



GFL Parent Letter June 2020 Conditioning Plan

Parents,

With the recent occurrence of COVID -19 and concerns for re-opening of athletics, GFL and Northside Hospital has created a Return to Conditioning Phase 1 Plan for the month of June. The following guidelines are the responsibility of the parent and athlete and are for the protection of all athletes, coaches, medical personnel, and affiliated support staff in accordance with current Governor's Office, Center for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. GFL and Northside Hospital is working closely with local, state, and national health officials to monitor ongoing developments related to the global outbreak of COVID-19. As additional information becomes available, the GFL will continue to communicate with families and the community. As we return to activity on June 25th, it is important that each parent and athlete understands that there will be some changes to processes and several protocols that must be followed.

Every athlete must:

- Have a current physical
- Be signed up with GFL
- Have a parent and student Covid-19 Waiver signed
- Report in workout attire with proper shoes on (do not come in with slides on). Locker rooms will not be accessible. (No backpacks, extra clothing, etc.)
- Bring their own water bottle.

Other important safety guidelines:

- There will be a water cooler available for refills that are monitored by our coach.
- Masks are encouraged but are not required.
- Every athlete will be screened prior to participating in workouts daily.
- As soon as the athlete gets home, they should shower and put their clothes immediately in the laundry hamper/washer.
- Social distancing should be adhered to at all times.
- There are **NO** Visitors or parents allowed to watch conditioning.
- More detailed information pertaining to drop-off and pick-up/group assignments will be sent out to parents and athletes before June 25th.
- If a student or coach is screened out then they cannot return until they have a clearance note with a negative test result or stating the symptoms are unrelated to COVID-19 from a physician. If an athlete cannot make it to see a physician, they must not return for 14 days from the day they were screened out.

IF YOU FEEL SICK, STAY HOME AND NOTIFY YOUR COACH