

## 2021 Summer Performance Guidelines

The Oklahoma Secondary School Activity Association (OSSAA) allows currently enrolled student-athletes to participate in organized workouts, team camps, and other team activities (with some restrictions) with their school district. Miami Athletics is committed to using this approved time during the summer months to give our student-athletes several ways to improve athletically, individually, and in a team setting. In order to insure the health and safety of all of our student-athletes, coaching staff, and other Miami Public Schools personnel, the following guidelines are implemented and are in place during our summer athletics activities:

### DROP OFF/PICK UP

- Athletes entering the grades 6<sup>th</sup>-12<sup>th</sup> in the fall of 2021 may participate in the summer activities. Drop off/pick up will be at the HS practice gym southeast door.
- Personnel dropping off athletes are to stay in their vehicles and are not enter any athletic facilities with their student-athlete. For liability reasons, no one will be permitted inside the facilities unless they are an enrolled student-athlete or a staff member of Miami Public Schools.

### CHECK IN

- Student-athletes are to check-in with their coach upon arrival. Athletes will be separated into several groups for the group workouts. On open field/gym days, athletes are to check in with the head coach of that sport upon arrival.

### WEIGHT ROOM

- Hand sanitizer, disinfectant spray, and cleaning wipes will be available at each rack. Athletes will be asked to sanitize hands and clean equipment after use of any weight room equipment.
- Any equipment used will be disinfected by the coaching staff after each group exits the weight room prior to the arrival of the next group.
- Groups will consist of no more than twenty-five athletes.

### PRACTICE GYM

- Hand sanitizer, disinfectant spray, and cleaning wipes will be available to use as necessary.
- Any area of the gym affected by human contact or perspiration will be disinfected by the coaching staff after each group exits the gym prior to the arrival of the next group.
- Groups will consist of no more than twenty-five athletes.

### TRACK/PRACTICE FIELDS

- Athletes will participate in workouts outside on the high school track and field (Craig Field). There will be several days when it will be hot. Athletes need to make sure that they are properly hydrated, and have stretched before participating in an outside event when the outside temperatures may be hot.

## Summer Performance FAQ's

**Question:** Do I need an updated physical in order to participate on June 1<sup>st</sup>?

**Answer:** No, you have until July 12<sup>th</sup> to get your updated physical on file

**Question:** Do I have to register in FamilyID before participating in a summer activity?

**Answer:** Yes, if there are certain sections that cannot be answered by June 1<sup>st</sup> (insurance, what sports I am playing, etc.) that is okay. All agreements MUST be signed off on before participation can take place.

**Question:** When can I register my student-athlete online for the 2021-2022 school year?

**Answer:** Student-Athlete registration through FamilyID will be open on May 24<sup>th</sup>, 2021

**Question:** Will the student-athlete be disciplined for poor attendance?

**Answer:** No, although participation is highly encouraged, there is no punishment for those athletes who choose to not participate during the summer

**Question:** Will I still receive awards for perfect or high attendance?

**Answer:** No, we will not be giving out incentive awards this summer

**Question:** Can I attend and watch the workouts as a parent, guardian, family member, etc.?

**Answer:** No, only enrolled student-athletes and Miami Public Schools personnel will be allowed inside the athletic facilities

**Question:** Which sports can sixth grade athletes attend on individual sport focus days?

**Answer:** Basketball

**Questions:** Will the locker rooms be available during summer performance?

**Answer:** No, all locker rooms will be locked and not available to athletes to use