Harker Heights Summer Conditioning 2020 – Revised (6/22/20)

Parking Lot Procedures

* Self-driving athletes will be instructed that once they park and exit their vehicles that social distancing guidelines will be in place.
* Parents will be instructed to drop their athlete off at the front of the gate.
* Once out of the car athletes will look for x’s on the ground to note where to stand while waiting to be checked in at the table.

Check-In Procedures

* Entry point for student athletes will be the turf gate, to the right of the main fieldhouse doors.
* Parents will be able to assist their child during the check-in process, but will then need to leave the area.
* Markers on the ground will note where the athletes should state to maintain proper distance.
* The athletic trainer will begin the check-in process including survey/questionnaire.
* The coach assigned to each group will have a separate check in sheet to note participation for health and safety reason.
* Athletes must make all efforts to attend camp during their pre-determined session.
* An athlete may not train in more than one group during a week.
* After a successful check in athletes will proceed on to the turf and look for a mark on the ground to determine proper distancing guidelines while waiting for check-in to finish and the station to begin.
* If an athlete arrives early we will have an alternate waiting area marked off where they will be able to wait for their assigned group.

Group start times and Rotation start times

Offensive Players

8:00am – 9:30am Strength Camp

9:30am - 10:30am Football Skills

Defensive Players

8:30am – 9:30am Football Skills

9:30am – 11:00am Strength Camp

Players will be grouped into three 25 player pods. Each pod will rotate through three 30min stations to include weight room, agility, and speed training.

Weight Room Procedures

* Our weight room is currently set up to maintain proper distancing protocols.
* Weight racks are currently set up with 10 feet of space between then.
* Any equipment used will be cleaned after use.
* Weight room capacity will be limited to no more than 50%

Rest Room Procedures

* Only 1 person per group may be sent to the restroom at a time.
* The Students will line up outside of the door until one of the coordinators sends gives them the ok to enter, to ensure that only 1 athlete is in the restroom at a time.

Overheating Procedures

* Return to the check-in table to consult with the Trainer on staff, and then sit in the conference room/hallway to get out of the heat.

Station Locations and Rotations

* With athletes grouped into three 25 player pods each pod will occupy one of three spaces at a time.
* Location 1 - weight room.
* Location 2 – Stations 1, 2, and 3.
* Location 3 – Stations 4, 5, and 6.
* Each pod will stay at each location for 30 minutes at a time, without interacting with any other pods.

