

Redlands Unified School District Athletics



Return to Athletic Participation Phase #1 Plan October 1, 2020



Redlands Unified Athletics
BUILDING CHARACTER, CLASS AND CONFIDENCE

Redlands Unified School District
Return Athletic Participation
Phase #1 Plan
As of October 1, 2020

The physical and mental health of our student-athletes is our first priority. To that end, we propose the following guidelines for participation in Phase #1 conditioning for Fall athletics beginning on October 1, 2020, with the following guidelines.

Based on the successful implementation of Phase #1 for Fall sports and guidance from San Bernardino County Public Health, Spring sports Phase #1 start date will be determined at a later date, upon approval.

California COVID-19 Industry Guidance

<https://covid19.ca.gov/industry-guidance/> (Youth Sports is the last item on the document)
<https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/small-groups-child-youth.aspx>

California Interscholastic Federation Guidelines for Return to Physical Activity:

https://www.cifstate.org/covid-19/Resources/RTP_Combined.pdf

NFHS Guidance for Opening of High School Athletics: https://cifstate.org/covid-19/Resources/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

Phase #1 Return to Athletics focuses on reconnecting with student-athletes through conditioning and must take place outdoors. Students and coaches must maintain physical distancing, no physical contact with others, and no use of equipment.

Prior to participating in any workouts:

- Every student must be enrolled at their respective high school
- Students must complete the RUSD athletic clearance via AthleticClearance.com, which includes a current physical
- Participate in a team Zoom meeting facilitated by head coach - Review plan, expectations, procedures, self-screening process and site-screening process, etc.
- Student and parent/guardian read and sign RUSD Student-Athlete/Parent COVID Prevention Pledge

Guidelines for Families/Students

- Students must stay home if they are sick. If a fever is present, remain at home for a minimum of 24 hours after the fever subsides, without the use of fever-reducing medication, and at least 24 hours of symptom improvement.
- Families are encouraged to follow standard precautions set forth by the CDC for the virus's contraction and spread.
- Students not willing to strictly adhere to guidelines and instructions from coaches regarding these precautions will not be allowed to attend workouts.
- Students will not have access to locker room facilities and should report ready for the session and return home immediately following the session.
- Students **MUST** bring their own water bottles. Sharing of water bottles is prohibited.
- No visitors or observers will be allowed at the sessions.
- Alternative activities will be provided for athletes who cannot or do not want to currently participate in Phase #1 return-to-play workouts.
- It is recommended that students limit the number of outside RUSD cohorts they are participating in to preserve the integrity of the RUSD Phase #1 stable conditioning cohort. What is cohorting: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html>
- Contact your athlete's coach/Athletic Director/administrator with any questions or concerns.

Guidelines for Coaches:

- Review and understand how to implement Phase #1 Athletics Guidelines (confirmed by communication with site)
- Complete COVID-19 Training (Training can be accomplished via NFHS or VUSD COVID PowerPoint training) <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- Submission of facilities plan (student arrival/departure plan, visual of locations of where separate groups will be working out, and times of each session)
- Must be cleared to coach through RUSD Human Resources Department
- Coaches are required to wear masks or face coverings at all times.
- Coaches are responsible for monitoring adherence to all processes and protocols and reporting and providing accountability when necessary.

Phase #1 Participation Guidelines:

- **Self-Assessment Screening prior to leaving home**
 - All coaches and participants will perform a self-assessment for signs/symptoms of COVID-19 prior to leaving home and reporting to the activity each day. Should coaches or participants exhibit any of the following symptom, they are **NOT** to attend practice: Temperature greater than 100.4, flu or cold like symptoms, persistent, dry cough, shortness of breath, body aches, red eyes or cheeks, and/or lethargy.
 - Players/parents shall advise their coach immediately should they experience any of the previously listed COVID symptoms and coaches are required to notify site administration if they show any symptoms.

