

June 16, 2020

To Fremont High School Parents and Athletes:

I am hoping that this letter finds you healthy and safe. Our top priority at FCS is the health and safety of our students, staff and community. You can be assured that we are doing everything we can to make that possible. Based on guidelines established by the Indiana Department of Education, and with guidance from the Indiana High School Athletic Association and the Steuben County Health Department, FCS has created a plan for the re-entry of athletic activities starting July 6th. This plan has the approval of the FCS Superintendent and School Board.

Enclosed in this letter you will find three documents. All three **must** be completed and signed by a parent and athlete before any participation that starts July 6th. You may return these to your coaching staff or the high school office.

1. IHSAA Health History Update Questionnaire and Consent Form. **YOU MUST HAVE A NEW PHYSICAL ON FILE IF:**
 - A. **You did not have one on file last school.**
 - B. **You had a diagnosed concussion last school year.**
 - C. **You had an injury that were never cleared for by a physician.**
2. FCS 2020/2021 Athletic Physical Policy Update / Waiver.
3. COVID-19 Athlete Questionnaire – to be completed as close as possible to first workout date.

The guidelines for opening athletics from the Indiana Department of Education can be found on the IDOE website, Appendix C, Pages 18-25. If you wish to read the entire document or portions of it, feel free to visit the IDOE site.

FCS coaches and custodial staff will do everything possible to help keep athletes safe and healthy. **YOU**, as parents, can help by being **DILIGENT EVERY DAY**, and following these important steps:

1. **Take your child's temperature before sending them to practice.**
2. **Watch for symptoms of COVID-19, such as.... Fever of 100.4 or higher, continuous and ongoing coughing, shortness of breath when not working out, sore throat, continued headaches, repeated shaking with chills**
3. **If any of these symptoms are present, notify the coach immediately (by phone or in person).**
4. **Know if your child has been exposed to someone who has been diagnosed with COVID-19. If so, contact the high school athletic office.**

Some key parts of the FCS re-opening of athletics guidelines:

- Each athlete must have the three documents listed above turned in to start back to participating in any athletic activities.
- Athletes and coaches, especially in Phase I of the return, are to do their best at practicing social distancing when possible.
- Each athlete will be given two cloth masks. When practical and not engaged in vigorous activities, the wearing of these masks is encouraged.
- Since no locker rooms are to be used for the first two weeks, athletes are to come to workouts in the clothes they plan to wear and also wear those same clothes home. Athletes should shower at home after each workout and wash the clothes (and mask if applicable) that they wore.
- Athletes need to bring their own water bottle full of water. There will be no sharing of water bottles, towels, clothes, etc.
- All facilities and equipment, etc., will be fully sanitized and disinfected.

Plans for Phase I (July 6th – July 20th)

- **FOOTBALL** – Monday and Thursday from 6:30 – 8:00 PM at the football field.
- **VOLLEYBALL** – Tuesday and Wednesday from 5:30-7:00 PM in the high school gym.
Will add Monday nights starting on July 20th
- **CROSS COUNTRY** – Monday, Wednesday, and Friday from 6:00-8:00 PM and Saturday from 9:00-11:00 AM at Team Building entrance.
- **BOYS TENNIS** – Monday and Wednesday – Juniors and Seniors from 10:00-11:30 AM and Freshmen and Sophomores from 11:30 AM to 1:00 PM at the tennis courts
- **BOYS BASKETBALL** – Monday from 3:30-6:30 PM and Wednesday from 5:00-8:00 PM, both nights split into two groups at the high school gym.
- **GIRLS BASKETBALL** – Tuesday and Thursday from 7:00-8:30 PM in the high school gym.
- **GIRLS' GOLF** – Tuesday and Thursday from 5:30-8:00 PM at Lake James Golf Course.
- **CHEERLEADING** – Tuesday and Thursday from 11:00 AM-2:00 PM in team building gym.
Will go Monday, Tuesday, and Thursday from 11:00 AM until 1:00 PM starting July 20th.

All of us are committed to doing everything we can to keep everyone healthy and safe. THANK YOU for being partners in helping us do everything possible.

If you have questions, do not hesitate to contact the athletic office.