Return to Play

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

Face masks are not required when engaged in practice sessions/physical activity. When students are not taking part in practice sessions/physical activity, they must put their mask back on.

Masks need to cover the nose and mouth and should be snug.

Masks can be cloth or surgical type.

Neck gaiters that cover the nose and mouth are acceptable.

Mask with valves should NOT be worn and face shields alone are not sufficient.

Extra masks are available if students need them.
Entry/Exit for Cross Country Practice Sessions

- **Student-Athlete Entry and Exit for Staff/Rose Creek Parking Lot Gate**
  - **ENTRY**
    - Line up 6 feet apart for check-in
    - ClearPass Check or paper check list
    - Hand Sanitizer on arrival
    - Checked in by security using sign-in roster
  - **EXIT**
    - Hand Sanitizer on departure
    - Spread out waiting for rides
    - Do not gather in groups
    - Depart directly after practice with coach escorting team to exit point
    - Rides must be on time!

*Other teams will be using Lee Street, so please avoid this area*
Safe Environment

1. Parents and community members are not allowed to be on site under any circumstance.
2. Parents and/or guardians may pick up and drop off athletes but must remain in their cars.
3. Students should not carpool.
4. 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.
5. 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.
6. Student-Athletes must bring their own labeled water bottle and water may not be shared.
7. Students and Coaches must be physically distanced at all times (6-feet).
8. A high school sports team is considered a cohort. Students may not participate in more than one high school sports team at a time.
9. One person in the restroom at a time and student must ask coach for permission.
10. Restroom lines must be outdoors and those in the line must be masked and 6 feet apart.
11. Locker rooms will NOT be open. Athletes will NOT have access to any lockers.
12. Report any COVID-19 diagnosis or contact immediately to the school nurse.
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.
You must have an employee or student ID to access this. If you don't have a password for your employee ID, call the Help Desk at 619-209-4375 to get one.
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 Symptom Checklist. Symptoms Checklist must have **parent signature**.
3. Use Hand Sanitizer Station.
4. Students must have paper parent-signed **Symptoms Checklist** at first practice. Digital Clearpass cannot be used for 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
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</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>
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</tr>
<tr>
<td>Thursday</td>
<td>Football</td>
<td>3:15 p.m.-4:45 p.m.</td>
<td>Stadium Field</td>
</tr>
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<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>
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<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>
Transportation

• Bus Transportation will be offered to student athletes participating in high school sports.

• Coaches will survey student athletes to see compile a transportation roster which bus drivers will use to allow access on buses.

• Buses will be limited to 28 riders.

• Bus routes may take up to two weeks for the district to establish.
Cross Country

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

https://forms.gle/pe1YLa5K8oiDnu357
Important Information

- Arrive 15 minutes BEFORE your scheduled practice time for check-in
- Students who arrive late will not be permitted into conditioning program
- Students must stay on the practice field and the path to and from the entry/exit points as identified by coaches
- Student are NOT permitted on the main campus for any reason and must remain on the practice field 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