



## Redwood Christian Schools Return to Athletics Protocol

### In all Phases:

- Establish and continue communication Superintendent of Schools and State authorities to determine current mitigation levels in the community.
- Protect and support staff, students, and their family members who are at higher risk for severe illness.
- Ensure that any other community groups or organizations that use the athletic facilities also follow this guidance:

**Phase 1 Conditions:** At home restrictions lifted which would allow travel for recreational camps. Restricted to groups of 12 (same kids) with 1 coach (same coach) with social distancing measures. Restricted to varsity level or returning j.v. athletes only. Enhanced social distancing measures in place. Face masks worn by coaches in indoor activities. Players must wear masks when distancing is not possible and activity is not rigorous. Masks to be worn before and after workouts while coming and going from the facility.

**Phase 2 Conditions:** Increased group gathering size beyond 12 with social distancing measures still remaining. County phasing guidelines must allow this type of gathering for team sports participation. County opening includes gymnasiums and schools.

**Phase 3 Conditions:** Large Groups allowed up to 40+; with opportunity for outside competition with limited social distancing measures.

### Safety Measures:

- Student-athletes must complete a COVID-19 supplemental questionnaire to participate within a 7-day window prior to participation. Survey must be completed each week of participation.
- Temperature screenings will be conducted on any students who do not look or feel well upon arrival:
- Post signs on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering.
- Practice pre and post practice hygiene (washing/ sterilize hands; avoid touching face; cough/sneeze in elbow)
- No sharing of water bottles or cups: Personal water bottles should be brought and/or assigned to each participant. Water fountains will be turned off.
- Athletes should not share equipment during training sessions (ie. barbells, medicine balls, dumbbells, weight plates, jump ropes, personal sport gear etc.)
- No physical contact is allowed between athletes or coaches. This includes high fives, fist bumps, back slaps, tackling, team huddles.

- Coaches to wear face masks as long as county or school requires. Outdoor wearing of masks must comply with current County face mask orders.
- No spectators in phase 1 and 2 at training sessions. Parents if they remain on campus should remain in their cars.
- Clean, sanitize, and disinfect frequently touched surfaces (for example, team benches, door handles, sink handles, drinking fountains; team equipment) multiple times per day and shared objects between use.
- PPE provided for coaches disinfecting water bottles or handling laundry post practice.
- Take temperature of opposing teams as they enter the facility prior to athletic competitions (**phase 3**).
- If fans are allowed, must sit only in designated sections and be spaced 1 meter apart (**phase 3**)
- Towels should be single use only.
- Avoid use of closed space locker rooms. Athletes should be encouraged to come dressed for practice or competition.
- Doors should be propped open whenever weather allows. Doors should be clearly marked for entrance and exit.
- Limits will be placed on opposing team fans depending on allowable occupancy (**phase 3**).

Pre-participation procedure:

1. Pre-participation waiver filled out within 3 days of participation. Filled out again every 7 days.
2. Zoom webinar attended or video recorded and watched by all participants regarding procedures for athletic participation prior to setting foot on campus

Check-in procedures: (upon arrival at camp, practice or off-season workout)

1. Pre-screen: Asked four questions 1. Do you have a marked water bottle with enough water 2. Do you have a mask? 3. Do you have any of the symptoms of Covid 19? (parents if dropping off for workout on non-school day must remain until student clears pre-screen.) 4. Have you been in close contact with anyone recently who has been diagnosed with Covid 19 or has recently been sick with symptoms of Covid 19?
2. Secondary Screen: Students that don't have affirmative answers or don't look well go to secondary screening area with administrator. 1. Given temperature check 2. Given opportunity to talk to parents to get the items they might need.
3. Eliminate as many "touch points" upon entering any facility. (doors open; equipment out)
4. Health screening symptoms questionnaire filled out every week.

Outdoor Sports: Soccer, Baseball, Softball; Cross Country

Phase 1: Conditions: Group practice allowable up to 12 students and one coach; Group of 12 must remain the same. Varsity or JV athletes only. (Duration 3 weeks or until phase 2 gathering limits are reached.) See phase 1 definition and safety protocols above. Training sessions limited to 1.5 hours.

