
FULTON COUNTY



GHSA Return to Play Handbook

Updated 7/9/2020

Table of Contents

GHSA Guidelines	3
FCS Clarification of GHSA Guidelines	4-5
GHSA Workout Questionnaire	6
Process for Screening and Testing.....	6
Protocols for Daily Sessions	7
Cleaning Procedures for Weight Rooms	8
Student Questionnaire and Chart	8
FCS Infectious Disease Template	9-11
Fulton County BOE Policies.....	12-13
Phase 2 Updated 6/18/20.....	14-15
Phase 3 Updated 7/9/20.....	16-17

The Fulton County School District may revise or clarify this guidance as needed to address District needs, revised public health and GHSA guidance, and student and staff health and safety.

Return to Workouts

Start Date: June 15th, 2020, For FCS Schools

I. GHSA Recommendations

- All summer work is voluntary.
- Schools/ School Systems may be more restrictive than the GHSA but not less.
- Workouts are conditioning only, no balls or sport specific equipment.
- Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.
- It is recommended that staff and athletes are screened prior to each workout (see sample monitoring form attached).
- Signage should be posted on site with the following:
 - Do you or have you had a fever in the last week?
 - Have you had any respiratory or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, and/or loss of smell or taste)?¹
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
Have you traveled to a “hot spot” for COVID-19?
- Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.
- Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Student or coaches CANNOT change groups for the duration of this guidance.
- No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home.
- Weight equipment should be cleaned prior to each workout and sanitized between use by each student.
- Hand sanitizer should be plentiful and readily available.
- Each student should have their own personal water bottle. No use of water fountains or “water cows” is allowed.
- Side spots only in weight training, safety bars are preferred.
- Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
- There is no competition allowed between schools.
- No visitors are allowed at conditioning sessions.

¹ Added by the District

II. Clarification of the GHSA Guidelines for FCS

- All summer work is voluntary.
Coaches must be understanding that some students and parents will be hesitant about returning. There will be no consequences for not participating in voluntary workouts.
- Schools/ School Systems may be more restrictive than the GHSA but not less.
FCS is limiting the conditioning to Fall sports only starting June 15th.
- Workouts are conditioning only, no balls or sport specific equipment.
No additional equipment or sport specific equipment is allowed. To be clear, this is simply lifting weights and conditioning activities.
- Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.
Each school will have a copy of the board policy, district plan, and have a local plan in place. The plan is attached in this document.
- It is recommended that staff and athletes are screened prior to each workout (see sample monitoring form attached).
FCS is requiring daily screenings. The district will provide the specific guidelines that must be followed prior to the start of each session.
- Signage should be posted on site with the following:
Signs will be provided for the weight room, gym, and stadiums.
- Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.
This means that only 20 people **per sport** including coaches are allowed on campus at the same time. Groups of 20 of different sports are allowed on campus at the same time if they are in different facilities. For instance, a school can have a volleyball group in the gym, a football group in the weight room, and a XC group in the stadium at the same time – no group can exceed 20 including coaches. Schools cannot have a football group of 20 in the weight room and a football group in the stadium at the same time. School facilities include the weight room, stadium, gym, small gym, practice field, baseball field, parking lots, XC trail, and softball stadium—all buildings and contiguous property surrounding the buildings. You cannot have a group from one sport in the weight room and another from the same sport on a field on the same campus. This includes adjacent middle school properties. FCS is not allowing programs to use middle school facilities or off campus facilities.
- Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Student or coaches CANNOT change groups for the duration of this guidance.
Coaches can work with multiple groups, but it must be consistent. The head coach or strength coach can work with all groups but if you have 2 coaches, you can only have 18 student athletes. If you have 3 coaches, you can only have 17 athletes. If a coach wants to bring in an additional coach, they must decrease the number of students by one and those coaches must

work exclusively with only those groups. Keep the students and coaches in the same groups after the first day of group work in order to minimize exposure. Multi-sport athletes must choose one sport to work out with at this time.

