Kenedy ISD Athletes & Parents:

Kenedy ISD is excited to announce our plans for Summer Strength and Conditioning Program. We will begin on Monday, June 8th. **We will strictly adhere to the UIL Guidelines.**

**Physicals:**
- All Incoming 7th-grade athletes as well as any new athlete to the district will have to have a physical on file before participation in summer workouts. All athletes 8-12 will be able to workout with the 2019-2020 physical on file.
- All athletes 8-12 will require a new physical by August 1. More information on this will be available soon.

**Pre-screen process:**
- Before the start of summer workouts, and at the start of every week of summer workouts, Kenedy ISD will pre-screen all students for COVID-19 symptoms that they or others living in their house may experience.
- Students and staff must self-screen every day for COVID19 symptoms for themselves and family members.
- Temperature checks will be conducted upon arrival each day and logged by the coaching staff.
- You must bring your cell phone to answer the pre-screening questionnaire designed for use from any mobile device.

**Workout Schedule:**

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7th - 12th-grade boys:
8:00-10:00 am. (Report by 7:30 am)

7th - 12th-grade girls:
10:00am-12:00 pm. (Report by 9:30 am)

No additional times to workout at Kenedy ISD facilities will be added at this time.

**Blacked out dates are scheduled off days.**

**Workouts:**
- Participation in summer workouts is highly recommended, it is **NOT** mandatory.
- Protocols have been put in place that all athletes and coaches are expected to follow in order to ensure the safety of all athletes and staff members.
- **In order to promote social distancing, all workouts will be conducted outside in an organized and safe manner.** Workouts may include but are not limited to strength training, speed/agility, and conditioning. Athletes will be divided appropriately to different stations throughout our outside locations in order to comply with social distancing rules.
Sanitation:

- **Disinfectant and sanitation products will be readily available at all times.** There will be numerous stations throughout our designed outdoor facility in order to promote cleanliness.

- **Equipment:** Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment will be thoroughly disinfected before another athlete uses it.

- **Bathrooms:** Concession stand bathrooms will be open for athletes to use only one person at a time. Hand washing and using one of our sanitation stations before resuming workout is mandatory.

- **Locker rooms/Shower Facilities and indoor access will NOT be allowed.** Athletes should come ready to workout in their own workout shirt, shorts, and shoes. Athletes will not be allowed to launder around facilities upon completion of a workout.

- **Bring your own water:** Kenedy ISD is not allowed to promote the share of water or food. Please plan on bringing your own water with enough to last for the duration of the 2-hour workout. Please understand the importance of this guideline.

- **Masks:** The athlete may choose to wear a mask at any time, especially if and when spotting another athlete.

- **Gloves:** Although equipment will be sanitized after each use we highly recommend that the athlete wear workout gloves when using the equipment.

This is a fluid situation and information could change or additional information may be added should further changes take place. We thank you for adhering to the UIL and Kenedy ISD's guidelines for a safe summer workout experience.

Sincerely,

Shawn Alvarez  
Kenedy ISD Athletic Director  

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