



Open Gym Policy

The Restore Illinois Plan has established a regional approach to reopening the State. As of January 18, 2021 Springfield was in a region of the State given Phase 4 status and new restrictions on activities were put in place. District #186 will continue to prioritize the health and safety of students and staff but will allow Open Gym workouts to be held and continue as long as Springfield remains in a region in Phase 3 or 4 in the Restore Illinois Plan.

To maintain the highest level of safety possible District #186 middle schools and high schools will institute District #186 requirements for Open Gym workouts to occur:

- All Athletes must meet the State physical and immunization requirements for school.
- Maintain social distance by being 6 feet apart.
- Masks shall be worn at all times when inside a building including while an athlete is working out.
- Masks will be worn anytime social distancing cannot be maintained outside of the building.
- Follow gathering guidelines of groups of 25 or less including the coach and medical personnel. Until further guidance is received from the IDPH allowing a larger group to gather.
- Groups of 25 or less must be determined and maintained during open gyms. Until further guidance is received from the IDPH allowing a larger group to gather.
- Once groups are determined, students may not switch from one group to another based upon sport. Students that participate in multiple sports for the year are encouraged to be grouped, for their next sport season participation.
- Interaction between groups shall be avoided.
- Sessions can include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills may be utilized and equipment shared with proper sanitization.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
 - Athletes should be monitored at the start of practice for temperature $>100.4F/37C$ 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.
- Free weight exercises that require a spotter can be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.



DISTRICT 186

SPRINGFIELD PUBLIC SCHOOLS

Open Gym Workout Consent

Student Name (Please Print) _____

Grade Level (Circle One) Freshman Sophomore Junior Senior

PURPOSE: The purpose of this form is to obtain your consent for your student athlete to participate in VOLUNTARY Open Gym workouts at Springfield High School during the COVID-19 epidemic. By signing below you give your student athlete permission to participate in workouts held at Springfield High School and supervised by Springfield High School coaching staff. This signed form must be returned prior to your student athlete participating in any Open Gym workout at Springfield High School. Students who do not have a consent form will not be allowed to participate.

To maintain the highest level of safety possible District #186 middle schools and high schools will institute District #186 requirements for Open Gym workouts to occur:

- Maintain social distance by being 6 feet apart.
- Masks shall be worn at all times when inside a building including while an athlete is working out.
- Masks will be worn anytime social distancing cannot be maintained outside of the building.
- Follow gathering guidelines of groups of 25 or less including the coach and medical personnel.
- Groups of 25 or less must be determined and maintained during open gyms.
- Once groups are determined, students may not switch from one group to another based upon sport. Students that participate in multiple sports for the year are encouraged to be grouped, for winter sport participation.
- Interaction between groups shall be avoided.
- Sessions can include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills that contain no contact and no shared equipment may be utilized.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
 - Athletes should be monitored at the start of practice for temperature >100.4F/37C 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.
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- Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

Parent/Guardian Name (Please Print) _____

Parent/Guardian (Signature) _____