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- Upon arrival at school site, all coaches and players will have their temperature taken (must register less than 100.4 degrees), and will be asked the following questions:
 - Have you had a new fever or sense of a fever?
 - Have you had a cough that you cannot contribute to another health condition?
 - Have you had shortness of breath that you cannot attribute to another health condition?
 - Have you had a sore throat, diarrhea, or vomiting that you cannot attribute to another health condition?
 - Have you had muscle aches that you cannot attribute to another health condition or that may have been caused by a specific activity (such as physical exercise)?
 - If a student answers affirmative or exhibits illness, fever, cough, and/or flu-like symptoms, the student will be isolated and sent home to recover after the student athlete's parent/guardian is notified.
 - Screening, attendance, and group information will be logged by athletic trainers/coaches/site designee.
- **Grouping, Distancing, and Face Covering**
 - Students will participate in small cohorts (10 or less) and shall not mix between groups
 - Coaches will be assigned to each group.
 - Cohorts should not exceed 10 persons, maximum, including student athletes and coaches. Supervising adults (coach/trainer) should be assigned to a single cohort.
 - Student arrival and exit locations, times, and procedures will be coordinated such that students do not mix with other groups.
 - Students shall maintain a minimum 6 feet social distance before, during, and after sessions using cones, tape, etc. (NOTE: according to the CDC, when exercising athletes will be breathing heavier and should be distanced at 9ft from each other)
 - Students are to wear masks and face coverings at all times, including when they arrive and leave workouts, but will not be required while actively conditioning (social distance will be maintained).
 - Social distancing needs to be maintained for any first-aid needs.
 - Determine an isolation area if a student becomes sick during practice while waiting for a parent/guardian to come pick up the student.
 - Signage for distancing and face coverings will be posted at each site.
 - Outdoor venue usage/maximum occupancy during phase #1: stadium=50 student-athletes, pool deck=20 student-athletes, baseball fields=20 student-athletes, and softball fields=20 student-athletes. Other venues (outdoor courts, grass areas, etc.) may be used at site discretion but they must be outdoors and with proper social distancing at all times.
 - **Hygiene Protocol**
 - Coaching staff will instruct/remind students about proper hygiene protocol including washing hands and using hand sanitizer.

- Coaching staff will instruct/remind students best practices for coughing and sneezing into a tissue or into their elbows.
 - Coaches will model and practice handwashing.
 - Students will wash hands or use hand sanitizer after screening and prior to participation.
 - Students must have their own water bottle to participate and will only be allowed to use water fountains to refill their own water bottle. **(No sharing of water bottles)**
 - Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
 - Area for storing personal belongings will be designed with social distancing in mind.
 - Signage for washing of hands posted at each site
- **Equipment**
 - No equipment will be used during Phase #1.
 - Balls will not be used during the beginning of Phase #1.
 - Frequently touched surfaces and any shared spaces will be cleaned regularly with products approved for use against COVID-19 and consistent with EPA OSHA Guidelines
 - Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
 - Restrooms will be open for use. One person allowed at a time and practicing social distancing guidelines.
- **Plan for When a Staff Member or Student Becomes Sick**
 - Students and/or staff that present with a fever above 100.4 and a cough and/or shortness of breath and/or gastrointestinal illness should be considered a suspect COVID-19 case and referred for testing.
 - Guardians should be notified to pick up their child and bring them to their primary medical doctor for COVID-19 testing.
 - Those without a regular source of care for testing should schedule a testing appointment at any of the community testing venues found by visiting <https://sbcovid19.com/testing-sites/>
 - While the individual is awaiting test results, they should isolate at home and be provided a distance learning option.
 - When there is a confirmed COVID-19 test, coordinate with RUSD District Office to determine who should be considered a “close contact,” which is defined as anyone within 6 feet of a confirmed COVID-19 positive individual for 15 minutes or longer in duration.
- **Staff member or student with a confirmed COVID-19 diagnosis needs to inform the site, so the site designee can contact RUSD Risk Management to determine next steps.**
 - Staff that are identified as a close contact of a confirmed COVID-19 case will be

referred for testing. Verification of a negative test result would allow the person to return to work. Active symptom screening (temperature and symptom checks) will be done daily for 14 days following exposure. The employee will wear a medical mask at all times during those 14 days at the end of which they will undergo repeat COVID- 19 testing.

- For students who remained with the same cohort of individuals, the staff and students in the same cohort as the individual who was confirmed as being positive for COVID-19 should be considered contacts. Close friends with significant contact outside of the cohort should also be treated similarly. The students and staff should be referred for testing.
- While the individual is awaiting test results, they should isolate at home and be provided a distance learning option.
- All “close contacts” to a confirmed COVID-19 positive individual should quarantine at home for the full 14 days, irrespective of a negative COVID-19 test result, as symptoms can take 2-14 days to appear.
- They should be retested at approximately 7 and 14 days.
- Students with *confirmed COVID-19* should not return until they have met CDC criteria to discontinue home isolation, which would be determined by the San Bernardino County Public Health Department.

FALL SPORTS BASED ON CIF-SS CALENDAR:

- **Football Specific Guidelines - Phase #1**
 - Conditioning and individual drills.
 - Contact with other players is not allowed, and there should be no use of tackling dummies/donuts/sleds/balls.
 - Protective equipment prohibited.
- **Water Polo Specific Guidelines- Phase #1**
 - Phase One conditioning-pool may be used. No equipment to be used, one swimmer per lane with every other lane swimming in opposite directions, no contact or use of balls.
- **Indoor Volleyball Specific Guidelines - Phase #1**
 - Phase One conditioning will be conducted outdoors.
 - No use of balls nor equipment.
- **Cross Country Specific Guidelines - Phase #1**
 - Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
- **Traditional Sideline Cheer Specific Guidelines-Phase #1**
 - Conditioning and individual drills.
 - Contact with other athletes is not allowed.
 - No vocalizing of cheers will be permitted at this time.

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