- Athletic Trainers and School Athletic Directors are support personnel and do not count towards the 20-person limit.
- No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home.
Restrooms will be cleaned daily but no usage of locker rooms at all.
- Weight equipment should be cleaned prior to each workout and sanitized between use by each student.
The coaches will be trained on cleaning expectations. We are encouraging all to embrace a culture of cleaning.
- Hand sanitizer should be plentiful and readily available.
FCS will provide hand sanitizer and appropriate cleaning supplies.
- Each student should have their own personal water bottle. No use of water fountains or “water cows” is allowed. This must be communicated ahead of time for the students. The school or outside organizations can provide single use bottles of water. Each school will provide some individual bottles of water available incase an athlete forgets to bring a personal bottle.
- Side spots only in weight training, safety bars are preferred.
- Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
Masks are always required for all FCS staff during workouts inside and outside. Students are encouraged to bring their own face covering for any indoor activities.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
Coaches need to schedule their groups and allow enough time for the previous group to exit the school before the next group arrives on campus.
- There is no competition allowed between schools.
There are no competitions with other schools – no 7 on 7, no basketball games, etc. This is just lifting and conditioning. No scrimmages or contests between players are allowed.
- No visitors are allowed at conditioning sessions. This includes parents/guardians or family members.

III. GHSA/FCS Workout Questionnaire

1. Do you or have you had a fever in the last week?
2. Have you had any respiratory or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, shortness of breath, and/or loss of smell or taste)?
3. Have you been diagnosed with COVID-19?
4. Have you been in contact with anyone diagnosed with COVID-19?
5. Have you traveled to a “hot spot” for COVID-19?_

A. Process for Screening and Testing

1. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached (school generated) COVID 19 screening form and all screenings will be documented.
2. Coaches must record their temperatures on the monitoring form.
3. If an athlete/coach answers yes to any of the screening questions, that individual, and any of their household members (siblings), will be sent home. The head coach and AD will be notified. The individual and their household members will not return until permitted by the District, in consultation with public health officials or appropriate health care providers. If at any time an athlete/coach tests positive for COVID 19 or comes in contact with someone who tests positive, all other members of that workout group will be notified and will not be allowed to return until cleared by the District, in consultation with public health officials. In case of a failed screening by a coach/player, the coach will complete and email the form to the Athletic Director for filing purposes. All other forms will be submitted to the school AD at the end of the week.
4. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.

B. Protocols for Daily Sessions

1. Prior to the start of training sessions, the schools/coaches must schedule their student athletes and sports. The athletes must remain in the same groups during phase 1 of athletic activities, which is starting on June 15th. FCS will remain in phase 1 until further notice.
2. Each student will answer these GHSA required questions every day. If a student answers yes to any of these questions, they may not enter the building and will be sent home. Their household members will also be sent home. The head coach and AD will be notified. The individual and their household members will not return until permitted by the District, in consultation with public health officials.
 - Do you or have you had a fever in the last week?
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
 - Have you traveled to a “hot spot” for COVID-19?
3. Each student will also answer the District required questions every day. If a student answers yes to any of these questions, they may not enter the building and will be sent home. Their household members will also be sent home. The head coach and AD will be notified. The individual and their household members will not return until permitted by the District, in consultation with health care providers and public health officials, as needed.
 - Have you had any respiratory (shortness of breath) or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, and/or loss of taste or smell)?
4. Temperature checks for each student athlete and coaches are required. Thermometers will be provided by FCS Athletics for use at each school.
5. The coach/trainer must complete the student athlete/staff monitoring form every single day (temperatures and questions). If a coach/trainer answers yes to any of these questions, they may not enter the building and will be sent home. Their household members will also be sent home. The head coach and AD will be notified. The individual and their household members will not return until permitted by the District, in consultation with public health officials or healthcare personnel.
6. Each student must wash their hands prior to starting workouts.
7. Coaches need to encourage students to not rub their eyes or wipe their mouths with their hands while they are working out.
8. All FCS staff must wear a mask for all conditioning/weight training sessions. It is encouraged that student athletes wear masks while working out inside.
9. Social Distancing must always be practiced.
10. Coaches should use good judgement in easing student athletes back into normal routines.

- C. Cleaning Procedures for the Weight Room
- The weight room must be cleaned prior to each workout.
 - Each weight bench must be sanitized after every use.
 - The entire room must be cleaned at the end of the night.
 - Wipes and hand sanitizer will be available in the weight room
 - After the last session of the day, the coach should use the sprayer to spray down the entire weight room.
 - Custodians should clean the weight room each night.

D. Student Questionnaire and Chart

If a student answers yes to any of these questions, they may not enter the building and will be sent home. Their household members will also be sent home. The head coach and AD will be notified. The individual and their household members will not return until permitted by the District, in consultation with health care providers and public health officials, as needed.

