



UHS ATHLETIC DEPARTMENT RETURN TO PARTICIPATION PROPOSAL

OBJECTIVE

This document is intended to provide guidance for Upland High School coaches and staff members to consider in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening of athletic facilities at Upland High School following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.

COMPLETE PLAN FOR REOPENING:

[Upland Sports Medicine - Return to Practice / Physical Activity Strategic Plan](#)

Administrative Oversight

Upland High School's Administrative Team shall provide oversight for the return to athletics and activities. Coaches and Certified Athletic Trainers shall attend ongoing meetings with administration to review necessary adjustments to meet the needs and expectations of the current state, county and local guidelines. Certified Athletic Trainers shall maintain daily screening logs for all student athletes and coaches. These logs shall remain confidential and shall be retained and disposed of in accordance with District policy. Consultation and approval from the Upland Unified School District shall take place prior to transitioning to a new phase.

Pre Participation Exam / Athletic Health Screening

In order to address the impact that the COVID-19 virus and school closures have had on students, and in recognition that families may experience delays in obtaining appointments for their student for a Pre-participation Physical Examination, governing boards of school districts and private schools may elect to provide a one-time, temporary waiver of Bylaw 503.G. that must be signed by the student athlete's parent/legal guardian and submitted to the high school administration before the student may tryout, practice or participate in interscholastic athletic competition. This waiver will allow the student athlete to participate in athletics for a maximum of thirty (30) calendar days from their school's first day of practice in that sport. This waiver only applies to CIF sanctioned Fall 2020 sports. Further, a waiver may only be obtained if the high school has a Pre-participation Physical Examination for the 2019-2020 school year on file for the student athlete or, in the event the high school does not have on file the student's 2019-2020 Pre-participation Physical Examination, the parent/legal guardian may provide a copy of the student athlete's 2019-2020 Pre-participation Physical Examination to the school administration. This waiver also applies to incoming 9th graders and transfer students. An incoming 9th grader may request a waiver if they are able to provide a copy of a 2019-2020 Pre-participation Physical Examination or Well Child Check. An incoming transfer student may request a waiver if they are able to provide a copy of a 2019-2020 Pre-participation Physical Examination. After termination of the temporary thirty (30) day waiver period, the student athlete must submit a current 2020-2021 Pre-participation Physical Examination in order to continue participating in interscholastic athletics.

In order to be granted a temporary waiver of the Pre-Participation Physical Examination (Bylaw 503.G.), the parent/legal guardian and student MUST complete, sign and submit to their school administration the required 503.G. Waiver and Release of Liability Form. In addition to the requirements discussed above, a student athlete requesting a temporary waiver must submit to the school administration a student Health Screening Form completed and signed by the student's parent/legal guardian prior to participating in tryouts, practice or interscholastic athletic competition. These documents will be posted on the CIF website in the coming weeks (www.cifstate.org).

Athletic Facilities – Cleaning and Disinfecting

Cleaning schedules shall be created and implemented for all athletic facilities in accordance with state and county guidelines.

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility shall be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

Individuals shall be encouraged to wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer before touching any surfaces or participating in workouts. Hand sanitizer shall be available to individuals as they transfer from place to place.

- Appropriate clothing/shoes shall be worn at all times to ensure appropriate hygiene.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam shall be covered.
- Students shall be encouraged to shower and wash their workout clothing immediately upon returning to home.

Facility Entrance and Exit Strategies

- Upland High School's Administrative Team shall consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.
- [FLOW OF TRAFFIC DIAGRAM](#)

Pre- Practice / Training Screening

- All coaches and student-athletes will be screened daily for signs / symptoms of COVID-19 prior to participating.
- Responses to screening questions for each person will be recorded and stored ([Sample Screening Log attached](#)). [DO WE TELL PARENT ABOUT COVID?]
- Any person with positive symptoms reported will not be allowed to participate, shall self-isolate, and contact their primary care provider or other health-care professional.
- If a minor student athlete reports positive symptoms, Upland High School's Administrative Team shall inform the student's parent / guardian and ensure that the student is released into the parent's / guardian's care.
- Written medical clearance will be required to return to activity.
- Vulnerable individuals as defined by the CDC shall not supervise or participate in any workouts during Phase One.
- Vulnerable individuals, as used in this document, shall include people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Hygiene Practices

Upland High School's Administrative Team shall encourage staff and students to

- Adhere to current state, municipal, and district mandates and guidelines.
- Wash hands with soap and water for 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using transportation where social distancing may be impractical.

