

MONTPELIER ATHLETIC DEPARTMENT

STARTING MAY 26TH, 2020

Weight Room Guidelines

- Must use social distancing- 6 feet apart
- Must space out weight equipment and stations
- No more than 12 athletes in the weight room at a time
- Eliminate excess seating
- Use hand sanitizer
- Clean equipment after each training session-wipes or sprays
- Come ready for workout-Locker Rooms are shut down
- Must bring own water bottle or sports drink
- Drinking fountain will only be used for water bottle refills
- Clean area daily

Skills Training Guidelines

- Follow social distancing-6 feet apart
- Spectators must social distance
- No touch rule before, during and after session
- No scrimmages or official games
- No congregating before or after session
- Athletes must do own self-symptom check prior to coming to session
- Training space must be big enough to permit proper social distancing
- Should allow proper time between training session for multiple groups
- Equipment must be sanitized before, during and after sessions
- Must bring own water bottle or sports drink
- Drinking fountains will only be used for water bottle refills

Coaching Expectations

- Facilities will open for Montpelier athletes starting May 26th
- Coaches must follow guidelines and protocols
- Use smaller numbers of athletes per session when possible
- No athletes outside of Montpelier permitted in any session
- Coaches should number balls to eliminate sharing equipment
- No camps or leagues outside of Montpelier until further notice
- Create schedule on google calendar and share with athletes and parents
- Coaches should focus on getting athlete in shape first and then skill development
- Coaches must use common sense with social distance, proper spacing and safety for the athlete

Additional Notes

1. Track will open to the public on May 26th, 2020
2. All other facilities (Weight Room, Rec Center, Gyms and Superior Complex) will remain closed to the public until further notice.

HOME OF THE LOCOMOTIVES