

Canton South Sports Summer Protocols For Coaches

June 1 until the start of fall practices

Masks must be worn by coaches. Athletes will wear masks based on ODH recommendations. Pre-Workout Screening (Temp. Check) must be conducted by all Coaches and Athletes before training session can begin.

Youth Camps

1. Even if they become allowable, we will not hold any youth camps during the summer of 2020. Coaches who hold fall clinics can continue to plan for them and we will work through it when school resumes.

Weight Room: Ohio Dept. of Health/OHSAA Guidelines and Recommendations must be followed by all Coaches.

1. We will follow OHSAA guidelines up to our maximum of 20 athletes and 3 coaches permitted in the weight room due to the size of our weightroom.
2. Coaches with more than 30 athletes in their program should divide their roster into groups of 20 or less when full participation is reached.
3. Workout groups must remain consistent throughout the summer.
4. Weight room time must be scheduled through the athletic office.
5. Coaches must keep an accurate log of attendance through an approved method.
6. Athletes are responsible to bring their own water and should not share any personal items.
7. Athletes must wipe down their equipment before and after use.
8. Coaches must enforce all current social distancing and sanitizing protocols.
9. No alumni or community members may use the weight room...athletes and coaches only.
10. Locker room facilities will be unavailable until the start of fall practices.
11. A restroom will be provided for emergencies.

Conditioning/Agility: Ohio Dept. of Health/OHSAA Guidelines and Recommendations must be followed by all Coaches.

1. All team conditioning/agility summer workouts, with the exception of cross country training, must be held in a school facility.
2. The conditioning/agility groups must be the same as the weight room groups. Multiple groups can be combined when the outdoor limit is higher than the indoor limit but when practical spread the groups apart from each other throughout the stadium.
3. Conditioning/agility time must be scheduled through the athletic office.
4. Coaches must keep an accurate log of attendance through an approved method.
5. Use of shared equipment should be limited to necessity when allowed at all.
6. Athletes are responsible to bring their own water and should not share any personal items.
7. Locker room facilities will not be available until the start of fall practices.
8. A restroom will be provided for emergencies.

Small Group Workouts: Ohio Dept. of Health/OHSAA Guidelines must be followed by all Coaches.

1. All state-mandated maximums must be followed.
2. All small group workouts must be a subset of the weight room group.
3. OHSAA guidelines on allowable equipment sharing must be followed.
4. Facility you wish to use must be scheduled through the athletic office.
5. Coaches must keep an accurate log of attendance through an approved method.
6. Athletes are responsible to bring their own water and should not share any personal items.
7. Locker room facilities will not be available until the start of fall practices.
8. A restroom will be provided for emergencies.

Team Activities

1. All OHSAA regulations regarding types of activities and any state-mandated maximums must be followed.
2. All team activities (except golf and cross country) should take place at Canton South facilities and be scheduled through the athletic office.
3. Canton South will not be attending any team camps or shootouts, nor will we be competing with other schools during any allowed summer coaching time.
4. Open gyms and organized team activities must be limited to the prospective members of your program.
5. Coaches must keep an accurate log of attendance through an approved method.
6. If whole team activities are not permitted because of maximums, subgroups should be consistent with the other groups above.
7. Athletes are responsible to bring their own water and should not share any personal items.
8. Locker room facilities will not be available until the start of fall practices.

Coaching Guidelines

1. REMINDER: Our ability to work through any summer activities successfully will have a large impact on our ability to have sports next year.
2. Keeping accurate attendance records for players and coaches at every activity is mandatory.
3. You and your staff are responsible for keeping the facilities secured and free from outsiders while you are scheduled to be there.
4. As your sport becomes available for coaching, limit the number of interactions and the size of the groups as much as possible.
5. Train your athletes to show up, do their work, and go home.
6. Hold team meetings virtually as much as possible.
7. Anyone that shows signs or symptoms of illness needs to be documented, and reported to the Athletic office. The person should be sent home with a parent phone call.
8. The OHSAA has extended the usual summer coaching calendar to August 31 for this summer only. Canton South will not have any team activities for winter or spring sports after the first day of fall practice on August 1st. Weight room, conditioning, and small group activities can proceed as allowed by the OHSAA for athletes not playing a fall sport once school starts in the fall.

Current Plan for Phased Return:

June 1-June 14: OHSAA Phase One

- A. Maximum of 10 in the stadium, 10 in the weight room, 10 in the MPR, 10 in a gym.
- B. No weight spotting. Use lighter weight, body lifts, and dumbbells.
- C. Individual skill work only. No catch or shared equipment.

June 15-June 28: OHSAA Phase Two

- A. Maximum of 40 in the stadium, 10 in the weight room, 10 in the MPR, 10 in a gym.
- B. Weights can be spotted from the ends of the bar. Maximum lifts should be limited.
- C. Skill workout may involve passing and catching or other sharing of equipment provided it is disinfected at the end of each subset session. Team drills may be run that do not involve contact.

June 29-July 31: OHSAA Phase Three

- A. Maximum of 50 in the stadium, 20 in the weight room, 20 in a gym. 15 in the MPR.
- B. Team workouts are permitted for all sports except football and wrestling who must still adjust drills to avoid contact.
- C. 7-on-7 football and all sport practices are permitted for your athletes only. There should be no competition with other schools or community members.

Golf, Bowling, Tennis, and Cross Country may train throughout the summer provided you follow all guidelines at your venues, keep accurate records of who attended, and make every effort to socially distance your athletes from the public and each other.