



Newington Resocialization Guidelines

Competition & Performance Activities

Below are guidelines we will utilize to ensure the safety and well being of our student athletes throughout our training sessions.

- **Students can only attend the workout session they are assigned to**
 - Cohorting is critical to our programs. No sessions are mandatory, so if a student is unable to attend a session it is ok. They are not allowed to join another session for any reason.
- **No one other than student athletes and coaches are allowed to be at the workouts.**
 - Individuals providing transportation should remain in their cars at all times.
- **No congregating before or after workouts**
 - Students should arrive no more than 5 minutes before the session and be picked up promptly when the session ends.
 - Students cannot arrive early and wait for their session to begin. Students may not be able to participate if they arrive early or are not picked up on time.
- **Students must complete the [Wellness Self Assessment](#) before arriving at the training sessions each day.**
 - The student should not attend the session if they answer "yes" to any questions. If the fever is over 100, they will be required to stay home for 3 days and provide a doctor's note to return

- The student should be brought to the designated entrance for your program and not leave the car or walk into the training area before the coach has verified your Wellness Self Assessment.
- **No mask, no water bottle, no hand sanitizer, NO WORKOUT**
 - Students must wear a mask upon arrival, departure, and when not engaged in physical activity
 - Water will not be accessible, so in order to maintain proper hydration, students must have their own personal water bottle each day.
 - Students must have individual hand sanitizer that should be used before arrival, after breaks, and before departure from the session
- **Students will report to designated area and maintain 6 ft. social distancing at all times**
 - Designated area is where personal belongings will go and where students will rest
- **No sharing of any personal items**
- **Bathroom use & facilities are available on a minimal basis**
 - Please use the bathroom before arriving when possible.
- **Students will depart from the session one at a time and should go directly to their pickup car or begin walking home from the facility.**

Also, in accordance with the governor's Travel Advisory, anyone traveling back from a state on this list should quarantine for 14 days and not attend any sessions. Below is a link that will provide an up to date list of states meeting that criteria to cross reference if you plan to travel.

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>