

SBCUSD Athletics Reopening Phases Guidance

Mission: San Bernardino City Unified School District (“SBCUSD”) recognizes that athletics programs are not only essential to the learning of all students involved, but also a key to lifelong success for many of our students. As such, SBCUSD is committed to following the most current federal, state and local health agency guidelines as well as all applicable guidance from youth sport organizations including the California Interscholastic Federation and the National Federation of State High School Associations. In order to minimize the risk of transmission of COVID-19 and other illness to students, families, coaches, and the community, our athletics programs will be reopened in accordance with the following phases. The commencement of each new phase of our athletics programs will be guided by what is safe, healthy, feasible, practical, acceptable based on local epidemiological data and conditions, and be tailored to the needs of the community so that we may help our student-athletes participate in these highly meaningful and essential programs in the safest way possible.

Not Permitted by State Public Health Guidance:

Outdoor and indoor sporting events, assemblies, dances, rallies, field trips, and other activities that require close contact or that would promote congregating, e.g., tournaments, events, or competitions, regardless of whether teams are from the same school or from different schools, counties, or states.

Health and Safety Measures under Phase 1:

- Small group and/or individualized strength/conditioning/skills/practice ONLY.
- All coaches are required to train athletes on proper illness prevention/hygiene protocols.
- All coaches/players will agree to the illness prevention pledge.
- All coaches will complete illness screening training prior to the first practice.
- Small groups of at most 10 athletes or less that consist of a stable cohort, such as a class, and no mixing between groups.
- Coaches will make every effort to ensure that small group members remain the same every day.
 - For sports that cannot be conducted with sufficient distancing or cohorting, only physical conditioning and training is permitted and ONLY where physical distancing can be maintained. Conditioning and training should focus on individual skill building (e.g. running drills and body weight resistance training) and should take place outside, where practicable. Indoor physical conditioning and training is allowed when gym and fitness centers are allowed to operate indoors in San Bernardino County.
- Social distancing of at least 6 feet between individuals at all times. The number of individuals in the room must be reduced or adjusted to ensure that a minimum distance of 6 feet is possible between each individual.
- No shared equipment, clothing, or towel is allowed. If sports equipment (e.g. ball, weights, etc.) must be shared by multiple athletes, then the equipment must be wiped down, cleaned, and disinfected between uses by different people. All personal clothing and towels should be washed and cleaned after every workout.
- No guest/visitor attendees at practices.

- All coaches are to wear face coverings at all times and especially when physical distancing is not possible.
- Masks are recommended for students when safe and feasible, but not required in all circumstances
 - Consistent with the latest California Department of Public Health guidance for gyms and fitness facilities as well as schools, sports, and extra-curricular activities, cloth face coverings must be worn during indoor physical conditioning and training or physical education classes (except when showering). Activities that require heavy exertion will be conducted outside in a physically distanced manner without face coverings. Activities conducted inside will be those that do not require heavy exertion and can be done with a face covering. Athletes should take a break from exercise if any difficulty in breathing is noted and should change their face coverings or masks if it becomes wet and sticks to the athlete's face and obstructs breathing. Activities where face coverings are not required include swimming, distance running, and other high intensity aerobic activity. Masks and face coverings that restrict airflow under heavy exertion (such as the N-95 masks) are not advised for exercise. Plastic face shields are not allowed during participation.
- All student athletes and staff reporting to campus must undergo temperature checks before being permitted onto campus.
- All student athletes and staff reporting to campus must undergo frequent visual screening before being permitted onto campus and throughout their time while on campus.
- Hand washing or hand sanitizing stations will be readily available and all student athletes and staff are encouraged to use them frequently throughout the day, but especially prior to the start of the athletic activity, before and after eating, after coughing or sneezing, after handling shared equipment or items, and before and after using the restroom.
- Student athletes and coaches who have been exposed to or contracted COVID-19, or show COVID-19 symptoms are not allowed to participate in SBCUSD athletic programs or be on campus until they have met CDC and CDPH criteria to discontinue home isolation, including at least 3 days with no fever, symptoms have improved, and at least 10 days since symptoms first appeared. Most current CDC home isolation criteria can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>, and most current CDPH guidance on isolation and quarantine can be found here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.
- No locker room use – students must report to activity directly in appropriate attire with all necessary belongings and take all belongings with them when they leave the activity and campus and go directly home to shower.
- All students must bring and use their own water bottle and water bottles must not be shared. Food item should not be shared. Water fountains will be used only for re-filling water bottles.
- No free weight exercises which require a spotter that would violate social distancing requirements.
- Any sport specific activity must align with these SBCUSD sport phase 1 guidelines for the specific sport.

