

AUHSD High School Sports Guidelines 2020-21

Purple Tier Sports: Cross Country, Golf, Tennis, Track + Field, Swimming + Diving *Final 1.27.21*

1. Students are expected to follow the [AUHSD Student-Athlete Code of Conduct 2020-21](#).
2. Students must provide signed AUHSD High School Sports Participation Waiver to coach before they can participate in team activities.
3. Students may only participate in one sport at a time.
 - Students may not switch from one sport in season to another sport in season, except with approval from the athletic director.
 - No late additions or substitutions to team rosters will be allowed, unless approved by the athletic director.
4. Physical distancing (6ft) should be strictly maintained at all times in accordance with guidelines.
5. Student mask use must be consistent with the guidelines for the public health status. Coaches must wear masks at all times.
 - Participants must wear face coverings when participating in training. With exertion, face coverings can be removed if physical distancing can be maintained.
6. Shared equipment will be allowed in accordance with the community public health status and requires approval by the athletic director. When allowed, it can only be used within a single cohort. There are no exceptions to this rule. Any athletic equipment brought for a student's personal use must be pre-approved by the coach and athletic director.
7. Students will be arranged into cohorts by the coach. No late additions or substitutions will be allowed, unless approved by the athletic director.
8. Cohorts must stay together. If different cohorts are on the field at the same time, students are not allowed to intermingle.
9. Restroom use is limited to one Player/Student at a time. Hands shall be washed with soap for at least 20 seconds after each use.
10. Students must arrive alone or be dropped off by a parent alone (unless a part of the same household) and MUST have masks on upon arrival and until departure. Students must not congregate in the parking lot before or after team activity. Students may not ride together unless a part of the same household.
11. Students and coaches will complete daily screening using the Company Nurse application. Using the Company Nurse application, students will be required to pass the screening and show their daily status to a coach before they can start practice each day.
 - Parents must ensure that students are not running a fever and are symptom free before attending team activity on each day. Symptoms that negate the ability of the Player/student to attend include: Fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste/smell, sore throat, congestion, nausea, vomiting, diarrhea. This list does not include all possible symptoms.
12. Outside of team activity, abide by County and State guidance for physical distancing, mask wearing in public, avoiding large gatherings or gatherings where attendees are not practicing appropriate safety measures, and maintaining appropriate handwashing and hygiene practices.
13. Coaches must propose a training plan to the athletic director for approval.
14. No indoor athletic facility use.
15. Competitions where physical distancing can be maintained are allowed in Purple Tier. All competitions (including scrimmages + time trials) must be approved by the Athletic Director.

Sport Specific Guidelines + Modifications

1. [CIF COVID-19 Modifications](#) for each sport should be followed by all teams.
2. Cross Country
 - Students must follow guidelines at all times during training, even while off campus.
3. Golf
 - Students may not ride together to training sites unless they are a part of the same household.
 - Masks must be worn at all times.
4. Swimming + Diving
 - Masks must be worn until the student enters the pool.
 - Training will consist of no more than 3 students per lane with swimmers maintaining distance during training.

AUHSD High School Sports
Assumption of Risk/ Waiver of Liability/ Indemnification Agreement

In consideration of allowing the below identified minor being allowed to participate in high school sports offered by the Acalanes Union High School District and related events and activities, the undersigned acknowledges and agrees that:

1. I understand, acknowledge and agree that the District, its employees, officers, agents or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity and I voluntarily assume all risk, known or unknown, of injuries, howsoever caused, even if caused in whole or in part by the action, inaction, or negligence, of the released parties to the fullest extent allowed by law.
2. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my Player/student's participation; and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. I have reviewed the most recent directives from the Centers for Disease Control (CDC), the California Department of Public Health and Contra Costa Health Services regarding the risks associated with Covid-9 exposure and safe practices to follow. If, however, I observe any unusual or significant hazard during my presence or based on information provided to me I will remove my Player/Student from participation and bring such to the attention of the nearest official immediately. Further I have informed and discussed the dangers of participation and the required rules and regulations to allow participation to my Player/Student and he/she acknowledges a full understanding of such; and,
5. I, for myself and on behalf of my Player/Student, heirs, assigns, personal and representatives HEREBY RELEASE AND HOLD HARMLESS the Acalanes Union High School District, its officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Player/Student: _____

Parent/Guardian signature: _____

Date signed: _____