



LOS ALAMITOS HIGH SCHOOL

Athletics & Performing Arts: OPERATING GUIDELINES (Updated August 5, 2020)

*Aligned to the California Department of Public Health (CDPH),
National Federation of State High School Associations (NFSHA)
& Sports Medicine Advisory Committee (SMAC)*

Beginning Monday, August 10 *(Aligned to CDPH Guidelines 8/3/20)*

SPORTS & EXTRACURRICULAR ACTIVITIES

- Athletic practices, workouts and conditioning are permitted only when the following can be maintained: (1) physical distancing of at least six feet; and (2) a stable cohort, that limits the risks of transmission.
- For sports that cannot be conducted with sufficient distancing or cohorting, only physical conditioning and training is permitted and ONLY where physical distancing can be maintained. Conditioning and training should focus on individual skill building (e.g., running drills and body weight resistance training) and should take place outside.
- Indoor physical conditioning and training is not allowed.
- Athletic programs and schools should provide information to parents or guardians regarding this and related guidance, along with the safety measures that will be in place in these settings with which parents or guardians must comply.

Low Risk Sports	Moderate Risk Sports	High Risk Sports
Running Sports Swimming Sports Sideline Cheer/Song Non-Contact Dance Cross Country Track Golf Choir Choreography String/Percussion Instruments Surfing	Basketball Volleyball Tennis Girls LAX Soccer Baseball Softball Water Polo	Wrestling Football Boys LAX Competitive Cheer/Song Contact Dance

**There currently are no implementation guidelines for singing or the playing of wind instruments.*

CDPH GUIDANCE (8/3/20)	PHASE 1
10 people/stable cohort*> outdoors No locker rooms 6-feet distance Must Pod**/Cohort athletes* No Athlete Contact No Shared Equipment All Sports Resume Workouts	10 people/stable cohort*> indoors/outdoors No locker rooms 6-feet distance Must Pod**/Cohort athletes No Athlete Contact No Shared Equipment All Sports Resume Workouts

Cohorting, also known as “podding” is a term for a strategy that schools may use to limit contact between students and staff as part of their efforts to limit transmission of COVID-19. These strategies work by keeping groups of students together over a pre-determine period of time. The athletes and staff within the cohort will only have physical proximity with other in the same cohort.

*Stable Cohort = predetermined team/group of athletes/performers who stay together for a season of sport and are less than a class size.

**Pods of 10 or less to be used for all camps, open conditioning and summer/fall practices where a team/group isn’t already defined and is a temporary assignment.

PHASE 2	PHASE 3
10 people > indoors 50 people > outdoors No locker rooms 6-feet distance No Athlete Contact No Shared Equipment All Sports Resume Workouts Low Risk Sports Resume Practice* Moderate Risk Sports Begin Modified Practice*	50 people > indoors/outdoors Locker room open (6-feet apart) 3-6 feet social distance** Moderate Risk Sports Resume Practice* High Risk Sports Begin Modified Practice*

*Coaches must abide by individual sport guidelines for definition of workout and practice modifications during each phase implementation. High Risk Sports must submit approval of workout plans for Phase II implementation to be approved by Ondrea Reed or Melissa Davis and Chris Vlastic or Richard Smith.

**Distance will be based on state/county social distancing guidelines

Prior to START

- Any coach providing supervision must have attend a *LAHS Athletics Reopening Training* and is responsible for cross-training and the accountability of protocol implementation of all other adult serving in a supervisory capacity in their program
- (Per Athlete) Signed Parent/Guardian - LAHS Athletics Reopening Parent/Guardian Notification
- Record Log Binder for each athletics/arts/activities program

Points of Emphasis

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Look to guidance from your state and local health departments.

a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)

b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:

- State, local or school district guidelines for cloth face coverings should be strictly followed.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
- Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Coaches, officials and other contest personnel may wear cloth face coverings at all times during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

2. The principles presented in this guidance document can be applied to practices, rehearsals, and events for the performing arts with the exception of singing and the playing of wind instruments. The extent of the spread of respiratory droplets during these activities is currently under investigation and further guidance will be issued as it becomes available.

