

---

# FULTON COUNTY

---



## GHSA Return to Play Handbook

**Updated 9/14/2020**

## 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
Phase 4 Updated 7/23/20.....	18-21
Hydration Plan and Training Rooms7/29/20.....	22
Phase 5 8/17/20.....	23
Phase 6 8/27/20 Capacity Plan.....	24
<b>Phase 7 9/14/20 Cheerleaders and Hydration Plans.....</b>	<b>31-32</b>

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 15<sup>th</sup>, 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)?<sup>1</sup>
  - 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.

---

<sup>1</sup> 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 15<sup>th</sup>.
- 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 15<sup>th</sup>. 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.





## **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** 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.
2. 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 6<sup>th</sup>. 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 6<sup>th</sup>

#### **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.**
    - A. **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 1<sup>st</sup>.**
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 1<sup>st</sup>.
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 1<sup>st</sup>.
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 1<sup>st</sup>.
3. Tumbling and stunting is allowed
4. Choreography is allowed

## **FCS Phase 4 to start on July 27<sup>th</sup>, 2020**

Phase 4 is in response to the GHSA guidance issued on 7/22/20. FCS will use a measured return for all fall sports and marching band. FCS will gradually adjust group size, allow on a limited basis the use of locker rooms, and return to Fall competitions. I will outline the major changes:

1. Use of Masks for Student Athletes
  - A. Strongly encouraging the use of masks for any indoor activities to include – lifting, film review, team meetings, etc.
  - B. Masks encouraged to be used in locker rooms and gyms prior to competitions.
  - C. Discussions around masks being used by athletes on the bench waiting to enter the contest.
2. Use of Masks for coaches
  - A. Masks are always required – practices and games, no exceptions
3. Guidance concerning stadium capacity, concessions, and transportation will be shared soon.
4. **Use of Locker rooms**
  - A. A coach must always be assigned to the locker room to oversee usage. At this time, only football can use a locker room. It needs to be for equipment purposes only until further guidance is provided by the district.
  - B. Only 20 players at a time can be in the locker room at the same time.
  - C. The locker room must be cleaned at the end of each day. Football coaches must develop a plan for spraying down helmets and shoulder pads when this equipment is issued.
  - D. Social Distancing should always be practiced. Coaches must create a system of allowing the players in and quickly exiting after picking up their equipment.
  - E. Students shall not congregate in locker room and indoor facilities.
  - F. Mask/Face coverings are highly recommended for the locker room, weight room and indoor athletic facilities.

## Fall Sports and Marching Band Schedule for FCS

### Football Schedule:

The state of Georgia has pushed back the start of games by two weeks. This will give all our student athletes the opportunity to adequately prepare for the football season. This will enable our coaches the opportunity to safely acclimate the athletes to heat and gradually prepare them for full speed contact. FCS will also move back the start of the season for JV and 9<sup>th</sup> grade teams.

#### Timeline:

- July 27<sup>th</sup> – 5 days of GHSA mandated acclimation (conditioning and heat exposure)
  - Groups of 20, 2 groups at a time is allowed
  - Helmets only
  - 9<sup>th</sup> graders can lift and condition this week
- August 3<sup>rd</sup>
  - Groups of 50 allowed, 2 groups on opposite ends are allowed
  - Shells only (helmets, shoulder pads, girdles)
  - Increased contact but not full contact
  - **9<sup>th</sup> graders and full time JV will return 8/17**
- August 10<sup>th</sup>
  - Full pads allowed
- August 17<sup>th</sup> & 24<sup>th</sup>
  - No group limitations for Varsity
  - 8/17 Bring back any 9<sup>th</sup> and JV kids not practicing with the varsity to start acclimation
  - Gridiron scrimmages will be August 28th
- September 3<sup>rd</sup>
  - Start varsity football games
- September 17<sup>th</sup>
  - Start the JV and 9<sup>th</sup> grade 5 game season (FCS opponents only). Potentially, we will then play a championship game after the teams have been seeded.

**All conditioning/practice will resume normally 7/27-7/31.**

**Softball**

Practice officially starts on August 3rd. We will start with varsity players only. FCS will continue to use our screening protocols and create some best practices for cleaning any shared equipment (bats and helmets). We are going to cancel any non-region varsity games before 8/17. We need to make every effort to reschedule any region games after 8/17. JV players will return to practice on 8/17 and they can start playing games after 8/31. **FCS is Not allowing a Pre-Season Scrimmage with another school.**

**Volleyball**

Practice officially starts on August 3rd. We will start with varsity players only. FCS will continue to use our screening protocols and create some best practices for cleaning any shared equipment. We are going to cancel any non-region varsity matches before 8/17. We need to make every effort to reschedule any region matches after 8/17. JV and 9<sup>th</sup> grade players will return to practice on 8/17 and they can start playing matches after 8/31. **FCS is Not allowing a Pre-Season Scrimmage with another school.**

**Cheerleading**

Practice officially starts on August 3rd. We will start with varsity cheerleaders only. FCS will continue to use our screening protocols and create some best practices for cleaning any shared equipment. Any competitions need to be moved to after 8/17. JV cheerleaders will return to practice on 8/17. Any JV competitions need to be moved after 8/31.

