



Covina-Valley Unified School District Guidelines for the Return to Physical Activity/Training

Resources:

[CIF Guidelines for the Return to Physical Activity/Training](#)

[LA County Department of Public Health: Reopening Safer at Work and in the Community](#)

General Guidelines

- Any and all participation by students and coaches is voluntary. This shall be expressly communicated to all students, parents, and staff.
- Participation may not be used as “try-outs” or as formal evaluation.
- Coaches must wear cloth masks at all times.
- The use of traditional whistles is prohibited. Coaches should use alternatives such as air horns (district-provided).
- Start times for conditioning or training groups should be staggered to avoid large gatherings.
- When possible, there should be different entry and exit points to avoid close proximity or contact.
- Participants must wear masks prior to check-in, prior to the start of a workout, when moving between locations (i.e. from the weight room to practice field), and when leaving the conditioning/training session.
- Players/participants are required to complete all pre-participation requirements as specified by C-VUSD, CIF, or the Los Angeles County Department of Public Health.
- Coaches must keep a daily participant record, to include but not limited to symptom check and temperature check.
- These must be filed daily (electronically) with the school athletic office and available on request to site or district administration.
- Locker rooms will not be available before or after workouts.
- Upon the event of a positive COVID-19 test by a student or coach, administration will immediately contact the District and the District will notify and follow the LA County Department of Health protocols.

Facilities Cleaning:

- Adequate custodial cleaning schedules must be provided to all coaches and the school administration will oversee the cleaning and disinfecting of all practice areas.
- Hand sanitizers will be available to individuals as they transfer from place to place.
- Upon entering Phase 2, equipment shall not be shared and will be appropriately cleaned and disinfected before and after an individual’s use of equipment (between scheduled groups and at the end of the day).

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- Facilities guidelines for the entering Phase 3 shall be determined prior to the transition to Phase 3.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports-specific equipment) between Participants. Participants should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Pre-participation Check-In Protocols

- Each coach will organize 15-20-minute small group meetings with his/her athletes.
 - The groups won't be any larger than 10 people.
 - The seating will be arranged with at least 6 feet social distance from each other to practice social distancing.
 - Each athlete and coach will be required to wear a cloth mask unless exempted (LACDPH guidelines).
 - The meetings will be held outdoors
- At these meetings, the coach and players will discuss the return to athletic participation using strict C-VUSD, LACDPH, CIFSS, and NFHS guidelines.
 - At these meetings, coaches must also discuss procedures and protocols, including athletic clearance, spirit packs, the summer schedules, and potential C-VUSD, Los Angeles County Dept. of Health, or CIF updates.
 - At these meetings, coaches must also discuss in detail the approved C-VUSD Phase 1 Guidelines. Each athlete will receive a copy of these guidelines. The guidelines will also be emailed and posted on the website.
- It is up to the individual coaches to organize these meetings. They may have multiple meetings on a given day as long as health and safety guidelines are followed. The coach will provide the athletic director and principal a copy of their meeting schedule.

Hydration:

- All Participants shall bring their own water bottles. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized

Guidelines for Organized Physical Activity/Training

Check-In:

- During Phase 1 and until further notice, physical activity/training is closed to the public, including media, guests, and parents.
- Participants must wear masks while checking in, before the start of the workout, and when leaving the workout.
- Participants must have completed the required C-VUSD/CIF athletic clearance process (online).
- Participants must be wearing appropriate athletic clothing

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- Participants must bring their own water bottles and may not share water bottles. School personnel are required to ensure that Participants have their own water or hydration during the workout. If participants do not have water or a source of hydration, they may not participate in that day's activity.
- Check-In Protocol
 - Head coaches are responsible for the check-in of students and assistant coaches.
 - Participants must use hand sanitizer.
 - Participants will answer symptom tracking questions daily.
 - Participants will have their temperature checked by the coaching staff prior to the start of the physical training/conditioning.
 - Participants must maintain a minimum 6-foot social distance before, during, and after workouts.
- Any participants who have symptoms (fever or chills, persistent cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, loss of taste or smell, congestion or runny nose, nausea or vomiting or diarrhea) will not be allowed to participate and will be required to leave immediately. Coaches will contact school administration and school administration will contact the parents. Students who are sent home cannot rejoin practice that day and cannot rejoin practice until they are symptom free without the use of medication for 48 hours or have a negative COVID-19 test administered by their own health care provider.

During Workouts

Phase 1:

- Participants must be kept in groups of 5-10.
- No interaction between groups.
- Participants must wear masks before workouts, and while moving to a new facility or training area.
- During C-VUSD Phase 1, no equipment will be used, this includes weight and conditioning equipment, balls, and other equipment specific to the individual sport.
- All physical training/conditioning and/or meetings will take place outside.

The transition from Phase 1 to Phase 2 and all subsequent Phase transitions will be determined by LACDPH guidelines.

Phase 2:

- Any equipment must be cleaned and disinfected prior to the workout.
- There can be no shared equipment between participants (i.e. no use of a ball that is thrown or hit from one student to another).
- Any equipment that is used for individual drills must be cleaned after and prior to the next participant using the equipment.
- No physical contact between participants and/or coaches (no hugs, high fives, etc).
- No spotting for exercises.
- Participants should wash hands or use hand sanitizer when relocating to a new area or facility.

Post Activity

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- Any equipment and surfaces must be sanitized immediately after the activity.
- Participants should wash hands or use hand sanitizer immediately after the activity.
- Participants and coaches should shower and wash clothing immediately upon returning home after the activity.

Addendum 2:

CIF Guidelines for Return to Physical Activity/Training

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. *Note: Local county guidelines must be followed.	Phase Two* Modified Team Practices May Begin No Contact with Other Teams. *Note: Local county guidelines must be followed.
Cross Country	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).
Track & Field	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.
Swimming	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.
Golf	Maintain appropriate physical distancing 6 feet apart. Equipment needs to be cleaned.	Maintain appropriate physical distancing 6 feet apart.
Tennis	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).
Badminton	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.

Volleyball	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.
Boys/Girls Lacrosse	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.
Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.
Baseball/Softball	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.
Gymnastics	No sharing of implements / equipment. Padded equipment should be cleaned between use.
Field Hockey	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.
Football	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.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
Competitive Cheerleading	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.
Basketball	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.
Water Polo	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.