

# **PUSD ATHLETICS COVID-19 ACTION PLAN**

The Porterville Unified School District with the help of the California Interscholastic Federation, has developed a COVID-19 Action Plan to assist staff with proper planning and organization for return to summer instruction. Health and Safety will continue to be the number one goal during this time of transition.

All protocols should be followed specifically to insure the health and safety for our athletes and staff.

Staff and student athletes will be expected to conduct themselves in a manner aligned with all guidelines in order to protect themselves and others. It is the responsibility of all those involved to ensure these guidelines are followed.

This guidance is based on CIF recommendations which can be found at [https://cifstate.org/covid-19/Resources/RTP\\_Combined.pdf](https://cifstate.org/covid-19/Resources/RTP_Combined.pdf)

## **PRE-WORKOUT SCREENING**

All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to participating. Coaches and athletes will complete the COVID-19 Monitoring Form daily. These forms must be stored by the coach.

Coaches and athletes will have their temperature taken before being allowed to participate in the workout. Anyone with a temperature of 100.3F or higher must be sent home immediately.

Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Written medical clearance will be required to return to activity.

Vulnerable individuals (people who are 65 and older, have asthma, are immunocompromised, etc.) should not supervise or participate in any workouts. The CDC guidelines of vulnerable individuals can be found at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

## **HYGIENE PRACTICES**

Wash your hands with soap and water for 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.

Sneeze or cough into a tissue, or inside your elbow. Avoid touching your face.

Disinfect frequently used items and surfaces as much as possible.

## **HYDRATION/ FOOD**

All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water coolers, water cows, water trough, water fountains, etc.) should only be used for the purpose of re-filling personal water bottles.

## **FACE COVERINGS**

It is recommended that coaches and athletes wear cloth face coverings at all times when physical distancing is not possible. **ALL COACHES AND ATHLETES WHILE INSIDE THE WEIGHT ROOM MUST HAVE A CLOTH FACE COVERING ON AT ALL TIMES.**

## **LIMITATIONS ON GATHERINGS**

Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly to limit overall exposures. Smaller pods can be utilized for weight training.

There must be a minimum distance of 6 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 to obtain a minimum distance of 6 feet between each individual.

## **PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT**

There should be no shared athletic equipment (balls, 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 individual 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.

Physical contact such as high-fives, fist/chest bumps, and hugs should not be allowed.

## **WEIGHT ROOMS**

Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.

Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.

Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

**ALL COACHES AND ATHLETES WHILE INSIDE THE WEIGHT ROOM MUST HAVE A CLOTH FACE COVERING ON AT ALL TIMES.**

## **LOCKER ROOMS**

Locker rooms will not be utilized during our summer workouts. Students should report in appropriate attire and immediately return home to shower after participation.

## **PREPARE ATHLETES TO RETURN TO PHYSICAL ACTIVITY**

Athletes have been separated from their regular training and sport activity for prolonged periods of time during this pandemic, therefore a transition period is mandatory to prevent injury.

Considerations must be made for the detraining and acclimatization of athletes since most have been at home since mid-March.

- Allow for a retraining period as opposed to engaging in sport- specific activities immediately
- In addition to assessing physical readiness, mental readiness should be also be considered. Students may have lost a loved one due to COVID-19. The loss of the ability to play sports or the abrupt ending of their seasons may also contribute to higher level of anxiety and depression. Coaches can play a significant role as their words and actions carry tremendous influence and many students will seek them out for comfort and understanding.

If social distancing is feasible and modifications are made, the sports listed immediately below may resume with Phase One and Phase Two activities pending local county guidelines.

