



10293 Bloomfield Street • Los Alamitos, CA 90720-2200
(562) 799-4700 • FAX (562) 799-4730

Andrew Pulver, Ed.D.
Superintendent

To LAHS Parent(s)/Guardian(s):

Aligned with guidelines from the California Department of Public Health (CDPH), National Federation of State High School Associations (NFHS) and the Sports Medicine Advisory Committee (SMAC), which align with Orange County Healthcare Agency COVID-19 Phasing Guidelines, Los Alamitos High School (LAHS) will be opening athletics and performing arts in a modified capacity beginning August, 10 2020. Student participation in a program is completely voluntary and based upon parental discretion. Current NFHS/SMAC guidelines don't recommend vulnerable individuals participate. Any student who chooses not to participate in athletic workouts/conditioning will not be penalized.

Guidelines are developed in four phases, which outline pre-workout/contest screening, limitations on gatherings, facility cleaning, physical activity/athletic equipment and hydration protocols for each phase. All sports/activities are categorized into three groups: low, moderate and high-risk sports, based on the amount of person-to-person contact of each sport/program. Under the guidelines, all sports can return to modified workouts, when adhering to strict protocols for each sport/activity. For more information in regard to the specifics of each sport, please reference the [LAHS ATHLETICS & PERFORMING ARTS REOPENING GUIDELINES](https://www.losal.org/departments/educational-services/lahs-athleticsvapa-reopening-guidelines) (<https://www.losal.org/departments/educational-services/lahs-athleticsvapa-reopening-guidelines>)

LAHS will be implementing the CDPH Sports & Extracurricular Activities Guidance, beginning August 10, 2020 and until further notice. The District will be transitioning through PHASES 1 – 3, based on the correlating county public healthcare agency guidelines when permissible .

CDPH GUIDANCE 8/3/2020
10 people/stable cohort > outdoors No locker rooms 6-foot distance Must Pod/Cohort athletes No Athlete Contact No Shared Equipment All Sports Resume Workouts

The following protocols will be followed for all athletes/coaches:

- All coaches/teachers will participate in the LAHS Athletics & VAPA Reopening Training, prior to bringing students on-campus
- Students must turn in a *LAHS Athletics Reopening Parent/Guardian Notification Letter* prior to participation in any program

- Temperatures will be taken and recorded daily on the NFHS Monitoring Form upon arrival at LAHS
- Students with a temperature of 100.3 or less will be given a bright-colored, circular sticker with the date indicating their clearance to participate in the program for the day
- Students with a temperature of 100.4 or higher will be sent home and not allowed to participate in on-campus programs for 72 hours after the fever subside and other symptoms begin to improve with evidence of negative test or medical note.
- After a temperature check and when transferring locations, students/coaches will wash their hands and/or use hand sanitizer
- All athletes/coaches will wear face cloth coverings as they enter the campus and any time, they can't maintain 6-feet of social distance
- A drop-off only procedure will be utilized in the East Student Parking Lot
- Only athletes should come onto campus and all parents/guardians should remain inside their vehicles while dropping off and picking up students
- LAHS will clearly mark waiting spots on the ground for student use in the East Parking Lot for pick-up procedures
- Athletes who fail to comply with social distancing and face covering guidelines will not be permitted to participate
- Athletic programs will be following the COVID-19 Protocols outlined in the [District Opening and Safety Plan](https://www.losal.org/our-district/school-opening-safety-plan-2020-2021), which can be downloaded at <https://www.losal.org/our-district/school-opening-safety-plan-2020-2021>

I have been notified of the LAHS Reopening Guidelines for Athletics and Performing Arts. I understand that I have an obligation to not allow my student to participate in an on-campus program if they have any symptoms (cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell). I understand my student's temperature will be taken upon arrival on-campus and that if his/her temperature is 100.4 degrees or higher, he/she will be sent home and not allowed to return to campus for two weeks or until I provide clearance from a medical doctor. I understand that it is the recommendation for vulnerable individuals not to participate in any workouts and for students to shower and wash their workout clothing immediately upon returning to home. I further understand it is my responsibility to contact school administration if my student or a member of our household test positive for COVID-19.

Student Name (Printed)	Grade	Sport/Activity/Program
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Parent Name (Printed)	Daytime Contact Number
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Parent Signature	Date
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I understand that it is my responsibility as a student athlete/performer to abide by the social distance and face covering protocols in place at LAHS at all times. I also understand that I am not allowed to share clothing and personal items with other athletes. In addition, I understand that should I fail to comply with social distancing and face covering guidelines I jeopardize my ability to participate in conditioning, workouts and practices.

Student Signature	Date
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