



Coast Union High School
A California Distinguished School
2950 Santa Rosa Creek Road
Cambria, California 93428
Telephone (805) 927-3889
Fax (805) 927-2933

Scott Smith
Superintendent

Scott Ferguson
Principal

Return to Athletic Activities Plan

With the health and safety of students and coaches in mind, Coast Union High School has developed a plan designed to return to physical activity and training. This plan is in accordance with state and local county requirements, along with following the CIF guidelines that have been issued. As seen as an essential to the physical, mental and social well-being of students, we feel it is important for them to return to physical activity. Below is our plan for said return.

Points of Emphasis

- Physical distancing of at least 6 feet will take place at all times
- Outside conditioning will take place, on the grass, courts, and sports fields
- Health screenings will take place for all coaches and students on a daily basis before drop off with responses being recorded and stored
- Hand washing for at least 20 seconds using soap and water or use of hand sanitizer, especially after touching items or surfaces
- Dropping off and picking up on time is of most importance, as we need to limit wait time and any grouping. If not maintained, removal from voluntary workouts will happen
- Specific entry points, exit points and drop off points will take place for workouts for each specific sport and will be reviewed by coaches with students before initial workout begins

Hydration/Food

- All students must bring their own water bottle and no food is to be shared
- Hydration stations should be utilized only for the purpose of re-filling personal water bottles

Face Coverings

- Face covering will be worn at all times by all students with the exception of distance running or high intensity activity
- No plastic shields will be allowed due to risk of potential injury to person wearing them or others
- It is recommended that coaches wear face coverings at all times, especially when physical distancing is not possible
- Air horns and electronic timers are recommended instead of traditional whistles

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Limit on Gatherings

- Recommendation of a stable cohort group of 16 or less (for example: 15 student/athletes and 1 coach or 14 student/athletes and 2 coaches)
- Workouts will be conducted in these 'cohorts' or 'pods' outside with the same groupings to limit overall exposure with a minimum distance of 6 feet between each individual at all times
- Entrance and exit strategies will be put in place, such as staggered start/end times and different practice locations to avoid crossover and contact

Physical Activity and Athletic Equipment

- There will be no shared equipment (towels, clothing, shoes, sports equipment) between students
- Students will wear their own appropriate workout clothing at all times to ensure proper hygiene
- All athletic equipment, including balls, bats, etc...will be cleaned after each individual use and prior to the next workout
- Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned to use by the next workout
- Physical contact such as high-fives, fist/chest bumps, and hugs are not allowed
- Coaches will prepare athletes for return with a gradual transition in a supervised and progressive fashion by developing a conditioning and practice plan

Specific Sports Plans

- Cross Country: Runners will maintain at least 6 feet of distancing between individuals, no grouping up, (starts and finishes), no sharing of equipment, clean equipment between uses
- Golf: Athletes will maintain at least 6 feet of distancing between individuals, no grouping up, no sharing of equipment, clean equipment between uses
- Tennis: Conditioning, no sharing of tennis balls, each player will use own can of balls to serve and uses racket to pass other balls, singles only, ball machine to be utilized by individuals only, utilize wall volleys, clean equipment between uses
- Volleyball: Conditioning, individual ball handling drills, each player has own ball, clean equipment between uses
- Soccer: Conditioning, individual ball skill drills, each player has own ball, using feet only (no heading/use of hands), no contact, clean equipment between uses
- Baseball/Softball: Conditioning and tee work, no sharing of gloves or bats or throwing single ball among team, single player hitting in cages, pitcher throwing batting practice into netting without catcher, clean equipment between uses
- Basketball: Conditioning, individual ball skill drills, each player has a ball, no contact or sharing of balls, no passing of single ball among team where multiple players touch the same ball, clean equipment between uses
- Football: Conditioning and individual drills, no contact, no using of single ball among team where multiple players touch the same ball, no sharing of tackling dummies/donuts/sleds, protective equipment prohibited, clean equipment between uses



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March 26, 2021

Coast Unified School District Baseball Guidelines

The Athletic Department at Coast Union High School is excited about the prospect of welcoming back our student-athletes and beginning initial workouts for the new school year. Activity will begin with an Implementation Phase. During this initial phase, all county public health guidelines will need to be followed.

Before Starting Practices:

1. All student athletes will need to have the CUHS Athletic Contract/Physical Form completed and turned into Lupe Aguilar in the front office Monday thru Friday from 9 am to 3 pm. If you have any questions please contact Athletic Trainer Megan Swanlund at mswanlund@coastusd.org.
2. Athletes must bring a **Water Bottle** (with name), athletic shorts/shirt, and baseball cleats (or athletic shoes if specified by your coach).
3. Athletes must check in wearing a **Face Covering**. You must wear this face covering the entire time, except when you are participating in strenuous activity.

***If you do not complete these requirements, you will not be allowed to participate at this time.**

Arriving to Practice:

1. Prior to attending practice, you and your parent/guardian are responsible for a **self-assessment**. If you have any of the following symptoms: **Fever, Cough, Sore Throat, Shortness of Breath**, or have been in close contact with someone with COVID 19, you are **NOT** to attend practice and should see your doctor.
2. You should only be transported to practice by a family member you live with or are around consistently.
3. Student-athletes will arrive for check in between 3:15-3:25 PM. Baseball athletes will park in the gym parking lot closest to the weight room and will enter the field by walking through the gate next to the weight room and walking directly to and through the visitors' dugout. **DO NOT** go to the home side for any reason. Your coach will get any equipment you need.
4. Athletes will line up 6 feet apart in their designated pods for check in, again look for the signage pointing to your check in area. Assigned coaches will complete the check in process and walk the athletes to their respective staging area.
5. **Wear a mask** while checking in and stay 6 ft. apart from other team members during check in.

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During Practice:

1. Please always maintain social distancing and stay with your practice group as instructed.
2. During the Implementation Phase there will be no use of sport specific equipment to touch or share.
3. Use only YOUR water bottle and refill it using the common water jugs available and then utilize the hand sanitizer that is next to the water jug.
4. As always, practices will be closed. No visitors or spectators will be allowed on the sidelines, in the stands, or to roam the school grounds.

Leaving Practice:

1. Please leave at your scheduled departure time- inform your parent/guardian ahead of time so they are not late. Exit the same direction as you arrived.
2. **Wear a mask** after completing workouts and while waiting for your ride or heading to your vehicle.

After Practice:

1. Disinfect your water bottle and any other personal equipment.
2. Wash your mask if needed.
3. Self-assess for symptoms throughout the day and inform your parents and coach of any changes.

