

Dr. Kevin J. Mendivil
Superintendent

Phase I Return to Play Protocol

- All students and staff will have a temperature screening and complete an online health attestation (questionnaire) of symptoms on their own smart phone. (A paper and pencil questionnaire will be available). Students and staff with elevated temperatures or symptoms of possible Covid-19 like illness will be sent home and required to sit out 14 days.
- Coaches must wear masks at all times.
- Students must wear masks during indoor activities, transitioning between facilities, and while entering/leaving campus.
- Maximum 10 students per group provided social distancing can be maintained. Groups will remain the same for attendance and contact tracing purposes.
- Participants to remain a minimum 6 feet apart, 8 feet is recommended.
- NO contact drills. Focus on conditioning/strength/agility training.
- No spotting in weight room, use of light/body weight exercises.
- No water will be provided. Students shall bring water...2 gallons recommended.
- Maximum of 2 hours of training per day per athlete.
- Practice times should be coordinated with site AD and coaches to maximize social distancing capability.
- Students will be required to have a signed waiver by parent to participate.

Governing Board

Andres Barraza

Brian Garcia

Michelle Helm

Berdetta Hodge

Sandy Lowe

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Phase II Return to Play Protocol

- All students and staff will have a temperature screening and complete an online health attestation (questionnaire) of symptoms on their own smart phone. (A paper and pencil questionnaire will be available). Students and staff with elevated temperatures or symptoms of possible Covid-19 like illness will be sent home and required to sit out 14 days.

Weight Room

- Must maintain social distancing, (Ex. Utilizing every other piece of equipment)
- Keeping groups to 2-4 athletes if needing to utilize spotters. Do NOT rotate your spotters. Small groups to minimize exposure and use the same small groups working on the field together.
- Sanitize equipment in weight room between each group
- Hand sanitizer available for athletes before and after activity
- Wear masks in weight room

Field Work

- Max of 50 athletes cohorted
- Groups of 4 are within the group of 50 and still cohorted
- Allowed to pass or throw a ball within the groups of 4 athletes
- Sanitize ball frequently
- NO spitting on gloves
- Permissible to spread kids out and run plays on air. Defensive secondary may align to offensive formation but bail out at the snap. No press coverage. Maintain social distance.
- Masks encouraged and HIGHLY recommended
- No pads, sleds

Team Meetings

- Max of 50 at a time but must social distance in meetings
- Wear mask at all times during non-play
- Locker rooms still closed

Training Room

- Certified Athletic Trainers may evaluate injury or illness
- All activities such as rehab should be one on one
- Max of two athletes in the training room at a time

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Phase III Return to Play Protocol

- All students and staff will have a temperature screening and complete an online health attestation (questionnaire) of symptoms on their own smart phone. (A paper and pencil questionnaire will be available). Students and staff with elevated temperatures or symptoms of possible Covid-19 like illness will be sent home and required to sit out 14 days.

Weight Room

- Must maintain social distancing, (Ex. Utilizing every other piece of equipment)
- Keeping groups to 2-4 athletes and if needing to utilize spotters. Do NOT rotate your spotters. Small groups to minimize exposure and use the same small groups working on the field together.
- Sanitize equipment in weight room between each group
- Hand sanitizer available for athletes before and after activity
- Wear masks in weight room

Field / Court Work

- Introduction of game simulation activities (scrimmages/practice games).
- Masks must be worn at all times unless
- Physical conduct still minimized. Mandatory hand washing, use of hand sanitizer after contact activities (example: between drill rotations or after scrimmage session prior to moving to next activity).
- 50 participants per field.
- Athletes may utilize bags, sleds but cannot hit each other, equipment must be sanitized after each activity.
- 1 on 1 competition allowed, 7 on 7.....contact kept to a minimum.
- No travel to events that would require overnight stay.
- No water will be provided. Students should bring enough water for a full training session (recommended 2 gallons). No sharing of water.
- Practice times should be coordinated with site AD and coaches to maximize social distancing capability.

Team Meetings

- Max of 50 at a time but must social distance in meetings
- Wear mask at all times during non-play

Training Room

- Certified Athletic Trainers may evaluate injury or illness
- All activities such as rehab should be one on one
- Max of two athletes in the training room at a time

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