



Kenowa Hills Public Schools  
**Education inspired.**

Dear Parents/Guardians,

Yesterday Governor Whitmer mentioned moving fall sports to the spring and spring sports to the fall. This was news to all of us. To date, there has not been any dialogue from the MHSAA stating that this was even being considered. In the event this is determined to be the direction in which the state goes, more details will be provided to you in the next couple of weeks. I know this doesn't help with summer planning, camps, workouts, etc. I ask that you continue to be patient as we wait to hear the final decision.

In the meantime, conditioning can continue but with no sport-specific drills and no indoor workouts. This still means we are not able to use the weight room, gym, batting cage, locker room, etc. I have once again added the guidelines and protocols that we must continue to follow. You may remember them from a previous email that was sent out this summer.

No matter what is decided by the MHSAA, we will continue to do the best we can to meet the needs of all of our athletes. As soon as I have more information from the MHSAA, I will reach out to you and let you know the plan moving forward.

Enjoy your holiday weekend and as always, GO KNIGHTS!

Sincerely,

Charlie O'Dell  
Director of Athletics  
Kenowa Hills High School



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#### Summer Conditioning Requirements:

- Workouts will focus on conditioning to ensure the health and safety of our athletes
- Outdoor activities ONLY are allowed with groups of 100 or fewer with social distancing
- NO INDOOR activities. The gyms, weight room, batting cages, etc. will remain closed
- Restrooms will be available at the soccer field and football stadium depending on the location of workouts
- NO physical contact between athletes
- Athletes must bring their own water bottles, no water will be provided and water bottles cannot be shared between athletes
- Physical distancing of 6 ft. is required during all workouts and activities
- Athletes must workout in the same group each day
- Athletes and Coaches are encouraged to wear cloth face masks for each workout
- Athletes are required to use good hygiene they must wash hands for 20 seconds with warm water and/or use hand sanitizer prior to beginning workouts
- Athletes are expected to arrive prior to workouts for testing, come dressed for the workout, and are expected to leave immediately after the workout is complete
- NO spitting or chewing sunflower seeds
- NO high fives, fist bumps, breakdowns, hugs, etc. during the crisis
- During this COVID 19 crisis physical contact is prohibited therefore NO COMPETITION
- Equipment must to be disinfected and sanitized each day as well as during and after each use

All athletes and coaches will be required to be screened each day prior to participating in the workouts. They will be asked questions about how they are feeling and if they have been exposed to someone who tested positive for COVID 19. They will also have their temperature taken and recorded each day.

Athletes are encouraged to arrive at least 20 minutes prior to the scheduled start time to begin the screening process. Any athlete or coach with positive symptoms WILL NOT be permitted to participate, should self-isolate, and contact their primary care provider immediately. Returning to conditioning will require a doctor's note.

Please know that even with these precautions in place, we cannot guarantee that your child will not contract COVID-19 while participating in these activities.