If you have any questions, please contact Athletic Director Andrew Crosby at acrosby@coastusd.org



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Coast Unified School District Cross Country Guidelines

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Before Starting Practices:

1. All student athletes will need to have the CUHS Athletic Contract/Physical Form completed and turned into Lupe Aguilar in the front office Monday thru Friday from 9 am to 3 pm. If you have any questions please contact Athletic Trainer Megan Swanlund at mswanlund@coastusd.org.
2. Athletes must bring a **Water Bottle** (with name), athletic shorts/shirt, and running shoes.
3. Athletes must check in wearing a **Face Covering**. You must wear this face covering the entire time, except when you are participating in strenuous activity.

***If you do not complete these requirements, you will not be allowed to participate at this time.**

Arriving to Practice:

1. Prior to attending practice, you and your parent/guardian are responsible for a **self-assessment**. If you have any of the following symptoms: **Fever, Cough, Sore Throat, Shortness of Breath**, or have been in close contact with someone with COVID 19, you are **NOT** to attend practice and should see your doctor.
2. You should only be transported to practice by a family member you live with or are around consistently.
3. Student-athletes will arrive for check in between 3:15-3:25 PM. Cross Country athletes will park in one of two parking lots (either in front of the outdoor basketball courts or in front of the front office/staff lounge). The area that you park in will be dependent on where your coach (Mr. Lawrence or Mr. Johnson) has instructed you to meet.
4. Athletes will line up 6 feet apart in their designated pods for check in, again look for the signage pointing to your check in area. Assigned coaches will complete the check in process and walk the athletes to their respective staging area.
5. **Wear a mask** while checking in and stay 6 ft. apart from other team members during check in.

Home of the Broncos!

During Practice:

1. Please always maintain social distancing and stay with your practice group as instructed.
2. During the Implementation Phase there will be no use of sport specific equipment to touch or share.
3. Use only YOUR water bottle and refill it using the common water jugs available and then utilize the hand sanitizer that is next to the water jug.
4. As always, practices will be closed. No visitors or spectators will be allowed on the sidelines, in the stands, or to roam the school grounds.

Leaving Practice:

1. Please leave at your scheduled departure time- inform your parent/guardian ahead of time so they are not late.
2. **Wear a mask** after completing workouts and while waiting for your ride or heading to your vehicle.

After Practice:

1. Disinfect your water bottle and any other personal equipment.
2. Wash your mask if needed.
3. Self-assess for symptoms throughout the day and inform your parents and coach of any changes.

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Coast Unified School District Soccer Guidelines

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Before Starting Practices:

1. All student athletes will need to have the CUHS Athletic Contract/Physical Form completed and turned into Lupe Aguilar in the front office Monday thru Friday from 9 am to 3 pm. If you have any questions please contact Athletic Trainer Megan Swanlund at mswanlund@coastusd.org.
2. Athletes must bring a **Water Bottle** (with name), athletic shorts/shirt, and soccer cleats (or athletic shoes if specified by your coach).
3. Athletes must check in wearing a **Face Covering**. You must wear this face covering the entire time, except when you are participating in strenuous activity.

***If you do not complete these requirements, you will not be allowed to participate at this time.**

Arriving to Practice:

1. Prior to attending practice, you and your parent/guardian are responsible for a **self-assessment**. If you have any of the following symptoms: **Fever, Cough, Sore Throat, Shortness of Breath**, or have been in close contact with someone with COVID 19, you are **NOT** to attend practice and should see your doctor.
2. You should only be transported to practice by a family member you live with or are around consistently.
3. Student-athletes will arrive for check in between 3:15-3:25 PM. Soccer athletes will practice in either practice field or the stadium parking lot. The girls and boys teams will alternate every week or as agreed upon by the coaches. Each practice area will be broken in to two practice areas (Stadium: 1A and 1B, Practice Field: 2A and 2B). Entering your practice area:
 - Stadium 1A: Park in the parking lot near the snack bar and enter the gate directly left of the bleachers.
 - Stadium 1B: Park in the parking lot near the scoreboard and enter the gate directly to the right of the bleachers.

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-Practice Field 2A: Park near the outfield of the softball field and enter by walking along the fence of the softball field

-Practice Field 2B: Park to the left of the tennis courts and enter through the gate between the gym and tennis courts.

4. Athletes will line up 6 feet apart in their designated pods for check in, again look for the signage pointing to your check in area. Assigned coaches will complete the check in process and walk the athletes to their respective staging area.
5. **Wear a mask** while checking in and stay 6 ft. apart from other team members during check in.

During Practice:

1. Please always maintain social distancing and stay with your practice group as instructed.
2. During the Implementation Phase there will be no use of sport specific equipment to touch or share.
3. Use only YOUR water bottle and refill it using the common water jugs available and then utilize the hand sanitizer that is next to the water jug.
4. As always, practices will be closed. No visitors or spectators will be allowed on the sidelines, in the stands, or to roam the school grounds.

Leaving Practice:

1. Please leave at your scheduled departure time- inform your parent/guardian ahead of time so they are not late. Exit the same direction as you arrived.
2. **Wear a mask** after completing workouts and while waiting for your ride or heading to your vehicle.

After Practice:

1. Disinfect your water bottle and any other personal equipment.
2. Wash your mask if needed.
3. Self-assess for symptoms throughout the day and inform your parents and coach of any changes.

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Coast Unified School District Softball Guidelines

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Before Starting Practices:

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2. Athletes must bring a **Water Bottle** (with name), athletic shorts/shirt, and softball cleats (or athletic shoes if specified by your coach).
3. Athletes must check in wearing a **Face Covering**. You must wear this face covering the entire time, except when you are participating in strenuous activity.

***If you do not complete these requirements, you will not be allowed to participate at this time.**

Arriving to Practice:

1. Prior to attending practice, you and your parent/guardian are responsible for a **self-assessment**. If you have any of the following symptoms: **Fever, Cough, Sore Throat, Shortness of Breath**, or have been in close contact with someone with COVID 19, you are **NOT** to attend practice and should see your doctor.
2. You should only be transported to practice by a family member you live with or are around consistently.
3. Student-athletes will arrive for check in between 3:15-3:25 PM. Softball athletes will park in front of the softball field and will enter the field by walking through the visitors' dugout. DO NOT go to the home side for any reason. Your coach will get any equipment you need.
4. Athletes will line up 6 feet apart in their designated pods for check in, again look for the signage pointing to your check in area. Assigned coaches will complete the check in process and walk the athletes to their respective staging area.
5. **Wear a mask** while checking in and stay 6 ft. apart from other team members during check in.

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During Practice:

1. Please always maintain social distancing and stay with your practice group as instructed.
2. During the Implementation Phase there will be no use of sport specific equipment to touch or share.
3. Use only YOUR water bottle and refill it using the common water jugs available and then utilize the hand sanitizer that is next to the water jug.
4. As always, practices will be closed. No visitors or spectators will be allowed on the sidelines, in the stands, or to roam the school grounds.

Leaving Practice:

1. Please leave at your scheduled departure time- inform your parent/guardian ahead of time so they are not late. Exit the same direction as you arrived.
2. **Wear a mask** after completing workouts and while waiting for your ride or heading to your vehicle.

