Return to Play

Mission Bay High School
Athletics
--Swim--
<table>
<thead>
<tr>
<th>Widespread Tier</th>
<th>Substantial Tier</th>
<th>Moderate Tier</th>
<th>Minimal Tier</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outdoor low-contact sports</strong></td>
<td><strong>Outdoor moderate-contact sports</strong></td>
<td><strong>Outdoor high-contact sports</strong></td>
<td><strong>Indoor moderate-contact sports</strong></td>
</tr>
<tr>
<td>- Archery</td>
<td>- Baseball</td>
<td>- Basketball</td>
<td>- Cheerleading</td>
</tr>
<tr>
<td>- Badminton</td>
<td>- Cheerleading</td>
<td>- Football</td>
<td>- Dance</td>
</tr>
<tr>
<td>- Biking</td>
<td>- Dodgeball</td>
<td>- Ice hockey</td>
<td>- (intermittent contact)</td>
</tr>
<tr>
<td>- Bocce</td>
<td>- Field hockey</td>
<td>- Lacrosse</td>
<td>- Dodgeball</td>
</tr>
<tr>
<td>- Corn hole</td>
<td>- Gymnastics</td>
<td>- (boys/men)</td>
<td>- Kickball</td>
</tr>
<tr>
<td>- Cross country</td>
<td>- Kickball</td>
<td>- Rugby</td>
<td>- Pickleball</td>
</tr>
<tr>
<td>- Dance (no contact)</td>
<td>- Lacrosse</td>
<td>- Rowing/crew (with 2 or more people)</td>
<td>- (doubles)</td>
</tr>
<tr>
<td>- Disc golf</td>
<td>- Pickleball (girls/women)</td>
<td>- Soccer</td>
<td>- Racquetball</td>
</tr>
<tr>
<td>- Golf</td>
<td>- Pickleball (doubles)</td>
<td>- Volleyball</td>
<td>- Squash</td>
</tr>
<tr>
<td>- Ice and roller skating (no contact)</td>
<td>- Softball</td>
<td>- Water polo</td>
<td></td>
</tr>
<tr>
<td>- Lawn bowling</td>
<td>- Martial arts (no contact)</td>
<td>- Indoor low-contact sports</td>
<td></td>
</tr>
<tr>
<td>- Physical training programs (e.g., yoga, Zumba, Tai chi)</td>
<td>- Pickleball (singles)</td>
<td>- Badminton</td>
<td>- Basketball</td>
</tr>
<tr>
<td>- Rowing/crew (with 1 person)</td>
<td>- Running</td>
<td>- Curling</td>
<td>- Boxing</td>
</tr>
<tr>
<td>- Shuffleboard</td>
<td>- Shuffleboard</td>
<td>- Dance (no contact)</td>
<td>- Ice hockey</td>
</tr>
<tr>
<td>- Skeet shooting</td>
<td></td>
<td>- Gymnastics</td>
<td>- Ice skating (pairs)</td>
</tr>
<tr>
<td>- Skiing and snowboarding</td>
<td></td>
<td>- Ice skating (individual)</td>
<td>- Martial arts</td>
</tr>
<tr>
<td>- Snowshoeing</td>
<td></td>
<td>- Physical training</td>
<td>- Roller derby</td>
</tr>
<tr>
<td>- Swimming and diving</td>
<td></td>
<td>- Pickleball (singles)</td>
<td>- Soccer</td>
</tr>
<tr>
<td>- Tennis</td>
<td></td>
<td>- Swimming and diving</td>
<td>- Water polo</td>
</tr>
<tr>
<td>- Track and field</td>
<td></td>
<td>- Tennis</td>
<td></td>
</tr>
<tr>
<td>- Walking and hiking</td>
<td></td>
<td>- Track and field</td>
<td>- Wrestling</td>
</tr>
</tbody>
</table>
Athletic Clearance for High School Sports

• All student athletes must complete all sections of athletic clearance and be cleared by the Athletic Director prior to participation in high school sports.
• Must upload doctor-signed physical exam form to complete athletic clearance process.
• Physical exam must have occurred on June 1, 2020 or later.
• Athletic clearance does not apply to sports currently in AAU practice but will apply once those sports transition to high school status.
• Athletic Clearance: www.athleticclearance.com
Symptom Checklist

- **CLEARPASS** symptom checklist prior to arrival. Athlete should show coach green check mark.

