<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>
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<tr>
<td>Badminton</td>
<td>Cheerleading</td>
<td>Football</td>
<td>Dance (no contact)</td>
</tr>
<tr>
<td>Biking</td>
<td>Dodgeball</td>
<td>Ice hockey</td>
<td>Dodgeball</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>(doubles)</td>
</tr>
<tr>
<td>Dance (no contact)</td>
<td>Lacrosse (girls/women)</td>
<td>Soccer</td>
<td>Pickleball</td>
</tr>
<tr>
<td>Disc golf</td>
<td>Pickleball (doubles)</td>
<td>Volleyball</td>
<td>(doubles)</td>
</tr>
<tr>
<td>Golf</td>
<td>Softball</td>
<td>Water polo</td>
<td>Racquetball</td>
</tr>
<tr>
<td>Ice and roller skating (no contact)</td>
<td></td>
<td></td>
<td>Squash</td>
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<tr>
<td>Lawn bowling</td>
<td></td>
<td></td>
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<tr>
<td>Martial arts (no contact)</td>
<td></td>
<td></td>
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<tr>
<td>Physical training programs (e.g., yoga, Zumba, Tai chi)</td>
<td></td>
<td></td>
<td>Indoor low-contact sports</td>
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<tr>
<td>Pickleball (singles)</td>
<td></td>
<td></td>
<td>Badminton</td>
</tr>
<tr>
<td>Rowing/crew (with 1 person)</td>
<td></td>
<td></td>
<td>Curling</td>
</tr>
<tr>
<td>Running</td>
<td></td>
<td></td>
<td>Dance (no contact)</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td></td>
<td></td>
<td>Gymnastics</td>
</tr>
<tr>
<td>Skeet shooting</td>
<td></td>
<td></td>
<td>Ice skating (pairs)</td>
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<tr>
<td>Skiing and snowboarding</td>
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<td></td>
<td>Martial arts</td>
</tr>
<tr>
<td>Snowshoeing</td>
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<td>Roller derby</td>
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<tr>
<td>Swimming and diving</td>
<td></td>
<td></td>
<td>Soccer</td>
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<tr>
<td>Tennis</td>
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<td>Water polo</td>
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<tr>
<td>Track and field</td>
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<td></td>
<td>Wrestling</td>
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<tr>
<td>Walking and hiking</td>
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</tbody>
</table>
Mission Bay High School Practice Schedule
Week of February 22, 2021

**Cross Country**
Monday-Weedpatch, Tuesday-Staff Lot Gate, Friday-Weedpatch
2:00 p.m.-3:15 p.m.

**Field Hockey**
Monday, Wednesday, Friday
1:15 p.m.-2:45 p.m.
Stadium

**Football**
Monday, Tuesday, Wednesday, Thursday
3:15 p.m.-4:45 p.m.
Friday 3:15 p.m.-5:45 p.m.
Stadium

**Golf**
Tuesday, Thursday 2:00 p.m.-3:00 p.m.
Mission Bay Golf Course

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

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

**Track**
Tuesday, Thursday 1:15 p.m.-2:45 p.m.
Stadium

**Girls Volleyball**
Monday, Wednesday
1:30 p.m.-3:15 p.m. (10th, 11th, 12th)
3:30 p.m.-5:15 p.m. (9th)
Friday 1:30 p.m.-3:30 p.m. (all levels)
Staff Lot Gate

**Baseball**
Monday, Friday (11th, 12th)
3:00 p.m.-5:15 p.m.
Wednesday (11th, 12th) 2:00 p.m.-4:15 p.m.
Tuesday, Thursday (9th, 10th)
3:30 p.m.-5:30 p.m.
Baseball Field

**Softball**
Monday, Wednesday, Friday
4:00 p.m.-5:30 p.m.
Softball Field

**Boys Soccer**
No practice this week

**Girls Soccer**
Friday, Saturday
6:15 p.m.-7:45 p.m.
Stadium
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
AAU Baseball and AAU Softball Sign-up

- Go to www.aausports.org and sign up for membership.

- Link AAU membership to the Buccaneers Athletics AAU club
  a. $16.00 Membership -- Extended Coverage (AB)
  b. Club Code: WYE8FW to link to Buccaneers Athletics

- Bring copy of AAU card to practice
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
Safe Environment

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 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 symptom checklist**.

- **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 their head coach 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
Entry and Exit Points
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
- All forms are available on www.mbbuccaneers.com under the MORE tab
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
- 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
QR CODE FOR BASEBALL SIGN UP

https://docs.google.com/forms/d/e/1FAIpQLScqc9vKgUaXHsQhAzW3q2OTzmjTVMMKLaJYsWZm66Fx0husA/viewform?usp=sf_link
QR CODE FOR SOFTBALL SIGN-UP

https://docs.google.com/forms/d/e/1FAIpQLSe-n-NXBgOhOLyLO9EIXjN-DsQgUk71bi9d0-UVI_9huYhQ/viewform?usp=sf_link
QR CODE FOR BOYS SOCCER SIGN-UP

https://docs.google.com/forms/d/e/1FAIpQLSeBj1o_zRtij4PfIQLQ-b0tpw16qTRAhn5_ZMc9BXoHoLdMCBg/viewform?usp=sf_link
QR CODE FOR GIRLS SOCCER SIGN-UP

https://docs.google.com/forms/d/e/1FAIpQLScO76Qur0Doex2knS4KrcHdwySiLnaBojjnjAZhnF_xByWsQ/viewform?usp=sf_link