Hydration / Food

- All students must bring their own water bottle
- Water bottles/food will not be shared
- Hydration stations (water coolers, water cows, water trough, water fountains, etc.) shall be utilized only for the purpose of re-filling personal water bottles.
- [VENUE SPECIFIC HYDRATION STATIONS](#)

Face Coverings

- State, local or school district guidelines for cloth face coverings shall be strictly followed. Cloth face coverings should be considered acceptable.
- There is no need to require or recommend “medical grade” masks for physical activity. Any student who prefers to wear a cloth face covering should be allowed to do so.
- In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students.
- Exceptions for face coverings are, swimming, distance running or other high intensity aerobic activity.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others. This does not apply to any equipment allowed by NFHS rules such as protective eyewear (goggles) or acrylic face mask shields for football helmets.
- It is recommended that coaches, officials and other contest personnel wear cloth face coverings at all times and especially when physical distancing is not possible. (Artificial noisemakers such as an air horn, electronic whistle, or a timer system with an alarm can be used to signal in place of a traditional whistle.)

UPLAND FACILITIES

This section is intended to provide additional guidance for Upland High School coaches and staff members to consider in designing return-to-activity protocols specifically for Upland High School practice and game facilities both on and off site in accordance with state and county restrictions. It allows for a coordinated reopening of athletics at Upland High School and practice facilities.

WEIGHT ROOM

- Weight equipment shall be wiped down thoroughly before and after an individual’s use of equipment.
- Resistance training shall be emphasized as body weight, weight machines, and free weights that do not require a spotter.
- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms will be strictly enforced in the weight room.
- Weight rooms shall follow physical distancing guidelines and adhere to guidelines from Fitness-Related Organizations.

LOCKER ROOM / ATHLETIC TRAINING

- Locker rooms shall not be utilized during Phase One.
- Students shall report in appropriate attire and immediately return home to shower after participation.
- No students / athletes are allowed in training areas unless an AT / Athletic Training staff member is present
- [NATA - Return to Sport Considerations](#)

<p>FOOTBALL STADIUM/ TRACK</p>	<p>GYMNASIUMS OLD and NEW</p>
<ul style="list-style-type: none"> ● Football (Fall) ● Cross-Country (Fall) ● Soccer – Boys/Girls (Winter) ● Track and Field – Coed (Spring) 	<ul style="list-style-type: none"> ● Girls Volleyball (Fall) ● Basketball – Boys/ Girls (Winter) ● Boys Volleyball (Spring)
<p>AQUATIC FACILITY</p>	<p>OFF CAMPUS</p>
<ul style="list-style-type: none"> ● Boys Water Polo (Fall) ● Girls Water Polo (Winter) ● Swim & Dive – Coed (Spring) 	<ul style="list-style-type: none"> ● Girls Golf (Fall) ● Cross-Country (Fall) ● Baseball (Spring) ● Softball (Spring) ● Boys Golf (Spring)
<p>WRESTLING ROOM</p>	<p>HYDRATION PLAN</p>
<ul style="list-style-type: none"> ● Wrestling – Boys/Girls (Winter) 	<ul style="list-style-type: none"> ● VENUE SPECIFIC HYDRATION STATIONS



