

## Covid-19 Program Guidelines

With the new 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 8, 2020** only after each athletic director and site administrator hold an all coaches meeting to review these guidelines. These guidelines will be strictly enforced. Any violation will result in the cancellation of that cohort/team activities and possible disciplinary action.

Based on the new county PHD order, all workout activities must take place outdoors. No use of gyms, locker rooms, or weight rooms will be allowed until further notice. In order to prevent overcrowding, facility use priority will be given to Season 1 sports and other activities with facility use granted to other seasons/activities only if sufficient space is available on campus. The parents of participants will be required to provide active consent for the participation of students.

### Pre-Workout

- All coaches and students should be screened for [Covid 19 Symptoms](#) prior to workout.
- Any person with [cold/flu symptoms](#) or allergies should not be allowed to take part in workouts
- Vulnerable individuals should not oversee or participate in workouts.
- Temperature checks must be done at home
- Coaches and students must wear a mask to and from the workout location and at any time when not actively participating in a workout. Masks should be removed during strenuous activity.
- These are optional workouts and in no way be made mandatory per CCS policy.

### Limitations of Workouts

- Workouts will be conducted in cohorts of up to 14 students and up to 2 coaches.
- Multiple cohorts of 14 are allowed at a workout but cohorts must stay 25 or more feet apart and not interact in any way.
- All individuals within a cohort (coaches & students) must remain at least 6 feet apart at all times.
- If a student misses a workout, they are not allowed to join another cohort if you bring them in at different times.
- Workouts may consist of skill development and/or conditioning. Under no circumstances can there be physical contact (no five on 5 drills, scrimmages, etc.).
- Workouts may be no more than 5 days per week and for no more than 2 hours on any given day.
- Air quality should always be in consideration. Air quality 151 or above conditioning is cancelled.

### Other safety measures

- If an individual in a cohort is diagnosed with COVID-19, the cohort is suspended and all members of the cohort are placed on a 14-day quarantine. A confirmed COVID - 19

diagnosis shall be reported to the coach and the school principal. FERPA rules apply. If someone is diagnosed, coaches cannot discuss this with other students or families.

- Coaches and students will be required to bring their own water bottle and not share with others.
- Hand sanitizer must be available
- Students are required to come straight to workouts and leave immediately afterward. No gathering in the parking lots or field/courts
- Students will be encouraged to shower and wash their workout clothes and facemasks on a daily basis after their workout.

### **Equipment**

- Equipment/balls should be thoroughly wiped down with a disinfectant after each workout. The equipment used should stay within that cohort for the day and may not be shared with another cohort.
- Use of weight equipment needs to remain with each cohort. Different cohorts cannot share equipment on the same day.

### **Securing Facility**

- Coaches will close gates to fields and other outdoor facilities to prevent unauthorized use.
- Coaches will be responsible for opening and closing each facility after they are done. This includes the restrooms.
- No one else may use the facility while students are working out.

### **Cleaning of Facilities after use**

- Equipment- all equipment used must be wiped down and disinfected at the end of each workout.
- Restrooms - The County order allows for restrooms to be open, but their use must be regulated to maintain social distancing and to prevent close contact.