



The following procedures have been put into place by the FMHS Football and Athletic Training Staff to comply with Covid-19 guidelines:

- **All players will wear masks when not physically active.**
- **All players will bring their own water jugs. Touchless water refill stations will be available.**
- **Weight room racks are placed at a distance of 30 ft apart, and each lifter in a group is spaced at 14 ft apart. The only time another lifter will come into close contact will be to spot, and the spotter will have a mask for face covering.**
- **All weight equipment and contact practice equipment (footballs, shields, pads) will be disinfected after use.**

Additionally, the following will occur specific to 1st (Freshman football) and 4th (JV/Varsity) period classes:

9th Football

- **9th players will be spread out between multiple locker rooms to limit close contact.**
- **Players will rotate through shower and dress procedures to limit close contact.**

JV/Varsity Football

- **JV/Varsity players are situated in locker rooms by 3 different groups and will have access to locker rooms at different times. The locker arrangement will allow for appropriate physical distancing.**
- **Position meetings will take place in the weight room and indoor to allow for appropriate physical distancing.**