



SMJUHSD Return to Physical Activity/Training Guidelines

COVID-19 Summer 2020

6/19/2020 PVHS Edition

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SMJUHSD Return to Physical Activity/Training Plan Introduction

In this plan, we adhere to guidance provided by the State of California, Santa Barbara County, California Department of Education (CDE), National Federation High School (NFHS), and California Interscholastic Federation (CIF).

Our priority is to provide opportunities for our student athletes to:

- Safely reconnect with their peers
- Return to athletic programs in a healthy and safe manner
- Participate in safe outlets to improve their physical, mental, and social well being
- Be properly trained and conditioned for the 2020-2021 competitive season

Current CIF policy with respect to beginning practicing is to allow each individual County and School District to begin and practice appropriate to those individual County and School District phasing, as all counties and school districts are different.

Guidance and Considerations for Summer Practices

**** This page lists applicable guidelines, used in creation of this document.**

CIF Guidelines – California Interscholastic Federation guidelines that may or may not correspond with state or county guidelines. State and County guidelines will take priority on what can or cannot be done. These guidelines can be found at:

<https://www.cifstate.org>

NFHS Guidelines – National Federation High School guidelines that may or may not correspond with state or county guidelines. State and County guidelines will take priority on what can or cannot be done. These guidelines can be found at:

<https://www.nfhs.org>

Conduct of Conditioning and Practice Sessions

The Phases listed below are in accordance with guidelines published by the White House and CDC available at https://www.whitehouse.gov/opening_america/.

National Guidance Uses Phases

Phase 1: No gatherings of more than 10.

Phase 2: No gatherings of 50 or more.

Phase 3: No limit on gathering but must operate under limited physical distancing protocols.

Guidelines Points of Emphasis

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.

- The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

NFHS recommends:

- State, local or school district guidelines for face coverings should be strictly followed.
- Face coverings should be considered acceptable. There is no need to recommend “medical grade” masks for athletic activity.
- Any student who prefers to wear a face covering during a contest should be allowed to do so.
- In the absence of guidelines to the contrary, we recommend the use of face coverings. Exceptions are swimming, distance running or other aerobic activity sports.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Coaches, officials, and other contest personnel may wear face coverings at all times.

NFHS Sport Risk Categories

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant barriers and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, competitive cheer, dance

** Football and Wrestling are examples in this category for our purposes.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, Volleyball*, Baseball*, Softball*, Soccer, Water Polo, Gymnastics*, Tennis*, Swimming relays, Pole Vault*, High Jump*, Long Jump*, 7 on 7 football.

- All those listed with an asterisk could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of face coverings by participants.

** Basketball, Volleyball, Baseball, Softball, Soccer, Water Polo, Tennis and 7 on 7 Football are examples in this category for our purposes. All of these could additionally fall to a lower risk if they do not share equipment and appropriate cleaning measures of equipment are in place.

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.

Examples: Individual running events, throwing events, individual swimming, golf, sideline cheer, cross country running

** Cross Country, Golf, Tennis, Track & Field, Swimming, Sideline Cheer with no contact are the examples in this category for our purposes.



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Introduction to the CIF Guidelines for Return to Physical Activity/Training

With the health and safety of students in mind, this document is intended to be a framework for schools and school districts to consider in designing return to physical activity/training standards that are in accordance with state and local county requirements. These guidelines are meant to assist schools and school districts as they begin to return to on campus physical activity/training but are not intended to supersede the state and local county directives designed to ensure student health and safety.

Much of the information in this document is consistent with the previously released NFHS Guidance for Opening Up High School Athletics and Activities, with the major exception of the Pre-Participation Physical Examination waiver that the CIF is allowing. The waiver that the CIF is allowing is described in the guidelines. 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).

The term "phases" as used in this document is intended to serve as a guideline for schools in developing a process for returning to physical activity/training on their campuses and is not intended to refer to the term as used by state and local county agencies on the gradual opening of workplaces, public activities, and travel. Schools and school districts are strongly encouraged to continually monitor the updates and guidance from state and local county departments of public health and to make adjustments to their process accordingly. This document does not cover return to competition policies in the COVID-19 era. The development of return to competition policies will be disseminated as they become available.

This document is not intended as medical or legal advice. Schools and school districts should refer to their local governing bodies and their own legal counsel for assistance.



