

ALTIVS PERFORMANCE

Session Information: 45-minute sessions, 2x/week. M/W or T/TH pending practice schedule. June 29-August 6, 2020.

Pricing: Register athletes and purchase training packages at www.altiusmn.com/ponyvolleyball

- \$110 12/session summer package or \$20 Drop-Ins

Phase 3 mandates maximum of 22 athletes (24 persons) in the Altius Performance facility or groups no larger than 25 persons outdoors at any given time. The training “pods” will be the same groupings as your volleyball skills groups and should be prepared to remain together as a unit throughout the entirety of the summer program.

Team Training Expectations

- Check in daily 5 minutes prior to start of session.
- If you are late to the session, you will not be allowed to participate.
- Wash hands with soap and warm water for minimum of 20 seconds prior to session.
- Bring your own water bottle. Drinking fountains will be closed except for bottle refilling station. Do not share water bottles.
- Athletes will be educated on and expected to sanitize equipment following each use.
- Athletes must stay with his or her group and practice social distancing throughout session.
- Athletes must exit the building/field immediately upon the completion of the session.

COVID-19 and MN Stay Safe Mandates

Based on MDH and CDC and NFHS recommendations, we have established some guidelines on the use of our facilities under the current Stay Safe Minnesota Order. As always, please follow the recommended preventative measures in all instances:

- Wash hands often: Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes: If you are in a private setting and do not have your cloth face covering on, remember to always cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not available, use the inside of your elbow. Throw used tissues in the trash, and immediately wash your hands.
- Stay home when sick: The best way to prevent the spread of illness is to avoid exposing others and being exposed to the virus.
- Limit gatherings to 10 people or less: No more than 10 people should congregate in a public space.
- Practice Social Distancing: Stay at least 6 feet away from anyone who is not part of your household.
- Continue to wear a facemask while in public: If a mask is not available, avoid touching your face as much as possible.

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- Clean and disinfect: Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

PRE-WORKOUT SCREENING:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout.
- Questionable responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case an athlete develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts.
- Attendance will be taken daily. Please help us do so by checking yourself in using Altius webpage or Mindbody App!

FACILITIES CLEANING:

- Adequate cleaning schedules have been created and implemented at the facility to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.)
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room. Athletes should bring individual towels to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment with exposed foam should be covered.
- Athletes encouraged to shower and wash workout clothing immediately upon returning to home.
- Weather-permitting, all 12 garage doors will be open throughout team program sessions in order to maximize air ventilation. Dress accordingly on hot days as if training outside.

LIMITATIONS ON GATHERINGS:

- Phase 3 allows Altius to reopen at up to 25% of occupancy or no more than 24 persons inside facility at any given time. Any larger groups will have rotating outdoor training stations.
- Outdoor gatherings of no more than 25 persons.
- Students should report to workouts in proper gear and immediately return home to shower at the end of the workout. The Altius facility shower will not be open to team training participants.
- Workouts should be conducted in "pods" of students with the same 5-10 students always working out together.
- Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

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PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- There should be no shared athletic equipment (towels, clothing, shoes, or sports special equipment) between students.
- Athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. Dress accordingly for heat, as garage doors will be open during the majority of summer programs to maximize ventilation.
- All athletic equipment should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-max lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Those who do not adhere to proper procedures will be asked to not return.

HYDRATION

- All Athletes shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. The bottle filling station will be open at Altius.

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Name: _____ Today's Date: _____
Age: _____ DOB: _____ Gender: _____ Height: _____ Weight: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
Email: _____
Emergency Contact: _____
Emergency Phone: _____ Emergency Email: _____

STAY SAFE MINNESOTA

- I have read the Stay Safe Minnesota Order. I understand that failure to adhere to COVID-19 training expectations/procedures/guidelines may result in immediate dismissal from the camp with no refund issued.
- Participant Signature: _____ Date Signed: _____
- Parent/Guardian Signature: _____ Date Signed: _____

COVID-19 Release of Liability Waiver

In addition, due to the highly contagious nature of the current COVID-19 virus outbreak and potentially any other virus that can be contracted from both symptomatic and asymptomatic people, Altius Sports Performance, LLC assumes no responsibility for the contraction of any illness as a result of your participation in this camp or related camp activities. All participants are required to comply with social distancing expectations. Failure to do so could result in removal from the program and the premises. Altius Sports Performance, LLC will not be responsible for determining whether or not any participant has or does not have COVID-19 or any other illness before, during or after this camp or camp activity. Anyone having any illness is required to not attend class. It is Altius Sports Performance, LLC's recommendation that during the COVID-19 pandemic, the participant consult their doctor before participating and follow the CDC guidelines related to social distancing and wearing personal protective equipment.

I acknowledge that I have read the Altius Sports Performance, LLC COVID-19 waiver statement. I agree to the content of the statement.

- Participant Signature: _____ Date Signed: _____
- Parent/Guardian Signature: _____ Date Signed: _____

Training Release of Liability

I have been informed of and I understand that any exercise program, even under the supervision of a fitness professional, is a potentially hazardous activity. Through my voluntary participation I assume all associated risks. I hereby waive, release and discharge Altius Sports Performance, LLC and its representatives for any and all claims or liabilities for injuries or damages to my person or possession. I agree to indemnify and hold Altius Sports Performance, LLC and its representatives harmless from all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorneys' fees and other litigation costs and expenses) incurred as a result of any claims or suits threatened or brought be me or on my behalf against Altius Sports Performance, LLC or its representatives to recover any losses, liabilities, costs, damages, or expenses.

I acknowledge that I have read the Altius Sports Performance, LLC participation waiver statement. I agree to the content of the statement.

- Participant Signature: _____ Date Signed: _____
- Parent/Guardian Signature: _____ Date Signed: _____



By initialing this box, I consent to be photographed, filmed and/or otherwise recorded, and I agree that Altius Sports Performance may use images of me and my name for any purpose whatsoever in perpetuity and without compensation.