- Monitor progress, maintain communication with local, state and federal agencies and alter rules as needed

Health and Safety Measures under Phase 2: same guidelines as Phase 1 with the following additions:

- Any sport specific activity must align with SBCUSD sport phase 2 guidelines for the specific sport.
- Moderate risk sports begin modified practice.
 - Moderate risk sports include the following:
 - Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants
 - Sports that involve intermittent close contact
 - Group sports
 - Sports that use equipment that cannot be cleaned between participants
 - Examples of moderate risk sports include basketball, volleyball, baseball, softball, soccer, water polo, gymnastics if equipment cannot be sufficiently cleaned between student athletes, ice hockey, field hockey, tennis, swimming relays, pole vault, high jump, long jump, girls lacrosse, crew with two or more rowers in shell, and 7 on 7 football.
- Inside activities limited to groups of a maximum of 10 athletes (large inside facilities like gyms, some weight rooms, etc. will be monitored for potential additional groups/pods with maximum of 10 athletes each and maintaining social distancing).
- Outside activities limited to maximum of 50 athletes or other limits in adherence to CDC, CDPH, and CIF guidance, while still utilizing groups/pods of 5-10 athletes and maintaining social distancing.
- All student athletes and staff must maintain a minimum distance of 6 feet between one another at all times when practicable, and avoid any unnecessary and unintentional direct physical contact with each other, including high-fives, chest bumps, and hugs.

Health and Safety Measures under Phase 3: same guidelines as Phases 1 and 2 with the following additions:

- Any sport specific activity must align with SBCUSD sport phase 3 guidelines for the specific sport
- High risk sports begin modified practice.
 - High risk sports include sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
 - Examples of high risk sports include wrestling, football, boys' lacrosse, competitive cheer, and dance.
- Limit of maximum of 50 athletes inside or outside or other limits in adherence to CDC, CDPH, and CIF guidance.
- Locker rooms may be used with social distancing.

Illness Prevention Screening Protocols SBCUSD Self-Screening Protocols

SBCUSD requires all staff and students to be vigilant in daily self-assessing for possible symptoms of illness from COVID-19. If you are experiencing one or more of the following symptoms, you **MUST** isolate at home and not report to campus for work, school, or other activities until you have met CDC and CDPH criteria to discontinue home isolation, including at least 3 days with no fever, symptoms have improved, and at least 10 days since symptoms first appeared. Most current CDC home isolation criteria can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>, and most current CDPH guidance on isolation and quarantine can be found here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.

The following is a non-exhaustive list of known COVID-19 symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Staff/students must notify their school/employer of their absence due to COVID-19 symptoms.

SBCUSD Initial Screening Protocols

SBCUSD requires that all staff be vigilant in observing possible symptoms of illness of individuals on campus. If you see one or more of the following symptoms in students, staff, vendors, or other visitors at your school site, send the individual (adult or child) to the health office, athletic trainer, or athletics/administration for secondary screening:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

- Nausea or vomiting
- Diarrhea

Note: All SBCUSD staff will complete a target solution training which pairs with the guidance above.

SBCUSD Secondary Screening Protocols

If an individual is referred to secondary screening, predetermined athletic/health/administrative staff should take the following steps to determine the proper course of action:

1. Secondary screener **MUST** wear a mask during screening
2. Temperature check
3. Reassess symptoms as reported in the initial screen
4. Ask the following screening questions:
 - a. Ask about travel within 14 days (assess possible travel to known illness hot spots)
 - b. Are you showing signs or symptoms consistent with COVID-19?
 - c. Have you tested positive or been diagnosed to currently have an active COVID-19 infection?
 - d. Have you had a recent known or suspected exposure to a person with laboratory-confirmed COVID-19? This will include at least 15 minutes of exposure without being 6 feet or more apart at all times with such a person.
 - e. Have you been asked to get tested by your healthcare provider or health department?
 - f. Are you a part of a cohort for whom testing is recommended (e.g. if your workplace has been identified as having had an outbreak.)
5. Determine plan of action based on screening
 - a. **Return to sport:** Call home to notify parents that a secondary screening was completed and the student was sent back to sport. **OR**
 - b. **Isolate and send home:** Isolate the student, call home to notify parents that a secondary screening was completed and the student must be picked up as soon as possible. The student may **NOT** ride the bus home for any reason

Student-Athlete Illness Prevention Pledge

I understand that, in this time of elevated illness concerns, it is my responsibility to do what I can to prevent the transmission of COVID-19 and other illness to my teammates, coaches and family. By signing this document, I pledge to protect myself and every individual I encounter from potential exposure by:

Adhering to SBCUSD Self-Screening Protocols:

I will daily self-assess for possible symptoms of illness **BEFORE** reporting to campus and attending any SBCUSD athletics practice/game/event. If I am experiencing one or more of the following symptoms, I **MUST** isolate at home and refrain from reporting to campus or attending practices/games/events until I have met CDC and CDPH criteria to discontinue home isolation, including at least 3 days with no fever, symptoms have improved, and at least 10 days since symptoms first appeared. I agree to **NEVER** be dishonest in disclosing information to SBCUSD, including my symptoms. I will notify my coach of my absence due to any of the following symptoms/illness:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Limit Outside Interactions:

I will adhere to federal and state public health orders and guidance on COVID-19 in everyday life, including wearing face covering when outside of my residence and maintaining physical distancing of 6 feet with individuals outside of my household to, in turn, limit exposure to my teammates and coaches.

SBCUSD Athletic Phased Protocols:

I agree to **STRICTLY** adhere to the SBCUSD phased protocols, including all federal, state, and local public health orders and guidance incorporated by reference, which are listed on the reverse side of this document. I understand that failing to adhere to the protocols may jeopardize my position on the team.

Player Name (Print): _____ ID#: _____

Player Signature: _____ Date: _____

Parent/Guardian: By signing this document you agree to support your child and ensure that your child adhere to the Student-Athlete illness prevention pledge.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

Date: _____