After Practice:

1. Disinfect your water bottle and any other personal equipment.
2. Wash your mask if needed.
3. Self-assess for symptoms throughout the day and inform your parents and coach of any changes.

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Coast Unified School District Girls Volleyball Guidelines

The Athletic Department at Coast Union High School is excited about the prospect of welcoming back our student-athletes and beginning initial workouts for the new school year. Activity will begin with an Implementation Phase. During this initial phase, all county public health guidelines will need to be followed.

Before Starting Practices:

1. All student athletes will need to have the CUHS Athletic Contract/Physical Form completed and turned into Lupe Aguilar in the front office Monday thru Friday from 9 am to 3 pm. If you have any questions please contact Athletic Trainer Megan Swanlund at mswanlund@coastusd.org.
2. Athletes must bring a **Water Bottle** (with name), athletic shorts/shirt, and athletic shoes.
3. Athletes must check in wearing a **Face Covering**. You must wear this face covering the entire time, except when you are participating in strenuous activity.

***If you do not complete these requirements, you will not be allowed to participate at this time.**

Arriving to Practice:

1. Prior to attending practice, you and your parent/guardian are responsible for a **self-assessment**. If you have any of the following symptoms: **Fever, Cough, Sore Throat, Shortness of Breath**, or have been in close contact with someone with COVID 19, you are **NOT** to attend practice and should see your doctor.
2. You should only be transported to practice by a family member you live with or are around consistently.
3. Student-athletes will arrive for check in between 3:15-3:25 PM. Girls Volleyball athletes will park in one of two parking lots (either in front of the tennis courts/softball field or in front of the gym). The area that you park in will be dependent on where your coach has instructed you to meet.
4. Athletes will line up 6 feet apart in their designated pods for check in, again look for the signage pointing to your check in area. Assigned coaches will complete the check in process and walk the athletes to their respective staging area.
5. **Wear a mask** while checking in and stay 6 ft. apart from other team members during check in.

Home of the Broncos!

During Practice:

1. Please always maintain social distancing and stay with your practice group as instructed.
2. During the Implementation Phase there will be no use of sport specific equipment to touch or share.
3. Use only YOUR water bottle and refill it using the common water jugs available and then utilize the hand sanitizer that is next to the water jug.
4. As always, practices will be closed. No visitors or spectators will be allowed on the sidelines, in the stands, or to roam the school grounds.

Leaving Practice:

1. Please leave at your scheduled departure time- inform your parent/guardian ahead of time so they are not late.
2. **Wear a mask** after completing workouts and while waiting for your ride or heading to your vehicle.

After Practice:

1. Disinfect your water bottle and any other personal equipment.
2. Wash your mask if needed.
3. Self-assess for symptoms throughout the day and inform your parents and coach of any changes.

If you have any questions, please contact Athletic Director Andrew Crosby at acrosby@coastusd.org

Return to Athletics

Winter Sports: Football, Girls Volleyball, Cross Country

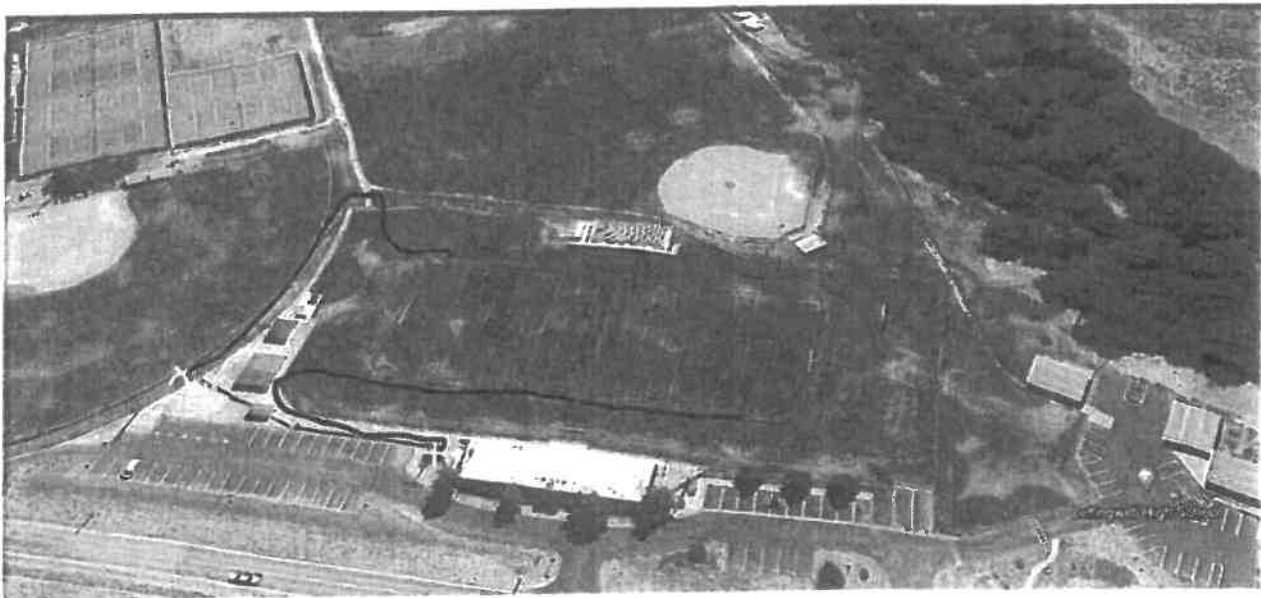
Spring Sports: Girls and Boys Soccer, Softball, and Baseball

-A survey concluded that soccer has the most interest and softball/baseball followed second

Legend:

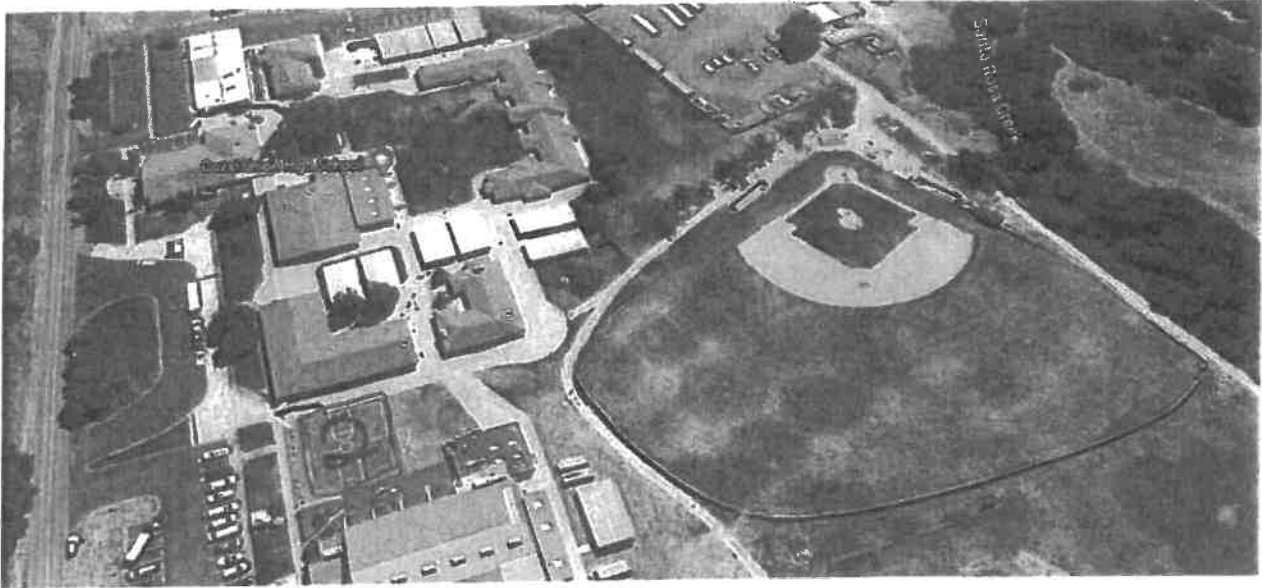
- Yellow X: Check in station
- Black Trails: Route student-athletes walk on to get to their respective conditioning areas
- Red Boundary: Area for each cohort within each sport