CIF Return to Physical Activity/Training Guidelines

Foundational Statement

The CIF believes education-based athletics is essential to the physical, mental and social well-being of students and it is important for them to return to physical activity and athletic competition. That said, the CIF also recognizes that not all California students may be able to return to, and sustain, athletic activity at the same time across the state pending county and/or school district guidelines. This may likely create variations to our regular seasons of sport given the different contact and risk levels of the sports offered. However, all contingency plans and sport calendars currently under consideration include fall, winter and spring competition seasons. We certainly promote the idea of students returning to athletic competition and allowing programs to operate in situations where it can be done in a healthy and safe manner.

Therefore, we continue to advocate for the CIF to be part of the conversation at a variety of levels when there are discussions about schools reopening as we know how important high school sports are to our students and school communities as are all forms of co-curricular activities. This is what we do, and we want to assist to provide the best experience for who matters most - our students. In doing so, we will continue to develop guidelines consistent with the directives from the Governor's Office, the California Department of Education and State/Local Public Health Departments.

Objective

It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.

This document is intended to provide guidance for CIF member schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions.

Points of Emphasis

It is recommended that schools begin with or move through the phases in accordance with the protocol put into place by their local county (and school district in the case of public schools) with respect to a return to group activities. For example, if a county allows groups of no more than 10 people, then a school would be in phase one. -Reference [Covid19.ca.gov](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Return-to-Activity.aspx)

Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The CIF will disseminate more information as it becomes available. Administrators, coaches, and Athletic Trainers must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission.

"Vulnerable individuals" are defined by CDPH as people age 65 years and older and others with underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, moderate to severe asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return.

Pre -Participation Exam

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 Preparticipation 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 Preparticipation 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 Preparticipation Physical Examination, the parent/legal guardian may provide a copy of the student athlete's 2019-2020 Preparticipation 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 Preparticipation 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 Preparticipation Physical Examination. After termination of the temporary thirty (30) day waiver period, the student athlete must submit a current 2020-2021 Preparticipation 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).

Facilities Cleaning

Adequate cleaning schedules should be created and implemented for all athletic facilities.

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

Individuals should 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 should be plentiful and available to individuals as they transfer from place to place.

Appropriate clothing/shoes should be worn at all times to ensure appropriate hygiene.

Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Entrance/Exit Strategies

Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.

Pre-Workout Screening

All coaches and students should be screened daily for signs/ symptoms of COVID-19 prior to participating.

Responses to screening questions for each person should be recorded and stored (see sample Monitoring Form attached).

Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Written medical clearance will be required to return to activity.

Vulnerable individuals should not supervise or participate in any workouts during Phase One.

Hygiene Practices

Wash your 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 mass transit.

Hydration/Food

All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water coolers, water cows, water trough, water fountains, etc.) should be utilized only for the purpose of re-filling personal water bottles.

Travel

Keep it local and avoid statewide travel when possible, especially if counties are in different phases.

Face Coverings

State, local or school district guidelines for cloth face coverings should 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 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 N FHS rules.

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.)

Limitations on Gatherings

PHASE ONE*

No gathering of more than allowed by the prescribed local county guidelines (inside or outside).*

Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly to limit overall exposures. Smaller pods can be utilized for weight training.

There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual. *Note: Local count uidelines must be followed

PHASE TWO*

No gathering of more than allowed by the prescribed local county (inside). Up to 50 individuals may gather outdoors for workouts.*

Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly to limit overall exposures. Smaller pods can be utilized for weight training.

There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual. *Note: Local count uidelines must be followed

Physical Activity and 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 individual 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.

Physical contact such as high-fives, fist/chest bumps, and hugs should not be allowed.

Weight Rooms

Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.

Resistance training should 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 must be strictly enforced in the weight room.

Weight rooms should follow physical distancing guidelines and adhere to CDPH Guidance for Fitness- Related Organizations.

Locker Rooms and Athletic Training Areas

Locker rooms should not be utilized during Phase One. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in training area unless AT is present. - [NATA - Return to Sport Considerations](#)

Prepare Athletes to Return to Physical Activity

Once the policies and procedures have been established by the school for safe return to sport, coaches, athletic trainers, and strength and conditioning coaches must determine the health and current activity/fitness level of each athlete. This will allow for a directed approach to "transition" the athlete back to full activity levels in a supervised and progressive fashion. Athletes have been separated from their regular training and sport activity for prolonged periods of time during this pandemic, therefore a transition period is mandatory to prevent injury.

