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# GEORGIA

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## HIGH SCHOOL ASSOCIATION

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### 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 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 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.

**Recommendations and restrictions are fluid and subject to change. Safety must be our top priority.**