HIGHLANDER ATHLETICS: PHASED RETURN BY SPORT

PHASE ONE	PHASE TWO	PHASE THREE
FOOTBALL		
<ul style="list-style-type: none"> ● Pre- workout Screening: ● All coaches and students shall be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported shall not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate health-care professional. This person will be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals should not oversee or participate in any workouts during Phase 1. ● Limitations on Gatherings: ● No gathering of more than 10 people at a time (inside or outside). Locker rooms shall not be utilized during Phase 1. ● Workouts shall 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. ● Facilities Cleaning: ● Cleaning schedules shall be created and implemented for all athletic facilities to mitigate any communicable diseases in accordance with state and county guidelines. ● Hand sanitizer will be available to 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● *NFHS Provided Guidelines for Football ● Vulnerable individuals shall not oversee or participate in any workouts ● Limitations on Gatherings: ● No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts, provided that social distancing is maintained. 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. ● Facilities Cleaning: ● Cleaning schedules shall be created and implemented for all athletic facilities to mitigate any communicable diseases in accordance with state and county guidelines. ● Hand sanitizer should be available to individuals as they transfer from place to place. Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment. ● Physical Activity and Athletic Equipment: 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● *NFHS Provided Guidelines for Football ● Vulnerable individuals shall not oversee or participate in any workouts ● Limitations on Gatherings: Gathering sizes of up to 50 individuals, indoors or outdoors. When not directly participating in practices or contests, care will 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. ● Facilities Cleaning: ● Cleaning schedules shall be created and implemented for all athletic facilities to mitigate any communicable diseases in accordance with state and county guidelines. ● Hand sanitizer should be available to individuals as they transfer from place to place. Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment. ● Physical Activity and Athletic Equipment: ● Moderate risk sports practices and competitions may begin. There should be no shared athletic towels, clothing or shoes between students. ● Students must wear their own appropriate workout clothing (do not share clothing), and individual

<p>individuals as they transfer from place to place. Weight equipment shall be wiped down thoroughly before and after an individual's use of equipment.</p> <ul style="list-style-type: none"> ● Physical Activity and Athletic Equipment: ● There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Students will wear their own appropriate workout clothing (do not share clothing) individual clothing/towels will be washed and cleaned by students after every workout. ● 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. ● Hydration: ● All students shall bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized 	<ul style="list-style-type: none"> ● Lower risk sports practices and competitions may resume. Modified practices may begin for Moderate risk sports. There will be no shared athletic towels, clothing or shoes between students. Students shall 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 will be available at all contests and practices. ● Hydration: ● All students shall bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized 	<p>clothing/towels should be washed and cleaned after every workout.</p> <ul style="list-style-type: none"> ● Hand sanitizer will be available 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 will be limited and power cages should be used for squats and bench presses. Spotters shall stand at each end of the bar. ● Modified practices may begin for Higher risk sports: <ul style="list-style-type: none"> ● 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. ● 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
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VOLLEYBALL

<ul style="list-style-type: none"> ● Pre- workout Screening: ● All coaches and students shall be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check ● Any person with positive symptoms reported shall not be allowed to take part in workouts and shall contact his or her primary care provider or other 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals shall not oversee or participate in any workouts ● Same training / practice protocols as phase 1 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals shall not oversee or participate in any workouts ● Same training / practice protocols as phase 2
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<p>appropriate health-care professional. This person shall be quarantined for 14 days to mitigate the spread of the virus.</p> <ul style="list-style-type: none"> ● Vulnerable individuals shall not oversee or participate in any workouts ● Student-athletes will be assigned to a group/pod of no more than 6 ● Student-athletes will remain with the same group/pod throughout the summer ● Each student athlete will be assigned their own ball to use throughout the summer ● Each student-athlete will be instructed how to properly sanitize their equipment prior to and at the completion of practice ● Student-athletes will bring their own hydration equipment as well as equipment for sweat management ● Student-athletes will maintain 6 feet of distance at all times during practice ● Student-athletes will not have any physical contact during practice ● Individual training drills will be utilized during phase 1 practices 		
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AQUATICS

