

Athletic field conditioning will open on July 6 for fall varsity sports only. Each sport will be staggering start dates. **Rising freshmen will be invited to workouts later by each head coach.** Coaches will notify athletes of specific dates and times his/her sport. The health and wellbeing of our student-athletes is our top priority. Detailed protocols will be followed to maintain a safe environment for our athletes and coaches:

1. Every athlete prior to being cleared to participate in summer training must register and create an account on www.athleticclearance.com. **Staff will be on site to assist any family in setting up an account and completing online forms.**
2. The following documents MUST be uploaded to the Athletic Clearance online account by either scan or screenshot (this process can be completed entirely on a cellphone):
 - a. EL2 PHYSICAL FORM (page 2 only with physician's signature and date)
 - b. A scanned copy or picture of the student's current health insurance card.
3. The **VCS COVID 19** wavier must be printed, signed by parent/guardian and brought first day of training. Available online and front office of school.
4. Every student must have their own labeled personal use water bottle and conditioning supplies. We are unable to provide water or any other conditioning items.
5. All students and staff will be screened daily upon arrival which includes a temperature check and a wellness questionnaire.
6. Students will be assigned to a conditioning group of up to 10 people including a coach. The conditioning group will remain at least 6-ft apart during all exercises and will remain intact for the duration of the time on campus.
7. Any student or staff who has a fever or feels sick must stay home. Anyone registering a temperature on campus of 100.4 or higher will be sent home immediately.
8. Students are discouraged from carpooling.

All clearance information and forms are available online on the DHS athletic website at www.delandhsathletics.org. Forms may also be picked up at the school. Tech assistance is provided by staff in our main office.