



CUSD Guidelines for Phase 1 Return to Athletic Physical Activity/Training

Introduction

With the health and safety of students in mind, this document is intended to serve as a guide for the six comprehensive high schools within the Capistrano Unified School District as they move toward a phased in approach to re-opening physical activity/training for athletics (all of which are in accordance with state and local county requirements).

Much of the information in this document is consistent with the previously released State CIF Guidelines for Return to Physical Activity/Training and NFHS Guidance for Opening-Up High School Athletics and Activities, and it will take place in a phased in approach. **Keep in mind that a pre-participation physical and online submission of all athletic clearance documentation through www.athleticclearance.com is required along with a signed COVID-19 Waiver prior to starting any workouts.**

The term "phase" as used in this document is intended to serve as a guideline for CUSD schools in developing a process for returning to physical activity/training on their campuses and is not intended to refer to the term as used by state and local county agencies on the gradual opening of workplaces, public activities, and travel. The Capistrano Unified School District will continually monitor the updates and guidance from both State and Orange County departments of public health and will make any necessary adjustments to this phased approach to opening athletic activity on our campuses. This document does not cover return to competition policies in the COVID-19 era. The development of return to competition policies will be disseminated as they become available.

This document is not intended as medical or legal advice. CUSD will continue to refer to both State and Orange County governing bodies and their own legal counsel for assistance.

Foundational Statement

The Capistrano Unified School District, in conjunction with the State CIF, believes education-based athletics is essential to the physical, mental and social well-being of students and it is important for them to return to physical activity and athletic competition. However, the timing of such is subject to the Governor's Office, the California Department of Education and State/Local Public Health Departments; variations may be tied to assessing risk levels of the sports offered. We absolutely promote the idea of students returning to athletic competition and allowing programs to operate in situations where it can be done in a healthy and safe manner.

We believe that education-based athletics is vital to our mission, and we want to provide the best possible experience for those who matter most - our students. In doing so, we will continue to develop guidelines consistent with the directives from State/Local Public Health Departments.

Limitations on Gatherings/Available Athletic Facilities

- **Outdoor Facilities** are a stadium field, baseball or softball field, an entire separate auxiliary field or an entire pool (size of pool does not matter). Outdoor facility participant totals will be limited to the following:
 - 50 total participants at one time on a full football field
 - 20 total participants on a baseball/softball field
 - 20 total participants on a pool deck (less if 6 ft. physical distance cannot be maintained)
- **Indoor Facilities** (currently prohibited until the State and County Health Departments allow gyms/fitness centers to re-open for indoor activity) are a gymnasium, multi-purpose indoor facility or

wrestling room. Indoor facility participant totals will be limited to the following (after State Dept. of Health and Orange County approves such):

- 20 total participants within an indoor gymnasium or similar sized facility
- 10 total participants within an approved auxiliary indoor facility (ie. wrestling room)
- **Mandatory Cohorts (“Pods”)** for groups that exceed 10 total participants (athletes and coaches combined) within any outside or inside athletic facility. A **cohort (pod)** is a **sub-group of a larger group and cannot exceed 10 total participants** (ie. 9 athletes & 1 coach in the infield and 9 athletes & 1 coach in the outfield or same ratios separated into quadrants or other equal spacing on a full football field). **Cohorts must remain stable** until further notice; **this reduces exposure and allows for contact tracing should the need arise.**
- **Weight Rooms will NOT BE UTILIZED**
- **Locker Rooms will NOT BE UTILIZED**
- **NO spectators (including parents, children, students and media) will be permitted within any athletic facility until further notice.**

Equipment

- **No equipment will be utilized during Phase 1**

Points of Emphasis

- *Pre-Participation Physical Exam and Online Athletic Clearance Submission*
 - Required Prior to Participation
- *Participation during Distance Learning and/or Hybrid Model of Instruction*
 - Strictly voluntary
- *Facility Cleaning*
 - Adequate cleaning schedules shall be created and implemented for all athletic facilities.
 - Frequently used surfaces (i.e. bathrooms, gates, door handles) will be sanitized as much as possible.
 - Hand sanitizer will be plentiful and available to individuals as they arrive, transfer from place to place, and exit facility.
- *Entrance/Exit of Facilities*
 - Athletes must arrive at assigned time by group with mandatory physical distancing at all times (by cohort or “pod”).
 - Note: Athletes must not carpool unless individuals are within the same cohort or “pod”.
- *Daily Pre-Participation Screening*
 - Athletes and coaches will be screened daily for signs/symptoms of COVID-19 prior to participating.
 - Responses to screening questions for each athlete and coach will be recorded and stored (see Appendix A for sample Monitoring Form).
- *Contact with Positive Individual or Positive Themselves for COVID-19*
 - Any person that had contact with person who is COVID-19 positive, or has a member of their household positive for COVID-19, or is themselves positive for COVID-19 should:
 - Contact their Coach (who will notify the District in order to mitigate the possible spread of virus)
 - Contact their primary physician
 - Stay home and quarantine. A member of the District Health Services Team will contact you and work with the Orange County Health Care Agency to determine your time in quarantine and the date you may return to conditioning and your team.

- **Note: Written medical clearance will be required to return to activity and must be provided to the head coach, athletic trainer and school nurse. This clearance may also be provided by the Orange County Health Care Agency as a result of their investigation.**
- *Person with COVID-19 Symptoms*
 - Any persons that have COVID-19 symptoms should:
 - Contact their primary physician
 - Stay home and quarantine for at least three days following the last symptoms. The individual should also be fever free, without fever reducing medication for 24 hours prior to returning.
 - **Note: Medical information is confidential information. Other than sharing the information with the Athletic Director, Site or District Administrator, or Health Services COVID-19 Team, no information should be shared. The coach MUST NOT share the sick athlete's name with the other athletes and/or parents to insure they do not violate privacy laws.**
- *Individuals Who are Vulnerable to COVID-19*
 - Click on: (https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html)
- *Hygiene Practices*
 - Athletes and coaches will frequently wash hands with soap and water for 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.
 - Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
 - It will be **MANDATORY** to use face coverings when arriving and exiting all athletic facilities.
- *Hydration/Food*
 - All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Water fountains will be utilized for the purpose of re-filling personal water bottles only.
- *Face Coverings*
 - State, local and/or school district guidelines for cloth face coverings shall be strictly followed.
 - Cloth face coverings should be considered acceptable; there is no need to require or recommend "medical grade" masks for physical activity.
 - Cloth or disposable face coverings will be mandatory and must be worn by students and coaches when arriving and exiting all athletic facilities, and when not engaged in strenuous physical activity.
- *Physical Activity/Athletic Equipment*
 - There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
 - Athletes should wear their own appropriate workout clothing and shoes (do not share clothing). **Individual clothing/towels should be washed and cleaned after every workout.**
 - Physical contact such as high-fives, fist/chest bumps, and hugs should not be allowed.

Note: Moving on to Phase 2 (opening modified team practices with increased numbers of participants) will be contingent upon all individual athletic programs within CUSD strictly following the guidelines for Phase 1 as stipulated above.