FCS COVID-19 Coach/Athlete Monitoring Form School _____ Sport _____ Group _____ Date _____

		Are any of these things true NOW or have they been true in the LAST WEEK?																					
		Circle Yes/No below																					
Name	Time	Fever		Cough		Sore Throat		Shortness of Breath		Recent Loss of Taste or Smell		Vomiting or Nausea		Shaking with Chills		Close contact, or cared for someone with COVID-19		Travel to a Covid 19 Hot Spot		Diagnosed with Covid 19		Temperature (if higher than 100.3 F) Record actual temp	Physical and Dragonfly paperwork
Coaches		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Student Athletes		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		

IV. FCS Infectious Disease Template

Purpose

With the recent occurrence of COVID -19 and concerns for re-opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all, athletes, coaches, athletic training and other medical personnel, and affiliated support staff in accordance with current Governor's Office, Centers for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines may be updated as information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

Process for Screening and Testing

1. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached (school generated) COVID 19 screening form and all screenings will be documented.
2. If a student, coach or staff answers yes to any of these questions, they may not enter the building and will be sent home. Their household members will also be sent home. The head coach and AD will be notified. The individual and their household members will not return until permitted by the District, in consultation with health care providers and public health officials, as needed.
3. If at any time an athlete/coach tests positive for COVID 19 or comes in contact with someone who tests positive, **that individual, their household members, and** all other members of that workout group will be notified and will not be allowed to return until approved by the District, in consultation with public health officials.
4. In case of a failed screening by a coach/player, the coach will complete and email the form to the Athletic Director for filing purposes. All other forms will be submit-~~ted~~ted to the school AD at the end of the week.
5. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.

Athletic Training Clinic Procedures

1. One athlete per athletic trainer will be allowed in the clinic at a time.
2. At this time the clinic will be utilized for major rehab and acute injury care only.
3. At home rehabs will be utilized when possible.

Cleaning Procedures

Athletic Training Clinic

1. Every table will be cleaned at the beginning of each day and after each student athlete is treated.
2. Athletic Training staff will wash hands or use hand sanitizer before and after contact with every patient. Gloves should be used for every contact with every patient.
3. All reusable equipment to be cleaned after use by each athlete.
4. Personal Protection Equipment (PPE) to be provided and worn / used as indicated.
5. All disposable goods and PPE to be disposed of properly.

Weight Room

1. The weight room must be cleaned prior to each workout.
2. Each weight bench must be sanitized after every use.
3. Wipes and hand sanitizer will be available in the weight room
4. After the last session of the day, the coach should use the sprayer to spray down the entire weight room.
5. Custodians should clean the weight room each night.

Other Equipment

1. Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout.
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

Athlete Recommendations

1. At this time, due to safety concerns, no communal water or water fountains will be used/provided during workouts. Athletes are required to bring their own water. Each school will have individual water bottles available for athletes that forget their personal water bottles.
2. Appropriate social distancing will be followed with all workouts.
3. All athletes are encouraged to change clothes and immediately shower as soon as possible after practices and activities. All clothing worn during workouts should be washed immediately following each workout. All activities like showering, and other personal hygiene measures (other than handwashing) are encouraged to be done at home. No washing of clothes, etc., at school.
4. A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time. No showering on campus. Bathrooms will be cleaned daily.

V. FCS BOE Policies

District Policy Professional/Classified - Communicable Diseases

The Board of Education recognizes the importance of protecting the health and welfare of students, teachers and other employees from the spread of communicable diseases which pose a substantial threat to the health or safety of the school community.

A communicable disease is defined as an infectious disease that can be directly or indirectly transmitted from one person to another by direct contact with an affected individual or the individual's discharges or by indirect means (as by a vector i.e. another source/carrier such as gym equipment, door handle, desk). Also known as a contagious disease.

The School District shall adopt routine procedures for handling blood and body fluids consistent with the Centers for Disease Control's Universal Precautions. These are found in the Standard Universal Precautions and Infection Control Guideline, GBRAA. The District shall educate its employees about HIV infection and other communicable diseases, including transmission, risk reduction and universal precautions for handling blood and body fluids. If there is reasonable cause to believe that an employee has become infected with a communicable disease, the determination of the employee's condition shall be based on reasonable medical judgment, after consultation with Health Services and based upon about the following criteria:

1. The nature of the risk, i.e., how the disease is transmitted;
2. The duration of the risk, i.e., how long the carrier is infectious;
3. The severity of the risk, i.e., the degree of potential harm to third parties;
4. The probability that the disease will be transmitted and will cause varying degrees of harm.

After consideration of these criteria the employee's supervisor shall allow an infected employee to remain in his or her employment setting unless he or she currently presents a significant risk of contagion as determined by Health Services after consultation, as deemed appropriate, with the employee's physician or public health official knowledgeable about the disease.

