SERVITE ATHLETICS SUMMER TRAINING
VOLUNTARY WORKOUTS AUGUST 17-28

Check-In Protocol

- Athletes working out on Courage Field will check in at the parking lot entrance to Courage Field on the Wichita side.
- Aquatics athletes will check in at the rolling gate near the gym.
- Athletes will line up in the designated check-in area, maintaining at least six feet of social distance while they wait to be screened by a member of the Sports Medicine staff.
- Screening will consist of a series of questions along with daily temperature and symptom check. All athletes must be symptom free and have a temperature less than 100 degrees before being cleared to participate. At any time, further screening may be necessary.
- All athletes training off-site will be subject to the same check-in protocol including signing the Informed Consent Form, participating in pre-screening, having your temperature taken etc.

Reminders

- If you did not turn in the Informed Consent Form on July 6, you must turn one in on your first day of training during the check-in/screening process.
- Upon arrival, athletes must maintain at least six feet of social distance and wear a mask.
- Masks are to be worn at all times unless otherwise instructed by the coach in charge. Masks will not be worn during physical activity or active recovery.
- Athletes are not permitted to socialize upon arrival with other athletes or staff members. They are to walk directly to their assigned check-in area. If you arrive early it is recommended you wait in your car in the air conditioning until your assigned arrival time.
- All athletes need to bring their own water. Bottles will not be shared. No water will be provided. No drinking fountains will be available. **(A minimum of one gallon of water is required for each training session.)**
    - *Please note that there have been excessive heat warnings issued for the next couple weeks. Please come hydrated and well-fed with extra water.*
- Athletes are limited to one bag to carry all personal equipment/clothing. Athletes should come dressed to workout in proper Servite Athletics training attire and are required to bring their own towel and gloves (if applicable). Nothing may be shared. A shirt must be worn at all times.
- All locker rooms will be closed. The restrooms located outside of the Aquatics Center will be open for athlete use only.

- After training concludes, students should exit campus immediately. No congregating in the parking lot or going on to the main campus.
- No spectators including parents and/or siblings are allowed on campus including athletic facilities.
- **We understand that academic activities including check-in and orientation are scheduled for all grade levels over the two weeks of summer training. ACADEMIC EVENTS ARE THE PRIORITY AND MUST BE ATTENDED AT THE TIME SCHEDULED. If your check-in or orientation time conflicts with your workout time, you are to go to registration and not attend your workout that day.**

Physicals

All athletes are required to complete a physical in order to participate in athletics during the 2020-2021 school year. Physical must be completed by a medical doctor (MD or DO).

Physical Deadline 1- 8/31
All fall sports (Cross Country, Football, Water Polo, Volleyball) must complete their physicals and have paperwork turned in by 8/31. Any athletes without paperwork will not be allowed to participate in any physical/athletic activity until physical forms have been turned in.

Physical Deadline 2- 9/10
All winter and spring sports must complete their physicals and have paperwork turned in by 9/10. Any athletes without paperwork will not be allowed to participate in any physical/athletic activity until physical forms have been turned in.

If you are having trouble getting into your Primary Care Physician, arrangements have been made with a medical clinic, Marque Medical. You can make an appointment on their website.
https://marquemedical.com/servite-high-school-sports-physicals/

Physical paperwork can be turned into the athletics office or emailed to dboroian@servitehs.org.