<ul style="list-style-type: none"> ● Pre- workout Screening: ● All coaches and students shall be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported shall not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person shall be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals shall not oversee or participate in any workouts ● 1 athlete per lane ● 12 athletes max in the pool 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals shall not oversee or participate in any workouts ● Same training / practice protocols as phase 1 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals shall not oversee or participate in any workouts ● Same training / practice protocols as phase 2
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- Student athletes will be assigned a swim lane and will report to that lane than upon entering the pool deck
- Student-athletes will be assigned to a Practice Group of no more than 12
- For water polo, each athlete will use their own ball.
- Student athletes will not have any physical contact during practice
- Student athletes will bring their own hydration equipment
- Student athletes will maintain 6 feet of distance on the pool deck before and after practice.
- Bags and personal items will a minimum of 6 feet apart
- Student athletes will enter the pool area through the west entrance
- Student athletes will exit through the east entrance

GOLF

● **Pre- workout Screening:**

- Student-athletes will check in with the Head coach / members of the coaching staff for Non-Contact Temperature Check and CDC symptom screening review
- Any person with positive symptoms reported shall not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person shall be quarantined for 14 days to mitigate the spread of the virus.
- Vulnerable individuals shall not oversee or participate in any workouts
- Ensure that all golf courses have opened according to city and county guidelines
- Confirm agreement with courses to allow for late in the day tee times (4:30-5:00) to avoid overlapping contact with the public
- Ensure that all players can be reached

● **Pre- workout Screening: See Previous Phase**

- Continuing protocol established in Phase 1
- Ensure high contact course equipment (rakes, flags and cups) has already been modified or removed by the courses in compliance with city and county regulations in order to reopen
- Ensure player and parent understanding concerning use of personal equipment and course expectations that include the following:
 - Players will maintain physical 6 ft apart at all times
 - Players will clean their own equipment and will not share clubs
 - Players will be responsible for handling their own bags and carts (i.e. Players will not push/pull

● **Pre- workout Screening: See Previous Phase**

- Continuing protocol established in Phases 1 & 2
- Players will provide their own transportation to all practice locations
- (If players are not allowed to provide their own transportation to Marshall Canyon and the team will need to take the bus to Marshall Canyon on Wednesdays, players will sit in alternate rows, 1 player per seat and wear a mask while on the bus.)
- Practice start times for players will be staggered so only 4 players (maximum group allowance) will tee off and play in a group
- Players who show up early will have to remain in the parking lot until assigned tee time
- Any player who misses a tee time will

<p>through the Remind App and email</p> <ul style="list-style-type: none"> ● Ensure coaches have ready access to hand sanitizer and disinfectant wipes that can be used by players during practice ● Coaches and players will maintain physical distancing at all times ● Coaches will use separate golf carts 	<p>another player's cart)</p> <ul style="list-style-type: none"> ○ Players will use their own golf balls ○ Practice team balls (used once a week) for putting drills will be marked and distributed in bags for specific players to avoid sharing of golf balls ○ Players will be responsible for cleaning practice balls with disinfectant wipes prior to returning them to storage bags 	<p>have to remain in the parking lot until an available spot in a grouping is open (i.e. another player misses the assigned tee time) or until all assigned groupings have teed off</p> <ul style="list-style-type: none"> ● All communication regarding missed tee times at the course will be conducted via Remind App ● Health screening will be completed prior to tee off ● Players will practice physical distancing for drill work on the putting greens ● Driving range balls can be moved from staging place to mat by player using a golf club and thus avoid direct contact ● Players will practice physical distancing while on the driving range (No more than 1 player on a mat and no more than 3 players in the driving range are using no more than 3 mats at all times) ● When players have finished practice, they will drop score cards in designated spots (i.e. on the coach's windshield or in the box in the coach's truck bed) ● Players will not congregate after practice and will leave the facility as soon as possible
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TENNIS

<ul style="list-style-type: none"> ● Pre- workout Screening: ● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person must be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals will not oversee or 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals will not oversee or participate in any workouts ● No sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only) 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals will not oversee or participate in any workouts ● Same training / practice protocols as phase 2
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<p>participate in any workouts</p> <ul style="list-style-type: none"> ● Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only ● Players may do individual drills, wall volleys 		
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CROSS-COUNTRY

