

**To: Foxcroft Academy student-athletes and their guardians**  
**From: Jaclyn Tourtelotte, LAT, ATC**  
**Re: Opening for High School Athletics- Summer Workouts**

The past several months have created more questions than answers, especially regarding the return to sports. The Maine Principals' Association has provided member schools with guidelines to ensure schools that provide opportunities for student-athletes to return to sports activity, do so in a gradual and safe manner.

Conditioning sessions are not mandatory; student-athletes should feel welcome to attend any session they are able to, but should not feel compelled to sacrifice family time or employment out of fear of a negative reflection for not attending.

Each family should decide if it is appropriate for their student-athlete to attend the sessions based on the individual health concerns of the household. Special considerations should be made for those affected by: asthma, diabetes, heart disease or serious heart conditions, chronic lung diseases, obesity with BMI 40 or higher, smoking, cancer treatment, bone marrow or organ transplants, HIV/AIDS, immunosuppressive treatments, dialysis, liver disease.

If student-athletes are unable to attend sessions for any reason, at-home workouts are available through the FA Sports Medicine Facebook and Instagram pages (@ Foxcroft\_ponies\_at).

**Weeks 1 & 2 (July 6-17) We will meet Monday, Tuesday, and Friday 8:30-9:30**  
**All FA student-athletes are welcome to attend**

**What we will provide:**

Safe, socially distanced, and structured conditioning programs  
Hand sanitizer

**We can not provide:**

Water stations/coolers/cups/bottles  
Access to the main building

**Responsibilities of the student-athlete:**

Stay home if experiencing any symptoms (fever 100.0 or higher, cough, difficulty breathing/shortness of breath, sore throat, chills, muscle pain, headache, loss of taste or smell, feeling generally unwell; recent contact with lab-confirmed, COVID 19 + person)  
Bring a minimum of 24 oz of water per hour of training  
Wear clean clothing for each session  
Shower immediately upon return home from a session  
No food unless medically necessary (please notify us prior to session)  
No gum or seeds  
No spitting

I look forward to continuing to work with student-athletes and coaches next week and throughout the summer. Please contact me at [jaclyn.tourtelotte@foxcroftacademy.org](mailto:jaclyn.tourtelotte@foxcroftacademy.org) with any questions or concerns.

Stay well,  
Mrs. T