

# San Juan Unified School District



## Protocol for Re-opening Athletic Practices and Drills

**(No physical contact activities)  
Plans for Summer 2020**

# Expectations for Coaches and Athletes

- As the San Juan Unified School District moves towards opening up athletics and activities this summer, our commitment is to keep our student-athletes and coaches as safe as possible
- SJUSD will be adopting the National Federation of State High School Association (NFHS) and California Interscholastic Federation (CIF) recommendations for opening up as well as following the guidelines from the State of California and County of Sacramento health guidelines
- As part of our re-opening process, all student-athletes will be “held harmless” if families determine they are not yet ready to allow their student/athlete to participate in pre-season conditioning over the summer
- This is an INTITIAL return step

# Proposed Timeline:

- Week of June 22: Finalize plan to adhere to Phase 1 guidelines, inform site administrators and schedule trainings for coaches, send out messages regarding upcoming plans for parents
- Week of June 29: Start limited practices for upcoming Fall and Winter SJUSD athletic teams who are given approval
- Week of July 6: Review phased implementation with coaches and collect pre-screening data
- Regularly monitor SJUSD teams are following safety protocols and make adjustments when necessary. Teams will be shut down if requirements are not followed

# Re-opening Requirements:

- Formal safety training for site administrators, site athletic directors and coaches
- Zoom parent/guardian meeting by site administrator, site athletic director and/or coach to review requirements and protocols for participation
- Signed Parent/Student Consent Waiver
- Appropriate safety equipment and supplies such as infrared thermometer (touchless) and hand sanitizer pump or spray available and plentiful for student-athletes to use
- Each sport will have an approved workout plan created by the site coach and athletic director, signed/approved by the principal, and signed/approved by the district athletic director

# Re-opening Requirements:

- Site pre-season practice schedules for all fall and winter sports including entering and exiting plans
- Posted student-athlete safety protocol guidelines at each facility
- Establishment of procedures to address a student or staff member who has tested positive for a COVID-19
- Individuals must bring their own hydration bottles not to be shared with others

# Site Administration Responsibilities:

- Principals must approve each team's plan to participate and use of specific areas of the facilities to practice
- Custodial schedule in place to ensure appropriate cleaning of restrooms / facilities
- Monitoring schedule by site administration to supervise and ensure safety and guidelines are being followed

# Phase 1: Week of June 29 (proposed)

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout.
  - Screening includes a temperature check
    - Any student-athlete or coach with a temperature about 100.1 must be sent home and not return for 14 days or until cleared by a medical doctor
    - Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student-athlete or coach develops COVID-19 (see [Appendix II for sample Monitoring Form](#))
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1

# Limitations on Gatherings:

- No gathering of more than 10 people at a time (inside or outside)
- Locker rooms will not be utilized during Phase 1
  - Students should report to workouts in proper gear and immediately return home to shower at the end of the workout
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur



# Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, and etc.)
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces
- Any equipment such as weight benches, athletic pads and etc. having holes with exposed foam should be covered
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home

# Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room
- Cloth face coverings to be worn by students/athletes and coaches during phases 1 and 2 or as recommended by Sacramento County Health Department. (Exceptions are swimming, distance running or other high intensity aerobic activity)

# Examples (including but not limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed and there should be no sharing of tackling dummies/donuts/sleds
- A volleyball player should not use a single ball that others touch or hit in any manner
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually
- Wrestlers may skill and drill without touching a teammate
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves
- Runners should maintain the recommended 6 feet of distancing between individuals

# California Interscholastic Federation – Phase 1 & 2 Plans

If social distancing is feasible and modifications are made, the sports listed immediately below may resume with Phase One and Phase Two activities pending local county guidelines.

General Activity Description	Phase One* Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping. *Note: Local county guidelines must be followed.	Phase Two* Modified Team Practices May Begin No Contact with Other Teams. *Note: Local county guidelines must be followed.
Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
Track & Field	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Clean Equipment. Padded equipment should be cleaned between use.	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between use.
Swimming	Opening of Swimming pools is a local county and school district decision.	Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.
Golf	Maintain appropriate physical distancing 6 feet apart. Equipment needs to be cleaned.	Maintain appropriate physical distancing 6 feet apart.
Tennis	Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys	No sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only).
Badminton	Conditioning, no sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only). Players may do individual drills and serves. Wipe down rackets and equipment after.	No sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only).

# California Interscholastic Federation – Phase 1 & 2 Plans

For all of the sports below, given that social distancing requirements remain in effect, the only activities permitted are those listed below unless local county guidelines permit otherwise.

<b>Volleyball</b>	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.
<b>Boys/Girls Lacrosse</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
<b>Soccer</b>	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.
<b>Baseball/Softball</b>	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
<b>Gymnastics</b>	No sharing of implements / equipment. Padded equipment should be cleaned between use.
<b>Field Hockey</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
<b>Football</b>	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.
<b>Wrestling</b>	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
<b>Competitive Cheerleading</b>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.
<b>Basketball</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
<b>Water Polo</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.