<p>● Pre- workout Screening:</p> <ul style="list-style-type: none"> ● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person will be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals will not oversee or participate in any workouts ● Student-athletes will be assigned to a group/pod of no more than 6. ● Student-athletes will remain with the same group/pod throughout the summer. ● Student-athletes will maintain 6 feet of distance at all times during practice (drills, stretches, warm- up, and run) ● During drills there will be cones that will be 6ft away from each other to help monitor and help assist student-athletes ● Student-athletes will be released to go on their run by pods and to remain 6ft away at all times. ● All student-athletes will be given their own roller to help roll out and stretch with. ● All student-athletes will be required to bring their own water bottle and towel. 	<p>● Pre- workout Screening: See Previous Phase</p> <ul style="list-style-type: none"> ● Vulnerable individuals will not oversee or participate in any workouts ● Same training / practice protocols as phase 1 	<p>● Pre- workout Screening: See Previous Phase</p> <ul style="list-style-type: none"> ● Vulnerable individuals will not oversee or participate in any workouts ● Same training / practice protocols as phase 2
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BASKETBALL

● **Pre- workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. This person should be quarantined for 14 days to mitigate the spread of the virus.
- Vulnerable individuals will not oversee or participate in any workouts
- Student-athletes will be assigned to a group/pod of no more than 6.
- Student-athletes will remain with the same group/pod throughout the summer.
- Each student athlete will be assigned their own ball to use throughout the summer.
- Student-athletes will maintain 6 feet of distance at all times during practice.
- Student-athletes will not have any physical contact during practice.
- Individual training drills will be utilized during phase 1 practices.

● **Pre- workout Screening: See Previous Phase**

- Vulnerable individuals will not oversee or participate in any workouts.
- Same training / practice protocols as Phase 1

● **Pre- workout Screening: See Previous Phase**

- Vulnerable individuals will not oversee or participate in any workouts
- Same training / practice protocols as phase 2

WRESTLING

● **Pre- workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- 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. This person should be quarantined for 14 days to mitigate the spread of the virus.
- Vulnerable individuals will not oversee or

● **Pre- workout Screening: See Previous Phase**

- Vulnerable individuals will not oversee or participate in any workouts.
- Same training / practice protocols as Phase 1

● **Pre- workout Screening: See Previous Phase**

- Vulnerable individuals will not oversee or participate in any workouts
- Same training / practice protocols as phase 2

<p>participate in any workouts.</p> <ul style="list-style-type: none"> ● Conditioning, mirror drills with spacing, no contact ● Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to) 		
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TRACK AND FIELD

<ul style="list-style-type: none"> ● Pre- workout Screening: ● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person must be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals will not oversee or participate in any workouts ● Student-athletes will be limited to group/pod of no more than 5 ● Student-athletes will be assigned a set of blocks for use throughout practice. Blocks will be cleaned prior to use and at the end of each practice. ● Student-athletes will provide their own water. There will be no use of water fountains or water cows. ● Student-athletes will need to provide their own preventive equipment (i.e. rollers, bands, etc.). ● Student-athletes will be required to wear masks when checking in but not during practice sessions. ● Coaches will be provided backpacks which include the following: <ul style="list-style-type: none"> ● Thermometer ● Hand Sanitizer 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals will not oversee or participate in any workouts ● Same training /practice protocols as Phase 1 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● Vulnerable individuals will not oversee or participate in any workouts ● Same training / practice protocols as Phase 2
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<ul style="list-style-type: none"> ● Disinfectant ● Towels ● Alcohol ● Gloves 		
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BASEBALL/SOFTBALL

<ul style="list-style-type: none"> ● Pre- workout Screening: <ul style="list-style-type: none"> ● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person must be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals will not oversee or participate in any workouts ● Conditioning and tee work. ● Players will not share gloves or bats or throw a single ball that will be tossed among the team. ● A single player will hit in cages, throw batting practice (with netting as backstop, no catcher) ● Prior to another athlete using the same balls, they will be collected and cleaned individually 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ●
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COMPETITION AND NON-COMPETITION CHEER