3. All programs will:

- Have coaches trained through the LAHS Reopening Training prior to beginning any workout/practice (facilitated by Ondrea Reed, Assistant Superintendent and/or Melissa Davis, Director and/or Gregg Stone LAHS Principal and/or Richard Smith, Assistant Principal)
- Have coaches sign the LAHS Athletics Employee Reopening Guidelines Notification (Appendix I)
- Notify parents/guardians of the reopening measures for their program/sport

- Distribute and collect the LAHS Athletics Reopening Parent/Guardian Notification Letter (Appendix II) with parent/guardian signature prior to student participation
- Intake athletes at the Athletic Check-in table (Adjacent to the Gym)
- All athletes/coaches will wear face coverings as they enter and exit practice and anytime, they can't maintain 6-feet of social distance
- Take and record temperature on the NFHS Monitoring Form (Appendix III) of each athlete/coach upon arrival
- Athletes with a temperature of 100.3 or lower will be given a bright-colored circular sticker with the date indicating their clearance to participate in the program for the day
- Athletes with a temperature of 100.4 or higher will be sent home and can't participate for 14 days or until a clearance from a medical doctor is received
- After temperature check all participants/coaches will wash their hands and/or use hand sanitizer
- Utilize drop-off and pick-up procedure where only athletes come onto campus and all parents/guardians remain inside their vehicles in the East Student parking lot
- Ensure that participants are six feet apart while awaiting pick-up (LAHS will clearly mark waiting spots on the ground for student use in the East Student Parking Lot)

CDPH GUIDANCE & PHASE 1

CDPH GUIDANCE & PHASE 1: Pre- Workout Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider

CDPH GUIDANCE & Phase 1: Limitations

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

CDPH GUIDANCE & Phase 1: Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts and hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment and appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered

- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

CDPH GUIDANCE & Phase 1: Physical Activity & Athletic Equipment

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- 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.

Examples (including but not limited to):

- A basketball player can 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.
- A football player should not participate in team 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.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, 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.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individual/s

Phase 1: Hydration

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

PHASE 2

Phase 2: Pre-Workout / Contest Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Phase 2: Limitations on Gatherings

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts. *(Large indoor spaces such as LAHS Gym will be ongoingly evaluated for use beyond 10 individuals, based on the current health guidelines.)*
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Phase 2: Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Phase 2: Physical Activity & Athletic Equipment

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Phase 2: Hydration

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

PHASE 3

Phase 3: Pre-Workout / Contest Screening

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Phase 3: Limitations

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Phase 3: Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Phase 3: Physical Activity & Athletic Equipment

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified* practices may begin for higher risk sports:
 - *Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.*
 - *Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.*

Phase 3: Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

APPENDIX I

LOS ALAMITOS HIGH SCHOOL

ATHLETICS REOPENING EMPLOYEE TRAINING

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.**Everyone Should Wash Their Hands Often**
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

- Avoid close contact with people who are sick, even inside your home.
- Put distance between yourself and other people outside of your home.
 - Remember that some people without symptoms may be able to spread the virus.
 - Stay at least 6-feet (about two arms length) from other people.

Cover Your Mouth and Nose with a Cloth Face Cover When Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover a when they have to go out in public, for example to the grocery store or to pick up other necessities

Cover Coughs & Sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- Follow Facility and Equipment Cleaning Guidelines outlined in the LAHS Athletics & Performing Arts reopening document.

I have attended a LAHS Athletics/VAPA Reopening Training and received a copy of and understand the LAHS Athletics & Performing Arts Reopening Guidelines. I can abide by and implement the reopening guidelines for PHASE 2 for my program and understand that before a High Risk Sports can begin practice a detailed workout plan must be submitted and approved. I understand that I have an obligation to stay home from work if I have any symptoms. I understand my temperature will be taken upon arrival at work and that I will take my own temperature prior to arriving at work. If my temperature is 100.4 degrees or higher I understand that I will not be allowed to return for two weeks or until I provide proof of a negative COVID-19 test or doctor's clearance.

Employee Printed Name

Date

Employee Signature

APPENDIX II



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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-feet 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 subsides 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 tests positive for COVID-19.

Student Name (Printed)	Grade	Sport/Activity/Program
Parent Name (Printed)		Daytime Contact Number
Parent Signature		Date

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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APPENDIX III

