Guidelines for Return to Conditioning

- All summer work is voluntary.
- Workouts are conditioning only, no balls or sport specific equipment.
- School districts may be more restrictive than the GHSA, but not less.
- District Athletic Office will have an Infectious Disease Prevention Plan in place prior to staff and athletes returning to conditioning.
- It is required that staff and athletes be screened prior to each workout.
- Screening includes a temperature check.
- Coaches must record screening questions and keep on file so there is a record of everyone present in case a student develops COVID-19. (GHSA Form attached for use)
- Vulnerable individuals should not oversee or participate in any workouts.
- Signage must be posted on site with the following:
  - 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” outside of Dougherty County for COVID-19?
- Groups of 15, including coaches, for workouts per sport at any given time at the campus/facility.
- Campus/facility denotes the 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. If your middle school that feeds the high school is on an entirely different campus/facility, a second group from the same sport could condition at that location as well following the same guidelines.
- Multiple sport conditioning groups should be scheduled with a staggered starting and ending time to prevent large gatherings before and after workouts.
- If there are multiple sport athletes, one conditioning group should be selected and adhered to for the duration of this guidance. There should be no student-athlete in multiple conditioning groups.
- Phase One will include a two-week period to begin June 15th, provided that all required protocols have been established, and all needed safety items (signs, hand sanitizer, disinfectant cleaners/wipes, etc.) are in place.
- Phase One will consist of outdoor conditioning only.
- After the GHSA “dead period”, indoor conditioning can proceed, provided required protocols have been established and can be operationalized.
- Groups must be the same individuals (including coaches) for each session to limit risk of exposure. Students or coaches CANNOT change groups for the duration of this guidance.
- Only student-athletes who are zoned for your school or who have already established residency at your school are allowed to work out with your team.
- GHSA guidelines regarding student-athletes physicals, “Athletes with physicals valid through the end of this school year are given an exception through July 27th.” At that time a new physical for 2020-2021 must be on file prior to participation. Any student-athlete whose physical expired prior to the end of the school year must have a current physical on file. Any student new to your school must have a current physical prior to participation. If the student is a transfer and brings a physical with them, it must meet the criteria listed.”
- No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home.
• Adequate cleaning schedules should be created and implemented for all athletics facilities to mitigate the spread of COVID-19.
• Weight equipment must be cleaned prior to each workout and sanitized between each student use.
• Hand sanitizer must be plentiful and readily available.
• Each student-athlete must provide his/her own water, water bottle and/or other container and mask.
• 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 at all times and masks/face covering are required 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.
• Head Coaches shall assume primary responsibility in ensuring that all guidelines are strictly adhered to at all times by student-athletes and assistant coaches.
• Workouts groups must be labeled as Group 1, 2, etc. with the name of the coach(es) and student-athletes and student athletes’ age listed per group. Groups may not be changed without prior approval from the District Athletic Director. A form must be submitted requesting approval and approved prior to changing, adding, or replacing a student-athlete and/or coach in a group.
• An operational plan must be submitted to and approved by the District Director of Athletics prior to any workout taking place. The plan must include the groups labeled with names of participants to include coaches, a detailed schedule of the workout, with time and location of each workout.
• For operational plans to be approved, they must be submitted to Coach Henry at least three business days prior to workouts beginning. (For example, for conditioning to begin June 15th, the operational plan must be submitted by Wednesday, June 10th.)
• Workouts may not begin without an approved plan.
• There will be ZERO TOLERANCE for non-compliance. If an act of non-compliance is noted, the conditioning program for that sport will be discontinued.