



## Return to Athletics Guidelines for Schools

### PHASE 1: 7/1 – 7/12 (proposed dates, subject to change)

#### REQUIREMENTS FOR PHASE 1

- All summer work is voluntary.
- FL Statute requires adherence to FHSAA policies 40, 41, 42, and 43
- Workouts can be lifting or conditioning only, no balls or sport specific equipment allowed.
- Sessions are limited to 90 minutes or less per group, per day, during Phase 1, and limited to 4 consecutive days in a row per group. Example: 4 day's on, then 1 day off...
- Outdoor training or conditioning sessions cannot be held between the hours of 11:00 am – 4:00 during the week and Sundays sessions are prohibited, per FHSAA.
- Football - Must follow FHSAA Policy 20.1.2 regarding the use of equipment
- All athletes are REQUIRED to have a current or updated EL2 & EL3 on file at the school to participate in summer workouts, conditioning, and/or tryouts. Students should also receive the COVID 19/EL3 acknowledge (coming soon, once approved) sheet on the first day they attend a summer session.
- Cold immersion tub(s) and/or T.A.C.O. Tarps should be ready and available for every workout, conditioning session or practice, per House Bill 7011.
- ATC must be present when teams are on campus for all training or conditioning sessions, if possible.
- Cheer Tryouts can occur the week of July 6-10. Cheerleaders may not practice/perform partner stunts or building. (chants, jumps, dances without contact is permissible)

#### POINTS OF EMPHASIS

- All staff and athletes should be screened prior to each workout (see sample monitoring form attached).
- When the employees or students arrive at school, their temperature will be checked utilizing a contactless digital thermometer. Any employee or student displaying a temperature at 100.4 degrees Fahrenheit or higher or any symptoms associated with COVID-19, will be directed to leave campus immediately and seek appropriate medical care and will not be allowed to work/practice until cleared by a medical professional. Students should contact ATC prior to return and employees should contact immediate supervisor.
- Gym and Weight room doors must be mapped and marked "Enter" and "Exit" so as students have minimal contact.

#### LIMITATION ON GATHERINGS

- Limited to groups/pods 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, each day, 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.
- One clearly identified restroom per gender should be available, no other facility will be provided.

- Social distancing should be adhered to at all times (6 feet apart).
- Side spots only in weight room or outside.
- Masks/face coverings are required for staff and coaches, and encouraged for athletes.
- There is no competition allowed between schools.
- No visitors are allowed at workouts or conditioning sessions.

### **CLEANING AND SANITIZING**

- Weight equipment should be cleaned prior to each workout and sanitized between use by each student or groups.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
- Hand sanitizer should be plentiful and readily available, if possible. Also, frequent hand washing should be encouraged before and after training sessions.
- Each student should have their own personal water bottle, and towel available at all training sessions. No use of water fountains or “water cows” is allowed.
- Cloth masks/face coverings are required for staff and coaches indoors, and encouraged (but not required) for athletes. Face coverings are not needed outdoors if social distancing guidelines are being followed.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.

### **PHASE 1 – PHYSICAL ACTIVITY EMPHASIS**

- There should be no sharing of equipment (towels, clothes, shoes, or sport specific equipment)
- Resistance training and conditioning should be emphasized.
- Cheerleaders may not practice/perform partner stunts or building. (chants, jumps, dances without contact is permissible)

### **PHASE 1 - EXAMPLES**

- If sport skills are to be practiced during PHASE ONE, they should be more technique oriented, not involve the use of any shared equipment and be conducted in accordance with the conditioning level of the athlete at the time.
- Examples might be teaching individual technique to students as far as a stance for football or basketball shooting form or arm swing exercises for runners.

## **PHASE 2: 7/13 – 9/4 (proposed dates, subject to change)**

### **REQUIREMENTS FOR PHASE 2 MAY INCLUDE:**

- All summer work is voluntary.
- FL Statute requires adherence to FHSAA policies 40, 41, 42, and 43
- Workouts can be lifting or conditioning only, and include individual drills requiring the use of athletic equipment are permissible. These do not include partner or team drills.
- Sessions are limited to 120 minutes or less per group, per day, during Phase 2, and limited to 4 consecutive days in a row per group. Example: 4 day’s on, then 1 day off...
- Outdoor training or conditioning sessions cannot be held between the hours of 11:00 am – 4:00 pm or on Sundays.
- Football - Must follow FHSAA Policy 20.1.2 regarding the use of equipment
- All athletes are **REQUIRED** to have a current or updated EL2 & EL3 on file at the school to participate in summer workouts, conditioning, and/or tryouts. Students should also receive the COVID 19/EL3 acknowledge (attached) sheet on the first day they attend a summer session.
- Cold immersion tub(s) should be ready and available for every workout, conditioning session or practice.
- ATC must be present when teams are on campus for all training or conditioning sessions.

- Cheerleaders may not practice/performance partner stunts or building. (chants, jumps, dances without contact is permissible).
- All staff and athletes should be screened prior to each workout (see sample monitoring form attached).
- When the employees or students arrive at school, their temperature will be checked utilizing a contactless digital thermometer. Any employee or student displaying a temperature at 100.4 degrees Fahrenheit or higher or any symptoms associated with COVID-19, will be directed to leave campus immediately and seek appropriate medical care and will not be allowed to work/practice until cleared by a medical professional. Students should contact ATC prior to return and employees should contact immediate supervisor.
- Gym and Weight room doors must be mapped and marked “Enter” and “Exit” so as students have minimal contact.
- Limited to groups/pods 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, each day, 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.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
- Cloth masks/face coverings are required for staff and coaches indoors, and encouraged (but not required) for athletes. Face coverings are not needed outdoors if social distancing guidelines are being followed.
- One clearly identified restroom per gender should be available, no other facility will be provided.
- Social distancing should be adhered to at all times (6 feet apart).
- Side spots only in weight room or outside.
- There is no competition allowed between schools.
- No visitors are allowed at workouts or conditioning sessions.

## **PHASE 2 – EXAMPLES**

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.

## **PHASE 3: 9/7 – Start of FHSAA Fall Sports**

- In-season sports will follow guidance from the FHSAA, when available.
- In-season sports will also follow Pasco County School Board guidance, when determined for the 2020-21 school year.
- Out of season sports may begin open facilities following these guidelines and updated CDC guidelines.

**All phases and timelines, and restrictions are fluid and subject to change based on CDC, State, Local and additional School District guidelines. Safety must be our top priority!**