




Waller I.S.D Athletics
Strength & Conditioning / Sports Specific Instruction

Who can attend: Girls Incoming 9-12 athletes
When: June 16 - July 30
Where: Schultz Junior High / Waller High School
Time: Girl's Athletics -8-9:30
Cost: FREE

<u>REGISTRATION</u>	<u>RANK ONE FORMS</u>	<u>ITEMS FOR CAMP</u>
<p>Athletes must complete the online registration form before attending any session of SAC Camp or SSI.</p>  <p>bit.ly/ladybulldogSummer2020</p>	<p>https://wallerisd.rankonesport.com/</p> <p>Any student that has a cleared UIL physical on file with a WALLER ISD campus from the 2019-20 school year will ONLY NEED TO COMPLETE the following 2020-21 forms in RankOne:</p> <ul style="list-style-type: none">● Medical History● Emergency Card● Waller ISD Signature Page● COVID-19 Pre - Screen	<ul style="list-style-type: none">● Minimum of 1 Gallon of Water (No Water - No Workout)● Towel● Appropriate Footwear● Small backpack to carry personal items.

**THERE WILL BE NO WALK-UP REGISTRATION ALLOWED. YOU MUST REGISTER ONLINE BEFORE YOU ATTEND YOUR FIRST SESSION OF SAC OF SSI.
DAILY ROUTINES FOR BULLDOG SAC CAMP AND SSI**



❖ **BEFORE YOU GET TO CAMP:**

- EAT BREAKFAST - DO NOT WORKOUT ON EMPTY STOMACH
- BRING ALL ESSENTIAL ITEMS - (SHOES, GLOVES, MEDS, ETC.)
- MARK YOUR BAG / WATER - Make it easily identifiable
- WATER - MAKE SURE YOU BRING AT LEAST ONE GALLON OF WATER
 - We will not have a shared water tank, nor will water fountains be accessible for safety reasons.
 - Athletes WILL NOT be allowed to share water



❖ **ARRIVE TO CAMP LEAST 15 MIN EARLY**

- PRACTICE SOCIAL DISTANCING IN PARKING LOT AND CHECK-IN LINES
- WHEN YOU ARRIVE - SCAN QR CODE AND BEGIN CHECK IN PROCESS
- WEAR MASKS WHEN STANDING IN LINE OR INTERACTING WITH COACHES
- AFTER TEMP IS TAKEN, SUBMIT CHECK IN FORM AND PROCEED ASSIGNED AREA



❖ **WHILE CAMP IS IN SESSION**

- ACTIVELY LISTEN AND FOLLOWING INSTRUCTIONS
- MAINTAIN SOCIAL DISTANCING
- DRINK WATER AS NEEDED
- USE RESTROOM AS NEEDED - 1 IN AT A TIME
- 100% EFFORT



❖ **WHEN SAC / SSI IS OVER**

- FOLLOW INSTRUCTIONS FOR DISMISSAL
- MAINTAIN SOCIAL DISTANCING
- PROCEED TO PICK UP AREA



❖ **ONCE AT HOME**

- SHOWER AS SOON AS POSSIBLE
- EAT PROPERLY
- DRINK WATER - HYDRATE
- STRETCH
- REST



Safety Measures to Combat COVID-19

In order to maintain a safe environment, that helps combat the spread of COVID-19, we will be taking every precaution necessary to make sure that not only your athlete, but all coaches and personnel will be protected. Below are the guidelines that we have put in place as suggested by TEA and the UIL:

- Two phases of summer camp
 - Phase 1 - all outdoors for 4 weeks
 - Phase 2 - starting outdoors and transitioning to indoors after Phase 1 completed (Once indoors we will operate at 25% of the capacity of the space)
- Social Distancing (6 feet at all times and 10 feet while exercising)
- 15 to 1 ratio for athletes and coaches (Outdoors) - 10 to 1 ratio (Indoors)
 - Once an athlete is assigned to a group, that group will stay together through the duration of summer camp
 - Social distancing guidelines will be followed from the time athletes are dropped off, until they picked up.
- Everyone will be given a mask - a mask is not required to be worn while working out; however, it is expected to be worn when interacting with peers / coaches while inside of 6 feet.
- Temperature checks and symptom screens will be performed daily for athletes and coaches.
 - Coaches and athletes will be required to wear a mask during check-in / screening.
- There will be designated drop-off and pick-up locations
- Athletes will need to bring the following - No sharing will be allowed:
 - A minimum of one (1) gallon of water - The use of water fountains / school provided coolers are not permitted according to UIL / TEA guidelines. Therefore, athletes will need to ensure that they have enough water to last throughout and after the workout session.
 - Towel
 - Personal items such as gloves, knee braces, ankle braces, etc.
- Weights will be assigned to athletes or groups daily and will be sanitized immediately at the conclusion of the workout / or group change.