



SOUTHEAST GEORGIA
HEALTH SYSTEM
SPORTS MEDICINE

COVID 19 POLICY ON RETURN TO SPORT

In response to the COVID 19 pandemic, we are implementing additional measures to ensure the safety of our athletics staff and student-athletes. In accordance with guidelines set forth by the Center for Disease Control (CDC), Georgia High School Association (GHSA), Georgia Independent School Administration (GISA), National Federation of State High School Associations (NFHS), and the Sports Medicine Advisory Committee (SMAC), Southeast Georgia Health System has developed a policy regarding Return to Sport Activities. Compliance with requirements in the policy are mandatory and apply to all coaches and student-athletes, at all levels, across all sports.

Known Signs and Symptoms Related to COVID 19:

- Fever
- New or unexplained coughing
- Shortness of Breath
- Close contact with someone diagnosed with COVID 19

Phases are in accordance with guidelines published by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>.

Pre-Workout Screening

Student- athletes are expected to report for practice/ workout sessions only with their assigned group at designated time and location.

All coaches and students-athletes will be required to stop at screening checkpoints prior to admission to practice/workout sessions.

Screening criteria will include:

- Have you had a fever in the last week?
- Have you had a new or unexplained cough?
- Have you had new or unexplained shortness of breath?
- Has anyone in your household or anyone you are in close contact with been diagnosed with COVID19 or has been tested for COVID 19 because of illness?
- Have you been tested for COVID19?
- Temperature screening

If they answer no to all the questions, then they are allowed to participate

If they answer yes to any of the above questions they are denied access for participation. Other participants in his/her designated "group" (including coach and anyone athlete has been in close contact with) will be informed to take extra precaution and continue to maintain safe practices until athlete is cleared by a physician or a negative COVID19 test result. If a test is positive the designated "group" (including coach and anyone the athlete has been in close contact with) will be required to get tested and may not return to participation until a negative test result is submitted to sports medicine staff



SOUTHEAST GEORGIA
HEALTH SYSTEM
SPORTS MEDICINE

COVID 19 POLICY ON RETURN TO SPORT

If an athlete/coach stated that a member of their household or someone they have been in close contact with has tested positive the athlete/coach will be required to quarantine for 14 days beyond the point at which they are either no longer in close contact with the individual.

The athlete may return to participation after the quarantine period if they are not symptomatic and no additional members of the household are ill.

If the athlete/coach stated that a member of their household or someone they have been in close contact with is awaiting results of a COVID 19 test, they will quarantine until the result of that test is known. If that test is negative, they may return to participation immediately. If the results of the test are inconclusive or positive, the athlete/coach will follow the guidelines noted above.

*Close contact can include ride sharing or playing recreational Moderate to High risk sports (ie basketball)

Concerning Ride Sharing and Social Distance

It is recommended that outside of sport participation that student- athletes, coaches and staff continue to maintain appropriate social distance, use PPE (personal protective equipment), avoid large crowds and events and avoid personal contact with individuals known to have COVID 19. When ride sharing please use appropriate PPE. Student-athletes seen without use of PPE ride sharing with another individual diagnosed with COVID 19 may be suspended from participation until clear

Hydration

Per recommendation by NFHS every student athlete must bring their own water bottle. Water bottles must not be shared.

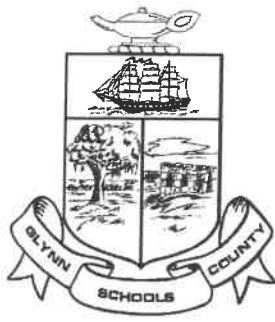
Hydration stations (i.e. Water cows, water troughs, water fountains etc) should not be utilized in early Phases.

For more information regarding Limitation of Gatherings, Facility Cleaning, Athletic Equipment Use and Sport Level of Risk refer to GHSA, GISA, and NFHS Guidelines.

<https://www.ghsa.net/latest-ghsa-statements-coronavirus-situation>

<https://www.gisaschools.org/general-info/covid-19-resources/>

<https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>



Glynn County Schools

Dr. B. Virgil Cole Jr.
Superintendent
Steve Waters
Director of Athletics



GEORGIA HIGH SCHOOL ASSOCIATION

Athletic Return to Play Guide-June 8th through June 26th

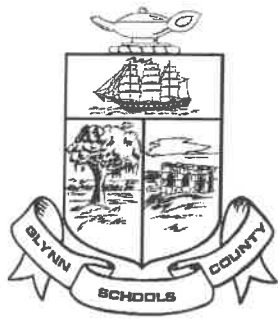
PHYSICALS

1. All physicals for 2019/2020 are valid through July 27, 2020.
2. Information on Physicals-
 - *There will not be a County Wide Physical Night.
 - *High School Fall Sports will have physical days for football, softball, volleyball, cross country, and cheer.

GCSS INFORMATION-Beginning June 8th

1. The training rooms will be open by appointment only and at the discretion of the athletic trainers.
2. Social distancing will be used during conditioning activities and during instructional activities.
3. At each practice, all athletes will be pre-screened by the coaches and the GCSS monitoring form must be completed for each athlete participating. (Both Forms provided to coaches)
4. Per GCSS Guidelines, the ratio of player per coach is 18-2. 18 players per two coaches.
5. Players should bring their water bottles to practice. No water fountains/water hoses, etc...
6. Locker rooms, showers and offices are off limits to players.
7. Please ask your boosters to help provide hand wipes, hand sanitizer, etc... as they are hard to find right now. The GCSS Athletic Department will provide supplies to sanitize facilities.

