



BACK TO SCHOOL 20|21

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Athletics: Return to Play FAQ for Parents and Guardians

What do I need to do for my student to be eligible to participate in voluntary strengthening and conditioning workouts and, ultimately, official practices?

Student athletes need to have an up-to-date Pre-participation Physical (EL2), Consent and Liability (EL3) Florida High School Athletic Association (FHSA) forms and appropriate insurance documentation. In addition, this year, a COVID-19 release form and six mandatory online courses must be completed to be eligible to play sports at school. See your school's website for more details on participation in athletics.

My child did not participate in Phase 1. Can he/she participate in Phase 2?

Yes, as long as the student has completed all the necessary requirements specified above.

What does Phase 1 mean?

It is the introduction of Return to Play. Phase 1 only includes voluntary strengthening and conditioning sessions held outdoors. It does **not** include team practices, nor does it include the use of specific sports equipment of any kind.

What does Phase 2 mean?

Phase 2 begins on Tuesday, September 29. Phase 2 continues with voluntary strengthening and conditioning sessions held outdoors, while introducing weight rooms and gymnasium with expanded protocols. It does **not** include team practices, nor does it include the use of specific sports equipment of any kind.

Does my child need to add a COVID-19 test to his or her medical clearance before being approved to play?

There is no requirement for student athletes to have a COVID-19 test as part of medical clearance prior to participation.

Will students have access to bathrooms during the voluntary strengthening and conditioning sessions?

Each school will identify one female and one male restroom for use by student athletes. However, students will NOT have access to locker rooms.

What should my student athlete bring with him or her during Phases 1 and 2?

He or she should bring a towel, a personal water/hydration jug and a face covering. Students should wear athletic shorts and T-shirts (no half shirts, tank tops, or removing T-shirts during workout sessions).

Does my student have to wear a face covering during his or her outdoor workout?

Face coverings are required to be worn once the student arrives on campus and are expected to be worn the entire time while on campus. The only exception is during an active outdoor workout, when face coverings do not have to be worn.

Does my student have to wear a face covering during his or her weight room workout?

Yes. Face coverings are required to be worn once the student arrives on campus and are expected to be worn the entire time while on campus, including weight room workouts.

Are the voluntary strengthening and conditioning sessions for all sports?

This voluntary period is for FHSAA fall sports only.

What type of screening will take place for my student at the school?

When an athlete arrives, he or she will undergo a temperature check, be asked to fill out a quick survey, and have a pulse oximeter check. Once athletes pass these checks, they will report to their pod location.

What is a pod?

Schools have been advised to schedule athletes in small groupings to meet current Centers for Disease Control and Prevention (CDC) and Broward Health requirements. These groupings are called pods. See the FACT sheets at browardschools.com/athletics for pod sizes.

Will high schools allow workouts in the evening?

Most eLearning is taking place until 3:10 p.m. each school day. To accommodate physical distancing, schools will schedule specific times for each sport, beginning no earlier than 3:30 p.m. All workout sessions should end by 8 p.m. during eLearning. Note: If a school's dismissal time differs or changes, workout sessions cannot begin prior to 20 minutes after dismissal. Contact your school for details on workout times for specific sports.

In previous years, my student athlete has also had to complete online training courses. Is this still true?

Yes. There are six mandatory online training courses for all student athletes. Completion certificates must be submitted to your school. Visit the BCAA website, browardschools.com/athletics, to access these courses.

Will student athletes be able to lift weights?

Not during Phase 1, but schools may introduce the use of weight rooms starting in Phase 2.

Will student athletes be able to use the locker rooms?

No. The locker rooms will not be available until Phase 3. Even then, based on current CDC guidelines, it will be on a limited basis.

What happens if inclement weather rolls in during the workout sessions?

Schools will have designated (shelter-in-place) areas for students to gather during inclement weather. Physical distancing will take place in the shelter-in-place locations.

My child tested positive for COVID-19, when can he or she join or resume sports participation?

The student athlete must provide documentation of two negative tests for COVID-19 at least 24 hours apart, or 10 days with no symptoms and no use of medication. The student athlete will be asked to follow up with his or her healthcare provider.

What if my child's temperature is high when he or she gets checked?

If a student athlete presents with a high temperature (exceeding 100.4 degrees), he or she will be isolated for 5 –10 minutes and then have the temperature taken again. If the student's temperature still exceeds 100.4, a phone call will be made to his or her parent/guardian and either the student will drive himself/herself home, or parent will need to come and pick the student up from school.

What happens if a student athlete shows symptoms or tests positive for COVID-19 after being around other athletes?

There are specific protocols for these scenarios. Pod members will be notified of their specific situation and what next steps need to be taken.

Does my athlete have to take part in these workouts?

Phases 1 and 2 are voluntary strengthening and conditioning workouts. Phase 3 marks the start of official practices.

When does actual practice start?

During Phase 3, in accordance with CDC and Broward Health recommendations in place at that time. Right now, the tentative start date for Phase 3 is October 12, 2020.

Does this apply to winter and springs sports, too?

Our current phase in process is for FHSAA fall sports only, which consist of football, sideline cheer, cross country, girls volleyball, swimming and diving, golf, and bowling.

Will winter and spring sports take place this year?

It is the BCAA's intention to offer all 26 sports in some capacity this year. We will continue to monitor changing conditions.

Will schedules be shortened since we are getting a late start?

Our goal is to ensure all sports get to play prior to June 2021. Depending on current conditions there is a likelihood that there could be a modified schedule, moving forward.

What about band and color guard?

This plan applies to FHSAA fall sports only.

My school does not want to start on the date that is advertised, why not?

Principals and site-based leadership have full autonomy to make decisions they feel are in the best interest of their student athletes, staff, coaches, etc. They can start voluntary workouts when they deem it is best, even after the official date is announced. Schools can also determine when to move to the next phase.

Is Broward County going to be a part of the FHSAA this year?

Broward County Public Schools is a member of the FHSAA. The FHSAA began fall sports on August 24, 2020. Broward County Public Schools, along with some other counties, was not prepared to begin fall sports at that time due to COVID-19 conditions. As a result, we opted out of the FHSAA Fall State Series. If current COVID-19 conditions permit, the goal is to have fall sports competitions among District high schools. We are also exploring possibilities to extend fall sports competitions to neighboring counties.

If we are not part of the FHSAA Fall State Series, what happens to recruiting, etc.?

The FHSAA does not handle recruiting. Our goal is to provide student athletes as much playing time as possible. This will allow the student athletes to gather footage for the recruiting process.

Do you know if spectators will be allowed at sporting events?

We do not have this information at this time. The BCAA will keep all student athletes and families updated as we move through the different Return to Play phases and competitions prepare to begin.

What is the status of middle school sports?

It is our intention to offer all middle school sports during the 2020/21 school year. We will not begin middle school sports until face-to-face learning resumes on campuses.