- Emphasis on acclimatization of student-athletes to cardiovascular demands of the sport.
- No physical contact between players, closely guarding, or scrimmages
- Individual skill development drills should be emphasized while using own ball.
- Partner drills that allow for social distancing allowed in soccer.
- Running side by side should be 6 feet apart; running front and back of each other maintain 10 yards or more.
- Baseball and softball partner throwing allowed
- When using cages players need to maintain distancing and pick up balls only on their half of the cage multiple buckets in the cage
- Players should be encouraged to use batting gloves when picking up balls
- Players should not share bats, helmets or gloves or other personal equipment.
- Soccer mesh vests should be assigned to each player and not shared between players from day to day without washing.
- Cones should be picked up by the coaches only.
- Players should not congregate after practice and leave the facility immediately.
- All equipment sanitized after use daily by the coach or designee.

Phase 2: Groups allowed above 12 while social distancing measures still remain. Allowed once County Health Department allows gatherings of this size. Continue to follow distancing protocols and safety protocols above. Training sessions allowed up to 2 hours. Weekly questionnaires continue of athletes and pre-training temperature checks recommended.

- Small group drills can be introduced that involve more than two players in soccer, baseball and softball.
- All individuals must practice Social Distancing at all times (no closer than 6 feet to another person) except in the case of brief interactions during one-on-one drills. Most of practice should be planned to include Social Distancing.
- Soccer small sided group drills allowed without close guarding.
- Baseball/ Softball Players should be encouraged to use batting gloves when picking up balls. Players should not share bats or gloves or personal equipment.
- Additional Coaches allowed at practice
- Players should not congregate after practice and leave the facility immediately.
- All equipment should be sanitized after use daily.

Phase 3: Groups allowed up to 40; possibly with opportunity for interscholastic competition with reduced social distancing measures

- Normal limits of student-athlete participation for that sport introduced.
- Preparation for interscholastic competition including scrimmages in practice allowed
- Continue pre-screening participation and pre and post participation hygiene procedures
- Continue post practice sanitization of all equipment and shared surfaces
- Physical contact between players, officials and opponents still not allowed including handshakes and fist bumps. (air high fives encouraged instead)
- Opposing team and referee pre participation screening questions/ temperature checks recommended for indoor sports.
- Locker room use discouraged accept for changing rooms for visiting teams and officials

- Limitation of bleacher seating marked on bleachers with 6 'of spacing; every other row used. Social distancing in the stands will be required. Soccer fans will be encouraged to bring own chairs to spread out seating.

(Outdoor Sports Contin.)

- Consideration of temperature checks by fans
- Bus seating for away games should be reduced occupancy for that bus.
- Bus seats wiped disinfected between trips.

### **Tennis Reopening:**

Phase 1: Conditions: Cohort practice allowable up to 12 students and one coach; Group (cohort) of 12 must remain the same for the duration of the 4-week session. Training sessions limited to 1.5 hours. Follow safety procedures above. Duration 4 weeks or until phase 2 gathering limits are reached.

- Practice pre and post practice hygiene (washing/ sterilize hands; avoid touching face; cough/sneeze in elbow)
- Masks will be worn during the session unless you are actively playing on your own side of the court in singles competition.
- No sharing of water bottles; Bring all water bottles inside the court and place near personal bag.
- Players should switch sides of the court on opposite sides.
- Singles play only (four players can be on one court for purposes of hitting partners and drills as long as spacing of min. 6 feet apart is maintained)
- Use of balls: Suggest marking balls with initials or use different number balls. Pick up balls with foot and racket to return other players balls to their side. Only pick up your balls with you hand.
- Player gradual conditioning should be emphasized as they are coming off a long layoff. Begin with 15-20 min. warm-up for proper joint mobility.
- Disinfect all equipment (not balls) with alcohol-based disinfectant.
- Do not congregate as a group following training.

