



Redlands USD Athletics

Return to Athletic Participation: Phase #1

- All student-athletes must complete the online athletic clearance process through their respective school athletic office before participating in Phase #1 conditioning: <https://athleticclearance.com/>
- All student-athletes and parents must sign a COVID-19 Pledge (included in online athletic clearance).
- Conditioning is voluntary and no exclusionary actions will be taken for those who choose not to participate.
- All coaches must complete the COVID-19 required online training, "Coronavirus Awareness" through Keenan or NFHS.
- All coaches will be required to attend site-training session on "Phase #1: Return to Participation: Protocols."
- All coaches must sign COVID-19 Pledge.

Guidelines/Restrictions for Phase #1

*Outdoor Conditioning only

*No equipment usage

*6' Social Distancing

*10 or less per cohort

*No spectators, parents or media

*Masks worn unless conditioning with proper distancing @ 9 feet

Fall Sports (per CIF-SS 2020-21 Calendar)

PHASE 1 START DATE: OCTOBER 1st

Cheer

Cross Country (B/G)

Football

Volleyball (B/G)

Water Polo (B/G)

Spring Sports (per CIF-SS 2020-21 Calendar)

Start Date: TBD

Badminton (Coed), Baseball, Basketball (B/G), Golf (B/G), Soccer (B/G), Softball, Swimming (B/G), Tennis (B/G), Track (B/G), Wrestling (B/G)

All plans/procedures followed will be in line with CA State Department of Health and San Bernardino County Guidelines regarding Youth Sports "Return to Participation" procedures.