Summit Sports Medicine and Coca-Cola have been gracious enough to donate water bottles and Powerade to assist us.



Glynn County Schools

Dr. B. Virgil Cole Jr.
Superintendent
Steve Waters
Director of Athletics



GEORGIA HIGH SCHOOL ASSOCIATION

GHSAA Policy For Return

Guidance for returning to conditioning on June 8, 2020 with recommendations and/or restrictions

- All summer work is voluntary.
- Schools/ School Systems may be more restrictive than the GHSAA 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 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.

GEORGIA



DR. JAMES R. HINES, JR., Executive Director
POST OFFICE BOX 271
151 S. BETHEL STREET
THOMASTON, GA 30286-0004
TELEPHONE 706-647-7473
FAX 706-647-2638
www.ghsa.net

ERNIE YARBROUGH, Asst Executive Director
STEVE FIGUEROA, Media/Information Services
DON CORR, Associate Director
KEVIN GIDDENS, Associate Director
PENNY PITTS MITCHELL, Associate Director
TOMMY WHITTLE, Associate Director
CARROR WRIGHT, Associate Director

HIGH SCHOOL ASSOCIATION

May 28, 2020

Memo

To: Member Schools

From: Robin Hines *RH*

Re: Conditioning Guidance

While we are over a week away from returning to conditioning, there has been no shortage of calls, texts and emails regarding this guidance. Primarily the questions have centered around the size of the group per campus/ facility and Head Coaches/ Athletic Directors and their impact on the group. The following is an effort to clarify the intent of the guidelines previously distributed.

- Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.

Campus/facility denote 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 staggered starting and ending time to prevent large gatherings before and after workouts.

- Groups should 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.

Athletic Directors and Head Coaches are allowed to monitor all workouts. Schools that employ a Strength and Conditioning coach may use that individual to direct all workouts. These individuals count in the group limit of 20 persons. Social distancing, hand washing/ sanitizer are stressed

and masks/face coverings for these individuals is highly recommended. Groups should be consistent from workout to workout.

If there 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.

Please adhere to the guidance provided as it is given to create the safest environment for our coaches, athletes and all with whom they come in contact. I fully expect this guidance to change over time but it will remain in place for at least the first week of workouts as we focus on conditioning rather than sport-specific skills. Safety MUST be our top priority and I appreciate your cooperation.



SOUTHEAST GEORGIA
HEALTH SYSTEM
SPORTS MEDICINE



Disclosure:

Due to the close contact nature of sports, the ability to participate with personal protective equipment such as masks, gloves, and eyewear may be limited. Therefore an athlete may be required to undergo covid-19 testing based upon the results of their pre-workout screening. The decision for testing will be decided by the Southeast Georgia Health System Sports medicine team. Testing is the responsibility of the athlete and his/her family. Proof of a negative test result will be required to return to practice.

Policy GANA: Infectious Diseases**Glynn County Board of Education****Original Adopted Date: 07/13/1987 | Last Revised Date: 07/25/2017****Status: ADOPTED**

An "infectious disease" means an illness due to an infectious agent or its toxic products, which is transmitted directly or indirectly to a person from an infected person or animal.

The Superintendent or designee will develop and implement procedures related to the impact of infectious diseases on school system management and operations. Such procedures will be consistent with the requirements of the Georgia Board of Education Rule 160-1-3-.03 and will require the following actions:

1. The annual provision to employees of information, education or training related to transmission of infectious diseases, risk reduction and standard precautions, based on guidelines or recommendations of the Centers for Disease Control and Prevention (CDC), including the use of personal protective equipment as appropriate to tasks with potential exposure.
 2. The immediate notification of the person, or if the person is a minor, to the parent or guardian, of the need to obtain an appropriate medical evaluation where there exists reasonable suspicion that an employee or student has an infectious disease.
 3. The involvement of the school nurse, public health agency representatives, health care professionals and school system administrators in operational decisions concerning an employee or student who has an infectious disease.
 4. The disclosure of health-related information only as permitted by state or federal law.
-



SOUTHEAST GEORGIA
HEALTH SYSTEM
SPORTS MEDICINE



Workout Questionnaire

Athlete should answer the questions below before being allowed to workout. If the athlete answers yes to any of the symptoms or having close contact with a covid-19 positive individual, the athlete should not participate and will be required to get tested for Covid-19. If the athlete's test results come back positive or they have close contact with someone who is positive for Covid-19 the athlete should not participate in any workouts for a 14-day period or until they have a negative Covid-19 test result.

- Do you or have you had a fever in the last week?
- Do you have a new or unexplained cough?
- Do you have any new or unexplained shortness of breath?
- Have you or anyone you have close contact with been diagnosed for Covid-19 or is awaiting test results?
- Have you traveled out of the area to a "hot spot" for Covid-19?

* Denial of participation and the decision for testing will be decided by the Southeast Georgia Health System Sports medicine team.

