

# RPHS Summer Sport/Activity Timeline

## May & Early June

- No in-person practice or contact of any kind until the third week of June

## June 15

- Start of outdoor summer plyometrics/conditioning program
- Non-contact, sport-specific instruction may begin in groups of ten or less

## July 1

- Indoor weightlifting will begin in groups of ten or less
- Internal team and individual camps may begin
- No travel will be permitted to other campuses

## July 31

- Dead Period begins
- No practices or conditioning programs are allowed

## August 10

- HS Fall practices begin

## August 17

- JH Fall practices begin

The following guidelines will be followed at least through the end of July:

- Infrared temperature of coaches and students will be taken before any activity
- Water fountains, locker rooms, and restrooms will be closed
- Students will need to provide personal water bottles
- Doors will be propped open to reduce surface contact
- Points of contact and equipment will be wiped down regularly

*\* The above timeline and procedures are subject to change and is dependent on local, state, and federal guidelines*