<ul style="list-style-type: none"> ● Pre- workout Screening: <ul style="list-style-type: none"> ● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase <ul style="list-style-type: none"> ● Same training / practice protocols as Phase 1 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase <ul style="list-style-type: none"> ● Same training / practice protocols as phase 2
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<p>reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person will be quarantined for 14 days to mitigate the spread of the virus.</p> <ul style="list-style-type: none"> ● Vulnerable individuals will not oversee or participate in any workouts ● Can do conditioning and individual technique/choreography work ● Students may not practice/perform partner or group stunts ● Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to 		
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BOYS' SOCCER

<ul style="list-style-type: none"> ● Pre- workout Screening: ● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. ● Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional. This person should be quarantined for 14 days to mitigate the spread of the virus. ● Vulnerable individuals will not oversee or participate in any workouts ● Total Participants: up to 24 players ● All players & coaches to maintain a minimum of 6 feet of distance from one another ● Training will occur in small groups or “pods” and will consist of no more than 5-7 players per pod ● All training activities/drills are to focus on individual fitness & skills training ● Players may only use their feet to touch the ball—using hands or head is not 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● All of the core guidelines featured in Phase 1 except as modified below ● New features in Phase 2: <ul style="list-style-type: none"> ○ Practice activities/drills will now include multiple players involved within the training group or pod ○ Scrimmages between training groups are now allowed ○ Sharing of some equipment such as soccer balls is allowed for use in the regular practice drills such as headers & throw-ins are allowed 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● All of the core guidelines featured in Phases 1 & 2 except as modified below ● New features in Phase 3: <ul style="list-style-type: none"> ○ Team training activities/drills now permitted (as an entire group rather than pods)
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<p>permitted</p> <ul style="list-style-type: none"> ● Coaches must always wear a mask unless actively involved in the training activity/drill that permits the 6 feet of distance from one another ● Not Permitted players may not share equipment or practice pennies/bibs, no parents on the practice field, no scrimmages between players, no physical contact is permitted, no activities that may create opportunity for an individual to come in contact with another's equipment: includes headers, throw-ins, etc., no sharing of belongings between players such as water bottles, cell phones, cleats, socks, shin guards, etc. 		
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GIRLS' SOCCER

<p>Training Sites:</p> <ul style="list-style-type: none"> ● YMCA: <ul style="list-style-type: none"> ○ Has own safety protocols already being applied per state mandates we would adhere to: <ul style="list-style-type: none"> ■ Wearing masks when entering ■ Temperature checks at door ● UHS Stadium: <ul style="list-style-type: none"> ● Pre- workout Screening: Students will check in with the Athletic Training Staff for Non-Contact Temperature Check and CDC symptom screening review ● Girls soccer will be operating in small group pods of 5-6 players that will stay in that group for the entirety of the summer program or until told we can move into tier 2 of CIF guidelines. Pods will train for one hour and then be dismissed and new pods will come at their designated times ● New incoming players will have the last hour of each training session and will also be put into pods of 5-6 and given certain days to attend 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● New features in Phase 2: <ul style="list-style-type: none"> ○ Practice activities/drills may now include multiple players involved within the training group or pod ○ Scrimmages between training groups are now allowed ○ Sharing of some equipment such as soccer balls is allowed for use in the regular practice drills such as headers & throw-ins are allowed 	<ul style="list-style-type: none"> ● Pre- workout Screening: See Previous Phase ● New features in Phase 3: <ul style="list-style-type: none"> ○ Team training activities/drills now permitted (as an entire group rather than pods) ○ Scrimmages between training groups are now allowed ○ Sharing of some equipment such as soccer balls is allowed for use in the regular practice drills such as headers & throw-ins are allowed
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| <ul style="list-style-type: none">● The pods will be safely distanced from each other during training session two pods per half field and then broken into quarters | | |
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STUDENT AND PARENT/GUARDIAN RESPONSIBILITIES AND EXPECTATIONS

