



COVID-19 ATHLETICS POLICIES AND PROCEDURES

This policy describes best practice procedures for athletics to maintain social distancing and limit potential exposure to COVID-19. The following procedures have been developed in accordance with state and county health order and based on recommendations described in the *NFHS Guidance for Opening Up High School Athletics and Activities*, the *CIF Return to Physical Activity/Training Guidelines*, the NATA's *COVID-19 Return-to-Sports Considerations for Secondary School Athletic Trainers*, and guidance from the California Department of Public Health(CDPH), LA County Department of Public Health,, and the Centers for Disease Control and Prevention (CDC).

PRE-PARTICIPATION PHYSICAL EXAMINATION

1. All student-athletes are required to have a valid pre-participation physical exam on file with the athletic department prior to any tryout, practice or interscholastic athletic competition
2. All student-athletes are required to complete the online athletic clearance prior to any tryout, practice or interscholastic athletic competition
3. All student-athletes and parents are required to sign an informed consent indicating their understanding and acknowledgement of the risk of transmission while participating in outdoor high-contact and moderate-contact sports
4. It is recommended that individuals at higher risk for developing severe illness from COVID-19 should not supervise or participate in any workouts
 - a. High risk individuals include individuals 65 years and older, and others with underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity, moderate to severe asthma, and those with weakened immune systems

COVID-19 SCREENING

1. All student-athletes and coaches are required to be screened on a daily basis for signs and symptoms of COVID-19
2. Any individual with positive signs or symptoms, a “yes” answer to the screening questionnaire, or temperature of 100.4F or higher will not be allowed to participate until written medical clearance is provided
3. It is recommended that individuals at higher risk for developing severe illness from COVID-19 should not supervise or participate in any workouts
 - a. High risk individuals include individuals 65 years and older, and others with underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity, moderate to severe asthma, and those with weakened immune system

GENERAL GUIDELINES

Practices

- All players are grouped in stable cohorts to limit the risk of transmission
- Indoor activities are limited to comply with capacity limits indicated by CDPH
- A minimum of six (6) feet of physical distance between players and coaches to the maximum extent possible
- Establish smaller training groups for drills and conditioning for larger teams
- Review film virtually, to greatest extent possible, or outdoors with all participants wearing face coverings and maintaining appropriate physical distancing

Competitions & Tournaments

- Competition between teams are permitted if both teams are located in the same county OR teams are located in immediately bordering counties
- At this time, no tournaments/events that involve more than two teams are permitted
- Competitions are limited to one (1) per team, per day

Travel Considerations

- When traveling, face coverings are required at all times by all participants, coaches, support staff, and other personnel
- Six (6) feet of physical distancing must be maintained to the maximum extent possible
- Windows should remain open for full duration of the trip, unless not feasible

Testing

- All athletes, coaches, and support staff will receive a weekly COVID-19 PCR test for the sports of football and water polo; results will be available within 24 hours of scheduled competition.

Face Coverings

- Face coverings are required by all athletic department personnel when in the vicinity of others
- Student-athletes are required to wear face coverings at all times, including during practice, conditioning, and during competition, even during heavy exertion as tolerated
- Face coverings are required to cover the nose and mouth at all times
- It is recommended that face coverings are either washed or discarded after each use
- Plastic face shields are not permitted during participation due to the risk of injury

Locker Rooms

- All locker rooms/changing facilities are closed until further notice. Athletes should arrive in the appropriate attire.

Hydration

- All student-athletes are required to bring their own water bottles
- It is recommended that all personal water bottles are labeled
- It is recommended that student-athletes bring enough water to last the duration of practice
- Water bottles are not permitted to be shared between individuals

Indoor Venues

- Indoor activities are limited to comply with capacity limits indicated by CDPH
 - Purple Tier - Only outdoor operations permitted
 - Red Tier - Indoor operations limited to 10% capacity
 - Orange Tier - Indoor operations limited to 25% capacity
 - Yellow Tier - Indoor operations limited to 50% capacity
- Ventilation during indoor activities will be increased to the maximum extent possible

Hand Washing

- It is recommended that student-athletes, coaches, and other athletic department personnel wash their hands between contact with individual athletes, after sneezing or coughing, after touching any surfaces or equipment, and immediately after removing gloves.
- Student-athletes should wash their hands before, during breaks, at half time, and after conclusion of activity when equipment is shared

COVID-19 SCREENING FORM

1. In the last 72 hours, have you had any of the following symptoms?
 - a. Fever of 100.4 degrees or higher
 - b. Persistent cough
 - c. Cold symptoms such as chills, body aches, coughing, sneezing, sore throat, etc.
 - d. Shortness of breath, difficulty breathing, chest pain, palpitations, or fatigue
 - e. Persistent headache
 - f. A loss of smell, loss of appetite, or bouts of vomiting
 - g. None of the above
2. Have you tested positive for COVID-19 in the last 10 days?
 - a. Yes
 - b. No
3. Do you have a family or household member that has tested positive for COVID-19 within the last 10 days ?
 - a. Yes
 - b. No
4. To the best of your knowledge, have you been in contact with anyone who has tested positive for COVID-19 in the last 10 days?
 - a. Yes
 - b. No
5. If you answered yes to any of the above questions, please explain.
6. Temperature: _____