

October 15, 2020

Dear Charter Oak High School Families,

Thank you for your patience with us as we respond to the changing state and local guidance required to prevent the spread of COVID-19. At this time, the California Department of Public Health is allowing training, conditioning, and physical education of youth sports under specific circumstances and guidelines. ***This is meant as an introductory letter with general information as our athletic department will host meetings next week to discuss specific protocols and be available to answer questions.***

**How can student-athletes participate in youth sports at this time?**

Youth sports are permitted only when the following can be maintained: (1) physical distancing of at least six feet between participants; and (2) a stable cohort, such as a small group, that limits the risks of transmission (see CDC Guidance on Schools and Cohorting). Since Los Angeles County is currently on the state monitoring list, activities can only take place outside.

**What activities are permitted?**

Sport conditioning programs are permitted for individual or team training only where physical distancing of at least 6 feet can be maintained. Conditioning and training should take place outside and focus on individual skill-building activities such as strength and conditioning, speed and agility and bodyweight type of resistance training.

**What's not allowed?**

Sports that cannot be played with sufficient distancing and cohorting are not permitted. Also, outdoor and indoor sporting events, assemblies, and other activities that require close contact or that promote congregating are not permitted at this time. For example, tournaments, events, or competitions, regardless of whether teams are from the same school or different schools, counties, or states are not permitted.

**What is needed for participation?**

- Student-athletes still must be cleared through the athletic department to participate including a pre-participation physical exam.
- Clearance information can be found at <https://charteroakathletics.com/>.
- Student-athletes are required to bring their masks and water for each training session.
- Student-athletes will go through a pre-workout screening and an entrance and exit strategy process every day.

We are tentatively scheduled to return to some outdoor activities the week of October 26, 2020, on a limited basis. Our athletic department will be meeting next week with families in their programs with specific dates, times, and locations. Participants will need to abide by all safety protocols. We are continually monitoring the updates and guidance from state and local county departments of public health to make adjustments to our process accordingly. Winter/Spring Sports will be phased in using our return to sports protocol in conjunction with the coach and program, with an anticipated timeline beginning the week of November 2, 2020.

Thank you for your patience and understanding as we navigate the difficult circumstances around COVID-19. We are all eager to have our student-athletes participating in the sporting activities they are passionate about for their social, emotional, and physical needs. Our priority is their health and safety and we will continue to keep you informed about the County and State guidelines and our adherence to State Health guidelines.

Sincerely,

Dominic Farrar  
Athletic Director  
Charter Oak High School

Fall Sport parent meetings are scheduled as follows and links will be provided by the Fall coaches:

Mon. 10/19 @ 6pm Football  
Tues. 10/20 @ 6pm Cheer, Cross Country & Volleyball  
Tues. 10/20 @ 7pm Girls & Boys Waterpolo