Considerations must be made for the detraining and acclimatization of athletes since most have been at home since mid-March. [NATA - Return to Sport Considerations](#)

- Allow for a retraining period as opposed to engaging in sport-specific activities immediately
- Ensure appropriate progression of sport-specific activities once practices are initiated
- Consider the detraining effects on acclimatization. To prevent heat illness, a full heat acclimatization period needs to be completed
- In addition to assessing physical readiness, mental readiness should also be considered. Students may have lost a loved one due to COVID-19. The loss of the ability to play sports or the abrupt ending of their seasons may also contribute to higher levels of anxiety and depression. Coaches and athletic trainers can play a significant role as their words and actions carry tremendous influence and many students will seek them out for comfort and understanding. Have a referral plan in place utilizing school resources- counselors, nurses, wellness center etc.

If social distancing is feasible and modifications are made, the sports listed immediately below may resume with Phase One and Phase Two activities pending local county guidelines.

General Activity Description	Phase One* Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping. *Note: Local county guidelines must be followed.	Phase Two* Modified Team Practices May Begin No Contact with Other Teams. *Note: Local county guidelines must be followed.
Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
Track & Field	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements/ equipment. Clean Equipment. Padded equipment should be cleaned between use.	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements/ equipment. Padded equipment should be cleaned between use.
Swimming	Opening of Swimming pools is a local county and school district decision.	Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.
Golf	Maintain appropriate physical distancing 6 feet apart. Equipment needs to be cleaned.	Maintain appropriate physical distancing 6 feet apart.
Tennis	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	No sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only).
Badminton	Conditioning, no sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only). Players may do individual drills and serves. Wipe down rackets and equipment after.	No sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only).

For all of the sports below, given that social distancing requirements remain in effect, the only activities permitted are those listed below unless local county guidelines permit otherwise.

Volleyball	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.
Boys/Girls Lacrosse	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
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 bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
Gymnastics	No sharing of implements / equipment. Padded equipment should be cleaned between use.
Field Hockey	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
Football	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
Competitive Cheerleading	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.
Basketball	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
Water Polo	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.

NCAA

<http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport>

Dr. Brian Hainline – NCAA Planning around COVID-19 and Sports Programming

<https://www.youtube.com/watch?feature=youtu.be&v=TAfHmz-4ePI&app=desktop>

White House Guidelines for Opening Up America Again:

<https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf>

Mandatory Requirements for Participation

All SMJUHSD Activity Participants Must have the following prior to participation:

1. SMJUHSD Return to Activity Waiver signed by parent/guardian agreeing to the requirement to self-assess their child for any COVID-19 symptoms
2. Individual Water Bottle
3. Completion of Athletic Clearance packet
4. Current Health Screening (20-21) on file

Student-athletes will be sent home immediately if the requirements above are not met.

Athletics Phasing Relative to Santa Barbara County Stages and CIF Stages

SB County	CIF and SMJUHSD Return to Activity	Generalized Description Summary (See CIF/SMJUHSD Return to Activities plan for details on the school and district websites)
Stage 2	Implementation Phase	Athletic Director and Administration review new CIF, County and District Return to Activities guidelines with coaches and players. Coaches organize groups in PODS of 10 or less with the same students working out together for the week. Reintroduction of sport specific movement, individual drills, and general conditioning. Outdoors only: No gyms, No weight room, No pool, and No sports specific equipment used.
Stage 2	Phase 1	Individual and Team sports can begin use of gyms, weight rooms and pool using CIF, County, and District guidelines. Groups continue to be organized in PODS of 10 or less. Students can NOT have physical contact, can NOT share, or touch the same equipment, and MUST always maintain 6 ft. of social distance . Team activities are to be practiced against air only.
Stage 3	Phase 2	Individual and Team sports can allow students to share and touch the same equipment, while maintaining 6 ft. of social distance. Team activities continue to be practiced against air only.
Stage 4	Phase 3	Resume with restrictions in phase 2 until notified with changes. Anticipation is to practice without restrictions, but that guidance will come from the Santa Barbara County Public Health Department and the SMJUHSD.

General Guidelines

- Social Distancing is MANDATORY by all participants - No physical contact is allowed.
- Coaches MUST properly complete the student "Self-Assessment" each day for their respective PODS of 10 or less students and document using CIF guidelines.
- Groups will be no more than 10 students and should not change until the next phase.
- The same coach will remain with the same group of 10 throughout each phase.
- Outdoor activities will have a buffer zone of 20 yards between the groups of 10.
- Participants can NOT share water bottles or a community watering device.
- Coaches will wear a face covering when social distancing is difficult to maintain.
- Students should wear a face covering to and from practice locations but wearing them is not mandatory during exercise.
- NO locker rooms use available- Students must arrive & depart wearing the appropriate dress/gear.
- No spectators allowed on campus until County Guidelines allow - this includes parents and family.

