

Chenango Forks Athletics Voluntary Training, Conditioning Workouts

ALL ACTIVITIES WILL STRICTLY ADHERE to the most up-to-date Department of Health Guidelines

The following programs will begin the week of Monday 9/28/2020. Additional sports and levels plan to start in the future. These training sessions are optional.

Boys Soccer – varsity

Football – JV & varsity

Baseball – modified through varsity

Boys Lacrosse – modified through varsity

Girls Lacrosse – JV & varsity

Coaches will be contacting students on their team with dates, times and locations of their training sessions.

Please use this link to register which includes emergency contact information, Risk of Injury Statement, and a Health History Update. - <https://forms.gle/MT5RHo8JHYNazm6c6>

Full remote students must complete our District Affidavit every 2 weeks. <https://forms.gle/kwPxM2M4sW6K5gBKA>

Temperature checks will be done before each workout session.

- Early practices - beginning at 3:10-3:30
 - Temperature checks will take place in the breezeway between the HS & MS from 3:00 – 3:15.
- Later practices - after 3:30
 - Temperatures will be taken at their practice locations by either their coach or certified trainer.

SOCIAL DISTANCING & FACE COVERINGS

At least 6 feet distance must be maintained among individuals at all times, whether indoor or outdoor. If a shorter distance is required, individuals must wear acceptable face coverings.

HYDRATION

- All students should bring their own water bottle. Water bottles must not be shared.

EQUIPMENT

- No sharing of equipment (towels, clothing, shoes) between students.
- Clothing should be washed after each workout.
- Drills requiring equipment (including balls) must be disinfected between uses.
- Disinfectant spray and hand sanitizer will be provided.

LOCKER ROOMS

- Will not be available for those students who are not in school that day – please come dressed and ready to train that day.
- Students in school on their practice day will wait in the HS/MS gym until the 3:00/3:10 start time.

Please feel free to contact the athletic office or appropriate coach with any questions or concerns.

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