Conditioning Plans

Southern High School Cheerleading

* All activities will be taking place at Southern Middle School.
* Activities will be outside unless weather dictates otherwise.
* If indoor activities are necessary, the number of participants in a common area will be limited to ten. Masks must be worn at all times while participants are indoors.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire. Use of locker rooms is prohibited.
* Any equipment used during activities will be sanitized frequently.

Southern High School Band

* All activities will be taking place at Southern Middle School.
* Activities will be outside unless weather dictates otherwise.
* If indoor activities are necessary, the number of participants in a common area will be limited to ten. Masks must be worn at all times while participants are indoors.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire. Use of locker rooms is prohibited.
* Instruments will be sanitized at the close of practice each day.
* Participants will not share instruments or equipment.

Southern High School Football

* All activities will be taking place at Southern Middle School.
* Most activities will be outside unless weather dictates otherwise.
* There will be a daily limit of 15 participants.
* For indoor activities: the weight room will be limited to 8 participants and the gymnasium will be limited to 7 participants. All indoor activities require that masks be worn at all times.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire. Use of locker rooms is prohibited.
* Equipment will be sanitized after each use.
* Participants will not share instruments or equipment.

Southern High School Girls Basketball

* All activities will be taking place at Southern Middle School.
* There will be a daily limit of 15 participants.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire. Use of locker rooms is prohibited.
* Each participant will have an assigned basketball that is not to be shared.
* Basketballs will be sanitized after each use.

Southern High School Boys Basketball

* All activities will be taking place at The Glades.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire.
* Each participant will have an assigned basketball that is not to be shared.
* Basketballs will be sanitized after each use.
* Participants will be given individual workout plans to complete in order to maintain distancing.
* Those who cannot participate will be given workout plans to complete on their own.

Southern High School Girls Soccer

* All activities will be conducted outdoors.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire.
* Each participant will have an assigned a soccer ball that is not to be shared.
* Soccer balls will be sanitized after each use.

Southern High School Boys Soccer

* All activities will be conducted outdoors.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire.
* Each participant will have an assigned a soccer ball that is not to be shared.
* Soccer balls will be sanitized after each use.

Southern High School Volleyball

* All activities will be taking place at Southern Middle School.
* Temperatures will be taken before daily activities begin. Any student with a temperature will be asked to leave.
* A Covid tracking log sheet will be completed daily. If participants have been feeling sick, they will be asked to leave.
* Participants will be required to complete a waiver form.
* Hand sanitizer will be provided and the participants will be encouraged to use this frequently.
* Participants will be required to adhere to distancing standards.
* Each participant will be required to bring her/his own water bottle labeled with her/his name.
* Participants are required to show up in the proper attire.
* Each participant will have an assigned a volleyball that is not to be shared.
* Volleyballs will be sanitized after each use.