in any Smith-Cotton Summer Activity in 2020. The Activities Office will provide this permission form.
- As of June 1, 2020, small group work will be allowed to take place in groups of 10 or less, including the coach. You may have multiple groups from your program on campus together up to 30 total people but groups must be spread out. Groups should be at least 20 yards apart and individuals in groups must adhere to 6 foot social distancing.
- When entering or leaving a session, students must wear a mask. They may not enter a facility until a coach has let them in and told them where to be. At that time, students may remove their masks and store them safely with their personal belongings.
- Upon entering and leaving a session, students and coaches must use provided hand sanitizer.
- These sessions should be designed to focus on individual conditioning and skill development.
- Two students may share a ball. The ball must be cleaned afterward before being put away or used again and students must immediately wash/sanitize their hands. No other personal equipment may be shared.
- All equipment must be wiped down or cleaned after each session with towels and spray provided by the district. Coaches are responsible for washing towels each day. Coaches may use the washer and dryer at the stadium, at the HS in the FACS room, HS B124, or in the JH Boys locker room.
- Locker rooms are closed to students and everyone else except coaches. Coaches may use locker rooms but must adhere to social distancing guidelines. Friends and family members are not allowed in locker rooms with coaches. Student-athletes should arrive dressed out and ready to go.

- Restrooms may be used (not locker rooms). In locations with multiple restrooms, coaches should select one specific restroom for males and one for females. In each of those restrooms, a bottle of spray cleaner and disposable towels should be kept. Students should be instructed to clean seats, doors, and handles before and after they use it. Only one student at a time will be permitted to go to the restroom.
- Water coolers, spigots, or hydrants may not be used. Students should bring their own water.
- No unnecessary individuals shall be present in the facility (parents, managers, non-participating athletes, coach's children, etc.).
- Two sports/activities may not use the same facility at the same time. The stadium and the practice fields at the High School shall be considered separate facilities. However, they must establish and use separate restrooms.
- Each facility must be cleaned by custodians between usages.
- Use of the golf cart is limited to one coach per sport. That coach is responsible for spraying down the cart after each use.
- Coaches must maintain a daily log of attendees.
- All activities are restricted to Sedalia School District students only.

Summer Youth Camps

- All summer youth camps should be scheduled for July 6 or later. If restrictions are eased to a point we feel we can move earlier, we will do so.
- Information and advertisement for youth camps can and should be distributed at this time. However, no money should be collected until we are sure the event will take place.
- Camp fliers or registration forms should be sent to the activities director as soon as it becomes available.

Team Camps

- Team camps should be scheduled for July 6 or later. If restrictions are eased to a point we feel we can move earlier, we will do so.
- Team camps should be scheduled to take place in Sedalia only.
- Information and advertisement for youth camps can and should be distributed at this time. However, no money should be collected until we are sure the event will take place.
- Camp fliers or registration forms should be sent to the activities director as soon as it becomes available.

Travel

- All out of town travel for Smith-Cotton programs is prohibited until further notice. If restrictions are eased to a point we feel we can begin limited travel, we will do so.

- At this time, we cannot commit to out of town leagues/games/scrimmages. Hopefully, restrictions are eased and we can do so at a later date.
- At no point this summer will out of town overnight stays be allowed.

Weight Room

- As of today, the weight room is closed until further notice. If restrictions are eased, we will allow limited weight room access at a later date.
- Coach McFail (S-C Strength Coach) will be sending to all head coaches/sponsors a workout plan consisting of cardiovascular workouts and strength workouts consisting of the use of body weight only (push-ups, sit-ups, burpees, etc.).

Dead Periods

- The Activities Dead Period is June 27- July 5, 2020.
- The Sports Dead Period is August 1-9, 2020.