General Activity Description	Phase One* Individual Skill Development and Workouts  Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping. <b>*Note: Local county guidelines must be followed.</b>	Phase Two* Modified Team Practices May Begin  No Contact with Other Teams. <b>*Note: Local county guidelines must be followed.</b>
<b>Cross Country</b>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
<b>Track &amp; Field</b>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Clean Equipment. Padded equipment should be cleaned between use.	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between use.
<b>Swimming</b>	Opening of Swimming pools is a local county and school district decision.	Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.
<b>Golf</b>	Maintain appropriate physical distancing 6 feet apart. Equipment needs to be cleaned.	Maintain appropriate physical distancing 6 feet apart.
<b>Tennis</b>	Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys	No sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only).
<b>Badminton</b>	Conditioning, no sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only). Players may do individual drills and serves. Wipe down rackets and equipment after.	No sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only).

For all of the sports below, given that social distancing requirements remain in effect, the only activities permitted are those listed below unless local county guidelines permit otherwise.

<b>Volleyball</b>	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.
<b>Boys/Girls Lacrosse</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may 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.
<b>Soccer</b>	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.
<b>Baseball/Softball</b>	Conditioning and tee work. Players should not share gloves or 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.
<b>Gymnastics</b>	No sharing of implements / equipment. Padded equipment should be cleaned between use.
<b>Field Hockey</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may 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.
<b>Football</b>	Conditioning and individual drills. A player should not participate in 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. Protective equipment prohibited.
<b>Wrestling</b>	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
<b>Competitive Cheerleading</b>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.
<b>Basketball</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may 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.
<b>Water Polo</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may 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.



# COVID-19 Participant Screening Tool

Any participant who is involved in any camps, practices, workouts, and/or trainings are required to “self-certify” by answering the questions below prior to attending their activity.

<b>Circle YES or NO for each question below</b>							
<b>Student Athlete Name</b>	1. Feeling fever, body aches due to illness, or chill?  If YES → go home		2. Shortness of breath, persistent cough or runny nose?  If YES → go home		3. Been in close contact or cared for someone with COVID-19?  If YES → go home		Athlete Temperature
1.	YES	NO	YES	NO	YES	NO	
2.	YES	NO	YES	NO	YES	NO	
3.	YES	NO	YES	NO	YES	NO	
4.	YES	NO	YES	NO	YES	NO	
5.	YES	NO	YES	NO	YES	NO	
6.	YES	NO	YES	NO	YES	NO	
7.	YES	NO	YES	NO	YES	NO	
8.	YES	NO	YES	NO	YES	NO	
9.	YES	NO	YES	NO	YES	NO	
10.	YES	NO	YES	NO	YES	NO	

If the participant answered YES to question three above, they must self-isolate and provide medical verification of a negative COVID-19 test before being allowed to return to summer workouts.

If the athlete’s temperature reading is above 100.3 degrees after two consecutive readings 5 minutes apart, the athlete will be sent home.

Name of Coach \_\_\_\_\_ Sport \_\_\_\_\_

Signature of Coach \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time \_\_\_\_\_



# Porterville Unified School District COVID-19 Extra-Curricular Parent Waiver and Release Form

## Student Information:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Last First School Site: \_\_\_\_\_  
Parent/ Guardian Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home/Cell Phone: \_\_\_\_\_  
Name of Emergency Contact: \_\_\_\_\_  
Phone: \_\_\_\_\_ Relationship to athlete: \_\_\_\_\_

## For Students:

I, \_\_\_\_\_ agree to abide by the following behavioral expectations,  
*Name of Student*  
which I have reviewed prior to engaging in the PUSD 2020 Summer Athletics:

1. I understand activities will primarily be focused on conditioning and skills development.
2. I will not engage in any physical contact with other athletes/peers or coaches during these sessions.
3. I understand and will ensure that equipment is used by a single athlete/peer per session and no equipment may be shared (e.g. balls, weights, sleds, etc.).
4. I understand all activities must be outside and I will follow instructions from coaches on available use of restroom facilities.
5. I will maintain a minimum of 6 feet of physical distancing from students and coaches at all times; I understand 10 feet or more is preferred.
6. I understand all sessions are optional and I assume the risk for participating in them. I understand I will not be penalized for non-participation.
7. I understand that if I experience any COVID-19 related symptoms, I will not attend. This includes fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, etc. I understand that if I exhibit these symptoms or pretend to exhibit these symptoms, I will be sent home.
8. I will not loiter around campus before or after sessions. I will arrive and depart as close to the session's starting and ending time as possible.
9. I will arrive dressed for activities and understand locker rooms will not be available.
10. I understand that only athletes and coaches will be allowed to attend sessions. I will not invite parents or other individuals to attend and/or spectate.
11. I understand I am encouraged to shower at home before and after sessions.
12. I recognize that I need to bring my own hydration products as shared water bottles are not allowed.
13. I acknowledge that these expectations may change based on state and county health guidelines and related protocols. I agree to adhere to these expectations as they may be modified.

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_





# Porterville Unified School District COVID-19 Extra-Curricular Parent Waiver and Release Form

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## For Parents:

As the parent/guardian of the above-named child and on behalf of myself and my child, agents, heirs, and successors, I voluntarily agree to: (1) assume all risks of injury, illness, or death to my child arising out of or resulting from my child's participation in and/or attendance at the above-stated program or activity, such risks to include but are not limited to, injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19; (2) acknowledge that my child's participation in the above-stated program or activity is voluntary and I assume full responsibility for my child's participation (3) waive and release all claims, causes of actions, actions, liabilities, and costs against the Porterville Unified School District (District) and its governing board and members thereof, officers, employees, agents, and volunteers (collectively District Personnel) and hold harmless the District and District Personnel from any claims, causes of actions, actions, liabilities, and costs that may arise out of or result from my child's participation in or attendance at such program or activity; (4) assume all obligations for any medical, financial, and other costs and/or liabilities that be sustained or incurred by my child, myself, or my agents, heirs, and/or successors; and (5) acknowledge this waiver and release is made notwithstanding section 1542 of the California Civil Code which provides: "A general release does not extend to claims which the creditor does not know or suspect to exist in his or her favor at the time of executing the release, which if known by him or her must have materially affected his or her settlement with the debtor" and therefore, I expressly waive the benefits of this provision.

The District assumes no responsibility and shall not be liable for any injury, illness, death, liabilities, damages, or costs that my child, myself, my agents, heirs, and/or successors may sustain or incur arising out of or resulting from the aforementioned program or activity.

In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at School "B" for 365 days from initial date of enrollment. This includes camps, clinics, AAU, club team, and/or workouts.

Parent/Guardian Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



## COVID-19 Extracurricular Formulario de Exención y Liberación para Padres

### Información del Estudiante:

Nombre: \_\_\_\_\_ Fecha de Nacimiento: \_\_\_\_\_  
Apellido Nombre Sitio Escolar: \_\_\_\_\_

Nombre del padre /guardián: \_\_\_\_\_

Dirección: \_\_\_\_\_

Teléfono: \_\_\_\_\_

Contacto de emergencia: \_\_\_\_\_

Teléfono: \_\_\_\_\_ Relación: \_\_\_\_\_

### Para Estudiantes:

Yo, \_\_\_\_\_ estoy de acuerdo en cumplir con las siguientes expectativas de  
*Nombre de estudiante*  
comportamiento, que he revisado antes de participar en el atletismo de verano 2020 de PUSD:

