CENTRAL UNIFIED

NEW HIGH SCHOOL ATHLETIC GUIDELINES

1) **All athletes/coaches must wear face coverings at all times.**
   Exception is water polo/swim and cross country if the athlete is running by themselves.

2) **All athletes must be 6 feet apart at all times – Non-negotiable.**

3) **Sharing of equipment is allowed by multiple players.**
   Athletes must use Hand sanitizer before play, during breaks, and at the conclusion of practice. All equipment must be disinfected at the beginning and end of each practice. Weight room equipment must be cleaned before each new person uses it. Please make sure you email the Athletic Director or Steve if you need hand sanitizer and disinfectant.

4) **Only outside training can take place.**

5) **Cohorts.**
   Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period. (Refer to Page 4 CDPH)

   Physical conditioning, practice, skill building, and training that can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts are currently authorized for all sports regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. Competition between two teams will not be allowed in California until January 25, 2021, at the earliest. Once return to competition is allowed every participating school's county must also be in the authorized tier status for respective sport in order to compete.

6) **Once high school games start students are not allowed to play with their club team.**

7) **Student athletes are only allowed to be in one cohort at Central High School.**
   We are still getting clarification from the state on this. Since none of the fall sports have been officially cancelled, We would suggest all fall sport athletes stick with their fall team until those get cancelled then they can move on to the next team.

8) **Student athlete returning after a positive COVID test result**
   Any student that has tested positive must have a Doctor note clearing them to participate in sports.