

Athlete Name: \_\_\_\_\_

LAHS Team: \_\_\_\_\_

With the updated orders from the Santa Clara County Public Health Department, it is time to slowly reopen our athletic facilities to our coaches and student athletes. Workouts may begin on Tuesday, September 8, 2020. The following guidelines must be strictly followed.

**Guidelines:** These guidelines are designed to get our student athletes back to workout and practice routines with their coaches and teammates in a safe and healthy way.

- Limit cohort of students to 14 at one time per sport program *(If there are 28 players, then two cohorts meet at separate times. The same adult cannot work with separate cohorts, and there will be a limit of two adults per cohort. Students may participate in only one cohort at a time. They must choose a single sport (or activity). After two weeks, they may rotate to another sport (or activity)).*
- They cannot participate in any other outside group like AAU.
- If a student misses a workout with one cohort, they are not allowed to join another cohort.
- If someone is diagnosed with COVID-19 within a cohort, the cohort is suspended, and all members are placed on a 14-day quarantine. If someone is diagnosed, coaches cannot discuss this with students or families, as this would be a violation of federal FERPA guidelines..
- Coaches must wear a face coverings or face shield at all times.
- Students must wear face coverings to and from workout.
- Workouts may be five days per week not to exceed two hours.
- Cohorts must enter and exit during assigned times. No gathering allowed.
- Workouts may consist of skill development and/or conditioning and must be individual workouts. Under no circumstances can there be physical contact (no five on five drills, scrimmages, etc.).
- Coaches must clean and sanitize all equipment after each cohort completes its workout using an approved [disinfectant](#).
- This is an opt-in workout. Parents must sign off on participation. Student athletes whose parents do not provide permission to participate will not be penalized in any way.
- Students will be health-screened upon arrival to the program. Temperature checks must be done at home. Parents will sign permission slips to participate.
- All recommended hygiene practices will be followed.
- The weight room is not available.
- Swimmers must swim in single lanes. Aquatic contact sports will not be permitted at this time.

**To the Best of your Knowledge (Yes or NO):**

	Have you had close contact (within six feet) to anyone with a confirmed case of COVID-19 or any other communicable disease in the past 14 days?
	Have you experienced COVID-19 symptoms within the past 14 days (such as persistent cough, fever in excess of 100.4 degrees, chills, sore throat, shortness of breath, diarrhea, new loss of smell or taste, muscle pain)?

A student who answers yes to either question will be asked to stay at home until:

- The person they had contact with is cleared and documentation can be provided
- The student athlete is cleared by his/her physician and documentation can be provided.

I acknowledge the guidelines that must be followed in order to allow my student athlete to participate in summer skill work and conditioning.

Parent/Guardian Name: \_\_\_\_\_ Stu #: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_