**Cross Country**

Practice officially starts on August 3rd. FCS will continue to use our screening protocols and create some best practices for practices and meets. Any varsity meets need to be moved until 8/17 or after. JV and open meets need to be moved until 8/31 or after. Athletes will need to remain in pods until group size limitations are lifted. We need to have some further discussions around this topic.

**Marching Band**

FCS will not allow marching bands to travel to away football games.

Timeline:

- July 27<sup>th</sup> – Voluntary Conditioning
  - Groups of 20
  - Drills with instruments
- August 3<sup>rd</sup> – Official start of Practice
  - Multiple Group of 50 (2 only)
  - Drill with instruments
- August 17<sup>th</sup>
  - No group size limits
- September 3<sup>rd</sup>
  - 1<sup>st</sup> week of performances at football games

### **Hydration Plan and Policies**

1. Athletes must still bring their own bottles, so refill stations need to be available. This applies to all fall sports and marching band.
2. Water bottles (Gatorade style, squeeze bottle) may be used for single use. If a student forgets their own bottle, the school can use these water bottles. Please put a piece of tape on it and label it for the athlete. They need to be wiped and completely cleaned after each use, and a manager or coach must refill the bottles. Each bottle must be washed and cleaned after every practice. The school can also continue to supply disposable water bottles.
3. Football -- Water cows may be used to refill kids water bottles only. Managers or coaches need to refill the bottles for the players. They need to wear masks and gloves while refilling the personal bottles for the players. The entire unit needs to be cleaned each night.
4. Coaches must make sure that they are allowing the athletes enough time during water breaks to locate their personal water bottle.
5. Managers/student trainers are always encouraged to wear masks and gloves.

### **Training Room Policies**

FCS will defer all guidance to our approved partners to provide their guidelines for the use of the training room.

## Phase 5 Athletic Timeline

All Athletic competitions will be delayed until 9/14/2020. Practices will continue without restrictions on group size.

Date	Football Practice	Softball, Volleyball, Cross Country, and Cheerleading	Band
8/17/20	9 <sup>th</sup> and JV players return to practice – group numbers increase to team size	9 <sup>th</sup> and JV players return to practice- group numbers increase to team size	Group numbers increase to team size
8/24/20	Normal practice	Normal practice	Normal practice
8/31/20	Normal practice	Normal practice	Normal practice
9/7/20	Normal practice	Normal practice	Normal practice
9/14/20	Competitions allowed	Competitions allowed	Competitions allowed

# PHASE 6: Attendance at Sporting Events in FCS

## 8/27/20

### Football Stadium

1. Capacity
  - a. FCS will determine the maximum capacity at each home stadium. The capacity will be based on 30% capacity of the stadium.
  
2. Health Standard
  - a. Each spectator will be temperature checked and screened prior to entering the stadium.
  - b. Each spectator will be required to wear a mask while attending the sporting event.
  - c. Social distancing will be required. (Signs and posters)

School	Stadium Capacity	30% Capacity	25% visitors	Parents	Students	Booster Pass	GHSA/Teacher Pass
Alpharetta	2500	750	187				50
Banneker	3733	1120	280				50
Cambridge	3736	1121	280				50
Centennial	3144	943	236				50
Chattahoochee	3491	1047	262				50
Creekside	2500	750	187				50
Johns Creek	3749	1125	281				50
Langston	3741	1122	280				50
Milton	2794	838	209				50
N. Springs	3099	930	232				50
Northview	2702	811	203				50
Riverwood	2300	690	172				50
Roswell	2739	822	205				50
Tri-Cities	2581	774	193				50
Westlake	3076	923	231				50

The school starts with the 30% capacity, subtracts the visitor allotment, then determines the number of tickets necessary to offer two tickets to the parents of football, cheer, band. The remainder of tickets can go to the students. Encourage the spectators using GHSA passes and teacher IDs to sit in the endzone (family and teacher zone).



