

South Hills Football Return to Play Protocol

Phase One of CIF/ CVUSD Guidelines.

- **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.**
- **Players must have physicals completed or on file in order to participate. Upload physical and confirmation page to athleticclearance.com**
- **All players will enter field from junior parking lot. All players will leave from the senior parking lot.**
- **No parents or fans are allowed on the football field.**
- **Locker rooms will not be available before or after workouts.**
- Participants must maintain a minimum 6-foot social distance before, during, and after workouts.
- Players are expected to be in South Hills T-Shirt, Shorts, Cleats.
- **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.
- Players must wear masks prior to check-in, prior to the start of a workout, when moving between locations, and when leaving the practice.
- Coaches must keep a daily participant record, to include but not limited to symptom check and temperature check.
- All Participants shall bring their own water bottles. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) will not be available.
- 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.
- 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.