



Resocialization Guidelines for Off-Season / Summer Activities

We have been given the okay to begin resocialization within our athletic, cheer, dance and band programs, the following plans have been approved. We understand that this, or any such plan, must operate within the approve of District and school leadership and in accordance with local and state public health officials regarding a return to campus, practice and/or competition. In the end, school leaders along with guidance from local public health officials determine who can participate in, assist with, and watch student-athlete practices and competitions. These “phases” are meant to be consistent with the federal, state, and local guidelines and reflect the best available scientific and medical information available at this time. As such, **this plan is subject to modification as additional information becomes available.**

Phase 1: Conditioning

- All activity to be done outdoors and without the use of any equipment or training implements.
- Groups will be limited in size to no more than one coach and no more than 12 participants.
- Groups will remain the same each day and coaches will be limited in the number of groups they oversee.
- It is recommended that any student with an underlying medical condition or deemed “vulnerable” seek an evaluation from their personal physician (MD or DO only) to confirm their readiness to participate in intensive exercise. This would not normally be required for participate in summer activities.
- Daily symptom screenings, as recommended by San Diego County public health officials will take place prior to each participant’s entrance to the facility. This includes all coaches as well.
- There will be one entrance and one exit to the facility.
- Locker rooms will not be accessible before, during, or after workouts. Students should be dressed in appropriate workout attire when they arrive.
- Students will be not permitted to share water bottles or coolers. Students are responsible for bringing their own water.



- Physical distancing will be in place at all times, as well as the use of required face coverings in accordance with San Diego County public health guidelines and when appropriate for the designated activity.
- Start times for all groups will be staggered in order to comply with physical distancing requirements and guidelines.
- The training room will be limited to no more than two students and one athletic trainer at any time, in accordance with CIF guidelines.
- Parents/guardians are required to sign a consent/liability release form acknowledging the terms and conditions of the activities, thus giving permission for their son/daughter to participate.

If, after successful implementation of Phase 1, there is no evidence of a rebound or increase in COVID-19 cases or symptoms, our programs may be permitted to proceed to Phase 2 in accordance with federal, state, county and district guidelines.

Phase 2: Conditioning with Allowable Equipment

- All activity to be done outdoors and may include the use of some equipment as discussed below.
- Groups will be limited in size to no more than 50 participants, including coaches.
- Groups will remain the same each day and coaches will be limited in the number of groups they oversee.
- It is recommended that any student with an underlying medical condition or deemed “vulnerable” seek an evaluation from their personal physician (MD or DO only) to confirm their readiness to participate in intensive exercise. This would not normally be required for participate in summer activities.
- Daily symptom screenings, as recommended by San Diego County public health officials will take place prior to each participant’s entrance to the facility. This includes all coaches as well.
- Student-athletes may use equipment, including outdoor weight training equipment, that can be properly sanitized between each use according to document practices, in accordance with San Diego County health guidelines.



- There will be one entrance and one exit to the facility.
- Locker rooms will not be accessible before, during, or after workouts. Students should arrive dressed in appropriate workout attire.
- Students will be not permitted to share water bottles or coolers. Students are responsible for bringing their own water.
- Physical distancing will be in place at all times, as well as the use of required face coverings in accordance with San Diego County public health guidelines and when appropriate for the designated activity.
- Start times for all groups will be staggered in order to comply with physical distancing requirements and guidelines.
- The training room will be limited to no more than two students and one athletic trainer at any time, in accordance with CIF guidelines.
- Parents/guardians are required to sign a consent/liability release form acknowledging the terms and conditions of the activities, thus giving permission for their son/daughter to participate.

If, after successful implementation of Phases 1 and 2, there is no evidence of a rebound or increase in COVID-19 cases or symptoms, our programs may be permitted to proceed to Phase 3 in accordance with federal, state, county and district guidelines.

Phase 3 guidelines are currently being developed.