

# **A Safe Return to Athletic Conditioning for DJUHSD students**

Proposed Start Date: November 9, 2020



## **I. Return to Conditioning Plan: What's Involved?**

Pre-participation Procedures - Student athletes, coaches and essential staff will have:

- Clearance.
- COVID-19 education and training.
- Proper mask wearing education.
- Daily screening procedures.

## **II. Phase 1 Protocol: Return plan for Fall Sports Conditioning**

- No use of locker rooms.
- No shared equipment (i.e., no balls).
- Mandatory face covering use when participating in non-exertional activities. Additional facemasks will be available if needed.
- Outdoor activities only.
- Cohort size will be limited to 15 athletes and 1 coach who stays with their cohort.
- No visitors or non-essential staff allowed at practices.

## **III. Phase 1 Protocol: Student & Coach Requirements**

- Self-screen prior to leaving residence. See attached form
- Social distancing at all times.
- Will be screened daily - symptom check list & no-touch thermometer
- Sanitize hands upon arrival and departure.
- Required to bring their own water source (No water source will be available on campus).
- Not allowed to linger or hangout on campus before or after conditioning.

#### **IV. Phase 1 Protocol: Pre-workout screening**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening checklist includes a no-touch temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present.
- Any person reporting symptoms will not be allowed to take part in workouts and is requested to contact their primary care provider or other appropriate health-care professional.

#### **V. Phase 1 Protocol: Limitations on Gatherings**

- No gathering of more than 15 people at a time. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Conditioning will be conducted in “pods” of students with the same 15 students always working out together.
- There must always be a minimum distance of 6 feet between each individual.

#### **VI. Phase 1 Protocol: Athletic Equipment**

- There will be no shared athletic equipment between students.
- Students should wear their own appropriate workout clothing and individual clothing/towels should be washed after every workout.
- No athletic equipment, including balls, will not be permitted.
- Resistance training should be emphasized as body weight type exercises only (no equipment).

#### **VII. Phase 1 Protocol: 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.

#### **VIII. Phase 1 Protocol: Conditioning**

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 designated pod area and remain in their pod group throughout the conditioning sessions.
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 pod back to their designated point of entry.
8. Students are required to use hand sanitizer before leaving campus.

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

- Notify HR, school nurse and Parents of affected pod
- The entire cohort will quarantine for 14 days if they were in contact with a positive COVID case
- Positive cases must have doctor's clearance to return to practice
- The rest of the cohort is recommended to be tested immediately after exposure
- 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
  - ★ 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.

**X. What happens if a student or coach shows signs of illness during conditioning?**

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 or 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.

**If you have any questions or concerns, please contact your school's Athletic Director.**

## 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](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>

# COVID-19 Daily Self-Health Screening Tool



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

3 QUESTIONS	ANSWER	ACTION
<p><b>1</b></p> <p><i>Do you have a fever, body aches, or the chills?</i></p>	<p><b>YES or NO</b></p>	<p><b>If YES STAY HOME</b></p>
<p><b>2</b></p> <p><i>Do you have any of the following symptoms?</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Runny Nose</li> <li><input type="checkbox"/> New loss of taste or smell</li> <li><input type="checkbox"/> Cough</li> <li><input type="checkbox"/> Sore throat</li> <li><input type="checkbox"/> Shortness of breath</li> <li><input type="checkbox"/> Nausea, Vomiting, or Diarrhea</li> </ul>	<p><b>YES or NO</b></p>	<p><b>If YES STAY HOME</b></p>
<p><b>3</b></p> <p><i>Has anyone in your household been suspected or confirmed with COVID-19 in the past 14 days?</i></p>	<p><b>YES or NO</b></p>	<p><b>If YES STAY HOME</b></p>

**DO YOUR PART TO REDUCE THE SPREAD OF COVID-19**

SOCIAL DISTANCING | FACE COVERINGS | HAND WASHING

10/30/2020

## DJUHSD Conditioning Schedule

**3:00pm** Equipment Manager sets one separate entry point per sport. Each entry point will include:

- Table and chairs (1 staff chair & 3 isolation chairs per entry point)
- No-touch thermo gun
- PPE: hand sanitizer, masks, face shield, gloves and gowns
- COVID-19 posters posted
- Assessment binder
  - up-to-date rosters of approved students and coaches
  - COVID-19 monitoring form
  - Self-screening handouts

**3:15pm** Table is staffed by appointed sport specific coach

**3:30pm** Students begin arriving at their designated entry point

- Social distancing rules enforced (6' separation)
- Checklist reviewed with each student
- Temperature taken
- Student sanitizes hands
- Student directed to report to pod area and continue social distancing

**3:45pm** Conditioning begins with all social distancing guidelines being followed

**5:00pm** Conditioning ends and students are escorted to their point of entry to exit campus.  
All participants are required to sanitize hands upon departure.

### Additional information:

Hydration Breaks will be given in individual pods and staggered.

Restrooms will be available and will be sanitized every 30 mins by custodial staff.

## COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.3°F)
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	