

**Illinois High School Association &  
Illinois Department of Public Health  
Requirements**

**Forreston High School  
Requirements**

All student-athletes, coaches, administration, and support staff need to be aware of the following rules and guidelines set forth by the IHSA, IDPH, and Forreston High School. As a district, our number one concern is the health and safety of our student-athletes and staff. These requirements will be strictly enforced.

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**FACILITIES CLEANING**

Adequate cleaning schedules, before and after each use by a group of athletes, should be created and implemented for all athletic facilities to mitigate any communicable diseases.

Yes, responsibility of coaching staff to make sure everything gets wiped down before and after a contact day.

Prior to an individual or group of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Yes, same as above.

Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

Yes.

Weight equipment should be wiped down thoroughly before and after individual's use of equipment.	Yes, same lifting format as Phase 3.
<b>PRE-WORKOUT</b>	
Schools must maintain a daily record of what athletes are participating, when, symptoms they may present	Yes, google doc already created and being implemented in Phase 3.
Athletes should be screened at the start of practice for temperature greater than or equal to 100.4oF or symptoms of COVID-19 (fever, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).	Yes, same as Phase 3.
Any person with symptoms or positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician/Ogle County Health Department.	Yes, same as Phase 3.
Signage about symptoms and transmission of COVID-19 should be posted around facilities.	Yes
Gatherings of up to 50 individuals outdoors are allowed and that includes athletes, coaches, volunteers, and spectators.	Yes, currently no sport exceeds 50 with coaches.

When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.	Yes
If locker rooms are a necessity, capacity should be limited to ensure members can maintain 6 ft of social distance.	Locker rooms will NOT be utilized at FHS during phase 4 summer contact days.
Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap, or use alcohol based hand sanitizer and rub until dry before touching any surfaces or participating in workouts.	Yes, same as Phase 3.
Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.	Yes, same as Phase 3.
Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.	Yes, same as Phase 3.
<b>PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT</b>	
On June 26 or when your region reaches Phase 4, summer contact days will begin. Coaches are encouraged to use a staged approach to build back up to full summer contact activity and competitions. Local districts should work with their health departments and local school officials to make decisions about team travel to summer competitions.	Yes, but FHS does not plan to travel to summer competitions at this time. All practice plans must be submitted and approved by Activities Director and/or Principal.

There cannot be any contact drills/physical contact among athletes	Yes
Football players should maintain their summer acclimatization schedule, per IHSA By-Law 3.157. Athletes who did not participate in phase 3, are encouraged to follow the fall acclimatization schedule for any sport.	Yes, always true for FHS sports.
There should be no shared athletic towels, clothing, or shoes between students.	Yes
Hand sanitizer or hand washing stations should be plentiful at summer contact events.	Yes
Athletic equipment such as bats, batting helmets, catchers gear should be cleaned between use. Other equipment, such as wrestling ear guards, football helmets/other pads should be worn by only one individual and not shared.	Yes,
Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions.	Yes; student-athletes provided individual ball to carry to/from practices or designated in advance for their individual use through labeling system
In Phase 4 spotters for weight lifting are allowed while masked. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.	Yes. Spotting from the middle of the bar is NOT allowed and masks must be worn for spotters.
<b>HYDRATION</b>	
All Students shall bring their own water bottle. Water bottles must not be shared.	Yes, same as Phase 3.

Hydration stations (water cows, water trough, water fountains, etc) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.	Yes; Student-athletes will be allowed to refill water bottles at no-touch fountain outside FHS & FJH gym foyer.
<b>CONTESTS (At this time FHS will not be participating in summer contests; however, if FJSHS Administration deems summer contests participation safe to do so, parent or guardian must complete the waiver before any student participation)</b>	
Group sizes should be limited to 50 total participants, coaches, and referees (i.e. excludes spectators).	Yes; Parent/guardian must complete waiver for student-athlete participation. FHS will not participate in contests at this time.
Any additional team members can sit on the sidelines 6 ft apart from one another.	Yes, social distancing will be monitored for those not participating
During the use of summer contact days, multiple groups of 50 or fewer participants are permitted in an outdoor facilities. There must be a strict 50 person limit to all indoor activities, and that would include any spectators (people in those groups should also socially distance).	Yes, for the summer contact days there are no scheduled contests indoor or outdoor.
Students should maintain social distancing on the sidelines when not engaged in activities.	Yes
Schools must have information posted at entrances and around facilities explaining the transmission as well as symptoms of COVID-19, encouraging all visitors to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19.	Yes; However, at this time FHS does not plan to host any indoor summer contests.

If schools choose to permit spectators, there should be designated area for spectators with existing seating capped at 20% of capacity and allows 6 feet of distance between families/household units.	Yes, for the summer contact days there are no scheduled contests indoor or outdoor.
Visual markers shall be displayed at queue points (check-ins, along sidelines, concessions, bleachers, etc.) to help people maintain social distance.	Yes; However, at this time FHS does not plan to host any indoor summer contests.
Concession stands may open in line with restaurant businesses physical workspace guidelines. There should be markers to encourage social distancing while in queue.	Yes; but do not anticipate concession stands for summer contests
Encourage spectators to bring their own chairs from home for outdoor activities	Yes; Spectators will be encouraged to bring their own chairs and utilize social distancing.
No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post-match	Yes
No spitting or blowing of the nose without the use of a tissue is allowed.	Yes
<b>PPE</b>	
Coaches/volunteers must wear a mask	Yes
Officials must wear a mask except when ACTIVELY exercising as part of their officiating duties and use an electronic whistle. Mouth whistles and blow horns are not allowed for safety. Officials are encouraged to be masked whenever feasible to decrease risk of transmission.	Yes, coaches and officials will not use mouth whistles at this time.

All persons must always wear masks except when outside social distancing.	Yes
<b>OTHER</b>	
	If a FHS student-athlete or coach tests positive for COVID-19, or is exposed to an individual with a positive COVID-19 test, all activities will be suspended until consultation with area health departments can be made.
No-Contact Week has been removed and skills practice can go up for August 9th.	No contact week will continue to be in place at FHS; only activities will be optional weight lifting
	Requirements are subject to change based on updated guidance from IHSA or IDPH. FHS Administration will make ongoing determinations in the best interest of student and staff safety.