OR

- Submit paper symptoms checklist.

- STUDENTS MUST HAVE PARENT SIGNED PAPER SYMPTOMS CHECKLIST FOR FIRST PRACTICE

- Temperature should be taken at HOME as part of the checklist.
- Temperature must be BELOW 100 Degrees
- If an athlete or coach has been in close contact with someone who has tested positive for COVID-19 they may not attend practice and need to contact their doctor AND email sdusdnursing@sandi.net or mjones6@sandi.net for further steps. They must also notify their Head Coach Barbara Birnbaum at barbsd@mac.com and Athletic Director Jorge Palacios at jpalacios@sandi.net.

Close contact is defined as within 6 feet for greater than 15 minutes.

If a student has tested positive for COVID-19 in the past, he or she must have a doctor complete the Medical Referral for Post COVID-19 students and email the completed form to Athletic Director Jorge Palacios at jpalacios@sandi.net before they are allowed to participate in practice.
ClearPass

https://www.myhealthbox.net/saml/login/sandiegounified

Login Via Your Organisation

Log In via your Organization

or

Log In with your Email and Password

ClearPass Questionnaire Results

You are safe to go to school!

Submitted: Friday, November 6, 2020 5:03:06 PM
Parents and community members are not allowed to be on site under any circumstance.

Parents and/or guardians may pick up and drop off athletes but must remain in their cars.

Students should not carpool.

No spectators (including parents, children, students and media) will be allowed in any school facility. No one other than coaches and athletes are allowed to attend sessions.

Students must stay 6 feet apart from one another and wear masks that cover their nose and mouth on the way in and out of the facility and until they reach home.

Student-Athletes must bring their own labeled water bottle and water may not be shared.

Students and Coaches must be physically distanced at all times (6-feet).

A high school sports team is considered a cohort. Students may not participate in more than one high school sports team at a time.

One person in the restroom at a time and student must ask coach for permission.

Restroom lines must be outdoors and those in the line must be masked and 6 feet apart.

Locker rooms will NOT be open. Athletes will NOT have access to any lockers.

Report any COVID-19 diagnosis or contact immediately to the school nurse.
Coggan Family Aquatics Complex COVID Guidelines

- Face covering must be worn by everyone while on the pool deck
- Maintain social distancing while on the pool deck
- Swimmers should arrive and depart the pool area in swimsuit
- No locker rooms or showers are available
- Bathrooms only available for emergencies
- Enter through main pool entrance
- Depart through gate on West side of main pool building
- No facility swim equipment
- Maximum four swimmers per lane, maintain social distancing while stopped
- Coaches and swimmers only, no spectators
Social distancing will be enforced while swimming

- 4 swimmers per lane
- 2 on each end
- Staggered, start swimming at same time
Daily Athlete Check-In Steps

1. Line up 6 feet apart near parking gate in Staff Parking Lot adjacent to Rose Creek.
2. Show ClearPass clearance on mobile phone or hand in Symptoms Checklist. Checklist must have parent signature.
3. Use Hand Sanitizer Station
4. Students must turn in paper Symptoms Checklist with parent signature at first practice.
Daily Hygiene Measures – Review with Athletes

- Wash hands after restroom, touching face, blowing nose, cough, sneeze, or blood exposure
- If hands are visibly soiled - must wash with soap and water
- Cover cough, sneeze with elbow
- Take shower at home following practice, use soap
- Bring PLENTY of water
- Wash water bottles following practice
- DO NOT share water bottles
- Healthy eating, getting enough sleep and taking care of social/emotional wellness
- GET YOUR FLU SHOT!
COVID Testing

