

Interim Guidance for Distanced Athletic Conditioning and Drills

This guidance is applicable to all schools and teams within Tracy Unified School District (TUSD).

TUSD has provided confirmation that non-contact drills and Conditioning activities are now permitted on school sites with physical distancing guidelines. These activities must be conducted in compliance with the Fitness Facilities guidance available at <https://covid19.ca.gov/pdf/guidance-fitness.pdf>, as well as the CIF document attached.

While the State's Fitness Facilities document offers helpful guidance, it lacks enough specificity for non-contact drills and must be adapted to fit TUSD's guidelines for this type of group athletic training. Informed by a scan of how other California communities are approaching this activity, TUSD sports teams must adhere to noncontact drills and to the following adapted guidelines:

- Groups must be limited to no more than 24 athletes, and 1 coach.
- Participants cannot transfer between groups; once a group is established, they must remain together throughout a training session and across multiple training sessions.
- Face coverings that cover the nose and mouth are required for athletes and coaches whenever indoors.
- Access to weight rooms is not permitted at this time and will be revisited prior to 12/7/20.
- Face coverings are required for coaches indoors or outdoors.
- No spectators are permitted.
- Indoor and Outdoor activities and conditioning permitted.
- All participants must be screened for symptoms upon arrival to each training session. Anyone currently experiencing fever, cough, shortness of breath, chills, muscle aches, sore throat, runny nose or congestion, loss of taste or smell, nausea, vomiting, or diarrhea is not permitted to participate and should be sent home immediately.
- Hand sanitizer must be made readily available at the training site.
- Shared surfaces must be cleaned after each training session.
- Participants should bring their own water or other beverages and not share beverages with others.
- Participants should limit their participation to only one sport/activity (e.g., training for either baseball or soccer, but not both).

TUSD has indicated that these guidance's for sports to resume are under development. An official guidance put forth by the district, will replace this interim training guidance upon its completion. Until then, the district is only allowing drills and conditioning—no scrimmaging or competitive play is permitted.

Coronavirus is still very much present in our county, and precautions are necessary as training resumes. Cooperation with these requirements is important to protect the health of TUSD Students and Staff.

Any questions should be directed to the Athletic Director at your site.