## Gymnasiums

1. Capacity
  - a. FCS will determine the maximum capacity at each home gym. The capacity will be based on either 25% capacity of the gym. This capacity will be adjusted if only ½ the stands are used for volleyball matches.
2. Health Standards
  - a. Each spectator will be temperature checked and screened prior to entering the stadium.
  - b. Each spectator will be required to wear a mask while attending the sporting event.
  - c. Social distancing will strongly be encouraged. (Signs and posters)

School	Gym capacity	25% Capacity Full Bleachers	Visitor ticket allotment	25% Capacity 1/2 Bleachers, 2 courts	Visitor Capacity	25% AUX Gym Capacity
Alpharetta	1920	480	120	240	60	48
Banneker	1992	498	124	249	62	102
Cambridge	2006	502	125	251	62	93
Centennial	2520	630	157	315	79	60
Chattahoochee	2520	630	157	315	79	60
Creekside	2520	630	157	315	79	60
Johns Creek	2006	502	125	251	63	93
Langston	2270	568	142	284	71	102
Milton	2122	528	132	264	66	60*
N. Springs	2200	550	137	275	69	72
Northview	2204	551	137	276	69	50
Riverwood	1966	492	123	246	61	60*
Roswell	2520	630	157	315	79	60
Tri-Cities	2520	630	157	315	79	60
Westlake	1970	493	123	247	61	102

## Softball Stadiums

1. Capacity
  - a. **Capacity will be 150 spectators.**
  - b. Spectators are encouraged to bring lawn chairs/stadium seats to spread out along the fence lines.
2. Health standards
  - a. Each spectator will be temperature checked and screened prior to entering the stadium.
  - b. Each spectator will be required to wear a mask while attending the sporting event.
  - c. Social distancing will strongly be encouraged. (Signs and posters)

## **Stadium and Gymnasium Seating**

1. The stadium and bleachers will be marked off for social distancing purposes.
2. Every other row will be available for seating purposes.
3. We will help families/spectators to socially distance themselves in the venues.
4. Student section – will skip every other row and space out 6 feet on the rows being used.

## **GHSA and Employee Passes**

1. Recognize the GHSA passes (50 projected)
2. Recognize the FCS Employee ID (employee only) (50 projected)
3. Do not recognize other district's employee badges for this year 2020-2021

## **Gate Workers**

1. Gate workers will be screened prior to each event – screening questions and temperature checks. The game manager/administrator will conduct the screening and use the form provided.
2. Gate workers will always be required to wear masks and use gloves when handling money and tickets.
3. Digital tickets only for football games, softball games and volleyball matches – use Go Fan
  - a. Set the limit of tickets for sale (visitor, parents, students, etc.)
  - b. Sell tickets ahead prior to the game
  - c. Gate workers would scan or tap their tickets on their phone to redeem
  - d. Go Fan would handle refunds
  - e. Allows to control the number of fans attending the event
4. Reduction of staff for gates – less interaction
5. **Maximize your ticket area, creating space for ticket checks as well as screening process. We need to create space for proper social distancing as fans enter the events.**

## **Concession Stands**

1. Schools can operate concession stands. Social distancing for lines needs to be marked off.
2. **They need to serve sealed and prepackaged food and drinks only.**
  - a. Water, soda, candy, and chips are all acceptable items
  - b. Prepackaged chick-fil-a sandwiches or pre-made jimmy johns or subway sandwiches are acceptable (items must be individually wrapped)
  - c. Microwavable popcorn is allowed because it is sealed, no use of popcorn machines
  - d. Hot dogs, hamburgers, fries and pizza are not allowed to be served
  - e. Do not serve sunflower seeds or peanuts.
  - f. Concessions are not approved to make food at this time
3. Concession workers need to be temperature checked. They also need to answer the screening questions. The screening and temperature checks will be done by the administrator on duty or game manager. We will create a screening form for each fall sport.
4. Concession workers need to wear masks and gloves when working.
5. **Outside Vendors** – the use of outside vendors will be limited. Only vendors that are selling prepackaged foods or drinks will be allowed at this time (Smoothie King, Dippin Dots if prepackaged, Etc.).

## **Pre-Game Meals**

1. These can be served. If they are not pre-packaged foods (containers that need to be served), then we need 1-2 adults serving the players. The servers need to be masked, wearing gloves, and screened prior to serving. Social distancing needs to be enforced while the students get served. If players are being served, they will need to wear a mask going through the serving line.