1. Entiendo que las actividades se centrarán principalmente en el acondicionamiento y el desarrollo de habilidades.
2. No participaré en ningún contacto físico con otros atletas/compañeros o entrenadores durante estas sesiones.
3. Entiendo y me aseguraré de que el equipo sea utilizado por un solo atleta/compañero por sesión y que no se pueda compartir ningún equipo (por ejemplo, pelotas, pesas, trineos, etc.).
4. Entiendo que todas las actividades deben ser externas y seguiré las instrucciones de los entrenadores sobre el uso disponible de los baños.
5. Mantendré un mínimo de 6 pies de distancia física de los estudiantes y entrenadores en todo momento; Entiendo que se prefieren 10 pies o más.
6. Entiendo que todas las sesiones son opcionales y asumo el riesgo de participar en ellas. Entiendo que no se me penalizará por no participar.
7. Entiendo que si tengo algún síntoma relacionado con COVID-19, no asistiré. Esto incluye fiebre o escalofríos, tos, dificultad para respirar o dificultad para respirar, fatiga, dolores musculares o corporales, dolores de cabeza, nueva pérdida de sabor u olfato, dolor de garganta, congestión o secreción nasal, náuseas o vómitos, diarrea, etc. Entiendo que si exhibo estos síntomas o pretendo exhibir estos síntomas, seré enviado a casa.
8. No merodearé por el campus antes o después de las sesiones. Llegaré y partiré lo más cerca posible de la hora de inicio y finalización de la sesión.
9. Llegaré vestido para actividades y entenderé que los vestuarios no estarán disponibles.
10. Entiendo que solo los atletas y entrenadores podrán asistir a las sesiones. No invitaré a los padres u otras personas a asistir y / o ver.
11. Entiendo que me alienta a ducharme en casa antes y después de las sesiones.
12. Reconozco que necesito traer mis propios productos de hidratación ya que no se permiten botellas de agua compartidas.
13. Reconozco que estas expectativas pueden cambiar según las pautas de salud estatales y del condado y los protocolos relacionados. Estoy de acuerdo en cumplir con estas expectativas ya que pueden modificarse.

Firma de estudiante: \_\_\_\_\_ Fecha: \_\_\_\_\_



## COVID-19 Extracurricular Formulario de Exención y Liberación para Padres

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### Para Padres:

Como padre / guardián del niño mencionado anteriormente y en representación mía y de mi hijo, agentes, herederos y sucesores, voluntariamente acepto: (1) asumir todos los riesgos de lesiones, enfermedades o la muerte de mi hijo que surjan o como resultado de la participación y / o asistencia de mi hijo en el programa o actividad antes mencionados, tales riesgos incluyen, pero no se limitan a, lesiones, enfermedades o muerte debido a la exposición o infección por enfermedades contagiosas, incluido COVID -19; (2) reconozco que la participación de mi hijo en el programa o actividad antes mencionada es voluntaria y asumo toda la responsabilidad de la participación de mi hijo (3) renunciar y liberar todos los reclamos, causas de acciones, acciones, responsabilidades y costos contra el Distrito Escolar de Porterville y su junta directiva y sus miembros, funcionarios, empleados, agentes y voluntarios (colectivamente Personal del Distrito) y exoneran al Personal del Distrito y Distrito de cualquier reclamo, causa de acciones, acciones, responsabilidades y costos que pueden surgir de la participación o asistencia de dicho hijo en dicho programa o actividad; (4) asumir todas las obligaciones por cualquier costo y / o responsabilidad médica, financiera y de otro tipo que pueda soportar o incurrir mi hijo, yo mismo o mis agentes, herederos y / o sucesores; y (5) reconocer esta exención y la liberación se hace a pesar de la sección 1542 del Código Civil de California que establece: "Una liberación general no se extiende a reclamos que el acreedor no sabe o sospecha que existen a su favor en el momento de ejecutar la exención, que si él o ella lo supiera, debe haber afectado materialmente su acuerdo con el deudor "y, por lo tanto, renuncio expresamente a los beneficios de esta disposición.

De acuerdo con el estatuto 207 de CIF, cualquier atleta que se transfiera de la escuela "A" a la escuela "B" después de haber tenido contacto previo, durante los 24 meses anteriores, ya sea directa o indirectamente con la escuela "B" antes de la inscripción, no será elegible en la escuela "B" durante 365 días a partir de la fecha inicial de inscripción. Esto incluye campamentos, clínicas, AAU, equipo del club y / o entrenamientos.

Nombre del padre/guardián: \_\_\_\_\_ Fecha: \_\_\_\_\_

Firma: \_\_\_\_\_