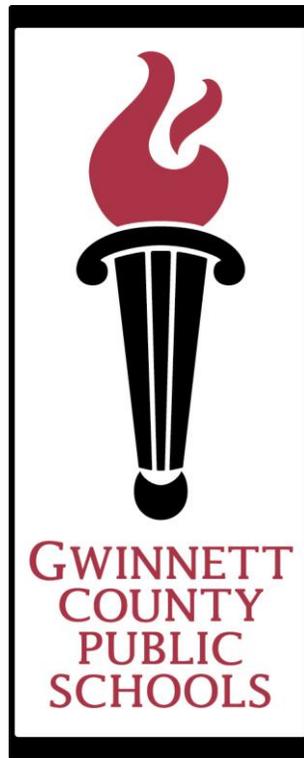


Norcross High School Football
Phase 3
Gwinnett County Public Schools



The following document provides guidance for Athletics in Phase 3 at Norcross High School Football.

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Overview

On Monday, August 3, Norcross Football will begin their plan for returning to practice. This document outlines guidance set forth by the GHSA, the Department of Public Health, and Gwinnett County Public Schools.

Norcross Football Phase 3 Return to Practice

All players and parents have signed the Covid-19 waiver before they were allowed to participate. Players must also have an updated athletic physical on file (DragonFly).

- Medical screening is required for all coaches and players by approved medical personnel (masks must be worn).
- Masks must be worn at all times in the Fieldhouse (optional for players during Weight Room workouts).
- Coaches must wear masks at all times.
- Social distancing must be followed at all times, especially in the Fieldhouse. There are floor markings (6 feet apart) in the hallway for players needing the training or equipment rooms.
- Hand sanitizer will be available all throughout the Fieldhouse and encouraged at all times.
- Players will enter the Fieldhouse door according to their assigned locker room (Blue Room or Silver Room).
- Both lockers rooms have been balanced out to limit capacity and spread out players.
- During acclimation practices, players will gather all their equipment (helmet, jersey, and cleats) – then they will immediately leave the locker room. During full pad practices, we will stagger the groups arriving to limit the number of players in each locker room.
- Players may not hang out in the locker room or huddle up together.
- Coaches will be in both locker rooms to monitor players and ensure social distancing takes place. Coaches will sanitize heavily trafficked areas in the locker rooms. Coaches will encouraged players to get dressed and exit the locker room as quickly as possible.
- Coaches will sanitize any other areas of use in the Fieldhouse.
- At the end of every day, our custodial staff will perform a deep cleaning of the Fieldhouse (Weight Room, locker rooms, Coaches' office, hallway, doors, etc.).

Weight Room Cleaning Procedures:

- The Weight Room will be equipped with sprayers filled with disinfectant, which coaches will use to spray the room down between workout sessions.
- Each group in the weight room will be given a spray bottle and paper towels. They will use this disinfectant to clean the equipment between each use and each set.
- Hand sanitizer will be placed in the weight room and regular use will be encouraged by the coaches.
- Each afternoon after all groups have left the facility, our custodian will conduct a deep clean of each weight room and area being used by our groups.
- Designated bathrooms to be used by athletes and coaches will be cleaned between each group by custodian and deep cleaned after all groups have left the facility.

Football Practice

- During the entire practice, players will be spread out all over the practice field.
- Players will stretch and warm up in their position groups (social distancing).
- All practice equipment will be sanitized and spraying throughout practice.
- The practice periods have been shortened to limit the amount of time players are practicing together.
- During break periods, players will have their own spot on the field (6 feet apart) to ensure social distancing.
- Players will have their own water bottle or they may be assigned a water bottle. Their name will need to be written on bottle.
- Football managers will be assigned a location on the practice field. They will wear a mask and social distance from other players. They will help to sanitize the water stations and other equipment.
- Water stations will be set up to allow players to refill their water bottle as needed.
- Water cows are permitted – social distancing must be adhered to and stations must be sanitized regularly before, during, and after use.
- Water stations will be sanitized regularly between uses.
- When practice is over, all equipment will be sanitized.
- When practice is over, we will stagger the groups entering the locker room to limit the number of players in each locker room.
- As the players leave the Fieldhouse, they will grab a boxed meal as they leave the campus.



GHSA Workout Questionnaire



- Athletes should answer the questions below before being allowed to workout. If the answer is yes to any of the questions below, the athlete should not participate in any workouts for a 14-day period.
 - 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?

Safety Procedures Heat Injury and Lightning Detection

Lightning Detection

The danger of lightning storms to our students and personnel is too great to ignore. A lightning detector has been provided for each school. The equipment consists of the detection device, an AC adapter, and a carrying case with a Velcro belt-loop and a wall bracket.

Procedures should be in place regarding who will be responsible for monitoring and notifying all students and personnel of impending dangerous conditions. The following direction must be adhered to:

If the lightning detector indicates an approaching storm with lightning strikes within 8 to 10 miles, action must be taken to move students and other personnel from exposed areas.

Heat Injury

The following procedures regarding practicing during extremely hot weather conditions should be followed. The GHSA has required all school systems to have procedures in place to accurately identify the heat index from the date of the first practice until cooler weather prevails. These guidelines are in place to help coaches determine the severity of the temperatures and the need to alter practice plans accordingly. Each school should have a procedure in place to make sure all appropriate personnel are notified of the daily heat conditions.

Hot Weather Guidelines and Procedures For Athletic Practice

Guidelines For Testing

The following are guidelines for coaches and staff to follow. In responding to each situation that arises, coaches and staff should use their professional judgment.

Each head coach shall designate a person to monitor and record the WetBulb Globe Temperature (WBGT) levels. Approximately thirty (30) minutes prior to the start of activity, the temperature and WBGT readings should be taken at the practice or competition site.

If a reading is determined whereby activity is to be decreased (at or above 87 WBGT) then re-readings would be taken approximately every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume. All sports activity should be altered and/or eliminated based on the WBGT.

Definitions:

PRACTICE – The period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave the field.

WALK THROUGH – This period of time should last no longer than one (1) hour and is not considered to be a part of the practice time regulation. It may NOT involve conditioning or weight-room activities. Players may not wear any equipment.

Extreme Hot and Humid Weather

Monitoring of environmental conditions and reaction to those conditions is the head coaches responsibility.

1. Practices should be held early in the morning and late in the evening to avoid times when environmental conditions are generally more severe.
2. An unlimited supply of cold water shall be available to participants during practices and games.
 - Coaches/supervisors shall inform all students participating that cold water is always available or accessible, and they will be given permission anytime they ask for water.
 - Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet.
3. Give adequate rest periods. Remove appropriate equipment or clothing when possible. Exposed skin cools more efficiently.
4. Gradually acclimatize participants to heat. Research indicates 80% acclimatization may be achieved in 7 to 10 days, but could take up to 14.
5. Be familiar with any emergency and 911 procedures.

Practice Policy for Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians.

The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

- The scheduling of practices at various heat/humidity levels.
- The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
- The heat/humidity levels that will result in practice being terminated.

A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

Under 82.0	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0 - 89.9	Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0 - 92.0	Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.0	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in "voluntary workouts."

Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a "cool zone" where players are out of direct sunlight.

When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process **AND** cold immersion tubs must be available for the benefit of any player showing early signs of heat illness.