

Modesto City Schools
High School Athletics
COVID-19 Athletic Guidelines for Parents, Athletes, and Coaches -
March 5, 2021 Update

Modesto City Schools recognizes the importance of athletic activities for our students, schools, and community. *The following guidelines were established and are updated as appropriate based on county and state guidelines for COVID-19.*

Please note the following:

- MCS athletic activities (practices or conditioning) cannot start until 3 pm.
- Utilize this link for [California Department of Public Health Guidelines](#) (CDPH) so that you can stay informed of the COVID guidelines our state is providing for athletics.
- Utilize this link for [California Interscholastic Federation](#) (CIF) so that you can stay informed of the COVID guidelines CIF is providing for athletic games/meets/events.

Student-Athletes Guidelines:

- Conditioning activities (for sports that have not officially started due to the Tier system) are voluntary for all student-athletes.
- No community/shared drinking sources will be made available. When consuming food and beverages, do not share with others (e.g., cups, water bottles).
 - Student-athletes must bring their own water bottle to conditioning activities.
- If a student-athlete is Distance Learning, they must come dressed and ready to participate in activities.
 - Student-athletes will not be allowed to access locker rooms or showers.
- If / When students return to school under a Hybrid Model, students attending school on their “In-Person” days may change/dress into athletic gear in locker rooms (socially distanced locker assignments). Athletes coming in from “At-Home/Distance Learning” instructional days should come already dressed (will not change in locker rooms).
- All student-athletes will practice social distancing. Distancing protocols to allow players and/or staff to maintain six (6) feet of space from one another before and after activities, and whenever possible, during activity.
- Student-athletes are to wear face coverings at all times when not participating in conditioning or practice activities (e.g., on the sidelines).
 - Student-athletes should wear face coverings when participating in any athletic conditioning or practice activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face-covering could become a hazard).
- If a sport is “in-season,” the student-athlete can only participate in physical activities (including conditioning) if they have cleared their pre-participation physical and it is on file with the school (SportsNet).
- Student-athletes are to immediately report to their coach if they are not feeling good during activities.

- Students cannot participate in multiple groups/cohorts or teams at this time.
- Equipment Cleaning and Disinfecting: Every athlete must clean and disinfect his or her own and assigned athletic equipment, and equipment is NOT to be shared or provided to another athlete.
- No physical contact between coaches and student-athletes. Everyone is to maintain social distancing at all times.
- Leave campus immediately after workouts—no “Loitering” around athletic facilities before or after activities.
- ***Student-athletes who participate on the Football or Water Polo teams will have to complete COVID-19 testing weekly, or they will not be allowed to participate on these teams. At this time, only these two sports that are required to be COVID-19 tested.*** However, additional sports may be added pending California Department of Public Health and CIF COVID guidelines.
- Student-athletes can participate on two teams at the same time. However, if a student is exposed to COVID-19, has symptoms, or becomes COVID-19 positive, they could affect and cause multiple student-athletes and/or two teams to be quarantined.

Parent/Guardian Guidelines:

- Check the following:
 - Student temperature and ensure it is not over 100.4 degrees.
 - If their child temperature is above 100.4 degrees or shows any symptoms should stay home and contact their primary physician or other health providers.

SYMPTOMS

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

If your student-athlete experiences any of the above symptoms, do not attend the scheduled workouts, and please consult your primary care provider or health care professional immediately.

- Parents/guardians cannot attend workouts. Only coaches and athletes will be allowed to participate in workouts.
- Ensure their student-athletes shower and wash workout clothing immediately after each workout.
- Pick-up and drop off their student-athlete on time or ensure that they have a ride to and from their workout. Students will not be allowed to stay on campus before or after their workout time.
- ***Parents of student-athletes who participate on the Football or Water Polo teams will have to make sure their child completes the COVID-19 testing weekly or their child will not be allowed to participate on these teams.*** At this time, only these two sports are to be tested. However, additional sports may be added pending California Department of Public Health and CIF COVID guidelines.