Football Map



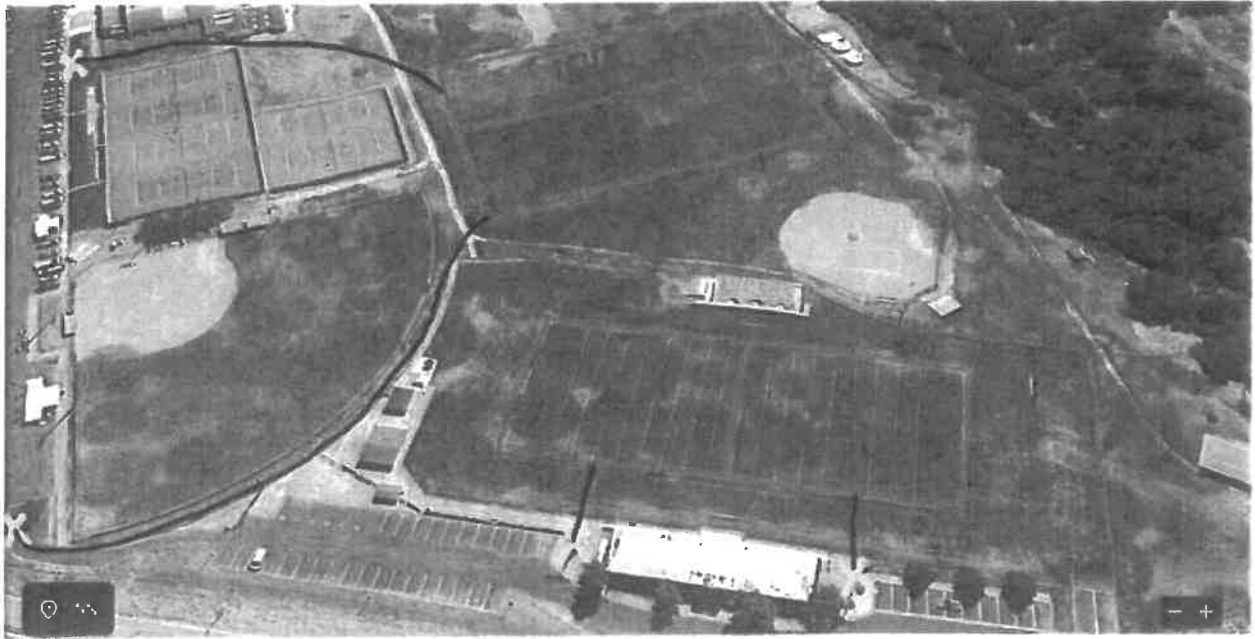
Coaches: Andrew Crosby and Charlie Casale

Cross Country Map



Coaches: Ayen Johnson and Wade Lawrence

Soccer Map

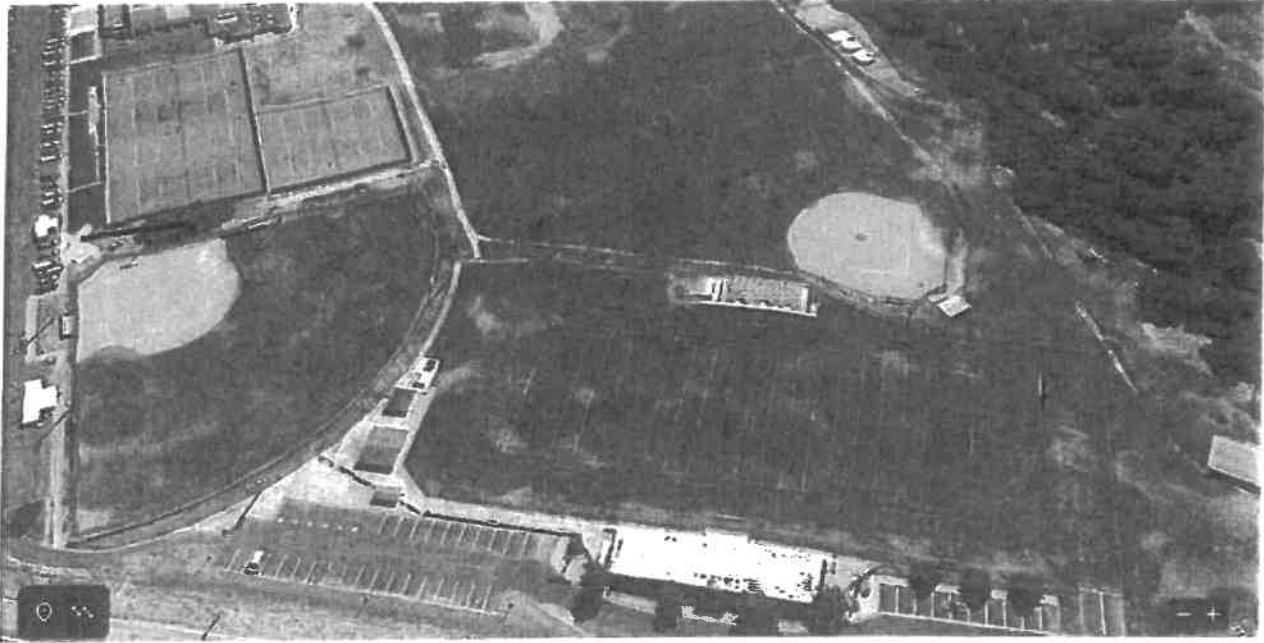


There will be one area for the girls and one area for the boys. In each area there will be two sections to break each team into two cohorts.

