

DCG _____
(sport)
July Workout Protocol

Starting July 1:

1. Temps taken upon arrival, athletes should wear masks until after temps are taken and anytime 6ft of social distancing can't be obtained. Consider staggering pods to reduce gathering. Athletes and coaches may choose to wear masks at any time during the training period.
2. After temps have been taken athletes should establish a "camp" 6ft. away from the next athletes. Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment). Athletes should be monitored at start of practice for temperature >100.3F or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present, they should not participate in practice and should be referred to a physician for evaluation and testing.
3. Athletes are encouraged to bring their own small bottle of sanitizer and water bottle. Shoes, towels, and other personal items. The use of locker rooms, shared water coolers, and water fountains will be prohibited during these training sessions.
4. Athletes will need to fill out the consent form (see below) and bring on the first day.
5. Workout Groups or Pods of no more than 10 ppl will be predetermined - groups won't change from week to week.
6. Each group of 10 will maintain 6ft distance from the other groups and interaction between groups should be avoided.
7. At the conclusion of each workout, any equipment used will be cleaned thoroughly prior to the next session

Informed Consent Agreement for Participation in School Athletics
(Return with athlete on July 1st)

Dear Parents, Guardians, and Student Athletes,

The State of Iowa declared a public health emergency on March 17, 2020 in connection with the COVID-19 pandemic. School and school activities for students were temporarily suspended. Subsequent state directives have allowed for ALL school activities to resume on July 1st, 2020. The Iowa High School Athletic Association ("IHSAA"), the Iowa Girls High School Athletic Union ("IGHSAU") have [issued guidance stating X?/statement