- COVID testing be available on site starting February 26
- Highly recommended
- **Test Consent Form** and **Authorization to Release Protected Health Information Form** to be distributed at first practice and collected at second practice
- More details to follow regarding location and process
## Athletics Weekly Training Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Field Hockey (not 2/1)</td>
<td>1:15 p.m.-2:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>3:15 p.m.-4:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Girls Volleyball</td>
<td>1:30 p.m.-5:15 p.m.</td>
<td>JV Grass Field</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Football</td>
<td>3:15 p.m.-4:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Cross Country</td>
<td>2:00 p.m.-3:00 p.m.</td>
<td>JV Grass Field</td>
</tr>
<tr>
<td></td>
<td>Swim</td>
<td>7:05 p.m.-8:15 p.m.</td>
<td>Coggan Pool/LJHS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Field Hockey</td>
<td>1:15 p.m.-2:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Football</td>
<td>3:15 p.m.-4:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Girls Volleyball</td>
<td>1:30 p.m.-5:15 p.m.</td>
<td>JV Grass Field</td>
</tr>
<tr>
<td>Thursday</td>
<td>Football</td>
<td>3:15 p.m.-4:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Cross Country</td>
<td>2:00 p.m.-3:00 p.m.</td>
<td>JV Grass Field</td>
</tr>
<tr>
<td></td>
<td>Swim</td>
<td>7:05 p.m.-8:15 p.m.</td>
<td>Coggan Pool/LJHS</td>
</tr>
<tr>
<td>Friday</td>
<td>Field Hockey</td>
<td>1:15 p.m.-2:45 p.m.</td>
<td>Stadium Field</td>
</tr>
<tr>
<td></td>
<td>Girls Volleyball</td>
<td>1:30 p.m.-5:15 p.m.</td>
<td>JV Grass Field</td>
</tr>
<tr>
<td></td>
<td>Swim</td>
<td>8:30 p.m.-9:40 p.m.</td>
<td>Coggan Pool/LJHS</td>
</tr>
</tbody>
</table>
Practice Times

- Tuesday/ Thursday 7:05-8:15 pm
- Friday 8:30-9:40 pm

First practice is THIS TUESDAY. DO NOT FORGET YOUR PAPER COPY OF CLEARPASS. You will not be allowed to practice without your clearpass/ athletic clearance complete. NO EXCEPTIONS
Meets will be on Saturdays

2:00 - 4:30

Or

4:30 - 7:00

Dates TBD
Things to note

- You must be cleared online to participate and have paper copy of COVID paper to practice.
- We need to take advantage of practice time, there will be no socializing on pool deck before/after out time slot
- When you walk in the pool be ready to get in: suit on, cap on goggles in hand
- Label your water bottle with your name—no sharing, coaches are not providing water
Please fill out prospective athlete survey: SWIM

To be added to the swim roster, use link below or scan QR code to the left:

https://forms.gle/MKLC3h7n75XP21kd9
Important Information

- Arrive 15 minutes BEFORE your scheduled practice time for check-in
- Students who arrive late will not be permitted into the practice session
- Students are NOT permitted on the main campus for any reason and must remain in the practice facility or path to and from the entry/exit points
- Please depart immediately after practice
- Do not gather in groups
- Any student-athlete not abiding by requirements will be dismissed from the practice session and must meet with the Athletic Director before being allowed to return to practice.
- Please make smart and safe decisions outside of practice

- Be sure to check for athletics updates at www.mbbuccaneers.com
- Student Athletes must be CLEARED on www.athleticclearance.com to participate in high school sports

FAILURE TO ABIDE BY ANY OF THESE GUIDELINES MAY RESULT IN DISMISSAL FROM THE ATHLETICS PROGRAM
Where to go with questions

- Athletic Director, Jorge Palacios
  - jpalacios@sandi.net
  - 619-952-3429

- School Nurse, Maisha Jones
  - mjones6@sandi.net
  - 619-861-6969
Let’s do this right!

- All eyes are on us
- Remember the mission
- THANK YOU coaches for agreeing to run these practice sessions