Girls Coaches: Sarah Johnston and Lencho Catalan

Boys Coaches: TBD (Claudia Mora and Gustavo Mora hopeful)

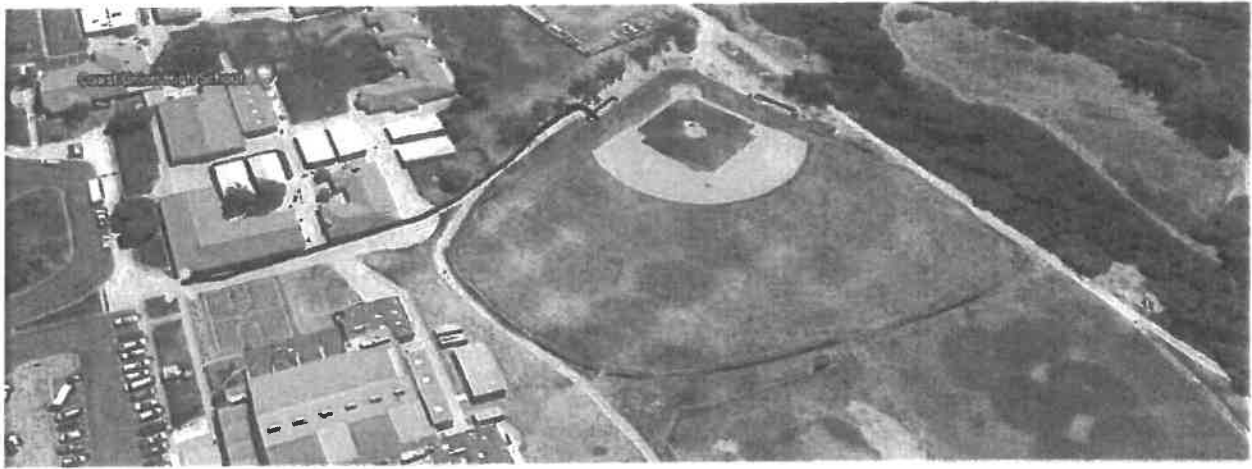
Softball Map



The field can be divided into two areas if there are more than 14 players.

Coaches: Steve Kniffen and Eddie Ortiz

Baseball Map



The field can be divided into two areas if there are more than 14 players

Coaches: Brian Machado, Trevor Neer, and Gary Stephenson

COVID-19 Parent Letter & Physician Clearance

Coast Union High School Athletics COVID-19 RTP Protocol (RTPP)

To the parent/guardian of _____ : Date: _____

Your child has reported to the Coast Union High School that he/she has been diagnosed, exposed to, or has symptoms of COVID-19. Coast Unified School District requires that your child to be evaluated and cleared by a physician and to be symptom free before beginning the COVID-19 Return to Play protocol (RTPP).

The Coast Union High School Athletics RTPP has been developed based on current research from the CDC, NATA, and Korey Stringer Institute, and American Academy of Cardiology. The CUHS RTPP will be updated as additional information becomes available.

COVID-19 Management

- Individuals with symptoms should stay home, and testing is recommended.
- Individuals who report not experiencing symptoms but report close contact with a confirmed COVID-19 case should quarantine for the 14-day incubation period, and testing is recommended.
- Individuals who report a positive COVID-19 diagnosis with no symptoms should stay at home and should not be allowed on campus for 10 days from symptom onset or test date.
- In order to begin the Coast Union High School Athletics RTPP it may be recommended that the patient have a normal cardiac evaluation. Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.
- Individuals who test negative after symptoms may return to school 3 days after symptoms resolve.

Return to Play

Based on the recommendations of the American Academy of Cardiology an ECG is recommended for certain pediatric patients including but not limited to those who have moderate symptoms, such as prolonged fever and/or bedrest. Additional cardiac screening is recommended for pediatric patients who have more significant symptoms and/or have been hospitalized. The Coast Union High School COVID-19 RTPP consists of phases that must be completed before the athlete may resume interscholastic athletics. The athlete may not begin the RTPP until he/she has received written clearance from the treating physician clearing them to do so. It is the student and parent's responsibility to obtain this clearance. The COVID-19 RTPP is outlined below:

Coast Union High School Athletics COVID-19 RTPP

If activity at any step results in a return of symptoms, then activity should be immediately halted. If any symptoms occur (including excessive fatigue) while going through RTPP, the athlete must return to the previous stage and progress again after a minimum of 24 hours period of rest without symptoms. Multiple incidences of return of symptoms will result in referral back to the treating physician

Phase	Description
1	Athlete has been symptom free for 7 days ECG Performed (if prescribed by the doctor or preferred by parent) and cleared by physician Activities of daily living Athlete completes above criteria without excessive fatigue or breathlessness
2	Athlete is symptom free 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <70% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
3	Athlete is symptom free 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
4	Athlete is symptom free 45-60 minutes of sports specific aerobic activity (including warm up) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
5	Athlete is symptom free Return to practice with no restrictions Athlete completes above criteria without excessive fatigue or breathlessness
6	Athlete is symptom is free Return to play/games with no restrictions

Please understand for your child's safety, he/she will remain out of participation until they have been cleared by a doctor and completes the RTPP. Returning an athlete before this happens may predispose them to any other type of injury.

Please do not hesitate to contact us regarding your child's condition.

Megan Swanlund
Certified Athletic Trainer
Phone/text: (805)975-5145
Email: mswanlund@coastusd.org

Andrew Crosby
Athletic Trainer
Office phone: (805)927-3889 ext. 2908
Cell: (805)801-8901
Email: acrosby@coastusd.org

COVID-19 Physician Clearance Form for Athletes

Dear healthcare provider,

The Coast Union High School has developed a COVID-19 Return-to-Play Protocol(RTPP) that considers recommendations of the NFHS, CDC, KSI, ACC, and local health authorities. Coast Union High School employs a certified athletic trainer to monitor the progress of athletes. Feel free to contact the Coast Union High School athletic trainer if you have any questions.

The American College of Cardiology (ACC) recommends that in certain circumstances following the diagnosis of COVID-19, a pediatric patient have a normal ECG prior to returning to participation. The patient's physician will determine if this is necessary based on his/her evaluation.

In order to begin the Coast Union High School RTPP the patient must have a physician's clearance on file with the athletic trainer; and be at least 7 days symptom free; or (if asymptomatic) 14 days since positive COVID-19 diagnosis.

If activity at any step results in a return of symptoms, then activity should be immediately halted. If any symptoms occur (including excessive fatigue) while going through RTPP, the athlete must return to the previous stage and progress again after a minimum of 24 hours period of rest without symptoms. Multiple incidences of return of symptoms will result in referral back to the treating physician.

