
GEORGIA



DR. JAMES R. HINES, JR., Executive Director
POST OFFICE BOX 271
151 S. BETHEL STREET
THOMASTON, GA 30286-0004
TELEPHONE 706-647-7473
FAX 706-647-2638
www.ghsa.net

ERNIE YARBROUGH, Asst Executive Director
STEVE FIGUEROA, Media/Information Services
DON CORR, Associate Director
PENNY PITTS MITCHELL, Associate Director
TOMMY WHITTLE, Associate Director
CARROR WRIGHT, Associate Director

HIGH SCHOOL ASSOCIATION

Revised Guidance conditioning starting on July 6, 2020 with recommendations and/or restrictions

- All previous guidance and restrictions remain in place except the changes below.
- Workouts are conditioning only (inter squad competitions are allowed but competition between schools is illegal); sports specific equipment (including balls) may be used and should be sanitized between sessions.
- Groups of 50 (re-grouping of participants is allowed if can be done safely), including coaches, for workouts **per sport** at any given time at the campus/facility.
- Cheerleading, Softball and Volleyball tryouts are allowed.
- Mask and face covering are recommended.
- Each student should have their own personal water bottle (water bottles may be re-filled during workouts). No use of water fountains or “water cows” is allowed.