



Plan for Returning to Athletic Conditioning & Workouts

Greetings SMUSD Parents,

September 22nd, 2020

SMUSD is announcing the return of in-person athletic conditioning and workouts at both Mission Hills High School and San Marcos High School starting on **Monday, September 28th**.

On August 3, 2020, the California Department of Public Health published guidelines for sports and extracurricular activities. While keeping our student health and safety as a priority, and following the California Interscholastic Federation (CIF), county, state and federal health and safety guidelines, SMUSD will implement the following “Return to Play” safety plan developed to guide coaches through the return of athletic training opportunities and workouts in a COVID-19 environment. The plan reflects the best available scientific and medical information available at this time.

Return to Play Guidelines

General Information / Pre-participation Requirements:

- Physical distance of at least 6 feet between all individuals must be maintained.
- Face coverings are required when arriving and exiting all athletic facilities.
- All workout and training sessions are voluntary. Student athletes are not required to participate.
- All students are required to bring their own water bottle, water bottles must not be shared. Hydration stations are not permitted in this phase.
- All participants must complete the Release of Liability for SMUSD relating to COVID-19.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gathering / Available Athletic Facilities:

- Training and conditioning sessions can be scheduled by district coaches beginning September 28th, 2020.
- Campus facilities will be available to district coaches from 2:30pm until 9:00pm, Monday through Friday.
- Start times for all groups will be staggered in order to comply with physical distancing requirements and guidelines.
- All sessions will be scheduled through the site’s Athletic Director and follow the facility use protocols.
- No visitors will be permitted to attend conditioning sessions. This includes parents, Booster clubs, and community members.
- Locker rooms will not be accessible before, during, or after workouts. Students will need to be dressed in appropriate workout attire when they arrive.

- Workouts will be conducted in “stable cohorts” of athletes. There will not be mixing of cohorts. Cohorts will remain consistent each day.
- Coaches are limited to contact with one cohort of 14.

Equipment / Personal Hygiene:

- This initial phase shall include only training and conditioning instruction and exercises.
- No specific sports equipment, such as balls, tackle dummies, sleds etc. shall be used.
- Shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students is not permitted.
- Students must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- 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 overseeing the use of the equipment during any session will be in charge of cleaning it after the workout.
- 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.

Screening / Symptoms:

- All coaches and students must be self-screened daily for signs/symptoms of COVID-19 prior to a workout. Screenings will include a wellness check by the coach. If the coach / student responds “Yes” to any of the COVID-19 Employee Symptom Questionnaire or if your temperature is > 100.0 F, please (a) Do not come to practice and (b) tell your coach you will not be at practice.
- Everyone must have a daily temperature screening with a non-contact infrared thermometer before entering the MHHS / SMHS facilities. Anyone with a temperature > 100.0° Fahrenheit will be asked to wait in a designated area before having their temperature checked again.
- If the student / coach has a temperature >100.0° Fahrenheit in the second test or identifies having a COVID-19 related symptom they 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 “Yes” response to COVID-19 Employee Symptom Screening and/or a temperature >100.0 ° Fahrenheit will be required (a) to go home and may return 72 hours after symptoms are resolved and proof of a negative test.
 - If no negative test is provided then the student / coach can return back to campus after 10 days of isolation (a) 24 hours without fever (no meds) and (b) symptoms are improving
- Any student / coach who provides the school with a positive test results will have to isolate for 10 days and may return back to campus (a) 24 hours without fever (no meds) and (b) symptoms are improving
- Any student / coach who is identified as a close contact to a positive test results will have to be quarantined for 14 days.

Please note that this plan is fluid and guidelines and recommendations will be modified as CIF, county, state, and federal health and safety guidelines change. Those health and safety regulations must be adhered to. If you find a conflict between the guidance, please consult your school’s Athletic Director in

resolving it. 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, district, and CIF guidelines. 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.

We appreciate all your patience and understanding as we continue to navigate health and safety guidelines, school guidelines and safe facility use. We look forward to seeing all of our students back on campus, doing what they love.

Sincerely,

Cliff Mitchell, Principal MHHS
DJ Zapata, Athletic Director MHHS

Adam Dawson, Principal SMHS
Jeff Meyer, Athletic Director SMHS