



COVID-19 Action Plan Guidelines for Summer Practices

Guidelines are in compliance with the National Federation of High School Sports with emphasis placed on current State of Georgia Governor's Executive Orders and guidelines suggested by the Georgia High School Association. These recommendations and restrictions are subject to change.

GENERAL:

➤ Workouts may begin June 1, 2020. ➤ All summer workouts are voluntary. ➤ Workouts for conditioning and individual skill/technical development only, no contact.

PRE-WORKOUT/PRACTICE SCREENING & PREP:

➤ All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ➤ Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (See Attached Sample Monitoring Form) ➤ Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. ➤ Vulnerable individuals should not oversee or participate in any workouts. ➤ Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. ➤ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts. ➤ Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

FACILITIES:

➤ Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases. ➤ Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). ➤ Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. ➤ Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

➤ Signage should be posted on site with the following questions: (See Attached) - 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? ➤ Hand sanitizer should be plentiful and readily available.

LIMITATIONS ON GATHERINGS:

➤ No gathering of more than 20 people at a time inside. Up to 40 individuals may gather outdoors. ➤ Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection. ➤ No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home. ➤ There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Consider using tape or paint as a guide for students and coaches.

PHYSICAL ACTIVITY & ATHLETIC EQUIPMENT:

➤ There should be no shared athletic towels, clothing or shoes between students. ➤ Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout. ➤ Students must be encouraged to shower and wash their workout clothing immediately upon returning to home. ➤ All athletic equipment, including balls, should be cleaned intermittently during practices. ➤ Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. ➤ 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. ➤ Visitors attending workout sessions adhere to social distancing guidelines.

HYDRATION:

➤ Each student should have their own personal water bottle. ➤ Use of water fountains or “water cows” is not allowed. Hydration stations utilizing dispensing coolers and a sole custodian of the station may be used for the purpose of refilling water bottles and/or dispensing water into disposable containers.



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