

A safe return to Athletics for DJUHSD students

Proposed Start Date: March 8, 2021

Baseball, Softball, Track & Field, Golf, Tennis & Swim



General Requirements for All Sports:

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines).
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH Guidance for the Use of Face Coverings.
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
- Limit indoor sports activities (practice, conditioning) to comply with capacity limits (which shall include all athletes, coaches, and observers) indicated in current CDPH Gym & Fitness Center Guidance Capacity.
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.

Other General Guidance

Face Coverings

- Face coverings will be worn by participants and coaches during practice, conditioning and during competition, even during heavy exertion as tolerated.

Physical Distancing

- Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines.
- Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible.

Informed Consent

- Due to the nature and risk of transmission while participating in sports, each parent must sign an informed consent indicating their understanding and acknowledgement of the risks indicated herein.

Testing

- Unless required as noted below, regular and postseason antigen or PCR testing of sports participants and coaches weekly while participating in Outdoor High-Contact sports is strongly encouraged. If competing, testing performed with test results made available within 24 hours of play.
- Testing will be required of all coaches prior to initial contact with students.

Hygiene and Equipment Sanitation

- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.

Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations will not be utilized.
- Water breaks will be given throughout practice, where social distancing norms will be maintained.

Limitations on Mixing by Participants

- Limit participation by athletes and coaches during practice and competition to one team, and refrain from participating with more than one team over the same season or time period. For larger teams, limit mixing by establishing stable smaller training groups for drills and conditioning.

Youth Recreational Sports Permitted by Current Tier of County

The Tables below are not exhaustive but provide examples of sports with different levels of contact so that the level of risk can be assessed for other sports.

Low-Contact Sports

Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.

Moderate-Contact Sports

Team sports that can be played with only incidental or intermittent close contact between participants.

High-Contact Sports

Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants.

Widespread Tier (Purple) 1	Substantial Tier (Red) 2	Moderate Tier (Orange) 3	Minimal Tier (Yellow) 4
Outdoor low-contact sports <ul style="list-style-type: none"> • Cross country • Golf • Swimming and diving • Tennis (singles) • Track and field 	Outdoor moderate-contact sports <ul style="list-style-type: none"> • Baseball • Cheerleading • Softball • Tennis (doubles) • Volleyball 	Outdoor high-contact sports <ul style="list-style-type: none"> • Basketball • Football • Soccer Indoor low-contact sports <ul style="list-style-type: none"> • Swimming and diving • Tennis (singles) • Track and field 	Indoor moderate-contact sports <ul style="list-style-type: none"> • Cheerleading • Tennis (doubles) • Volleyball Indoor high-contact sports <ul style="list-style-type: none"> • Basketball • Soccer • Wrestling

Play in Less Restrictive Tiers: Outdoor High-Contact Sports

Outdoor high-contact sports (orange tier) can be played in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000 under the following conditions:

Implement and strictly adhere to the following additional general guidance:

- Testing – antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly. If competing, testing performed with test results made available within 24 hours of play)

Note: The testing requirement above shall only apply in the following situations:

- For football, as these are high contact sports that are likely to be played unmasked, with close, face to face contact exceeding 15 minutes.
- When adjusted case rates for the county are between 14-7 per 100,000.

Play in Less Restrictive Tiers: Outdoor Moderate-Contact Sports

Outdoor moderate-contact sports (red tier) can be played in the purple tier with an adjusted case rate equal to or less than 14 per 100,000.

If competition for high- and moderate-contact sports is permitted to resume in a county pursuant to this updated guidance, competition is not required to cease if the county's adjusted case rate exceeds the 14 per 100,000 threshold.

District Protocol

Team Practices

1. Student arrives on campus at designated entry.
2. There will be social distancing markers for students to stand on.
3. Student and coaches will be screened by designated personnel trained in COVID-19 screening.
4. Personnel who are screening will be given appropriate PPE.
5. Student will report directly to their specific team area and remain with their group throughout practice.
6. Coaches will conduct conditioning workout and ensure that students are always maintaining social distance (6 ft apart).
7. At the end of conditioning, coaches will escort their team back to their designated point of entry.
8. Students are required to use hand sanitizer before leaving campus.