ALL ATHLETICS AND CO-CURRICULAR ACTIVITIES:

- All students will be required to turn in a signed waiver before they are permitted to participate.
- All students will be pre-screened for COVID-19 symptoms and contact with individuals having COVID-19 (or symptoms) and have their temperature taken. Any individual with symptoms consistent with COVID-19, including but not limited to a fever, or associations with individuals who have tested positive for COVID-19 or who have symptoms consistent with COVID-19 will not be permitted to practice. Students may resume activity once COVID-19 symptoms have disappeared and/or their temperature has been below 100.4 degrees Fahrenheit for three days. If the student is not symptomatic, but has been around a person positive for COVID-19 or displaying symptoms consistent with COVID-19 they must stay away from school or activities for 14 days.
- When not actively engaged in athletic or co-curricular activities, masks must be worn by students and staff, social distancing must be enforced, and hygiene basics adhered to in all situations.
- Hand sanitizer will be provided in common areas.
- Individuals shall sanitize or wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in meetings, practices, activities, or games.
- All students and staff are required to sanitize or wash hands upon entry to the school campus.
- All practices, activities, and games will be closed to the public, family, or associates of staff or students.
- Each student shall bring their own water bottle for their use only.
- State, local and city guidelines will be followed as it pertains to limitations of gatherings, use of masks, sanitation, and hygiene.
- The standard of 6-feet in social distancing must be maintained at all times during any activities on campus (including outdoors, classrooms, hallways, entrances/exits, common spaces of any kind, and offices)
- **Locker rooms are not permitted for use during Phase One.**
- **Student Athletes shall report to school in appropriate attire and should immediately return home after the workout.**
- **Students are strongly encouraged to shower upon return home and workout attire should be washed.**
- Physical contact such as high-fives, fist/chest bumps, and hugs shall not be allowed.
- Workouts will be conducted in “pods” of students with the same group of students always working out together.
- Hard surfaces and frequently used areas will be cleaned and disinfected by staff and/or students (students may voluntarily assist with cleaning with soap and water, and/or CDC approved cleaning solutions); equipment with holes/exposed foam will be covered up. Only District provided disinfectant should be used by staff.
- No shared towels, clothing, shoes, water bottle, or use of drinking fountains will be permitted.
- Cancellation of training or contests, as well as the possibility of teams isolating for 2 weeks, may happen with little notice as a result of recurrent outbreak or knowledge that a coach or athlete has been exposed to, contracted, and/or is exhibiting symptoms consistent with COVID-19.
- Pre-Participation Exam guidelines shall be adhered to by all student athletes in accordance with current CIF regulations (503.G)
- All coaches and students are encouraged to practice good hygiene, including proper handwashing, coughing and sneezing etiquette at all times both on and off campus
- Masks are required to be worn by students at all times with the exception of swimming, distance running, or other high intensity aerobic activity.
- Balls and other equipment must be cleaned intermittently during practice and competition by staff and students. Gear and bats must be cleaned between uses.
- All students may be subject to COVID-19 testing within a 24 hour period of a competition, or weekly if the student’s sport is not in competition.

My signature below indicates I have read this acknowledgement. I understand, and agree to allow my student to participate in the athletic and/or activities program. I agree to comply with all Upland Unified District protocols implemented as part of the reinstatement of these programs/activities.