Coast Union High School Athletics COVID-19 Return to Play Protocol:

Phase	Description
1	Athlete has been symptom free for 7 days ECG Performed (if prescribed by the doctor or preferred by parent) and cleared by physician Activities of daily living Athlete completes above criteria without excessive fatigue or breathlessness
2	Athlete is symptom free 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <70% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
3	Athlete is symptom free 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
4	Athlete is symptom free 45-60 minutes of sports specific aerobic activity (including warm up) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
5	Athlete is symptom free Return to practice with no restrictions Athlete completes above criteria without excessive fatigue or breathlessness
6	Athlete is symptom is free Return to play/games with no restrictions

COVID-19 Physician Clearance Form for Athletes

Please complete the following regarding the patient's experience with COVID-19 and care plan:

Name of Patient: _____ Date of Birth: _____

COVID-19 Diagnosis: YES or NO If YES: Date of Positive Diagnosis: _____

COVID-19 Symptomatic: YES or NO If YES: Date of Start of Symptoms: _____

Date of End of Symptoms: _____

COVID-19 Exposure: YES or NO If YES: Date of MOST RECENT Exposure: _____

Date of Medical Clearance to begin CUHS Athletics COVID-19 RTPP: _____

Please check one of the following regarding the COVID-19 Return-to-Play Protocol:

Based on my evaluation of this patient:

- ☐ Athlete has had an ECG or other cardiac screening which was normal and may begin the CUHS COVID-19 Return-to-Play Protocol. Once the RTPP has been satisfactorily completed, this athlete may return to athletics with no restrictions.
- ☐ Athlete may begin the CUHS COVID-19 Return-to-play Protocol without the need for an ECG or other cardiac testing. Once the RTPP has been satisfactorily completed, this athlete may return to athletics with no restrictions.
- ☐ Athlete is pending further cardiac screening and may **NOT** begin the CUHS COVID-19 RTPP. Athlete must be re-evaluated in my office on _____.
- ☐ Athlete may **NOT** begin the CUHS COVID-19 Return to Play Protocol and must be re-evaluated in my office on _____.
- ☐ Athlete may **NOT** begin the CUHS COVID-19 Return to Play Protocol and will be referred to a cardiologist.
- ☐ Other recommendations of treating physician: _____

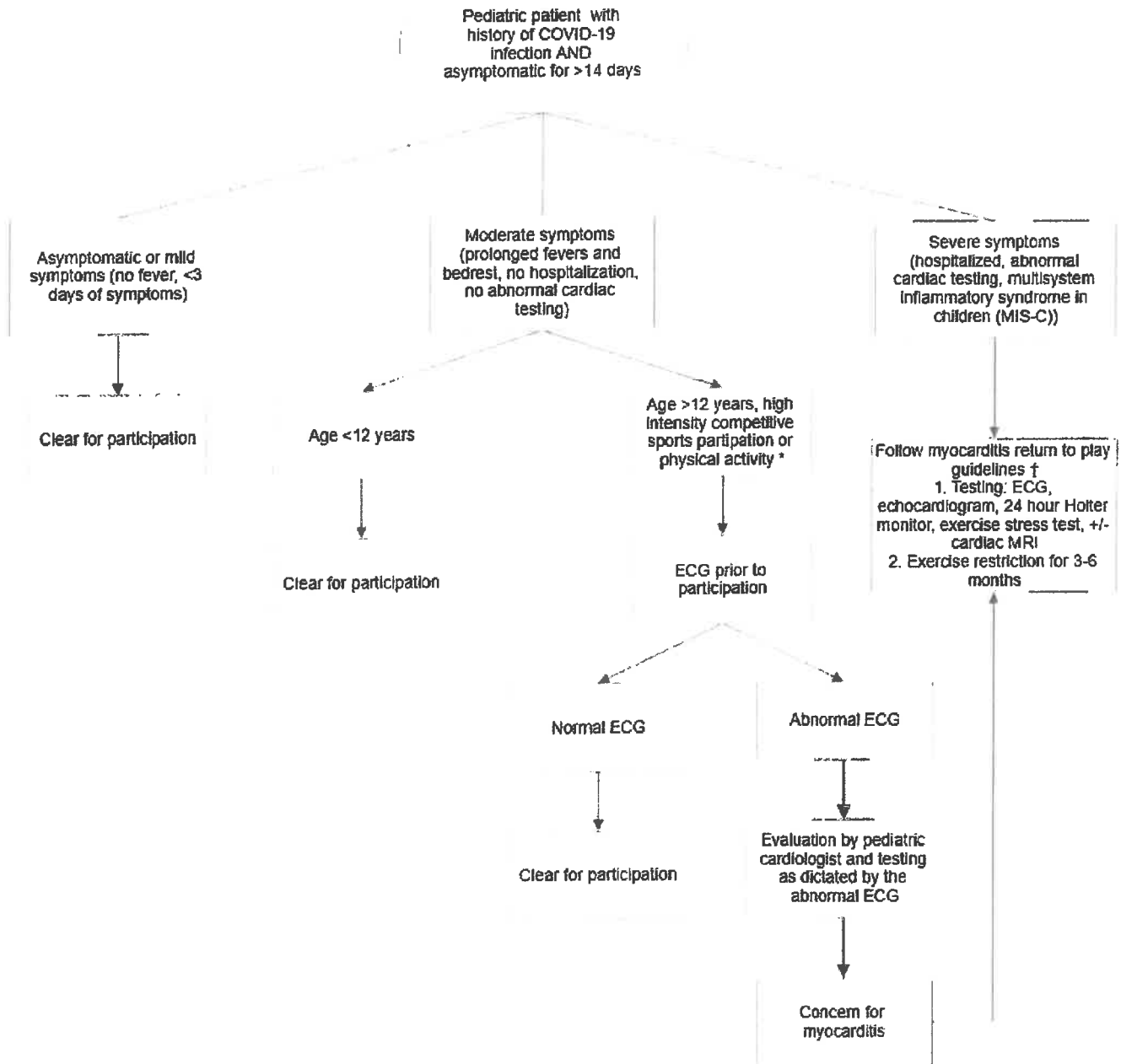
Name of Physician: _____

Address: _____ Phone Number: _____

Physician Signature: _____ Date: _____

Once a physician has completed this form, return it to the athletic trainer.

