



# URBANA HIGH SCHOOL ATHLETICS DEPARTMENT

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**HOME OF THE TIGERS**

## Urbana High School

***Begins: Wednesday, 6/17/2020***

***UHS Athletics Twitter: @athleticsurbana***

### **IHSA PHASE ONE: RETURN TO ACTIVITIES: STRENGTH and/or CONDITIONING**

As a result of the Governor's Restore Illinois Phase 3: Recovery Plan, the Illinois Department of Public Health and the IHSA has approved the following guidelines for returning to play as of June 6, 2020. IHSA member schools are permitted to open for voluntary strength and conditioning sessions. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school and this is our goal as well. To comply with IHSA's Phase One & the Phase 3 Recovery Plan guidelines, we will implement the following:

1. PRE-ACTIVITY CHECKLIST
  - a. checklist: filled out for each workout
  - b. temp check: >100.4F/37C, the handheld thermometer should be aimed at forehead approx 1-2 inches away from the forehead
  - c. If symptoms are present, students are not allowed to participate and should be referred to a physician for further evaluation.
  - d. For students that are experiencing COVID-19 like symptoms or who have been exposed to persons with positive COVID-19 results, there will be a designated safe area for isolation. (grassy area in front of aquatic center - student must immediately call for a ride)
  
2. STUDENT GROUPS
  - a. GROUPS OF 10 OR LESS INCLUDING COACH
  - b. Once groups are determined, students are NOT allowed to switch from one group to the next (Fall sports take priority). This is in place to avoid any cross-contamination among students/coaches.
  - c. Maintain social distance by being 6 feet apart
  - d. Interaction between groups will be avoided
  - e. Masks will be worn when social distancing cannot be maintained (bring own)
  - f. Shirts MUST be worn at all times
  - g. Students must bring their own water in a water bottle
  
3. CONDITIONING and/or WEIGHTS ONLY.
  - a. No balls

- b. No equipment, sport specific dummies
- c. No mats
- d. Sport specific drills are not permitted
- e. Free weight exercises that require a spotter are NOT permitted
- f. No locker rooms
- g. No sharing of items: water bottles, clothes, towels, etc...
- h. HYDRATE & ACCLIMATE

#### 4. WORKOUT DURATION

- a. 1 hour increments will be scheduled for each group: the first 15 mins will be devoted to the pre-activity checklist - the remaining 45 mins is devoted to workout. **STAY ON SCHEDULE!**

#### 5. OUTDOOR AREA

- a. Three spaces will be utilized: football field, soccer field, and track.
- b. Athletes should not be let into the building for any reason.
- c. Outdoor Restrooms should remain locked at all times. Restrooms may be opened for emergency purposes but should be re-locked after.
- d. The ice machine is off limits to athletes. Coaches may use the ice machine as needed for emergency situations. Gloves and the ice scooper must be utilized.
- e. The bleachers are off limits.
- f. The Press Box is off limits.
- g. The water troughs are off limits and will not be available.

#### 6. COACHES

- a. Check own temp upon arrival
- b. Wear masks when social distancing cannot be maintained
- c. No coach-run practices w/equipment or balls until allowed by IHSA
- d. Do not attend or organize off-site activities
- e. Coaches must submit the following to the athletic director: student groups & general practice plan.

#### 7. COMMUNICATION

- a. 8to18 email blast
- b. District and school social media: Twitter and Facebook
- c. Coaches contacting students to be placed into groups
- d. This plan will be posted on District and UHS websites

#### 8. CLEANING

- a. Daily cleaning of outdoor restrooms by custodial staff
- b. Sanitize areas as needed
- c. If weights are used, sanitize after every usage

#### 9. PARENTS

- a. Parents may keep students out of activities. These activities are all voluntary and not required for students to participate in these sports when school resumes in the fall.
- b. No consequences

**\*Please review the “need-to-know” info with each of your groups.**

# UHS COACHES

<b><u>Fall Sports</u></b>			<b><u>Winter Sports</u></b>		
<b><u>Sport</u></b>	<b><u>Coach</u></b>	<b><u>Email</u></b>	<b><u>Sport</u></b>	<b><u>Coach</u></b>	<b><u>Email</u></b>
Cheer	Coach Strohm	kstrohm@usd116.org	Cheer	Coach Strohm	kstrohm@usd116.org
Cross Country	Coach Farokhi	ffarokhi@usd116.org	Boys Swim & Dive	Coach Zimmerman	coachzim@gmail.com
Football	Coach Walker	owalker@usd116.org	Boys Basketball	Coach Jones	jonesve@u4sd.org
Golf	Coach Brusveen	jbrusveen@gmail.com	Girls Basketball	Coach Bauman	sbauman@usd116.org
Boys Soccer	Coach Barkley	dasmayor@yahoo.com	Wrestling	Coach Amalio	adiegojuan@gmail.com
Girls Swim & Dive	Coach Sherman	stephsherm09@gmail.com			
Girls Tennis	Coach Sands	psands@usd116.org			
Volleyball	Coach Mennig	emennig@usd116.org			

<b><u>Spring Sports</u></b>		
<b><u>Sport</u></b>	<b><u>Coach</u></b>	<b><u>Email</u></b>
Baseball	Coach Pavlakis	spavlakis@usd116.org
Softball	Coach Harmon	billyh23@comcast.net
Girls Soccer	Coach Dunlap	ddunlap@usd116.org
Boys Tennis	Coach Sands	psands@usd116.org
Boys Track & Field	Coach Farokhi	ffarokhi@usd116.org
Girls Track & Field	Coach Edmondson	ledmondson@usd116.org