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

Note: The table categorizes sports into tiers based on contact level and intensity.
Athletic Clearance for High School Sports

• All student athletes and parents 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: www.athleticclearance.com
Tryout and Practice Information
Mission Bay High School
Stadium Field

Thursday, Friday
1:15 p.m.-2:45 p.m.

Dates/Time are subject to change
Practice dates/times will be updated weekly on
www.mbbuccaneers.com
Masks

- 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.
1. Parents and/or guardians may pick up and drop off athletes but must remain in their cars.
2. Students should not carpool.
3. No spectators (including parents, children, students and media) will be allowed into the practice session or any school facility.
4. 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.
5. Student-Athletes must bring their own labeled water bottle and water may not be shared.
6. Students and Coaches must be physically distanced at all times (6-feet).
7. **REVISED GUIDELINE** --students may participate in more than one high school sports or club team at a time. Rule 600-605 has been suspended by CIF this season.
8. One person in the restroom at a time and student must ask coach for permission.
9. Restroom lines must be outdoors and those in the line must be masked and 6 feet apart.
10. 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 Daily Symptom Checklist** (available on www.mbbuccaneers.com).

- **STUDENTS MUST HAVE PARENT SIGNED PAPER SYMPTION CHECKLIST FOR FIRST PRACTICE**

- Temperature should be taken at HOME as part of the checklist.
- Temp 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 and need to contact their doctor AND email sdusdnursing@sandi.net or mjones6@sandi.net for further steps. They must also notify Coach Greg Farrar at gfarrrar@sandi.net and Athletic Director Jorge Palacios at jpalacios@sandi.net.

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

- COVID testing be available on site starting February 26
- Highly recommended
- Test Consent Form, Authorization to Release Protected Health Information
- Medical Referral for Post COVID-19 Students must be sent to Athletic Director Jorge Palacios jpalacios@sandi.net before first practice
- More details to follow regarding location and process
Mission Bay High School Practice Schedule
Week of February 15, 2021

**Cross Country**
Monday (Front of School/Weedpatch), Tuesday (Staff Lot Gate), Friday (Weedpatch)
Monday 10:00 a.m.-11:15 a.m., Tuesday and Friday 2:00 p.m.-3:15 p.m.

**Field Hockey**
Monday, Tuesday, Wednesday (Lee Street Gate)
1:15 p.m.-2:45 p.m.

**Football**
Monday, Tuesday, Wednesday, Thursday (Lee Street Gate)
3:15 p.m.-4:45 p.m.

**Golf**
Tuesday, Thursday (Mission Bay Golf Course and Practice Center, 2702 N. Mission Bay Drive)
2:00 p.m.-3:00 p.m.

**Swim**
Tuesday, Thursday, and Saturday (Clairemont Pool)
Tuesday and Thursday 1:30 p.m.-3:30 p.m., Saturday 8:30 a.m.-10:30 a.m.

**Tennis**
Tuesday, Wednesday, Thursday, Friday (MBHS Tennis Courts)
1:30 p.m.-3:30 p.m.

**Track**
Thursday and Friday (Lee Street Gate)
1:15 p.m.-2:45 p.m.

**Girls Volleyball**
Wednesday, Friday (Staff Lot Gate)
1:30 p.m.-3:15 p.m. (Sophomores, Juniors, Seniors), 3:30 p.m.-5:15 p.m. (Freshmen)
**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
- 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](http://www.mbbuccaneers.com)
- Student Athletes must be CLEARED on [www.athleticclearance.com](http://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