



The following protocols are based on the current guidelines from the National Federation of State High School Associations (NFHS), California Interscholastic Federation (CIF), and local public health officials for the return of sports/extra-curricular activities. These protocols must be followed by every person that is attending a sports-related workout or practice. Our student-athletes returning after a long period of rest. All staff must assume each student-athlete is completely deconditioned regardless of at-home workouts that were available during the recent State-imposed stay-at-home orders.

General Information:

- Parents will not be allowed on campus to watch practices. All Mission Hills High School (MHHS) students will be dropped off at the ticket booth in the student parking lot; all San Marcos High School (SMHS) students will be dropped off at the tower. If a student is driving themselves to conditioning/practice, they should park in the student parking lot and proceed to the locations designated above. The students will be met by their coach, screened for the presence of COVID-19 related symptoms, and escorted to their designated activity area. At the conclusion of the activity, athletes will be released at the original location.
- Parents / students / coaches will be directed to the MHHS/SMHS website where a Centers for Disease Control and Prevention (CDC) information sheet about COVID-19 signs/symptoms will be posted. Parents / students / coaches will be required to sign a consent form acknowledging they have read the CDC information sheet and understand the following terms / conditions / rules for participation. Parents / guardians must give permission to their child(ren) to participate.
- *Participation is voluntary!* Students will not be penalized if they do not attend conditioning event or practice. Students will not be required to “make-up” any missed conditioning events or practices. Conversely, students who decide to attend will not be given “special treatment” or any advantage for attending (e.g. point-system based on attendance).
- There will be only one entrance and one exit into the facilities.
- There will be only one location for the required COVID-19 symptom screenings.
- Everyone must have their mask, hand sanitizer, and filled water bottle (suggested at least 32 ounces / 1 liter for per hour of activity) before attending the athletic activity.
- Everyone must wear appropriate clothing for the scheduled activity and be ready for the workout when arriving. **Locker rooms will not be used or available.**



- Workout times will be staggered and workout groups will consist of no more than one (1) coach and no more than twelve (12) athletes. Members of each workout group will not be allowed to switch with members from any other workout group.
- In accordance with CIF guidelines, a pre-participation physical is required prior to the student's participation in any phase of the athletic activity.

Pre-workout Screening

- Everyone must have a daily temperature screening with a non-contact infrared thermometer before entering the MHHS / SMHS facilities. Anyone with a temperature above 99.9° Fahrenheit will not be allowed to participate. The student / coach will be immediately sent home in order to isolate themselves. Parents of students will be informed and be asked to watch for other COVID-19 related symptoms. Referral to a physician for evaluation is recommended if any COVID-19 related signs / symptoms worsen.
- Any student / coach sent home due to a positive COVID-19 symptom screening result will be required to remain in isolation until the occurrence of one of the following, in accordance with San Diego County requirements.
 - a) At least three days (72 hours) have passed since recovery (defined as resolution of fever without the use of any fever-reducing medications), improvement of respiratory symptoms, and at least 10 days since symptoms first appeared;
 - b) Receipt of at least two negative results from an FDA-authorized test for COVID-19 from consecutive nasopharyngeal swab specimens collected at least 24 hours apart; and/or
 - c) A person with laboratory-confirmed COVID-19 who has not had any symptoms may discontinue isolation when at least 10 days have passed since the date of the first positive COVID-19 diagnostic test and have had no subsequent illness.
- All daily COVID-19 symptom screenings will be documented for each person (see the appropriate form). The coach will be required to print and bring the form with them each day. The Athletic Director and/or Athletic Trainer will keep the documents.



- Students with underlying health conditions that are more susceptible to COVID-19, as defined by the CDC will be advised to get medical clearance from a health official (MD or DO only) for the underlying health condition. This includes, but is not limited to, the following underlying health conditions: asthma and other respiratory conditions, heart conditions, autoimmune diseases, diabetes, or anyone with a compromised immune system (e.g., cancer patients).

