



Ft. Lauderdale High School will be conducting **VOLUNTARY CONDITIONING** sessions starting Monday September 21st. The last 6 months have been a very stressful for everybody as I am sure we don't have to tell you. But we have been working diligently at FLHS to make sure our Return to Play plan is as safe as possible for our Student Athletes, Coaches, and Staff

Below is the latest information for our VOLUNTARY WOKOUTS starting September 21st, 2020 (subject to change so check back regularly)

As always all proper paperwork must be filled out prior to any kind of participation of a Student Athlete. Athletic Paperwork can be found on the school website under athletics.

Check in Each Day

Check in Times:

Volleyball

4:00pm Volleyball Pod 1 Check In
4:10pm Volleyball Pod 2 Check In
4:30pm Volleyball Conditioning Begins

Football

4:20pm Football Pod 1 Check In
4:30pm Football Pod 2 Check In
4:45pm Football Pod 1 & 2 Conditioning Begins
4:40pm Football Pod 3 Check In
4:50pm Football Pod 4 Check In
5:00pm Football Pod 3 & 4 Conditioning Begins
5:30pm Football Pod 5 Check In
5:40pm Football Pod 6 Check In
5:50pm Football Pod 5 & 6 Conditioning Begins
5:00pm Football Pod 7 Check In
6:00m Football Pod 8 Check In
6:10pm Football Pod 7 & 8 Conditioning Begins

Cross Country

6:10pm Cross Country Pod 1 Check In
6:20pm Cross Country Pod 2 Check In
6:30pm Cross Country Pod 1 & 2 Conditioning Begins

Departure Times

Once Workout is Done, All Student Athletes Must Exit Campus Immediately

5:30 pm Volleyball Pods 1 and 2 Exit Field and Leave Campus

5:45 pm Football Pods 1 and 2 Exit Field and Leave Campus

6:00 pm Football Pods 2 and 3 Exit Field and Leave Campus

6:50 pm Football Pods 5 and 6 Exit Field and Leave Campus

7:10 pm Football Pods 7 and 8 Exit Field and Leave Campus

7:30 pm Cross Country Pods 1 and 2 Exit Bus Loop and Leave Campus

During Check IN

-Once on campus they can only check in at designated time to ensure social distancing

- Check will be done at South End of Bus Loop

-Daily Procedure:

Daily Monitoring Survey

Temperature

O2 levels check every day with Pulse Oximeter

Miscellaneous Requirements

All students must bring their own personal water (we are requiring a gallon jug with name on them). Student Athletes cannot share water bottles and FLHS is not allowed to set up a water station. Also water fountains will not be turned on. All of this is to not have cross contamination.

Hats are highly suggested

Towels are High suggested- Cannot be shared

***** If your Student Athlete is feeling any symptoms while at home, please have them stay home. Communicate with your coach so we can monitor the situation and initiate contact tracing if protocols require it.

***** If your student athlete starts to have symptoms during workouts, FLHS has a dedicated isolation room for them to cool down and wait for pick up.

IMPORTANT NOTE: These conditioning workouts are 100% voluntary. 1st day of Official Practice and Tryouts will be October 12th. Students who do not participate in these voluntary conditioning workout will not have any repercussions what so ever in any way when official practice begins. These are 100% Voluntary.