Return to Play After COVID-19 Infection in Pediatric Patients



<https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>

California Interscholastic Federation



EDUCATION-BASED ATHLETICS COVID-19 MODIFICATIONS

- [CDPH Youth Sports Guidelines](#) (please review for complete Return to Play details)
- [CLICK HERE for more information on State Testing](#)
- [CIF Guidelines will be adjusted weekly](#)
- [In the event of a positive test for COVID-19, schools will follow the current CDPH Guidelines for Schools](#)
- [Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician](#)
- [Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school](#)

CIF Season 1 Sports (January - April):

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

March 23, 2021

County Tier Status

CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

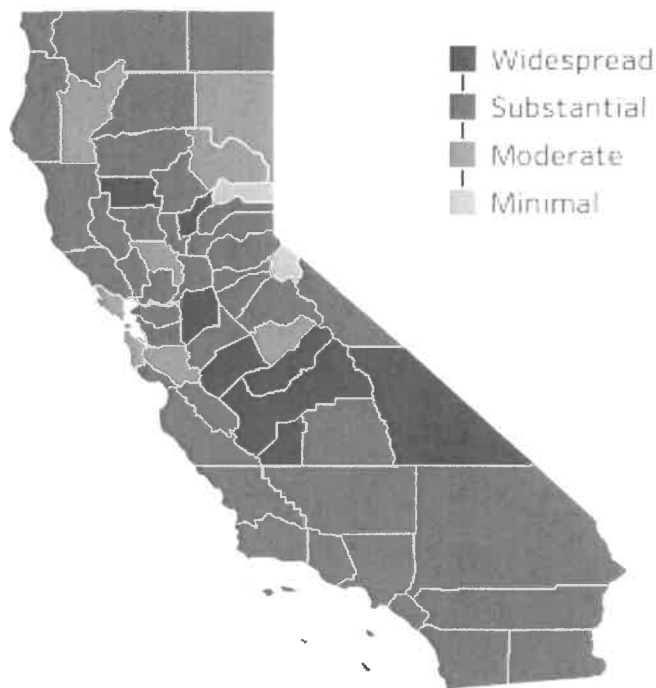
^Please refer to respective CIF Sections for verification of seasons of sport

***Outdoor Sports in Red (Substantial) and Orange (Moderate) Tiers may hold competitions, regardless of county tier status, if [respective county COVID-19 adjusted case rate is equal to or less than 14 per 100,000](#).**

Additionally, the sports of [football and water polo](#) must conduct COVID-19 testing at any time when your county falls into the adjusted case rate of 7-14 per 100,000. Please [CLICK HERE for more information on State Testing](#)

Please visit the [State Dashboard](#) for the latest county case rate data.

Indoor Sports are allowed only if teams adhere to the additional requirements by CDPH. [Conditions for Return to Play if Not Otherwise Authorized](#)



WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/Snowboarding, Swimming & Diving, Tennis, and Track & Field.

MODERATE

Sports allowed in this tier: Badminton, *Football, Gymnastics, *Boys Lacrosse, *Soccer, and *Water Polo.

SUBSTANTIAL

Sports allowed in this tier: *Baseball, *Field Hockey, *Girls Lacrosse, and *Softball.

MINIMAL

Sports allowed in this tier: Basketball, Competitive Cheerleading, Volleyball, and Wrestling.

Updated 3/23/21



2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.

Team Dugouts

- Coaches, game personnel and players only permitted in the dugout.
- Social distance requirements must be observed by all in the dugout.
- If the dugout area is not large enough to provide for social distance requirements, players and game personnel may move outside of the immediate dugout area to practice social distance requirements.
- Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to one (1) person from each team and must observe social distance requirements behind the backstop.



2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

Equipment Sanitation

- Each team provides sanitized balls (bucket) while on defense.
- Have a "dirty" ball bucket available, so they can be sanitized after the game.
- Sanitize bases after each game.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present other than when engaged in competition.
- Players shall utilize their own equipment bin for all personal gear in the dugout.
- Minimize the sharing of playing equipment (bats, batting helmets and catchers gear). Equipment must be sanitized between usage of multiple players.
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
- Sanitize all equipment and accessories after each game.

Uniforms

Long sleeves are encouraged to reduce skin contact with the ball and bases.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Umpires

- No line-up card exchanges.
- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.
- Carry hand sanitizer and use frequently.

Game Personnel Considerations (coaches, players, umpires)

- No sunflower seeds, spitting or gum.
- Carry hand sanitizer and use frequently.
- If a pitcher puts his/her hands to their mouth and touches the ball, "TIME" is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.

Regional Championships

- All games played at host school sites.
- Championships shall be single elimination.
- No pre-game player introduction assemblies on the foul lines.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 CROSS COUNTRY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Cross country meets should consider using staggered, wave or interval starts.
- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Consider widening the course to at least 6-feet at its narrowest point.
- Finish line area should be enlarged to provide for social distancing guidelines

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Officials continue to use their own personal equipment

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

State Championships

- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.
- Social distancing measures shall be in place at all times other than when engaged in competition.



2020-21 FOOTBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 10 games permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to one captain from each team, Head referee and Umpire.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6-feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.

Team Benches

- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Maintain social distancing of 6-feet at all times while in the team box.

Pre/Post-Game Ceremony

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Football Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.



2020-21 FOOTBALL GUIDELINES & COVID-19 MODIFICATIONS

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved shirts are encouraged.
- Do not share uniforms, towels and other apparel and equipment
- Permissible face coverings are required.
- Gloves are permissible.

State Championships

- Qualifying teams selected to compete in regional contests.
- All games played at host school sites.
- Championships shall be single elimination.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 GOLF GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and officials.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Golf equipment – Players should use their own equipment and golf balls. Players should not touch other players equipment or golf balls.
- Course equipment – Players should not touch the flagstick, bunker rakes or ball cleaning devices on the course.

Pre-Post Meet Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

State Championship

- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.
- Social distancing measures shall be in place at all times other than when engaged in competition.



2020-21 SOCCER GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 28 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to head or center referee, the head coach and a single captain from each team.
- Move the location of the pre-game conference to the center of the field.
- Participants must maintain social distancing protocols during the conference.
- No handshakes.

Team Benches

- Coaches, game personnel and players only permitted in the team bench area.
- Social distance requirements must be observed by all in the team bench area.
- Team bench areas may be located on opposite sides of the field.
- Spectators shall not be permitted behind the team benches.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to home team scorekeeper and timer. Maintain social distance requirements. Visiting team personnel (scorekeeper, statistician, timer) are not deemed essential personnel and will need to find an alternative location.



2020-21 SOCCER GUIDELINES & COVID-19 MODIFICATIONS

Substitution Procedures

Maintain social distance of at least 6-feet between referees, opponents and/or teammates.

Equipment Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear on the sideline.
- Long sleeves and long pants are permissible.
- Gloves are permissible.
- Undergarments are permissible but must be of a similar length for the individual and a solid-like color of the team.
- Sanitize all equipment and accessories after each game.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Referees

- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.
- Long-sleeved shirts/jackets are permissible.
- Gloves are permissible.

Regional Championships

- All games played at host school sites
- Championships shall be single elimination
- Suspend pre-game world cup introduction line and send players to their field positions for introductions.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 SOFTBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.

Team Dugouts

- Coaches, game personnel and players only permitted in the dugout.
- Social distance requirements must be observed by all in the dugout.
- If the dugout area is not large enough to provide for social distance requirements, players and game personnel may move outside of the immediate dugout area to practice social distance requirements.
- Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to one (1) person from each team and must observe social distance requirements behind the backstop.