Athletic Director AND Coaches Guidelines:

- Ensure all student-athletes are properly wearing face coverings when not participating in conditioning or practice activities (e.g., on the sidelines) and whenever possible during conditioning or practice activities.
- If a sport is “in-season,” the coach must make sure all student-athletes who participate in physical activities (including conditioning) have cleared their pre-participation physical, and it is on file with the school (SportsNet).
- In-sport student-athletes who are not able to complete their physical may participate in “non-physical” activities.
- Wear face coverings indoors and outdoors for conditioning and practice activities.
- Ensure parents and student-athletes know “conditioning” workouts are not mandatory for out of season activities, but in season activities are mandatory.
- No physical contact between coaches and athletes for all out-of-season sports.
- A coach or athlete cannot participate in multiple groups or teams. If a coach or student-athlete wants to transition to another sport must wait ten days.
- Social distances are to be practiced (min. of 6 feet).
- Student-athletes who participate in aquatic conditioning are to maintain social distancing.
- Student-athletes who participate in aquatics who are not in the pool participating in practice or competition shall be required to wear masks on the pool deck.
- Student-athletes who report that they are not feeling good during conditioning activities shall be sent home immediately.
- Do not allow student-athletes to share water or snacks.
- During Distance Learning, student-athletes must come dressed and ready to participate in activities.
 - Student-athletes will not be allowed to access locker rooms or showers.
- If / When students return to school under a Hybrid Model, students attending school on their “In-Person” days may change/dress into athletic gear in locker rooms (socially distanced locker assignments). Athletes coming in from “At-Home” instructional days should come already dressed (will not change in locker rooms).
- Workout groups are to be no larger than 25 student-athletes for all indoor activities.
- Out of season sports will be no larger than 25 student-athletes for each coach for all activities.
- The in-season sport cohort will be the entire team per CIF guidelines. All COVID guidelines (social distances, masking, etc.) continue.
- Cohort groups will not increase in size to ensure compliance with county and state COVID safety guidelines.

- Out-of-season sports cannot be combined. Must maintain cohorts. The coach assigned to the cohort stays with that cohort. The students also stay with the same cohort.
- Utilize and review daily the NFHS guidelines for phase one implementation.
- Coaches keep a daily roster of the names of the students who participate in the workout activities.
- Water stations are not to be used. The refilling of water is to be completed by the coach with students individually.
- No indoor activities at this time (see chart and link below from California Department of Health).
- Ensure all athletes and coaches are required to complete the pre-participation Physical Evaluation Form (AAU and Club sports).
- Student-athletes are asked to wait in their cars or until workouts start.
- Student-athletes are asked to leave campus immediately after workouts. Coaches must ensure that students leave campus immediately after workouts. There is no “loitering” around athletic facilities before or after activities.
- ***Coaches who participate on the Football or Water Polo teams will have to complete COVID-19 testing weekly or they will not be allowed to participate on these teams. At this time, only these two sports are to be tested.*** However, additional sports may be added pending California Department of Public Health and CIF COVID guidelines.

IMPLEMENTATION OF OF BALLS & EQUIPMENT

- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the activity’s conclusion.
- Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Coaches will set up training to ensure everyone can maintain 6ft for social distancing at all times. 6ft physical distancing needs to occur both indoors and outdoors, including in the weight room.
- The coaching staff will wipe down all equipment at the beginning and end of each workout and between drills/cohorts to the extent possible.
- Coaches will ensure that athletes wipe down all equipment before and after they are done using the equipment for the day and before the following group using the equipment. This includes all athletic equipment, including balls and weight-room equipment. This means students and coaches will be required to wipe down equipment after practice and games.
- Coaches are aware that individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned before it is used by the next individual.

WEIGHT ROOM AND EQUIPMENT USE

- Only outdoor activities will be allowed until Stanislaus County guidelines state otherwise.
- Coaches are responsible for setting up all equipment and putting all equipment away at the end of the session. Players are not allowed in the weight room.
- Athletes will bring their own water and bottle.
- Athlete groupings will follow Stanislaus Public Health Guidelines.
Example: 10% capacity of indoor facilities if allowed (per county health guidelines).
- Weight bars, dumbbells, plates, tires, etc., will be sanitized after each cohort usage. Hand sanitizer or disinfectant must be used if the equipment is shared. Additional equipment may be used for agility/non-contact purposes only and must be cleaned if touched by student-athletes or coaches.
- Athletes will wash/sanitize hands before beginning the conditioning session, after each station or period, before leaving the session for the day.
- Maintain physical distancing among athletes and coaches (6 feet social distancing).
- All participants must wear masks unless engaged in aerobic activity.

USE OF EQUIPMENT RULES

1. Athletes wear masks at all times.
2. All athletes must maintain social distance and not make contact with other student-athletes
3. All balls and equipment in use is wiped down every 15 minutes.
4. Athletes will not share personal equipment.
5. For weight training, all weight training exercises are conducted outside and all equipment will be wiped down/cleaned prior to another student-athletes uses it.

MCS ATHLETIC CLEARANCE

- All student-athletes will be cleared through Sportsnet with an updated sports physical on file dated after June 15th, 2020.
- Starting 2-1-2021 through 6-15-21 (*per CIF season end-date), all 20-21 student-athletes are considered in the season due to Covid 19.