Phase 2: Conditions: Groups allowed above 12 while social distancing measures still remain. Continue to follow distancing protocols and safety protocols above. Training sessions allowed up to 2 hours. Weekly questionnaires continue of athletes and pre-training temperature checks recommended. (Duration 7 days; or until phase 3 gathering conditions are met)

- Singles play recommended for matches; Doubles play allowable for purposes of sharing a court for hitting practice

- Training sessions allowed up to 2 hours
- Additional Coach allowed at practice.
- Students should train with the same small group of players within the team.
- Follow all other safety protocols in phase 1

Phase 3: Conditions: Group sizes 40 or greater allowed. Possible outside competition reintroduced. Limited social distancing requirements.

- Singles and doubles competitive matches allowed.
- Sharing of balls allowed
- Competitive matches vs. outside teams allowed.
- Congregating or high fives or physical contact between teams not allowed.
- Pre-game contact between teams should maintain social distancing.

### **Reopening of Gyms: Volleyball and Basketball**

Phase 1: Conditions: Group practice allowable up to 12 students and one coach; Group of 12 must remain the same. Returning varsity and JV athletes only. (Duration 3 weeks or until county gating criteria allows for larger gatherings.) See phase 1 definition and safety protocols above. Training sessions limited to 1.5 hours.

- Emphasis on acclimatization of student-athletes to cardiovascular demands of the sport.
- No physical contact between players, closely guarding, or scrimmages
- Individual skill development drills should be emphasized while using own ball.
- Volleyball players can be paired for partner drills but should use the same partner and ball for all drills.
- Continue pre-screening participation and pre and post participation hygiene procedures
- Players should not congregate after practice and leave the facility immediately.
- All equipment (not leather balls) used should be sanitized after use.

Phase 2: Groups above 12 allowed social distancing measures still remain. Continue to follow distancing protocols and safety protocols above. Training sessions allowed up to 2 hours. Weekly questionnaires continue of athletes and pre-screening participation procedures remain.

- Continue pre-screening participation and pre and post participation hygiene procedures
- Small group drills can be introduced that involve more than two players.
- Volleyball can resume scrimmages.
- For scrimmages use 5 ball rotation; sanitizing balls between points.
- Additional Coaches allowed at practice.
- Basketball should not scrimmage but can add non-contact shell defense drills or closeouts for purposes of enhancing offensive drill work or defensive concepts.
- Use 5 ball rotation for basketball team drills allowing for sanitization between reps.
- Players should not congregate after practice and leave the facility immediately.

- All equipment (not balls) should be sanitized after use.

Phase 3: Groups allowed up to 40; with opportunity for interscholastic competition with reduced social distancing measures

- Normal limits of student-athlete participation for that sport introduced.
- Preparation for interscholastic competition including scrimmages in practice allowed
- Continue pre-screening participation and pre/post hygiene procedures
- Continue post practice sanitization of all equipment and shared surfaces
- Congratulatory/greeting contact between players, officials and opponents still not allowed including handshakes and fist bumps. (air high fives encouraged instead)
- Opposing team and referee temperature checks considered.
- Locker room use discouraged except for changing rooms for visiting teams and officials
- Limitation of fans will be considered and social distancing in the stands will be required.
- Consideration of temperature checks by fans
- Clear entrance to venue through one door. Exits marked but locked from the outside.
- Bus seating for away games should be 50% of occupancy for that bus.
- Bus seats wiped disinfected between trips.

Sources for Phasing Guidelines :

- Jim Cleveland ; Director of Athletics, SFMA, Redwood Christian Schools
- WHO Guidelines for Sport Activities
- NATA Intercollegiate Council for Sports Medicine; Return to campus preparation.

[https://www.nata.org/sites/default/files/covid\\_19\\_return-to-sport\\_considerations\\_for\\_secondary\\_school\\_ats\\_1.pdf](https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_ats_1.pdf)

- Aausports.org [https://aausports.org/news.php?news\\_id=1879024](https://aausports.org/news.php?news_id=1879024)
- CDC's Interim Guidance for Administrators of US K-12 Schools and Child Care Programs

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

- Conversation and collaboration with C.A.S.E member A.D's. and Bay Area Conference Athletic Directors
- NFHS Guidelines for return to play. [https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)
- NFHS statement on sports physicals. <https://www.nfhs.org/media/3812225/nfhs-smac-statement-on-ppe-and-athletic-participation-final-april-2020.pdf>