2020-21 SOFTBALL GUIDELINES & COVID-19 MODIFICATIONS

Equipment Sanitation

- Each team provides sanitized balls (bucket) while on defense.
- Have a "dirty" ball bucket available, so they can be sanitized after the game.
- Sanitize bases after each game.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear in the dugout.
- Minimize the sharing of playing equipment (bats, batting helmets and catchers gear). Equipment must be sanitized between usage of multiple players.
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
- Sanitize all equipment and accessories after each game.

Uniforms

Long sleeves are encouraged to reduce skin contact with the ball and bases.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Umpires

- No line-up card exchanges.
- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.

Game Personnel Considerations (coaches, players, umpires)

- No sunflower seeds, spitting or gum.
- Carry hand sanitizer and use frequently.
- If a pitcher puts his/her hands to their mouth and touches the ball, "TIME" is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.

Regional Championships

- All games played at host school sites.
- Championships shall be single elimination.
- No pre-game player introduction assemblies on the foul lines.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 TENNIS GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 24 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Match Conference

- Limit attendees to the official and the head coach from each.
- All individuals maintain a social distance of 6-feet or greater.
- Suspend handshakes prior to and following the Pregame Conference.

Pre/Post-Match Ceremony

Replace handshakes before and after the game with a social distance acknowledgement of the team's choosing.

Tennis Ball Sanitation

- Practice caution with the tennis balls and avoid letting the participants touch them.
- Try to restrict balls to a particular group, court or day of the week. One idea is to label them with a permanent marker.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play.
- Using new balls on a very regular basis is highly encouraged.



2020-21 TENNIS GUIDELINES & COVID-19 MODIFICATIONS

Equipment & Accessories

- Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By state association adoption, long-sleeved shirts are permissible. (5-1-3)
- Face coverings are permissible.
- Gloves are permissible.



2020-21 VOLLEYBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 28 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 6-feet.
- Limit attendees to one coach from each team, first referee and second referee.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

Team Benches

- Suspend the protocol of teams switching benches between sets.
- Chairs shall not be permitted on the sideline except for coaching staff. Players shall stand while observing social distance requirements. Coaching staff may sit but must also honor social distance requirements.
- Spectators shall not be permitted behind team benches.

Deciding Set Procedures

Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6-feet. A coin toss, called by the home team, will decide serve/receive.



2020-21 VOLLEYBALL GUIDELINES & COVID-19 MODIFICATIONS

Substitution Procedures

Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

Officials' Table

Limit to essential personnel which includes home team scorer, libero tracker and timer with a distance of 6-feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

Pre/Post-Game Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Volleyball Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved, all-white/all-blue collared polo shirt/sweater are permissible.
- Electronic whistles shall be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.

State Championships

- Qualifying teams reduced to eight (8) per division.
- All games played at host school sites.
- Championships shall be single elimination.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.

2020 - 2021 SPRING SPORTS CALENDAR

Revised January 14, 2021							CIF-SS PRELIMINARIES		CIF-SS FINALS	
SPORT	FIRST CONTEST	SOP DATE	LAST LEAGUE CONTEST	LAST ALLOWABLE CONTEST	# OF SCRIMMAGES	# OF CONTESTS				
Badminton (71 Days)	March 6	April 10	May 14	May 15	2	24	N/A		N/A	
Southern Regional Individual Qualifying Tournament									May 26 - 27	
Individual State Regional Final									May 29	
Baseball (72 Days)	March 19	April 23	May 28	May 29	1	20	June 1/2(W/C), 3/4, 8, 11, 15		June 18 - 19	
CIF Southern Regionals									June 26	
Basketball (B/G) (72 Days)	March 12	April 16	May 21	May 22	2	28	Girls: May 25(W/C), 27, 29, June 2, 5		June 11 - 12	
							Boys: May 25(W/C), 26, 28, June 1, 4		June 11 - 12	
Southern Section "Open" Division							Girls: May 29, June 2, 5		June 12	
							Boys: May 28, June 1, 4		June 12	
CIF State Championship									June 14 - 19	
Cheerleading/Competitive Sport (71 Days)	March 27	May 1	June 5	June 5	1	20	N/A		N/A	
Golf (B/G) (71 Days)	March 20	April 24	May 28	May 29	2	24	Individual Regionals		May 31	
Team Divisional Championships									June 7	
Individual/CIF-SCGA Team Qualifier									June 10	
CIF-SCGA									June 15	
CIF State Championship									Canceled	
Lacrosse (B/G) (72 Days)	March 12	April 16	May 20	May 22	1	20	Girls: May 24 (W/C), 26, 28, June 1, 4		June 12	
							Boys: May 25 (W/C), 27, 29, June 2, 5		June 12	
Soccer (B/G) (71 Days)	Feb 27	April 3	May 6	May 8	2	28	Girls: May 10 (W/C), 12, 14, 18, 22		May 28 - 29	
							Boys: May 11 (W/C), 13, 15, 19, 22		May 28 - 29	
CIF Southern Regionals									May 31 - June 5	
Softball (72 Days)	March 19	April 23	May 27	May 29	1	20	June 1(W/C), 3, 8; 10, 12		June 18 - 19	
CIF Southern Regionals									June 26	
Swimming & Diving (B/G) (71 Days)	March 13	April 17	May 21	May 22	2	14	May 24 - 25		May 24 - 29	
Southern Section Diving Prelims & Finals									May 24 - 25	
State Diving Qualifying									May 29	
State Championships									June 4 - 5	
Track & Field (B/G) (72 Days)	March 20	April 24	May 28	May 29	2	14	June 5		June 12	
Masters Meet									June 19	
State Championship Meet									June 25 - 26	

2020 - 2021 SPRING SPORTS CALENDAR								Revised January 14, 2021	
SPORT	FIRST CONTEST	SOP DATE	LAST LEAGUE CONTEST	LAST ALLOWABLE CONTEST	# OF SCRIMMAGES	# OF CONTESTS	CIF-SS PRELIMINARIES	CIF-SS FINALS	
Tennis / Boys (76 Days)	March 1	April 7	May 14	May 15	2	24	May 18(W/C), 20,22,24,26	May 28	June 5
CIF Southern Regional Finals									
Ojai Tournament									
Individual Sectionals								April 22 - 24	June 7
Individual Championships								June 16 - 17	
Tennis / Girls (76 Days)	Feb. 22	March 31	May 7	May 8	2	24	May 11 (W/C), 12, 14, 17, 19	May 21	June 5
CIF Southern Regional Finals								June 1	June 9 - 10
Individual Sectionals									
Individual Championships									
Volleyball / Boys (64 Days)	March 13	April 13	May 13	May 15	2	28	May 18 (W/C), 20, 22, 26, 29	June 5	June 12
CIF Southern Regionals									
Wrestling(B/G) (72 Days)	March 5	April 9	May 11	May 15	2	40	Boys Team Duals	May 15	
							Boys Individual Championship	May 28 - 29	
							Girls Individual Championship	May 28 - 29	
							Masters Meet	June 4 - 5	
							Girls & Boys State Championship	June 10 - 12	