If employee's illness extends beyond 10 working days, employee shall contact Human Resources for information on the Districts Leave policies and procedures. [Link to Policy and Procedure GBRI.](#)

The school system shall not deny an individual employment based solely upon the individual's infection with a communicable disease unless, after consultation with the applicant's physician or a public health official knowledgeable about the disease determines that the communicable disease is of such nature or at a stage that the individual should not be in a school. The District shall not disclose medical information about an employee with any communicable disease without the consent of the employee, or only as required by law or court order.

Cross References: [GBRAA Operating Guidelines](#)
[Policy GBRI Professional/Classified - Leaves of Absence](#)
[Procedure GBRI - Professional/Classified Leaves of Absence](#)

District Policy, Student Health Services

The goal of student health services is to ensure that the health and well-being of students is attained and preserved so that students can benefit from the educational program.

Student health services are not intended to replace parental responsibility. Medical and health care of the individual student is the responsibility of the parents/legal guardians. Student health services shall operate in accordance with the restrictions imposed by state law in code section 20-2-773.

The student health services program should be carried out in accordance with administrative procedures established and maintained by the Superintendent addressing the following:

- School health clinics in schools
- School health nurse program
- In-service education and training programs
- First aid/emergency regulations and sudden illness regulations
- Supervision/assistance of students taking medication
- The appointment/convening of a medical review panel or school health review team to address medical, health and safety concerns and the possible provision of services to students with chronic or short term medical needs
- Provide assistance to students with chronic illnesses in implementing health care management plans (for diabetes, asthma, food allergies, sickle cell, etc.) submitted by parents or guardians and signed by a licensed healthcare provider. Pursuant to HB 879 – provide trained assistance to students with diabetes in implementing medical management plans in accordance with O.C.G.A. 20-2-779 and related authority

FCS ATHLETICS PHASE 2 OF RETURN TO PLAY Effective 6/22/20

ALL Previous FCS Guidance must always be followed including all staff wearing masks and no usage of locker rooms. All Athletes should still bring their own water bottles for workouts.

GHSA Current Guidance:

Revised Guidance conditioning starting on June 22, 2020 with recommendations and/or restrictions

- All previous guidance and restrictions remain in place except the changes below.
- Workouts are conditioning only (no scrimmaging); sports specific equipment (including balls) may be used and should be sanitized between sessions.
- Groups of 50 (two existing groups should be combined into one group), including coaches, for workouts **per sport** at any given time at the campus/facility.

FCS Current Guidance (Effective 6/22/20):

1. Conditioning will continue but FCS will allow the student athletes to use sport specific equipment including balls.
2. Group size will remain at 20 but FCS will allow 2 groups of 20 per sport to be on campus on the same time in separate facilities.

Clarifications by Sport: These are still conditioning type activities; no scrimmaging is allowed. Social Distancing must always still be enforced. All cleaning and sanitizing protocols must be followed. Tryouts are not permitted at this time. In anticipation of the GHSA guidance being updated after the dead week, Volleyball, Softball, and Cheer will be permitted to schedule tryouts after July 6th. You can schedule and advertise the tryouts, but please understand that they may not be permitted based off the current guidance at the time.

Football:

1. Groups will remain at 20 and will not be combined, but you can have 2 groups on campus at the same time. For Example: Group 1 in the weight room, Group 2 in the stadium.
2. Sport specific equipment may be used (footballs, sleds, pads, etc.)
3. There are no 7 on 7 activities allowed, but the offense can work on air, and the defense can work on air. QB's can throw passes to WR's, hand offs to RB's, etc. Do not have the players huddle up, this would violate social distancing.
4. Create a plan to sanitize the footballs after use per group. Athletes need to sanitize and use individual towels and avoid wiping their face or mouths.
5. If QBs are throwing footballs, try to limit the number of players in each group. For example: QB 1 works with these 6 WR's and QB 2 works with this group of WR's. After the footballs are sanitized, then you can switch the QBs.
6. If using pads or sleds, they must be wiped down after each group.

Softball:

1. Groups will remain at 20 and will not be combined, but you can have 2 groups of 20 on campus at the same time.
2. You may have 1 group in the batting cages, and 1 group on the field. These two groups must remain separated (entering and exiting the facility).
3. You may use balls and bats. Try to limit the amount of different interaction between players. For Example: Use the same partner when warming up (throwing).
4. All equipment must be sanitized between groups/players. Bats must be sanitized between each use. Balls will be sanitized after each session.
5. You are permitted to take ground balls, fly balls, run bases, etc. **There is no scrimmaging or tryouts allowed.**

Cross Country:

1. Groups will remain at 20 and will not be combined, but you can have 2 groups of 20 on campus at the same time.
2. No equipment changes. If working out two groups at the same time, please make sure you use a separate part of the campus and stress the importance of social distancing while running.
3. All groups must start on campus, but they can run course that exits and then return to the campus. So you can have a group running on a trail and a group doing a road course.