# Programs Ready to Start Checklist:

- Coaches must
  - Complete COVID-19 and Re-opening training (this power point)
  - Have practice schedule plans approved by site administration
  - Have valid CPR/First Aid certificates
- Student-athletes must
  - Be cleared by the site athletic director (and have a physical on file for returning students (60 day extension)
  - Submit a new physical exam (new student)
  - Submit a completed COVID-19 waiver to the site athletic director
  - Provide own hydration – no sharing!
- Mandatory parent meeting must be completed
- Infrared thermometers and daily data collection sheets must be available
- Hand sanitizer and/or pump spray must be available for student use and appropriate cleaning supplies for each team
- Appropriate safety signage posted

# Parent Drop Off and Pick Up

- Parents may drop off or pick up students at designated locations and are asked to stay in their vehicles
- No outside spectators may attend workouts due to small gathering limitations

# Phase 2: TBD

- Phase 2 will depend on the State of California and Sacramento County health guidelines moving into the summer
- Phase 2, when given approval, will only be available to those teams who consistently followed the Phase 1 guidelines



# Phase 3- TBD

- Phase 3 will depend on the State of California and Sacramento County health guidelines
- The state CIF will decide on July 20, 2020 the fate of the fall 2020 season

# SJUSD Student-Athlete Waiver

**ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY SAN JUAN UNIFIED SCHOOL DISTRICT'S ATHLETIC COVID-19 PROTOCOLS**

Activity: Athletics / Extra-curricular Activities 2020/2021 School Year

School Name: \_\_\_\_\_

Student(s) Name: \_\_\_\_\_

The novel coronavirus (or COVID-19) has created a pandemic resulting in a State of Emergency in California. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and health officers have required or recommended social distancing and, in many instances, have prohibited or significantly limited the congregation of groups of people.

San Juan Unified School District ("SJUSD") is complying with guidance and taking reasonable steps to mitigate the risk of spreading COVID-19. However, this risk cannot be completely eliminated and SJUSD cannot guarantee that your student(s)/child(ren) and/or, if applicable, you will not become infected with COVID-19. Further, participating in the SJUSD athletic program and related events and activities ("Athletic Program") could increase your student(s)/child(ren)'s and/or, if applicable, your risk of contracting COVID-19. Consequently, for the safety of our staff, students, parents, and other visitors, SJUSD requires all persons participating in its activities during this pandemic to acknowledge an assumption of the risk, waive (i.e. release) liability, and agree to abide by our COVID-19 protocols, as follows:

1. I request to participate in the Athletic Program. If applicable, I am the parent and/or legal guardian of the above-named student(s)/child(ren), and I request that he/she/they be allowed to participate in the Athletic Program and I give my permission for he/she/they to do so.
2. **Assumption of Risk.** By signing this Agreement, I understand and acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and, if applicable, my student(s)/child(ren), may be exposed to or infected by COVID-19 by participating in the Athletic Program, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by participating in the Athletic Program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, other participants or SJUSD officials, employees, volunteers, and/or representatives. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any harm, loss, or injury to myself and/or, if applicable, my student(s)/child(ren) (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I, or, if applicable, my student(s)/child(ren), may experience or incur in connection with the Athletic Program ("Claims").
3. **Waiver of Liability.** In consideration for the SJUSD allowing me and/or, if applicable, my student(s)/child(ren) to participate in the Athletic Program, I, on behalf of myself, and/or, if applicable, my student(s)/child(ren), hereby release, covenant not to sue, discharge, and hold harmless the SJUSD, and any officials, employees, volunteers, and/or representatives thereof ("Releasees"), of and from the Claims, including all liabilities, claims, actions, damages, costs, or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of SJUSD, its officials,

# Screening and Positive Case Confirmation

## SJUSD Athletics Active COVID-19 Screening and Positive Case Confirmation Protocol

### Active Screening

- Staff will take the temperature of all students with a non-touch thermometer and ask if they have exhibited, or been exposed to, the following symptoms: fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell (SCPH2020-21 p. 12)
  - If no symptoms or temperature, student passes the screen
  - If a temperature of 100.1 or higher, and/or the student is exhibiting any of the above symptoms:
    - The student or staff will be relocated to an isolated area
    - The student or staff will be required to wear a face mask
    - The coach will immediately notify the Athletic Director, who will then notify the Principal. The principal will notify the Superintendent's Office.
      - The coach will notify the parent/guardian and monitor the individual until support arrives (parent/guardian).
    - Staff will call 911 when symptoms are severe, including persistent pain, pressure in chest area, confusion, bluish lips or face
    - Communication and cleaning protocols will be implemented as directed.
    - The student or staff will not return to athletics for 14 days, or until cleared by a medical professional.
    - Coaches will suspend further activities until given direction.

### If a student or staff has a positively confirmed diagnosis of COVID-19:

- The coach will contact the Athletic Director, who will then notify the Principal. The principal will notify the Superintendent's Office.
  - Sacramento County Public Health will be contacted for next steps (916-875-5881)
- Communication and cleaning protocols will be implemented as directed
- Coaches will suspend further activities until given further direction.

# SJUSD COVID-19 Student-Athlete/Coach Monitoring Form



## COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.3°F)
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	