



## Broward County Athletic Association Return to Play: Phase 2

Broward County Public Schools continues to monitor the spread of COVID-19 across the community. Based on current conditions and input from local experts and medical professionals, the Broward County Athletic Association (BCAA) provides the following guidance for District high schools.

Beginning **Tuesday, September 29**, BCAA member high schools may enter Phase 2 of Return to Play. This means high schools are permitted to continue with voluntary strength and conditioning sessions for student athletes participating in fall sports. Each school administration shall determine the permitted activities at the school site. **Prioritizing the health and safety of all students and staff must remain the focus of each BCAA member school.**

### During Phase 2:

- **Outdoor** strength and conditioning sessions are strongly encouraged.
- **Indoor** facilities will be slowly introduced to include the use of gymnasiums and weight rooms **only**.
- Workout session lengths increase from 75 minutes to **120 minutes of participation per day**.

The requirements below must be followed while conducting voluntary strength and conditioning sessions.

- Maintain social distance by being six feet apart; for both indoor and outdoor sessions.
- Wear face covering at all times, except during active participation in a workout session.
- Divide participants into groups (pods) of 25 or less for outdoor workouts and 10 or less for indoor workouts. These groups must be pre-determined.
  - Interactions between groups shall be avoided.
- Outdoor sessions can only include running and exercises designed to promote physical fitness.
- Indoor sessions must be for specific purposes, such as weight training.
- Sport-specific drills are not permitted, and sport-specific equipment may not be used.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following [guidance from the Centers for Disease Control and Prevention \(CDC\)](#).
- **Coaches must maintain a daily record of athletes that are participating and symptoms they may present.**
  - Athletes should be monitored at the start of practice for a temperature of 100.4F/38C or higher and other possible COVID-19 symptoms (chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
  - If a student athlete exhibits symptoms, he or she is not to participate in practice and should be referred to a physician for evaluation and testing.
- Players shall bring their own water bottles, shoes, towels and other personal equipment. The use of locker rooms, shared water coolers with cups and water fountains will be prohibited during this phase.

If possible, it is encouraged to have an athletic trainer or medical personnel available for workouts. The athletic trainer or medical personnel should be masked for any interactions with athletes and maintain six-foot distance, when feasible.

It is the responsibility of each BCAA member school to comply with the above requirements. Additionally, BCAA member school sponsored camps, clinics and open gyms are prohibited for any sport, at this time.