

Sanford POWER Athlete Guidelines

1. Sanford POWER athletes must enroll a designated group prior to training
 - a. Group sizes will limited according to state guidelines
2. Athletes should come dressed to train and bring their own water bottles
 - a. Locker rooms and water fountains will be unavailable until further notice
3. Upon arrival, athletes should remain in their vehicles until 5 minutes before their scheduled session. Then will proceed to the entry where they will be screened.
4. Upon entering the facility, athletes and staff will have their temperature taken and will be asked COVID-19 screening questions.
 - a. If you are sick, please stay home.
5. Please use proper hand hygiene. Athletes will be instructed to use hand sanitizer upon entry and exit of the facility.
6. No visitors or walk-ins will be allowed to enter the school facilities.
7. All athletes must maintain a six foot distance from other individuals at all times. Only one athlete/coach will be allowed in a 10'x10' area to ensure appropriate social distancing within the facilities.
8. All equipment will be sanitized before and after each training session
 - a. Athletes will not share equipment
9. Workouts scheduled will start on the hour starting at 6am
 - a. No gathering in high school facilities after workouts are concluded