



Return to High School Athletics Guidelines for Schools

PHASE 3 – FHSAA Season starts August 24th – First Day of School

- Please review the FHSAA documents for fall sports considerations.
- Outdoor training, conditioning or practice sessions can be held before or after school hours. The 11-4 pm dead time is lifted starting August 24th.
- All ATHLETIC PAPER WORK IS REQUIRED to start on Monday, August 24th. Students are required have the new COVID 19/EL3 acknowledge forms completed on or before the first day of tryouts.
- All Head Coaches are required to complete the new NFHS course on COVID-19, per FHSAA.
- Cold immersion tub (s) or T.A.C.O. Tarp should be ready and available for every workout, conditioning session or practice, per HB 7011.
- ATC must be present when teams are on school campus for all training, conditioning, or practice sessions.
- Cheerleaders may practice/perform partner stunts or building.
- Temperature checks and screening questionnaires are not required at this time before practice. We will follow “in-school” protocols and procedures when it comes to Covid-19 related concerns.
- All staff and athletes should notify their coach, admin and ATC IMMEDIATELY, if they are not feeling well **before** participating in a workout, practice, or game.
- Gym and weight room doors must stay mapped and marked “Enter” and “Exit” so as students have minimal contact.
- Football locker rooms can be used starting August 24th. Athletes should be supervised at all times while in the locker rooms, and masks are mandatory while in the locker room. Athletes should only be in the locker room for a minimal amount of time (change, use the restroom and get out). [Please read the FHSAA’s Fall Sports considerations for football locker room usage.](#)
- Volleyball locker room usage can start on August 24th. Athletes should be supervised at all times while in the locker rooms, and masks are mandatory while in the locker room. Athletes should only be in the locker room for a minimal amount of time (under 15 minutes to change, use the restroom and get out). [Please read the FHSAA’s Fall Sports considerations for volleyball locker room usage.](#)
- Weight room usage - At least 15 minutes should be scheduled between groups or sports to allow for disinfecting the facility.
- **Cloth masks/face coverings are required for athletes, staff, and coaches indoors. Athlete’s do not need to where masks while exercising or in a game or practice type situation. Face coverings are not required outdoors for athletes if social distancing guidelines are being followed.**
- **Social distancing should be adhered to at all times (6 feet apart).**
- No visitors are allowed at workouts, conditioning sessions, or practices.

Football Acclimatization Period Starts on Monday, August 24th.

- Due to the protective equipment required in football, these additional procedures apply: the first two (2) days of practice are restricted to helmets only, days 3-5 can introduce shoulder-pads with shorts (shells) and then beginning day six (6) of practice, full gear can be utilized and body-to-body contact is permitted. Student-athletes who begin practice with a team after 9/1 practice will be required to follow this same consecutive 6-day procedure. During the initial five (5) days, the use of arm shields, tackling and blocking dummies, sleds and other devices can be used for

instructional purposes, however, deliberate body-to-body contact is prohibited. [Masks should not be worn under helmets, per FHSAA considerations.](#)

- Monday, August 24th – Helmets Day 1
- Tuesday, August 25th – Helmets Day 2
- Wednesday, August 26th – Shells Day 3
- Thursday, August 27th – Shells Day 4
- Friday, August 28th – Shells Day 5
- Saturday, August 29th – Full Pads
- 1st Game allowable date for football...
 - JV – Thursday, September 10th @ 7:00 pm
 - Varsity – Friday, September 11th @ 7:30 pm

Volleyball – August 24th

- Official tryouts start on Monday, August 24th.
- Volleyball can start team drills and inter-squad scrimmages with a rotation of clean volleyballs.
- Volleyball locker room usage can start on Monday, August 24th. Athletes should be supervised at all times while in the locker rooms, and masks are mandatory while in the locker room. Athletes should only be in the locker room for a minimal amount of time (change, use the restroom and get out).
- [Please read the FHSAA Volleyball considerations for the 2020-21 season.](#)
- High School – 1st Game allowed starting Tuesday, September 8th.

Sideline Cheer – August 24th

- Official practice starts on Monday, August 24th.
- Cheer locker room usage can start on Monday, August 24th. If cheer needs locker room usage, athletes should be supervised at all times while in the locker rooms, and masks are mandatory while in the locker room. Athletes should only be in the locker room after school for a minimal amount of time (change, use the restroom and get out). Cheer and Volleyball players should NOT be in the locker room at the same time.
- Stunting is allowed start Monday, August 24th.

Swimming and Diving – August 24th

- Conditioning, workouts and training sessions are still permitted before or after school.
- Contracted pool usage and in-water team practices can start at the contracted facility.
- Swim teams must follow their pools facility usage agreement for practice times and other COVID 19 requirements and safety measures mandated by the contracted facility.
- [Please read the FHSAA Swimming and Diving considerations for the 2020-21 season.](#)
- High School Only – 1st swim meet is allowed starting Tuesday, September 8th.

Golf – August 24th

- Conditioning, workouts and training sessions are still permitted after school.
- Tryouts and official practices start on August 24th.
- Golf teams must follow their course regulations and requirements usage for practice times and other COVID 19 requirements and safety measures mandated by the outside facility.
- [Please read the FHSAA Golf considerations for the 2020-21 season.](#)
- High School Only – First golf match is allowed starting Tuesday, September 8th.

Cross Country – August 24th

- Conditioning, workouts and training sessions are still permitted before or after school.
- Tryouts and official practices start on Monday, August 24th.
- [Please read the FHSAA Cross Country considerations for the 2020-21 season.](#)
- High School Only – First allowable meet starting Tuesday, September 8th.

****Fall Sports gym usage should take priority, but winter sports “open gym” times are permitted. They must follow all the above 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!