
GEORGIA



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HIGH SCHOOL ASSOCIATION

Guidance for Acclimatization and Practice with recommendations and/or restrictions

- Schools/ School Systems may be more restrictive than the GHSA but not less.
- **Acclimatization and Practice** workouts are allowed as outlined on the GHSA Beginning and Ending Dates as published on the GHSA website: **sports specific equipment (including balls) may be used and should be sanitized between sessions.**
- Member schools are strongly encouraged to review and modify if necessary, their Infectious Disease Prevention Plan. The GaDOE has guidance available with recommendations created in conjunction with the Governor's Task Force.
- It is recommended that staff and athletes are screened prior to each workout as outlined in their Infectious Disease Plan.
- Groups are not limited in numbers, but schools should consider limiting groups as much as feasibly possible.
- Use of locker rooms or shower facilities are acceptable with the following guidance.
 - Facilities and all equipment should be sanitized after each practice.
 - Social Distancing should be practiced. If needed groups should dress in stages.
 - Mask/Face coverings are highly recommended for locker room, weight room and indoor athletic facilities.
 - Students shall not congregate in locker room and indoor facilities.
- 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 school should develop a hydration plan for all teams for safety reasons.
- Side spots only in weight training, safety bars are preferred.
- **Mask/Face covering are highly recommended for Coaches/Staff at all times.**
- **Social distancing should be adhered to as much as possible.**
- Scrimmages are allowed as outlined in the GHSA Constitution and By Laws.
- Guidance regarding stadium seating, concessions, venues and spectators will be coming later from sport administrators. Without going into detail, these decisions will be made on the local level with an expectation of including Department of Health, local health professionals, and school district policies.

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