



FORRESTON JUNIOR/SENIOR HIGH SCHOOL

Parents/Guardians,

The uncertain times this pandemic has put us all in are difficult to navigate and extremely fluid. Please be patient with the athletic department as we continue to try to navigate these uncharted waters. On July 29th the IHSA released their "Return to Play 1.0." This document can be found on our school website and IHSA.org. One of the many guidelines set forth in this document include an eight-week timeframe for "out of season" athletes. In collaboration with our local health departments, BOE, Administration, and Coaches we have developed a schedule for these eight weeks. As usual, our number one goal is the safety and health of our students athletes so we will follow the guidelines set forth by IDPH & the All Sports Policy and not just what IHSA says we can do.

"From September 7th, 2020 – October 31, 2020, the IHSA Board of Directors has approved schools to conduct 20 "contact days" to permit school coaches to engage with students at your school in sport specific training within the guidelines of the Phase 4 Return to Play Guidelines and the All Sports Policy. Like the summer contact day period, coaches and students each have 20 contact days in each sport to use for sports specific instruction and training. Out of season sports may not conduct interscholastic competition during this time. Per the All sports Policy, medium risk sports may conduct intra-team scrimmages with parental consent. Schools will develop their own consent forms. This is assuming medium risk sports remain at Level 2 of the All Sports Policy. This would be subject to change per the direction of IDPH. We will notify member schools of these updates when we are made aware of changes."

The following plan for "out of season" athletes will allow for kids to attend each sport without pressure of choosing one sport over another:

- **Group 1 = September 8 – September 25 (Baseball, Softball, Track & Field)**
- **Group 2 = September 28 – October 9 (Volleyball, Football)**
- **Group 3 = October 13 – October 30 (Boys & Girls Basketball, Wrestling, Cheer, Dance)**

Currently, IDPH has not changed their guidelines from the summer with the following key restrictions still in place:

- All participants and spectators must follow ISBE guidance, meaning all individuals must wear a face covering at all times, except while eating or drinking.
- Face coverings must be worn indoors and outdoors. Face coverings may be removed outdoors while actively exercising or participating in practices or competitions, as long as social distancing can be maintained.
- For other restrictions, see fvdistrict221.org, ihsa.org, & coronavirus.illinois.gov

By IHSA rules, coaches can coach sports specific drills and activities during this fall contact period. Times and dates of these contact days within their "groups" will be determined by the individual head coach. Workouts are voluntary and athletes involved in a fall sports are not expected to participate in the fall contact period. Lastly, athletic paperwork, including an updated physical and consent form, must be turned in prior to participating in their contact days.

Go Cards

Kyle Zick
Activities Director