Printed Student Name: _____

DOB: _____

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____



RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in the athletic, field trip or excursion, sponsored, planned, and directed by the Upland Unified School District, the undersigned for himself or herself and any personal representatives, heirs, and next of kin, hereby agrees to the following:

1. PARENT/GUARDIAN HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE THE UPLAND UNIFIED SCHOOL DISTRICT, their officers, employees, board and agents (hereinafter referred to as "releases") from all liability to the undersigned, their personal representatives, assigns, heirs, and next of kin for any loss of damage, and any claim or demands therefore on account of injury to the person, exposure to illness or disease, including but not limited to COVID-19, property damage, loss of property, or resulting in death or medical impairment of the undersigned, while the undersigned participates in the sponsored athletic/activities program directed by the UPLAND UNIFIED SCHOOL DISTRICT.
2. PARENT/GUARDIAN HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the participation of the undersigned in the athletic/activities program directed by the UPLAND UNIFIED SCHOOL DISTRICT;
3. PARENT/GUARDIAN HEREBY ASSUMES FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, ILLNESS OR DISEASE, DEATH, OR PROPERTY DAMAGE while participating in the athletic/activities program, field trip or excursion, sponsored, planned, and directed by the UPLAND UNIFIED SCHOOL DISTRICT.
4. PARENT/GUARDIAN IS AWARE THAT PARTICIPATION IN THE ATHLETIC/ACTIVITIES PROGRAM PRESENTS A RISK OF PHYSICAL HARM. The undersigned is also aware that participating in the athletic/activities programs, field trip, or excursion under pandemic conditions may result in exposure to and infection with COVID-19, in addition to an injury that may result while participating in said athletic/activities program. The undersigned understands that the risk of transmission of COVID-19 is higher while participating in high-contact and moderate-contact sports than participating in low-contact sports because of the increased difficulty in maintaining physical distancing and the higher intensity or level of exertion required. The undersigned is aware of the risk that any part of his/her body or any of his/her body systems may be hurt, injured, or become ill by participating in the athletic/activities program. The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes any and all risks of bodily injury and illness against the Upland Unified School District while participating in the athletic/activities program.
5. PARENT/GUARDIAN further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
6. The undersigned further attests the following:
 - ◆ I am not experiencing any symptoms of illness, such as cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or new loss of taste or smell.
 - ◆ I have not traveled internationally within the last fourteen (14) days.
 - ◆ I have not traveled to a highly impacted area within the United States of America in the last fourteen (14) days.
 - ◆ I do not believe I have been exposed to someone with a suspected and/or confirmed case of COVID-19.
 - ◆ I have not been diagnosed with COVID-19 and not yet cleared as non-contagious by state or local public health authorities.
 - ◆ I will notify my coach or teacher, in writing, in the event that my answers above change.

- ◆ I acknowledge that I may be subject to a COVID-19 test within a 24 hour period of a competition, or weekly if my sport is not in competition. I consent to COVID-19 tests weekly and within a 24 hour period of a competition

My signature below indicates I have read this waiver and agreement, understand, and agree to its terms.

Printed Student Name:	_____	DOB:	_____
Student Signature:	_____	Date:	_____
Parent Signature:	_____	Date:	_____

Please return a signed copy of this form to the Athletic Training Room on the first day of conditioning and or practice.

Additional Resource Links

California Phases for Reopening:

<https://www.gov.ca.gov/wp-content/uploads/2020/04/Update-on-California-Pandemic-Roadmap.pdf>

California COVID-19 Industry Guidance:

[Covid19.ca.gov](https://www.covid19.ca.gov)
[COVID-19 Athletic Training Room, Recommendations, Policies & Procedures](#)

EPA approved list of cleaning products:

<https://cifstate.org/covid-19/index>

CIF Guidelines for Return to Physical Activity/Training:

https://d2o2figo6ddd0g.cloudfront.net/s/1/odqazeqk6d2zfw/RTP_Combined.pdf

National Federation of State High School Associations:

[NFHS Guidance for Opening Up High School Athletics and Activities](#)
[Printable Signage](#)

National Athletic Trainers Association:

[NATA – Return to Sport Considerations](#)

CDC School Reopening Considerations:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Schools-Decision-Tree.pdf>

CDC Guidance for Large Community Events and Mass Gatherings:

<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html>

CDC Guidance for Cleaning and Disinfecting Your Facility: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

CDC Guidance for Visiting Parks and Recreational Facilities:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

CDC Guidance on Coronavirus and Travel in the US:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

