



## **EGUSD 4 PHASE EDUCATIONAL ATHLETICS PLAN OVERVIEW 2020 – 2021 (COVID-19 Response Guidelines)**

- Develop 4 Phase Approach and Seek District Approval
  - Phase 1 - No shared athletic equipment
  - Phase 2 - Lower risk sports practices and competitions may resume
  - Phase 3 - Moderate risk sports practices and competitions may begin
  - Phase 4 - Return to full athletic participation
- Submit EGUSD Athletics Plan to SCPH for approval
- Once approved, inform school site administrators and schedule trainings for coaches
- Inform parents of approved EGUSD Athletics Plan

### **SCHOOL SITE PREPARATION**

- Coaches must have attended district training and must devise a plan that includes disinfecting and cleaning procedures and responsibilities, signage plus a procedural plan for conditioning and drills on sites (times, sessions, locations, drop off and pick up sites, etc.)
- Principals must approve individual team plans to participate and use specific areas of the facilities to practices
- Custodial schedule must be in place to ensure appropriate cleaning of restrooms / facilities
- Touchless Infrared Thermometer will be made available at each school site
- Hand sanitizer pump or spray will be made available and plentiful for students to use
- Coaches will maintain pre-screening spreadsheet for athletes daily
- If coaches and teams do not follow plans and safety guidelines, participation will be stopped
- School sites will ensure that students and families who choose not to participate until all COVID-19 restrictions are lifted will be held harmless
- Monitoring schedule by coaches, athletic director and admin to supervise and ensure safety and guidelines are being followed.

### **STUDENT ATHLETE AND PARENT REQUIREMENTS**

- Student athlete protocol guidelines will be posted at each school facility
- Athletic programs will be responsible for gathering student / parent agreement to uphold guidelines with the understanding that:
  - Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.
  - Individuals must bring their own hydration bottles
  - Individual hydration bottles may not be shared with others
  - Student-athletes must have submitted a physical exam to coach



## **PHASE 1 - NO SHARED ATHLETIC EQUIPMENT**

### **Pre-workout Screening**

- Any person who has had a fever or cold symptoms in the previous 72 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes temperature check. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not participate in any workouts during Phase 1.
- No student shall be penalized for not participating due to concerns regarding COVID-19 during Phase 1.

### **Limitations on Gatherings**

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms will not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts must be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. Spotters cannot be used.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

### **Facilities Cleaning**

- Adequate cleaning schedules must be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight equipment, bathrooms, athletic training room tables, etc.)
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be available to individuals as they move from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should shower and wash their workout clothing immediately upon returning to home.



### **Physical Activity and Athletic Equipment**

- There should be no shared athletic equipment (towels, clothing, shoes, balls, or sports specific equipment) between students.
- Frequent hand washing, before, during, and after activity is actively promoted.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized (for example; individual body weight exercises, sub-maximal lifts, and use of resistance bands.)
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Cloth face coverings to be worn by students/athletes and coaches during phases 1 and 2 or as recommended by county health department. (Exceptions are swimming, distance running or other high intensity aerobic activity).

### **Examples**

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch/hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

### **Progression from Phase 1 to Phase 2**

- In order to move from Phase 1 into Phase 2, coaches and teams must receive approval from site administration and the district athletic director.



## **PHASE 2 - LOWER RISK SPORTS PRACTICES AND COMPETITIONS MAY RESUME**

### **Pre-workout Screening**

- Any person who has had a fever or cold symptoms in the previous 72 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes temperature check. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not participate in any workouts during Phase 1.
- No student shall be penalized for not participating due to concerns regarding COVID-19 during Phases 2.

### **Limitations on Gatherings**

- No inside gathering of more than 10 people at a time. Up to 50 individuals may gather outdoors for workouts
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches

### **Facilities Cleaning**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.



- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should shower and wash their workout clothing immediately upon returning to home.

#### **Physical Activity and Athletic Equipment**

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

#### **Progression from Phase 2 to Phase 3**

- In order to move from Phase 2 into Phase 3, coaches and teams must receive approval from site administration and the district athletic director.



## **PHASE 3 - MODERATE RISK SPORTS PRACTICES AND COMPETITIONS MAY BEGIN**

### **Pre-workout Screening**

- Any person who has had a fever or cold symptoms in the previous 72 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

### **Limitations on Gatherings**

- Limitations on Gatherings-Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

### **Facilities Cleaning**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should shower and wash their workout clothing immediately upon returning to home.

### **Physical Activity and Athletic Equipment**

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.



- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified\* practices may begin for Higher risk sports:

*\*Continue pre-practice screening as in Phases 1 and 2. Athletes should shower immediately after practices/contests.*

- Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume for approval for teams to travel.

#### **Hydration**

- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

#### **Progression from Phase 3 to Phase 4**

- In order to progress from Phase 3 to Phase 4, all COVID-19 restrictions would be removed. Phase 4 is return to full athletic participation.



## PHASE 4 - RETURN TO FULL ATHLETIC PARTICIPATION

### Risk Level of Contests

- The following identifies “Potential Infection Risk by Sport” (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

### Higher Risk

- Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

**Examples:** Wrestling, football, boy’s lacrosse, competitive cheer, dance

### Moderate Risk

- Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants.

**Examples:** Basketball, volleyball\*, baseball\*, softball\*, soccer, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, 7 on 7 football.

*\*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants.*

### Lower Risk

- Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

**Examples:** Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running (with staggered starts)





## OTHER FACTORS TO CONSIDER

### Transportation to Events

- Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

### Sidelines/Benches

- Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.

### Other Groups

- Other groups of people will be organized into Tiers from essential to non-essential and COVID-19 guidelines will decide which tiers will be allowed at an event:
  1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, trainers, security
  2. Tier 2 (Preferred): Media
  3. Tier 3 (Non-essential): Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

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This EGUSD 4 Phase Educational Athletics Plan comprises the Centers for Disease Control and Prevention (CDC), California Interscholastic Federation (CIF) and National Federation of State High School Associations NFHS guidelines for schools/athletic programs to meet student and staff health and safety needs given the current and continuing COVID-19 conditions. These guidelines and recommending phasing in of additional activities were created in collaboration with the EGUSD District Health Coordinator, EGUSD District Athletic Director and the EGUSD Director of Maintenance and Operations and Facilities. These protocols may be adjusted per public health recommendations.



