

ACMS Fall Athletics

Football, Cross Country, Cheerleading and Volleyball

Sports

Being a member of an athletic team is privilege. It is also the choice of a student to tryout for an athletic team. Parents must acknowledge that participating in an extra-curricular activity is VOLUNTARY. Even though steps are being implemented to reduce the risk of transmission, MCSD cannot prevent any student from being exposed to, contracting, or spreading COVID-19 if the decide to participate in school athletic activities.

Requirements to tryout and participate

1. Physical completed by doctor
 - Must be on correct form (GHSA Form) All four sheets
 - Must be marked CLEAR, dated signed by doctor
 - Doctor's address and phone number included
2. Assumption of Risk Form (Parent Permission Form)
 - Both sides must be completed
 - Must provide insurance information
 - Tricare (Last 4 SS#
 - Signed both Parent and Student
3. Copy of Insurance Card (Tricare is exempt)

Turning in Forms - Sooner than later

- Form drop off day - Sept 9th from 4:00-6:00 pm in the bus loop
- Email to ingram.kacy.r@muscogee.k12.ga.us
- Student can bring to me

Screening

Students trying out and participating in sports will be screened EVERYDAY.

Screening will consist of temperature check and symptom questions.

Time for screening after school for in person and 4:30-5:00 for virtual during conditioning and tryout period. After teams are made this time may change.

Temperature

If a child has a fever greater than 100

- They will be isolated from others until picked up by guardian.

Students can return to athletics:

- Fever free for 14 days
- Doctor's note explaining the reason for the fever (allergies, infection, etc.)

Please notify the AD if student is tested. Please know that a negative result does NOT mean the student can return to play.

Symptom Monitoring

Students will be asked the following questions everyday.

It is very important students understand the seriousness of being honest when asked these questions.

If a student answers yes to any of the questions, parents will be notified for more information. The student could be dismissed.

Have you been diagnosed with or tested positive for COVID-19 in the last 2 weeks? Have you had a Fever, Cough, Difficulty Breathing, Shaking Chills, Chest Pain, Chest Pressure, Chest Tightness with Exercise, Fatigue with exercise, racing heart rate, unusual dizziness, loss of taste, loss of smell, sore throat, nausea, vomiting, diarrhea, unusual rash, painful discoloration of fingers or toes, Has a family or household member had COVID-19 within the past 2 weeks.

Cross Country

- This is highlights only PLEASE see tryout letter on website for specific details about tryouts
- No conditioning period. Students should be running now.
- Max selected will be 10 runners for each gender
- Schedule is not available yet. There will be 3 meets.
- NO city championship

Volleyball

- This is highlights only PLEASE see tryout letter on website for specific details about tryouts
- Season start is TBD
- Schedules are not available yet
- Four play dates (One home game ONLY)
- No playoffs
- Masks must be worn by spectator.

Football

- This is highlights only PLEASE see tryout letter on website for specific details about tryouts
- Seasons begins October 7th
- 5 games with No playoffs
- Schedule is not available yet.

Cheerleading

This is highlights only PLEASE see tryout letter on website for specific details about tryouts

- Cheerleaders will wear shorts and tee shirts for football season
- Football schedule is not available yet
- Season begins Oct 7th
- 5 games and No playoffs

Other items

Size of teams - Team size will not be specified but parents should expect smaller numbers

Coaches will be screened

Water bottles - ALL students must provide their own water bottle every day

Don't not spend any money until child makes team

Athletic Fee are not being charged this year (except Cheer)

Charge for admission to games \$5 adults \$3 students