Volleyball:

1. Groups will remain at 20 and will not be combined, but you can have 2 groups of 20 on campus at the same time. You can have a group of 20 in the main gym and a group of 20 in the small gym.
2. Volleyball teams may use the nets and balls.
3. You can work on serves, digs, passing etc.
4. Try to keep the girls in the same small groups when conducting these activities.
5. Volleyballs need to be sanitized after each group and session.
6. **No scrimmaging or tryouts are allowed.**

Cheerleading:

1. Groups will remain at 20 and will not be combined, but you can have 2 groups of 20 on campus at the same time.
2. Mats may be used for tumbling and conditioning. They must be sanitized between sessions.
3. Conditioning may include learning band dances and cheers/chants if social distancing is followed
4. Stunting is still not allowed. Chorography for competitive routines is still not allowed. Social distancing guidelines are still in effect.
5. **Tryouts are not permitted at this time.**

FCS ATHLETICS PHASE 3 OF RETURN TO PLAY 7/13/20

GHSA Current Guidance:

Revised Guidance conditioning starting on July 13, 2020 with recommendations and/or restrictions

- The GHSA has decided to stay with the current guidance and not make any changes. All previous guidance and restrictions remain in place.
- Scrimmaging activities are allowed; tryouts for volleyball, softball, and cheerleading are allowed.
- Groups of 50 including coaches are still in place, but the coaches can be reconfigured for July 6th

FCS Current Guidance (Effective 7/13/20):

1. **Keep the group sizes at 20.**
2. **Tryouts to reduce numbers**
 - a. **Allow limited and reduced scrimmage type activities. These activities are live pitching/hitting for softball, limited scrimmaging for volleyball, limited skill kid competitions for football. The groups of 20 will remain separate except for the limited scrimmage period.**
 - b. **Tryouts are permitted for Cheerleading, Softball, and Volleyball. Tryouts must be approved by the Athletic Director and Principal. Any students that do not show up, will be given the opportunity to try out August 1st.**
3. **No competitions against other schools allowed**
4. **FCS will remain with Fall Sports only at this time**
5. **All screening protocols will remain in place**
6. **Masks are always strongly encouraged for the athletes and required for the coaches**
7. **As workout intensity increases, schools need to set up water bottle refilling stations where the athlete's bottles can be refilled by a manager or coach only. No sharing of bottles or water cows allowed.**

Clarifications by Sport: Limited Scrimmaging activities are allowed. When not scrimmaging, Social Distancing must be enforced. All cleaning and sanitizing protocols must be followed. Tryouts are permitted at this time (Volleyball, Softball, and Cheerleading), but they must be approved by your school AD and principal.

Football:

1. Groups will be set at 20 (including coaches).
2. Coaches can create new groups at the start of Phase 3 to allow the limited scrimmaging period, but these will be the groups moving forward until restrictions are lifted.
3. Sport specific equipment may be used (footballs, sleds, pads, etc.)
4. 7 on 7 activities are allowed. Do not have the players huddle up. Please practice social distancing when not scrimmaging.
5. Create a plan to sanitize the footballs after use per group. Athletes need to sanitize and use individual towels and avoid wiping their face or mouths.
6. If using pads or sleds, they must be wiped down after each group.

Softball:

1. Groups will be set at 20 (including coaches).
2. Tryouts are allowed. Please understand that any students that do not show up will be given an opportunity to tryout August 1st.
3. Please make sure that all cleaning procedures and screening procedures remain.

Cross Country:

1. Groups will be set at 20 (including coaches).
2. If cleared by the school AD, you can meet at running parks for practice.
3. All screening procedures must be followed.

Volleyball:

1. Groups will be set at 20 (including coaches).
2. Tryouts are allowed. Please understand that any students that do not show up will be given an opportunity to tryout August 1st.
3. Volleyballs need to be sanitized after each group and session.
4. Please make sure that all cleaning procedures and screening procedures remain.

Cheerleading:

1. Groups will be set at 20 (including coaches).
2. Tryouts are allowed. Please understand that any students that do not show up will be given an opportunity to tryout August 1st.
3. Tumbling and stunting is allowed
4. Choreography is allowed