

Huntington Beach Union High School District

Athletics & Performing Arts REOPENING GUIDELINES

Aligned to National Federation of State High School Associations Sports Medicine Advisory Committee, CIF Sports Medicine Advisory Committee, and Orange County Healthcare Agency Guidelines



July 13 – based on current State/County Guidelines

- CIF Sports Can Begin Workouts
- Begin with Phase II Guidelines

Low Risk Sports	Moderate Risk Sports	High Risk Sports
Running Sports Swimming Sports Sideline Cheer/Song Non-Contact Dance Cross Country Track Golf Choir Choreography String/Percussion Instruments	Basketball Volleyball Tennis/Badminton Girls LAX Soccer Baseball Softball Water Polo Field Hockey	Wrestling Football Boys LAX Competitive Cheer/Song Contact Dance

**There currently are no implementation guidelines for singing or the playing of wind instruments.*

PHASE II	PHASE III
10 people > indoors 50 people > per outdoor facility No locker rooms Six-feet distance No Athlete Contact Limited Shared Equipment for Moderate/High Risk Sports* All Sports Resume Workouts* Low Risk Sports Resume Practice* Moderate Risk Sports Begin Modified Practice* High Risk Sports Begin Workouts but <u>Not Practice</u> *	50 people > per indoors/outdoor facility Locker room open (six feet apart) Three-Six feet social distance** Moderate Risk Sports Resume Practice* High Risk Sports Begin Modified Practice* Limited Shared Equipment for High Risk Sports (details below)

*Coaches must abide by individual sport guidelines for definition of workout and practice modifications during each phase implementation. High Risk Sports must submit approval of workout plans for Phase II implementation to be approved by Principal or Assistant Principal.

**Distance will be based on state/county social distancing guidelines

Prior to START

- Any coach providing supervision must attend a [HBUHSD Athletics COVID Coach/Teacher Training](#) and is responsible for cross-training and the accountability of protocol implementation of all other adults serving in a supervisory capacity in their program.
- Each Athlete must complete a signed [HBUHSD Athletics/VAPA Parent/Guardian Notification](#)

- Each athletics/arts/activities program must use the [HBUHSD Participant/Coach Monitoring Log](#).

Points of Emphasis

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. HBUHSD will follow the guidance from our state and local health departments.

a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)

b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:

- State, local or school district guidelines for cloth face coverings should be strictly followed.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
- Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Coaches, officials and other contest personnel will wear cloth face coverings at all times during Phases 1 through 3.

2. The principles presented in this guidance document can be applied to practices, rehearsals, and events for the performing arts with the exception of singing and the playing of wind instruments. The extent of the spread of respiratory droplets during these activities is currently under investigation and further guidance will be issued as it becomes available.

3. All programs will:

- Train coaches through the HBUHSD Athletics COVID Coach/Teacher Training prior to beginning any workout/practice (facilitated by Athletic Directors and School Administration on each High School Site).
- Coaches/Teachers sign the HBUHSD Athletics COVID Coach/Teacher Training Guidelines.
- Notify parents/guardians of the reopening measures for their program/sport.
- Distribute and collect the HBUHSD Athletics/VAPA Parent/Guardian Notification Letter (Appendix I) with parent/guardian signature prior to student participation.
- Wear face coverings as participants/athletes/coaches enter and exit practice and maintain six feet of social distance.
- Take and record temperature on the HBUHSD Participant/Coach Monitoring Log (Appendix II) of each athlete/coach upon arrival.
- Athletes with a temperature of 100.0 or higher will be sent home and will not be allowed to participate for 14 days or until a clearance from a medical doctor is received.
- After temperature check, all participants/coaches will wash their hands and/or use hand sanitizer.
- Utilize drop-off and pick-up procedure where only athletes come onto campus and all parents/guardians remain inside their vehicles.
- Ensure that participants are six feet apart while awaiting pick-up (HBUHSD will clearly mark waiting spots on the ground for student use).
- In order to limit the number of people on campus, practices will be closed to all spectators.

Phase I

PHASE I: Pre- Workout Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider

Phase I: Limitations

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms will not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of six feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Phase I: Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts and hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment and appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.



Phase I: Physical Activity & Athletic Equipment

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted if social distancing cannot be maintained. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including but not limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended six feet of distancing between individuals

Phase I: Hydration

- All students shall bring their own water bottle. Water bottles must not be shared and will not be provided.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.



Phase II

Phase II: Pre-Workout / Contest Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase II. Vulnerable students are defined as students who are vulnerable to pre-existing conditions and have a compromised immune system.

Phase II: Limitations on Gatherings

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts per facility. *(Large indoor spaces such as HBUHSD Gyms will be regularly evaluated for use beyond 10 individuals, based on the current health guidelines and ability to partition space/courts)*
- If meeting rooms are used, there must be a minimum distance of six feet between each individual at all times and no more than 10 individuals in a room.
- Locker rooms will not be utilized during Phase II. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students/coaches with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of six feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Phase II: Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be readily available to students and staff as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in all facilities.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

Phase II: Physical Activity & Athletic Equipment

- Lower risk sports practices and intra-squad competitions may resume (see Potential Infection Risk by Sport above).
- Modified practices may begin for Moderate risk sports (see list on page one).
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Groups will limit use of supplies and equipment to one group of students at a time and clean and disinfect between uses.
- All athletic equipment, including balls, should be cleaned intermittently during practices and intra-squad competitions .
- Hand sanitizer should be plentiful at all intra-squad competitions and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Phase II: Hydration

- All students shall bring their own water bottle. Water bottles must not be shared and will not be provided.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Phase III

Phase III: Pre-Workout / Contest Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Phase III: Limitations

- Gathering sizes of up to 50 individuals per facilities, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of six feet between each individual. Consider using tape or paint as a guide for students and coaches.



Phase III: Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be readily available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

Phase III: Physical Activity & Athletic Equipment

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be readily available at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified practices may begin for higher risk sports:
 - *Continue pre-practice screening as in Phases I and II. Shower immediately after practices/contests.*
 - *Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.*

Phase III: Hydration

- All students shall bring their own water bottle. Water bottles must not be shared and will not be provided.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