What happens if a student or coach has COVID-19?

1. Notify HR, school nurse and parents of affected pod
2. The entire team will quarantine for 14 days if they were in contact with a positive COVID case
3. Positive cases must have doctor's clearance to return to practice
4. The rest of the cohort is recommended to be tested immediately after exposure
5. If a student/coach is having symptoms or has been exposed to COVID, they are not allowed to be on campus and should immediately notify administration
6. They can return to campus until a) 14 days of quarantine have been completed and are symptom free, b) they have a negative COVID test, and are cleared by a medical doctor and have no symptoms of illness.

What happens if a student or coach shows signs of illness during practice?

1. Isolate individual in designated isolation area
2. Call parent/guardian to notify of illness & pickup
3. Notify DJUHSD HR department & school nurse
4. Notify parents of affected pod of possible exposure- inform parents to monitor athlete for any signs and symptoms of illness
5. Inform parent/guardian that in order for athlete/coach to return on campus, they must:
 - Be asymptomatic for 72 hours
 - The remaining pod can finish practice and can show up to practice the next day as long as they are symptom free.
 - If student is feeling ill or has any symptom of illness, they are required to stay home until symptoms subside.

Sources:

- Wear a Mask <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- How to protect yourself <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- Guidance for Youth Sports <https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>
- NFHS Covid Guidance https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
- Youth Sports <https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>
- Schools and School Based Programs <https://files.covid19.ca.gov/pdf/guidance-schools.pdf>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx#>

Rev. 2/22/2021

COVID-19 Daily Self-Health Screening Tool



ASK THE FOLLOWING 3 QUESTIONS
EVERY DAY BEFORE SCHOOL/WORK:

3 QUESTIONS	ANSWER	ACTION
1 <i>Do you have a fever, body aches, or the chills?</i>	YES or NO	If YES STAY HOME
2 <i>Do you have any of the following symptoms?</i> <input type="checkbox"/> Runny Nose <input type="checkbox"/> New loss of taste or smell <input type="checkbox"/> Cough <input type="checkbox"/> Sore throat <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Nausea, Vomiting, or Diarrhea	YES or NO	If YES STAY HOME
3 <i>Has anyone in your household been suspected or confirmed with COVID-19 in the past 14 days?</i>	YES or NO	If YES STAY HOME

DO YOUR PART TO REDUCE THE SPREAD OF COVID-19
SOCIAL DISTANCING | FACE COVERINGS | HAND WASHING

10/30/2020

COVID-19

Instrumento diario de deteccion de auto-salud



Hacer las siguientes 3 preguntas todos los dias antes de la escuela/trabajo:

3 Preguntas	Respuesta	Accion
<p>1</p> <p>¿Tienes fiebre, dolores corporales o escalofrios?</p>	<p>Si o No</p>	<p>Quando SI quedese en casa</p>
<p>2</p> <p>¿Tiene alguno de los siguientes sintomas?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nariz que moquea <input type="checkbox"/> Nueva perdida de sabor o olor <input type="checkbox"/> Tos <input type="checkbox"/> Dolor de garganta <input type="checkbox"/> Dificultad para respirar <input type="checkbox"/> Nauseas, vomitos o diarrea 	<p>Si o No</p>	<p>Quando SI quedese en casa</p>
<p>3</p> <p>¿Alguien en su hogar ha sido sospechoso o confirmado con COVID-19 en los ultimos 14 dias?</p>	<p>Si o No</p>	<p>Quando SI quedese en casa</p>

HAGA SU PARTE PARA REDUCIR LA PROPAGACION DE COVID-19

Distancia Social

Cubiertos Faciales

Lavado De Manos

10/30/2020