Cleaning

- All equipment (weights, benches, etc.) shall be cleaned with an EPA-registered cleaning product between each possible contamination period (before a different person uses the equipment) following all SMUSD cleaning protocols.
- The coach using the equipment during that session will be in charge of cleaning it after the workout. Coaching staff will document what equipment was used and sign a form indicating that they have cleaned it after the workout session ends.
- Students should use their own hand sanitizer before and after workouts, as well as after contact with any shared equipment and should refrain from certain activities including high fives, handshakes, hugs, fist bumps and handling of any other equipment that is not their own.
- Any benches / padding / equipment that has holes exposing foam should be covered and repaired before being used.

Activity/Equipment

- Everyone will be expected to wear their mask when not exercising. Students may remove their masks during the workout time only. Coaches will be required to wear their mask at all times, if required according to San Diego County guidelines.
- Athletic activities should only happen outside (no indoor workouts) with groups of 12 or less and with adequate space for 6-foot distancing at all times.
- No sharing of towels, water bottles, equipment, etc.
- In accordance with San Diego County guidelines, during Phase 1 (as described below) shared equipment should be limited to only those items that only the coach will need to touch (conditioning ladders, hurdles, cones, etc.).
- In accordance with San Diego County guidelines, during Phase 2 (as described below) shared equipment may be used but should not be shared between students



during the same session and must be properly sanitized according to documented practices. Each student should have their own ball if using them during practice. All of the balls must then be cleaned after each use, in accordance with San Diego County guidelines and recommendations.

- At the conclusion of each workout / activity, athletes will be directed to return home immediately, shower, and wash their clothing / masks / water bottles before their next uses.

Expectation from Coaches

- Coaches should make it very clear to students that they are not to touch anything or anyone while they are on campus, except the equipment that is being used. Being allowed to participate in these workouts / practices is a privilege.
- Any student ignoring / breaking rules will forfeit their workouts / practice that day. The student will be asked to sit on the bench or have their parent / guardian pick them up early. If it happens a second time, the student will forfeit their workouts / practice for a week. If it happens a third time, the student is subject to additional discipline, up to and including removal from the program.
- Coaches must meet their group at the entrance gate, assist in symptom screening and documentation, and then work with the group to the practice area. Coaches must all accompany their group to the exit area when the workout / practice has concluded.
- Coaches are required to print the symptom screening forms along with the cleaning documentation form and bring it with them to practice each day. Completed forms must be submitted to the Athletic Director and/or Athletic Trainer on the last day of practice of each week.
- Coaches must create visual markings that are measured at least 6-feet apart and show the athletes where to place their belongings at the beginning of each workout.
- Coaches should wear a mask in accordance with current San Diego County guidelines.
- Students that need to use the restroom must ask the coach first and must go one at a time. No two people are permitted in the bathroom at the same time. Students should only use the restrooms above the stadium (no locker rooms or gyms). Students should maintain at least a 20-foot distance when walking past another group.



- As a prevention measure, there will be not “testing” of strength / endurance until an student has completed 14 days of supervised, in-person training.
- As a prevention measure, coaches shall utilize virtual means for all team meetings, chalk talks, video evaluations, and instruction, where possible.

Workout / Practice Schedule

- Practice times will be staggered and screening times will be at least 15 minutes prior to the scheduled start time for each group. The screening will occur at the specified location.
- If there is an increase positive COVID-19 cases among the students / coaches within any phase, contact sessions will be adjusted, as appropriate, in accordance with San Diego County guidelines. This may include suspending all athletic-related activities.
- Future extra-curricular activities beyond Phase 1 and Phase 2 will depend on additional State and County guidance. The schedules could be expanded to include indoor facility use and increase group gatherings. All of the above is subject to change and will require constant communication between administrators, athletic directors, coaches, athletic trainers and the community. The San Marcos Unified School District will continue to modify its plans as additional guidance is received.
- The training room will be limited to no more than two students and one trainer at any one time.

Other Important Considerations

- Teams / programs may initiate in-season training in accordance with current permissible guidelines; however, they **MUST** take into consideration the current fitness levels of each participant.
- There will be no sharing of water sources (fountains and coolers) until further notice. If a student runs out of water during their workout, they will not be expected to complete the workout unless a parent provides more water. Teams may want to have some single-use water bottles available, if needed.