



Athletics Conditioning Plan Season 1

CALIFORNIA DEPARTMENT OF HEALTH (CDPH) AUGUST 3RD, 2020

- Youth sports and physical education are permitted only when
 - Physical distancing of at least six feet between participants
 - A stable Pod that limits the risks of transmission
 - Activities should take place outside
- Sports conditioning programs are permitted for individual or team training and focus on individual skill-building activities such as **running drills and body weight resistance training**
- **No** contact
- **No** shared equipment
- **No** competitions at this time

CURRENT STATUS OF ATHLETICS

- California Interscholastic Federation (CIF) has defined the earliest a sport can start is December 14, 2020
- There will be two seasons instead of three
- All sports will occur during these two seasons for the 2020-2021 school year

CURRENT STATUS OF ATHLETICS

■ SEASON ONE *

- CROSS COUNTRY
- CHEER
- FOOTBALL
- VOLLEYBALL
- WATER POLO

***CONDITIONING PRACTICE FOR
SEASON ONE ONLY AT THIS TIME**

■ SEASON TWO

- BASEBALL
- BASKETBALL
- CHEER
- GOLF
- LACROSSE
- SOCCER
- SOFTBALL
- SWIMMING
- TENNIS
- TRACK AND FIELD
- WRESTLING

EXPECTATIONS

■ **Participation**

- Conditioning practice is voluntary
- Not participating in conditioning practice will NOT impact future participation in the sport during Season 1

■ **PODS**

- No more than 14 students per Pod
- Pods determined by Head Coaches
- 1 to 2 coaches per Pod

SAFETY PROCEDURES

■ MASKS

- Athletes must wear face coverings at all appropriate times - arriving, waiting, using the restroom, leaving
- Coaches will wear face coverings at all times
- Athletes may remove mask after receiving directions from the Coach
- No Face Shields

■ HEALTH SCREENING

- Staff and athletes will be screened prior to conditioning consistent with CDPH guidelines - Wellness and Temperature Check
- Failure to pass the health screening, the student will be sent home immediately with a parent/guardian and athletic director will be informed.

SAFETY PROCEDURES

■ ARRIVAL

- Everyone is required to maintain physical distancing, BEFORE, DURING AND AFTER activities
- Each athlete must arrive at the designated time - Be On Time
- Athletes if you are going to arrive more than 10 minutes after the designated time you will not be allowed participate on that day - Do Not Attend
- Parents/Guardians will remain in the vehicle while dropping off and picking up athletes at the designated location

■ DEPARTURE

- Athletes must leave immediately after the conditioning, no hanging out
- Pods will use separate entry and exit areas and schedules

■ OTHER

- Visitors will not be allowed - CAMPUS WILL BE CLOSED



MITIGATION

- Parents/Guardians must not send sick student to practice
- Students and Coaches will be excluded if they have symptoms, if they are sick, or have a COVID positive household member
- One COVID positive case in a Pod will require that entire Pod (Athletes and Coach) to stop participating for 14 calendar days from the date reported
- One COVID positive case in two or more Pods in a given sport will required the entire sport to stop participating for 14 calendar days from the date reported
- Failure to comply with SAFETY PROCEDURES will result in the closure of conditioning practice for a sport and potentially for all sports

LOGISTICS AND PARTICIPATION

■ LOGISTICS

- Practice times and days will be determined by each head coach

■ PARTICIPATIONS NUMBERS

- Cheer = 10
- Cross Country = 15
- Football = 40
- Volleyball = 29
- Water Polo = 30