## **Sideline Passes and Press Box**

1. No parents or fans will be allowed on the sideline or court level before, during or after the contest.
2. Only approved workers will be allowed on the sideline (administration, chain crew, managers).
3. They will each need a sideline pass made by the school. These passes will be distributed by the school to the visiting school as well.
4. Each school will only allow essential workers into the press box area. All workers must wear a mask and social distance as best as possible.
5. Each school can set up a coach's family section on the opposite side of the band. This will help with social distancing, but each person must have a sideline pass. (Family and Staff Zone)
6. No tunnels, no cheerleader run throughs, no cannons, no pre-game festivities, no tailgates, etc.

## **Tailgating for Football Games**

1. **Tailgating** – No tailgating will be allowed on FCS property.
2. **Student gatherings** – no student gatherings prior to the game

## **Marching Bands**

1. Marching bands will not travel for away games. FCS will not allow visiting bands to attend home events. Each school will communicate this policy to the visiting teams.
2. **Endzone Set up** – Each high school band will be set up in one of the endzones. This will allow the band to remain in an isolated location and allow maximum social distancing in the home stands. The school can use chairs to provide seating for the band.
3. Bands must enter and exit the field from one end zone. This includes all percussion equipment, flags, and podiums.
4. Band performances may not use any props or electronics. Guard may not have any equipment changes.
5. Band performances on the field must use nylon bell covers on all instruments with bells.
6. Bands may not enter the field until all players and coaches have cleared the area.
7. Bands must exit the field at or prior to 8:00 remaining on the clock. Directors must plan shows accordingly.
8. Bands may perform standing still. If bands utilize movement, drill design must be at a three-step interval or larger for appropriate social distancing per CDC.
9. Bands may perform from the end zone during halftime, without entering the field.
10. Extremely limited number of band chaperones. They must wear a mask and have a sideline pass.

## **Administration Duties**

1. Screen gate workers and concession stand workers (excel chart will be provided)
2. Oversee the screening of spectators as they enter the stadium
3. Oversee the gate workers as they admit the fans
4. Each school will designate an admin to be on this duty for each home game
5. Monitor compliance of social distancing in the stands
6. Monitor compliance of wearing of masks in the stands

## **Football Travel Roster**

1. To reduce numbers, each head football coach will make a travel roster for away football games. This will help with transportation and social distancing on the sideline. Only the players that have a realistic chance of playing will travel.
2. All varsity players may dress for home games, but social distancing on the sideline will be encouraged

## **Transportation**

1. 23 students per bus plus 1 staff member (1 per seat)
2. Masks will be worn by everyone on the bus.
3. Be strategic in placing players on different buses. For example: 3 QBs – each one is on a different bus.

## **Cross Country Recommendations Based on Current Guidelines:**

### **Meet Size Limits:**

- The prevailing recommendation is no more than 50 in a group (for practices, smaller is always better)
- Set a single race within a meet & have a participant limit to 50 runners. Possible options:
  - 5 schools of 10 runners
  - 6 schools of 8 runners
  - 7 schools of 7 runners
  - No more than 10 per a team running in one race if we want to keep a meet scenario as close to normal as possible.
  - The 50-person per race limit is only for PARTICIPANTS/STUDENT-ATHLETES. Coaches, volunteers are not included in that number.
- Other meets are trying team time trials (think bike races/Tour De France) when an entire team is on the course at a time and then add up times from you top-finishers with lowest aggregate time declared the winner. If a tie use 6th place finisher tie breaker procedure NFHS rule 8-2-2.4 Concerns about this format:
  - Much more difficult as all would have to be timed
  - Meet results would not be known until conclusion of the entire meet
  - There would be no "racing" head-to-head as is normally contested
- Recommend that meets have LESS THAN 8 schools
  - Local level/meet host would oversee the health restrictions that are in place for mass gatherings
- Make alternate meet plans for remaining open runners
  - Dual meets during the week or an off-Saturday
  - Create intra-squad "open weekends" and allow open runners to race on home course

### **Spectators**

- Follow FCS restrictions
- Limit spectators at start/finish area but allow them to spread out on the course
- Masks and social distancing will ALWAYS be maintained.

### **Meet Logistics**

- Team tents not near start/finish area.
  - Must be masked & social distant the entire time if near team tents.
  - Runners heading to and coming from races will have masks off until they can put them on.
  - If running, no masks required (warmup/race/cooldown).
  - NO CONGREGATING at team tents.

