

FCBOE Conditioning for Student Athletes Clarification of GHSA Guidance

Purpose

The purpose of this document is to provide each of our high schools a clear interpretation of the GHSA Guidance for returning to conditioning. The athletic programs of the Fayette County Public School System will follow the set guidelines established by GHSA and understand that recommendations and restrictions may arise due to safety concerns in relation to the COVID-19 pandemic.

Screening and monitoring

Each school will designate a coach who will be responsible for screening each student athlete and recording the data from each screening of the COVID-19 Coach/Athlete Monitoring form. Each coach is required to watch the provided video from Science Insider to provide insight in identifying symptoms of COVID-19. Forms will be emailed to each respective school's athletic director. Once athletic trainers return, they will be responsible for screening and the collection of this documentation.

The GHSA Workout Questionnaire should be printed off and laminated and posted in all areas where conditioning activities will take place. The questions from the questionnaire should be asked of student athletes and coaches each day of plan activities. A coach or player who may have been diagnosed, been in contact with a person with COVID-19 or traveled to a COVID-19 hotspot before May 18th and have been quarantined or provided negative test results should be allowed to participate. If a player or coach responds to any of these questions with a yes since May 18th, the person should not be allowed to participate in the work out activity and be asked to leave the campus.

Workouts

All summer workouts are voluntary in nature and students cannot be penalized for not attending. Fall sports will take precedence for training times over non fall sports. Workouts will consist of weight training and conditioning and will take place without balls or other sports specific equipment. Conditioning groups will consist of 20 individuals (including coaches) per sport at a given school building. Example: FCHS football team with two coaches and eighteen athletes are allowed to work in the weight room while the volleyball team with three coaches and seventeen athletes are working out in the gym.

Students are encouraged to bring their own water bottles during training. Competitive situations like seven on seven or scrimmages are not allowed. Side spotting is only allowed for weight training, and social distancing should be implemented as much as possible. Masks are encouraged but not mandated for student athletes during indoor training settings. Coaches are mandated to wear masks during indoor training settings.

Hygiene and cleaning

Hand sanitizer should be made available for student athletes when they arrive for conditioning. Locker rooms and showers will not be available during workout so student athletes must arrive for workouts dressed for conditioning. A minimum of fifteen minutes must be allocated between workout groups for the cleaning of equipment, workout area and restrooms. Coaches are encouraged to obtain disinfectant from custodial staff until sprayers are provided by the Operations Department. No food will be provided for student athletes during the time of conditioning.