



Dinuba High School

Andrew Popp- Principal

Brian Cox, Assistant Principal • Abigail Cravins, Assistant Principal
Adrian Gutierrez, Assistant Principal • Gina Melkonian, Assistant Principal
JohnC Freitas, Athletic Director, • Manjeet Dail, College & Career Coordinator



Dinuba High School **Athletics and Activities Proposal**

Purpose:

In preparation for the upcoming season of sport DHS would like to bring back students under direct supervision of coaches and administrators for conditioning. DHS recognizes the importance of student to school connection. A return of participants aligns with the mission of connecting students. Research demonstrates that the student to school connection through athletics and other extracurricular activities leads to greater mental, physical health and academic achievement.

Pre- Workout/Contest/Activity Screening:

- Coaches/ Admin will take participants temperature with a no-touch thermometer daily prior to beginning any activity.
- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- A record will be kept daily of all individuals present along with records of self assessment of symptoms.
- 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.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- Students/athletes will be placed in pods or cohorts (a group of no more than 14 students and 2 supervising adults when participating in any workout/activity.
- Pods should consist of the same students and adults. For example, if a student is absent the pod will not add a student to reach the number 14.
- Social distancing should be practiced by students and coaches even within a pod
- Students and coaches should not gather before or after activity

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Face coverings / Masks:

- Face coverings/masks guidance should be followed as directed by [CDPH guidance](#) for the use of face coverings. Cloth face coverings/masks are acceptable and “medical grade” masks are not required. It is recommended that coaches, officials, students, and other personnel always wear a face covering/mask and especially when social distancing is not possible.

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.

Facilities:

- Adequate cleaning schedules will be implemented for all athletic facilities to mitigate any communicable diseases.
- Due to the current Statewide Public Health Officer Order issued on July 13, 2020, pools, indoor facilities, which include gyms and fitness centers, must remain closed at this time.
- Locker rooms will not be utilized during Phase 1. Students will report to workouts in proper gear and immediately return home after participation.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.

Athletic Equipment:

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

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Physical Activity

- Resistance training should be emphasized as body weight exercises.

Examples (including by limited to):

- **Cross Country** Runners should maintain physical distancing, no grouping
- **Track and Field** Runners should maintain physical distancing, no grouping. No sharing of equipment.
- **Golf** Maintain physical distancing, no grouping
- **Tennis** Conditioning drills are permitted with no sharing of balls. Each player may use own can of balls to serve and use racket to pass other balls (singles only), the ball machine is permitted for one individual. Players may do individual drills
- **Volleyball** Conditioning, individual ball handling drills, each player has own ball.
- **Basketball** - Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s) but may not pass to others where multiple touching is apparent.
- **Soccer** Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.
- **Baseball/Softball** Conditioning and tee work. Players should not share gloves or other equipment. A player may hit in cages, throw batting practice (with netting as backstop, no catcher).
- **Wrestling** Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without any touching of another individual.
- **Competitive Cheer** Conditioning and individual technique/choreography work. No group or partner stunts permitted. Individual jumps, dance, tumbling without contact are allowed.
- **Football** Conditioning and individual drills. A player should not handle or pass balls to another individual. Physical contact with other players is not permitted, and no sharing of equipment such as sleds or tackling dummies. Personal protective equipment is not allowed at this time.
- **Water Polo / Swim** Dry land conditioning, individual ball skill drills, no contact or sharing of balls.

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