TEMPORARY AMENDMENT TO BOARD POLICY / ADMINISTRATIVE REGULATION RELATED TO EXTRA- AND CO-CURRICULAR ACTIVITY PARTICIPATION AND ELIGIBILITY REQUIREMENTS, GRADES 7-12, DURING THE 2020-2021 SCHOOL YEAR:

- The Board is modifying the student-athlete participation clearance protocol due to the challenges of families to secure pre-participation sports physicals; students unable to secure or pass a pre-participation sports physical may remain on the team and participate in all non-physical team activities (i.e., no athletic conditioning, no physical activity, no competitions, etc.) so that students not cleared to participate physically may still engage in virtual and in-person meetings, team-related academic supports, and attend practices;
- The District will support student engagement in co- and extra-curricular activities as defined in the Student Conduct Code 7-12, by permitting students with less than a 2.0 grade point average and/or more than one "F" and/or more than one "U" citizenship grade to participate in extracurricular activities, as well as athletics (9-12); spirit leaders/cheerleaders (9-12); and student government (7-12); up to, but not including performances or competitions.

- Students may earn the academic grade for co-curricular activities provided the student has been regularly engaged and has met all other participation expectations.

TRANSPORTATION

- Individual Transportation - Student-athletes may transport themselves within the MCS attendance area / “meet at the site” (same protocols as before).
- Parents will be encouraged to transport their own children to athletic practices and competitions.
 - Parents shall only transport students from their own household / immediate family.
- Buses should be utilized in concert with parent transportation of students to support social distancing on buses. Social distancing (min. 6ft) and mask wearing must be maintained. For example, a bus may be scheduled, AND parents transporting their own student-athlete to the same event/game.

The following Table is provided by the California Department of Public Health “Youth and Adult Recreational Sports Permitted by Current Tier of County.” Please note, ***this information can change. Please use the followign link to know the most recent information from the CDPH:*** [California Department of Public Health Guidelines](https://www.cdph.ca/Programs/CID/DCDC/Pages/Imz.aspx?nid=1253&tid=1254)

Widespread Tier (Purple) 1	Substantial Tier (Red) 2	Moderate Tier (Orange) 3	Minimal Tier (Yellow) 4
<p>Outdoor low-contact sports</p> <ul style="list-style-type: none"> ● Archery ● Badminton (singles) ● Biking ● Bocce ● Corn hole ● Cross country ● Dance (no contact) ● Disc golf ● Equestrian events (including rodeos) that involve only a single rider at a time ● Fencing ● Golf ● Ice and roller skating (no contact) ● Lawn bowling ● Martial arts (no contact) ● Physical training programs (e.g., yoga, Zumba, Taichi) ● Pickleball (singles) ● Rowing/crew (with 1 person) ● Running ● Shuffleboard ● Skeet shooting ● Skiing and snowboarding ● SnowshoeingSwimming and diving ● Tennis (singles) ● Track and field ● Walking and hiking 	<p>Outdoor moderate-contact sports</p> <ul style="list-style-type: none"> ● Badminton (doubles) ● Baseball ● Cheerleading ● Dodgeball ● Field hockey ● Gymnastics ● Kickball ● Lacrosse (girls/women) ● Pickleball (doubles) ● Softball ● Tennis (doubles) ● Volleyball 	<p>Outdoor high-contact sports</p> <ul style="list-style-type: none"> ● Basketball ● Football ● Ice hockey ● Lacrosse (boys/men) ● Rugby ● Rowing/crew (with 2 or more people) ● Soccer ● Water polo <p>Indoor low-contact sports</p> <ul style="list-style-type: none"> ● Badminton (singles) ● Bowling ● Curling ● Dance (no contact) ● Gymnastics ● Ice skating (individual) ● Physical training ● Pickleball (singles) ● Swimming and diving ● Tennis (singles) ● Track and field 	<p>Indoor moderate-contact sports</p> <ul style="list-style-type: none"> ● Badminton (doubles) ● Cheerleading ● Dance (intermittent contact) ● Dodgeball ● Kickball ● Pickleball (doubles) ● Racquetball ● Squash ● Tennis (doubles) ● Volleyball <p>Indoor high-contact sports</p> <ul style="list-style-type: none"> ● Basketball ● Boxing ● Ice hockey ● Ice skating (pairs) ● Martial arts ● Roller derby ● Soccer ● Water polo ● Wrestling

*This Table is not exhaustive but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports.

†All sports permitted in lower tiers are also permitted in higher tiers.

1<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>