Whitehall District Schools

Whitehall High School

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Dale McKenzie, Principal
Greg Russell, AD/Dean of Students
Carrie Goodrich, Counselor
Derek Westerlund, Counselor

Re: Covid-19 Summer 2020 Athletic Plans

Dear Viking Families,

We are excited to share with you information on the reopening of athletic activities at Whitehall Schools!

While the specific details of what will be allowed during workouts/activities will be limited by the Covid-19 State of Michigan mandates, MHSAA (Michigan High School Athletic Association) guidelines, and local district policy, it's a hopeful time as we start to return to some "normal" activities for our student athletes.

As we begin to return to athletic activities, we want everyone to know that our focus at this time is to provide our kids and coaches a safe environment during training through the planning and implementation of local and state guidelines to mitigate the spread of the Coronavirus.

The athletic department, in conjunction with all Varsity Head coaches, is now in the process of developing plans to safely reacclimate our student-athletes back to athletic condition. The plan is to offer students at our middle and high schools time for conditioning and strength training throughout the month of June beginning on June 17th and run through July 2nd at the high school practice fields located behind the high school.

Our workout sessions will be Monday-Thursday: You can choose 8am-10am, or 6pm-8pm

Listed below are the resources used in assessing, planning and implementing the reopening of athletic activities. If you have any questions, please feel free to reach out to head coaches or Mr. Russell at 893-1028.

Thank you for your patience and supporting your children through these difficult times and Whitehall District Schools in educational athletics.

Helpful Links:
MHSAA Sports Re-opening Update Center

MHSAA/WDS Summer Activity Reopening Guidance
For Coaches and Athletes
(Activities for Whitehall Athletes may begin June 17th)

Step 2 (Modified)- Conduct of Conditioning and Practice Sessions for all sports. Specific MHSAA sport guidelines may be found at https://www.mhsaa.com/News/Announcements/articleType/ArticleView/articleId/9148/Sports-Re-Opening-Update-Center

Action Areas	Mandated WDS and MHSAA	Recommendations
Pre-Workout Screening	• Daily screening of Symptoms- Temperature and Q's • Attendance with answers documented and stored • Those with symptoms should not be allowed to workout and should contact HCP • Vulnerable individuals should not participate in workouts	• To have accurate readings, athletes should be in a rested state prior to temperature screenings
Limitations on Gatherings	• No indoor practices or activities • Outside Practices or Events- 100 people or less in attendance • Social Distancing- Minimum 6' distance between participants during practices and workouts.	• Workouts conducted in smaller pods of athletes to avoid cross contamination • Locker rooms should not be utilized
Facilities Cleaning	• Students must be encouraged to shower and wash clothing at home	• Cleaning schedule created • Cleaning protocols- Surfaces and equipment • Hygiene protocols
Physical Activity and Athletic Equipment	• No person to person contact • No spotted exercises, including weight lifting • Coaches MUST utilize face coverings during all activities	• Equipment protocols- Use and Cleaning • Emphasis on resistance training with body weight and bands • Protocol for proper workout clothing and care of clothing (washed after each use).
Hydration/Food	• Each student has their own hydration bottle from home (water, Gatorade...etc.)	• Hydration stations should not be used • Food should not be shared