- Races-should be 60 minutes apart to promote less congregation and exposure. Sample meet schedule could be:
  - 8am-Varsity Girls
  - 9am-Varsity Boys
  - 10am-JV Girls
  - 11am-JV Boys
  - Noon-Open Girls
  - 1pm-Open Boys
  - Awards-determined by meet hosts and given to coaches individually (medals or trophies, etc), no award ceremonies for now.
- Athletes should leave the finish area ASAP, go to tent, then go cooldown and then leave.
  - Athletes can stay if masked, socially distant & NOT in the start-finish area and cannot stay at team tent (on the course ok)
- Starting Boxes-Each school/team assigned one box for the entire meet. Start boxes should be a minimum 10 feet from each other as 10 people will be in each starting box.
- Finish Line-Timing companies ok if masked and socially distant.
  - Coaches & finish line volunteers (screened by host school/masked entire time) will be only personnel in that area.
  - If medical emergency host school to cover with their athletic trainer or hired EMT/Fire/police that is on site, but they must stage in parking lot away from course (masked entire time at minimum).

## **Phase 7: Sideline Cheer, Hydration Plans and Winter/Spring Athletes**

**9/14/20**

### **Sideline Cheer**

The cheerleaders are in their own practice/competition bubbles. They need to limit interaction with fans or the football team.

1. Cheerleaders need to be appropriately spaced while cheering during the game.
2. Masks are not required for the participants.
3. Teams can stunt.
4. Megaphones can be used if desired.
5. Cheerleaders can line up for run throughs and appropriately social distance, but we are not going to use run through banners at this time.

### **Winter and Spring Athletes starting to workout/condition**

1. **9/14/20** – Winter athletes can start 4 on 1's and team conditioning sessions.
2. **9/21/20** – Spring athletes can start 4 on 1's and team conditioning sessions.
3. In season sports will get priority, then winter sports, then spring sports. The coaches will need to be instructed on how to properly clean the weight room or facilities they are using.
4. All Athletes must have a completed physical on file.

### **Use of Locker rooms**

We will start allowing teams and schools to use locker rooms if necessary. We would like to keep them as a storage area only, but we do understand that the athletes need a place to change and store their belongings. Coaches always need to monitor the usage of the locker room. **Athletes are not be allowed to congregate and hang out in the locker rooms.**

- a. Coaches can start using locker rooms if necessary.
- b. FCS will provide a dressing facility for any away teams that request the facility.
- c. We encourage football teams to use large designated spaces that promote social distancing.
- d. All facilities must be cleaned prior to and after each use.
- e. Masks are strongly encouraged for all athletes inside the locker rooms.

### **Football Teams**

1. **Travel Roster** – FCS is not mandating a hard number, but each school is encouraged to only take the players that have a realistic chance of playing during away games. Logistically, this helps with sidelines and transportation.

2. **Transportation** – Think about who you are putting on each bus, be strategic. You do not want all the starting offensive lineman on the same bus, or all 3 QBs, etc.
3. **Hydration plan** – Make sure that your hydration plan has been approved.
4. **Get back coach** – Needs to also be very diligent is spacing out the kids on the sideline.
5. **Managers** – must always wear masks and gloves.
6. **Coaches** – must always wear masks.

## **Sample Hydration Plans for Football Games**

### 1. **Hydration plan:**

General use of squeeze bottles as primary hydration plan.

- a. 2 carriers (6 bottles/carrier) for offensive timeouts
- b. 2 carriers (6 bottles/carrier) for defensive timeouts
- c. 2 carriers for tent/bench

Bottles will be sanitized between each use/athlete with wipes. Use of water cow for water and 10-gallon cooler for Powerade on home sideline to refill bottles. Squeeze bottles and refills will be handled by athletic training student aides (student trainers); hydration supervised by certified athletic trainers. Any towels provided to athletes will be individual use only and put aside after use.

For back-up, single use water bottles and sports drinks will be in cooler on sideline.

Visiting teams will not be provided coolers/bottles/cups/towels, but they will be given access to water and ice to fill their own supplies on their sideline.

### 2. **Hydration Plan:**

The trainers/managers will fill up paper cups and place them on the table. They will continue to fill new cups as needed.

Timeouts - We will use small 8oz bottles of water for timeouts. The trainers/managers will bring them out in a bucket. Once the players are finished with the bottles, they will dispose of the bottle in a trash bag that we will have on the field.

### 3. **Hydration plan:**

School will provide individual water bottles for each player and coach that is clearly labeled with their name and number. We are placing them in holders according to position group. We are creating a plan with our athletic trainers to clean the bottles. Our players also do not touch the spout of the water coolers a trainer does that so there is no cross contamination with our water coolers.

### 4. **Hydration Plan:**

We have Squeeze bottles for each kid. They are labeled and put in Crates by position group. Each manager is assigned a crate and must sanitize (Wipes) after each use – kids do not grab their own water (managers will wear gloves and masks).

We will also have two large coolers filled with individual small sports drinks and waters (if the line is congested for individual bottles, we can give individual throw away' s out)