

How do we deal with inclement weather situations?

Teams are encouraged to cancel practices if inclement weather is in the area, however, if inclement weather were to occur athletes should leave the facility maintaining social distancing guidelines.

I was understanding that outside... it we may or may not wear a mask. At our discretion??

All Coaches are encouraged to wear a mask.

Who decides on what phase you are in?

The state of Michigan will determine the phases per the 6 phase plan. The MHSAA will use this guidance for recommendations we are utilizing the NFHS return to play standards and MHSAA 3 step plan.

how long does each phase last??

There is no timetable on each phase, as our state changes and as our governor removes her restrictions the MHSAA will adjust our teams into less restrictive environments.

Even though 100 hundred can gather outside, can we only work with 10 players in a group?

Your groups outdoors right now can range in size however, social distancing must be observed at all times.

How will it be communicated to us on what phase we are in?

The MHSAA will continue to communicate through the MHSFCA and Local Athletic Directors, as we get information we will send it out to all coaches who are members of the association.

what about staff testing?

Although this is a wonderful idea especially in high risk areas this is not a requirement at this time.

if we get a football out at outside workouts and have kids run routes...does that count against our 15 days?

If your school year has ended and you are working with 7 or less players on football skills it will not count against your days of instruction.

Does our usual offseason rules of working with 7 players after June 1st still apply

Due to the governors orders local schools can not open until the last day of scheduled school.

Due to this you are not able to start working with players until after the last day of your originally scheduled school year.

So, can we poll every kid when we start? or do their answers have to be confidential?
Students must answer health questionnaire individually (privately) each day, these records must be kept.

with the weight room, I'm assuming no spotters?
Indoor weight rooms are not permissible at this time, no athletes should do any exercises that require a spotter.

Are we going to have to purchase thermometers to check kids/coaches?
Districts have flexibility in how they are going to monitor temperature checks, if your district does require daily checks you will need thermometers.

What if you have a "yes" to the question in phase 1. What if a kid gets sick?
Student should immediately leave the facility, parents should be notified and district procedures/processes should be followed for future re-entry.

Does the 15 day rule start this summer?
We are getting clarification on this still.

What is the possibility of flipping fall and spring sports seasons next school year? Lots of rumors flying around.
This is not a plan that is on the table.

So this social distanced period will not count against our 15 practice cap? Regardless of number of players?
If you are utilizing a ball with more than 7 players it will count as a day of contact.

When we are outside, can we use equipment of any kind? Prowler Sleds, Tires to Flip, etc
Sleds, pads, and shields are prohibited. All conditioning equipment used should be disinfected between player use.

Can we hand out helmets in step 3?
Helmets can be given out and used as soon as you have reached your last scheduled school day.

in the original doc 7on7 was considered moderate risk, in the new doc it does not mention 7on7 what is the deal?
Current document has modified stage 2, to allow us to meet the guidelines of the state executive order.

I thought that when the MHSAA gave there updated rules that changed that in step 2 we no longer had to keep them 6 ft apart and we were able to have multiple players touch a ball? This update was in response to the gathering of 100 people mandated by the governor

The new stage 2 of the document does require athletes to remain 6 feet apart however multiple players can touch the ball, however, disinfecting the ball as often as possible is necessary.

thermometers - do we need them for every conditioning session?

Temperatures must be checked, either at the facility, at home, or through another prescribed method.

how is indoor basketball more dangerous than outdoor football?

Activities are not rated on danger but rather the risk of infection, right now the science indicates that there is far less risk of viral transmission in outdoor activities with social distancing observed.

Can parents or athletes do the temperature requirement before practice at home?

Yes seek district guidance on this.

I hear some plays in the wing T offense are illegal this year since four people touch the ball. Is that correct?

The game of football rules have not been changed at this time as it relates to any specific scheme.

What constitutes 'exposure'? If the check in coach has to send the kid home.. he has been exposed.

Exposure is defined by a person being around someone who has Covid 19 or symptoms of it. These students should be sent home.

Will there be MHSAA required training for the screening? Similar to the concussion training?

We have not heard anything about this from MHSAA yet.

So has there been any discussion about a cut off line for the season if we cant get to phase 3 before the season to start? Or, a discussion about how time we will be given to get ready if we cant to phase 3?

The plan is to play Football in the fall of 2020.

So if the answer to any of these questions is yes do they go home?

If a student answers yes to any question on the health questionnaire they should go home immediately.

Northern Michigan is close to phase 5 (from the governor's plan) and gyms will be open sooner than downstate. Can Northern Michigan kids lift at that point or do they have to wait for the entire state to be cleared?

