

Football Sanitization / Lift and Run Schedul

Time	Cleaning	Student Athletes
6:30		Scanning begins for players
6:45		1st group Arrives
7:00		Lift
7:15		Lift
7:30		Lift
7:45		Lift
8:00	Weightroom	Run
8:15	Weightroom	Run
8:30	Weightroom	Cool Down
8:45		Change
9:00		Change
9:15	Locker Room	All 1st group out of Locker Room
9:30	Locker Room	Scanning begins for players Grp 2
9:45		2nd group Arrives
10:00		Lift
10:15		Lift
10:30		Lift
10:45		Lift
11:00	Weightroom	Run
11:15	Weightroom	Run
11:30	Weightroom	Cool Down
11:45		Change
12:00		Change
12:15	Locker Room	All 2nd group out of Locker Room
12:30	Locker Room	Scanning begins for players Grp 3
12:45		3rd group Arrives
13:00		Lift
13:15		Lift
13:30		Lift
13:45		Lift
14:00	Weightroom	Run
14:15	Weightroom	Run
14:30	Weightroom	Cool Down
14:45		Change
15:00		Change
15:15	Locker Room	All 3rd group out of Locker Room
15:30	Locker Room	Scanning begins for players Grp 4
15:45		3rd group Arrives
16:00		Lift
16:15		Lift
16:30		Lift
16:45		Lift
17:00	Weightroom	Run
17:15	Weightroom	Run
17:30	Weightroom	Cool Down
17:45		Change
18:00		Change
18:15	Locker Room	All 4th group out of Locker Room
18:30	Locker Room	