

# Health and Safety

La Jolla High School Athletics



# Welcome Back!



- We are in Phase 1 even if we are in “Purple Tier”
- Conditioning Program is completely optional and will have no bearing on team selection
- Practices will include sport specific conditioning only
- Viking Athletics - AAU Club Practices
  - CIF-off season structure

# Requirements to Participate in Conditioning Practice at La Jolla High School

1. Athlete and Parents must attend “Return to Athletics” meeting and fill out Google Form
2. Members of **Vikings Athletics** AAU
  - a. \$16.00 Membership
3. Students **MUST** Show ClearPass Results or submit signed Checklist form - DAILY
4. Students **MUST** wear mask and bring a labeled water bottle

# MASKS

- Student-Athletes must wear masks to and from training sessions
- Face masks are not required when social distancing 6-feet apart and the student is running. When students are not running, 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
- Masks are available if students need them

# Entry and Exit for Conditioning

- **Student-Athlete Entry at Rushville Stadium Gate**
  - Line up 6 feet apart for check-in
  - ClearPass Check or paper check list
  - Hand Sanitizer on Arrival
  - AAU membership Verification
  - Attendance
- **EXIT - Tennis Courts on Rushville use gate by Spin Room**
  - Hand Sanitizer on Departure
  - Spread out waiting for rides
  - Do Not gather
  - Depart directly after practice
  - Rides must be on time!

# Symptom Checklist

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

OR

- Submit **paper symptom checklist**.


- 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 e-mail [sdusdnursing@sandi.net](mailto:sdusdnursing@sandi.net) or [snewman@sandi.net](mailto:snewman@sandi.net) for further steps.

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



San Diego Unified  
SCHOOL DISTRICT

Log In via your Organization

or

Log In with your Email and Password

## Questionnaire Results

You are safe to go to school!

Submitted: Friday, November 6, 2020 5:03:06 PM

# AAU Membership



- **School AAU Account**
  - Vikings Athletics
  - Club Code: WYE88D
  
- All Athletes MUST be members
  - Cost is \$16.00
  - Paid by Athlete
  - Email if cost issues
  
- Athlete membership is \$16.00

[https://aausports.org/page.php?page\\_id=99977](https://aausports.org/page.php?page_id=99977)



# Daily Athlete Check-In Steps



1. Show ClearPass clearance or hand in Check-In Sheet worksheet. Check-In sheet must have **parent signature**
2. Hand Sanitizer Station
3. Take attendance before training - All athletes must have AAU membership

# 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 permitted within any athletic practice/conditioning facility.
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 Staff must be physically distanced at all times (6-feet).
8. One person in the restroom at a time and student must ask the head coach for permission.
9. Restroom lines must be outdoors and those in the line must be masked and 6-feet apart.
10. Locker rooms will NOT be open.
11. Report any COVID-19 diagnosis or contact immediately to the school nurse.

# 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!**

# Training Schedule

La Jolla High School Athletic Calendar:

<https://www.home-campus.com/widget-calendar.php?id=MjAxNi0xNyw2NTcsLCxNb250aCxxvbiw=>

- NO Training November 21 - December 1st

## Cross Country

- Monday & Wednesday 2:30pm - 3:45pm

## Field Hockey

- Tuesday 2:30pm - 3:30pm
- Wednesday 6:30pm - 8:00pm
- Thursday 1:30pm - 3:00pm

## Football

- Freshmen Monday - Friday 4:00pm - 5:00pm
- JV & Varsity Monday v Friday 5:15pm - 6:15pm

# Important Information

- Arrive 15 minutes BEFORE your scheduled practice time for check-in
- Please depart immediately after practice
- Do not gather in groups
- If student-athlete is not abiding by requirements, they will be dismissed from conditioning program
- Make smart and safe decisions outside of practice



- CIF reported Monday 11/9 that we are still scheduled to start sports on December 12, 2020
- Remember you must be CLEARED in [athleticclearance.com](https://athleticclearance.com) by December 10, 2020.

# Where to go with questions

- Athletic Director, Paula Conway
  - [pconway@sandi.net](mailto:pconway@sandi.net)
- School Nurse, Kylee Newman
  - [snewman@sandi.net](mailto:snewman@sandi.net)
  - [www.lajollahighnursing.com](http://www.lajollahighnursing.com)
- SDUSD Nursing
  - [sdusdnursing@sandi.net](mailto:sdusdnursing@sandi.net)

# As We Sail the Ship

- All eyes are on us
- Remember the mission
- THANK YOU coaches for volunteering to run the conditioning sessions



EST. 1922  
LA JOLLA HIGH SCHOOL