

**To: High School Principals and Athletic Directors**

From: Mathew Priester and George Bailey

Date: June 2, 2020

**RE: Guidelines for Returning to Voluntary Conditioning for Athletes as Defined by the Georgia High School Association**

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The Georgia High School Association (GHSA) is allowing its member schools to open for “restrictive” conditioning for its athletes on June 8, 2020. The GHSA reminds all that the presence of COVID-19 requires a constant review of data and, may require reduced restrictions or increased restrictions depending on future advice from health care professionals and guidance from the Governor.

Their guidance also reminds everyone that many athletes, given the happenings of the past few months, may be “deconditioned” and need to work into what would generally be normal conditioning for this time of year.

They further recommend that conditioning work be on a reduced level with gradual increases overtime. No practices or use of balls or sport specific equipment will be allowed.

To assist you in providing training activities for coaches and volunteers for conditioning activities, the following documents are attached:

1. GHSA Guidance
2. GHSA Workout Questionnaire
3. COVID-19 Coach/Athlete Monitoring Form
4. Infectious Disease Plan for COVID-19
5. Letter to Parents and Guardians from Principal
6. Return to Voluntary Conditioning Acknowledgement Form

Each Principal and Athletic Director is expected to carefully review and digest this information. Each Principal and Athletic Director shall meet with the coaches and volunteers and review in detail the terms and restrictions, as well as the requirements, for each voluntary conditioning session. These guidelines should be followed with fidelity. A sign in sheet will be provided that each coach or volunteer shall sign indicating they attended the guideline training, had an opportunity to ask questions, and understand the guidelines to be followed in supervising voluntary workout sessions.