As soon as the MHSAA moves the state or portion of the state to the next step they will be able to participate in additional activities, this may or may not happen at the same time.

I thought normal summer mhsaa guidelines were in effect if school is out of school for summer and facilities are open. So why couldn't I have a qb & receiver camp keeping kids socially distanced?

You can have 7 players working at this time so yes qb's and wr as long as they are social distance.

Are we allowed to have student managers fill water bottles? Are student managers able to tape ankles?

Students should bring their own water to the practice student managers should not be touching the athletes in anyway as they will need to maintain social distancing.

Do we have any idea when 7-7s' may be allowed to begin?

We do not know at this time?

What about a coach who has tested positive and recovered? Up to the district or does the MHSAA want coaches to get retested?

This would be a district decision.

Is there any guidance on how long we can workout in Phase 1? 1 hour or 2 hours, etc??

No specific guideline but it should be taken into consideration that many of our athletes have not been participating in sports and rigorous physical activities.

Can players use restrooms while at workouts.

Indoor facilities are not to be utilized, if an emergency situation were to arise, it would be necessary to deep clean the entire area in which the person was in.

What is the purpose of not being able to start until your calendar year is over? June 1st was brought about to level the playing field for schools that got out earlier than others.

This was part of the governor's executive order, ruling all schools closed until the last date they were scheduled to be in session.

If you ask a kid if he had/has shortness of breathe and says yes, but I have asthma.. what do you do?

Error on the side of caution send him home.

Do we disinfect the footballs?

Yes as often as possible.

Is there any chance of the MHSAA pushing the start date back and is there any chance of flopping spring and fall sports?

As of now the goal is for the season to start as scheduled. I'm sure alternatives will be looked at if needed. However, we do not anticipate having a spring season.

Can we use cones and/or bags for agility drills?

Speed and agility equipment can be used, if it is touched by the athletes will need to be disinfected between use.

Work out equipment outside, at what step does that become allowed. Not Football equipment but slosh pipes, tires to flip, etc ?

Conditioning equipment can be used but must be disinfected after each use. In between each player that uses it.

Can we bring weights outside as long as we are practicing social distancing?

Yes, however, it will need to be cleaned and disinfected after each use. In between each player that uses it. Also, please remember that you can not use spotters so PLEASE be mindful and safe. Players should not be squatting or benching without spotters.

Can we use footballs to run routes, etc?

Yes however, if more than 7 are participating it counts as one of your contact days.

kids aren't allowed in the building.. does that pertain to coaches?

This is a district decision based on what they deem as essential personnel and their practices they have in place. Many are not allowing staff in to prevent from needing to deep clean daily.

If your school is not open can you hold workouts off site outside still using the guidelines?

Workouts do not have to happen at the school site, this would be a local decision.

Do gloves change any of the sanitation rules

Gloves would need to be sanitized just like your hands would.

Is there any timeline for making a final decision on whether the season will happen at all/start on time? We need to fundraise and train but it is tough to get people to those things if there might not be a season

Plan and prepare for the season, we are all working in hopes that we will have one.

Are special teams included in the 5 quarter rule?

Special teams plays do count towards a quarter in the 5 quarter rule.

Can half round dummies be used for step over agility work, not to be touched or handled by any

????

5 qtr rule — Does the week begin on Friday & the five quarters carry to the lower level games?

The week runs Wednesday to Tuesday for the 5 Quarter rule.

Can they wear helmets now while conditioning?

Yes

If a kid goes home sick, how does he re-enter practices? What policy is in place, if any? district or mhsaa?

Currently this would determined by the local school district.

are kids allowed to wear helmets during this current phase?

Yes

I think I know the answer but want to clarify that teams can't go to a neighboring state like Ohio and compete in a 7 on 7 correct?

You are not able to compete in 7 on 7 anywhere as of now.

When you say we can do routes on air right now is that without a ball being thrown?

A ball can be used

Where was that health screening/Pre-workout document?

This was attached as the last page of the MHSAA guidelines and also can be found on the MHSAA page.

will the dead period before the first week of practice be optional ? could that be an option to have as a camp week?

The dead week is a district decision for this school year. It is not mandated. If this is referring to the PreSeason Down Time (1st week of August) that has not been changed. Any changes to that would likely be announced after June 15th meeting if changes were to occur.

If someone didn't play last year I am guessing they have to get a physical for this year?

If someone did not have a physical last year they will be required to get one this year.

Are the AD's aware of this info. Just wanted to make sure

AD's were provided all of this information