Start Times - Students must arrive at the start times specified. If the student arrives early, they need to stay in their car until the designated time- no one will be allowed to wait on campus.

Self-Evaluation Assessment - Each student will be responsible to complete prior to participating. This includes a temperature check administered at home by the parent/guardian. If the student answers yes to any of the questions (see Return to Activity form), they will not be allowed to attend.

Student Check In - There will be a check in location for all students when they arrive at practice. The coach for each POD will ask each participant the CIF screening questions (See CIF monitoring form) and record/document the information on the form. This form will be stored with the site AD or Athletic Trainer.

Students must remain in their assigned group. Students will be assigned to groups of 10 or less and will remain in their groups for the duration of the current phase. Switching of groups will NOT be allowed. There will be a "buffer" of 20 yards between each group.

Social Distancing - Students within a group will always need to keep the recommended six feet from one another . There will be no physical contact allowed between any students at any time.

Hydration - Drinking fountains will NOT be available, so all students must bring their own water bottle. There will be water available to refill the water bottle. No one will be allowed to drink directly from the water source, so it is important that each student has their own water bottle. The trainer or a designated coach will be allowed to operate the water source and that individual must wear gloves while the student holds his/her water bottle under the spout.

Restrooms - Restrooms will be accessible if needed and will be disinfected daily.

Face Coverings - All students should bring a face covering to wear before and after practice, to and from facilities, and during any student meeting. The face covering will be optional to wear while exercising. All coaches will wear a face covering when social distancing is difficult to maintain.

End Times - Students are to depart from campus immediately following dismissal from practice. Students will not be allowed to hang around on campus afterwards. Each group of 10 students will have a specific start and end time, so that parents know when & where to pick up. Coaches will be responsible for monitoring and supervising students to maintain social distancing norms.

Summer Participation - All student participation is voluntary and optional and will not be held against a student trying out for a team later in the year. There will be NO summer transportation provided until all restrictions are lifted by the county.

Resources/Links: [NFHS Guidance for Opening Up High School Athletics and Activities](#) and www.cifstate.org
Santa Barbara County RISE document
SMJUHS and school websites (Athletics)



SMJUHSD COACHES Return to Athletic Activity 20-21

On behalf of myself and my family, agents, heirs, and successors, I voluntarily agree to: (1) assume all risks of injury, illness, or death to myself arising out of or resulting from my participation in and/or attendance at any "AT WILL" school program or activity, such risks to include but are not limited to, injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19; (2) waive and release all claims, causes of actions, actions, liabilities, and costs against the Santa Maria Joint Union High School District (SMJUHSD) and its governing board and members thereof, officers, employees, agents, and volunteers (collectively District Personnel) and hold harmless the District and District Personnel from any claims, causes of actions, actions, liabilities, and costs that may arise out of or result from my participation in or attendance at any such program or activity; and (3) assume all obligations for any medical, financial, and other costs and/or liabilities that be sustained or incurred by me, my family, or my agents, heirs, and/or successors. The District assumes no responsibility and shall not be liable for any injury, illness, death, liabilities, damages, or costs that myself, my family, agents, heirs, and/or successors may sustain or incur arising out of or resulting from the aforementioned program or activity. (4) Satisfactorily complete a daily **self-assessment of myself** prior to practice.

I agree to assess myself for any of the following symptoms noted below (over the last 24 hours) before attending any school program or activity:

1. Temperature greater than 100.4 F?
2. Do you have, or have had a fever?
3. Do you have, or have had a cough?
4. Have you experienced shortness of breath?
5. Have you come in close contact or cared for someone with COVID-19?

If the answer to any of the above assessments is yes, I understand that I need to stay home and may not participate in the school activity until a clearance from a doctor is obtained to return to participate.

Coaches Name (First and Last): _____

Date of Birth: _____

E-Mail: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Emergency Contact: _____

Relationship: _____

Home Phone: _____

Cell Phone: _____

I hereby agree to the above requirements to participate:

Coaches Signature: _____

Date: _____



SMJUHSD Student Return to Athletic Activity 20-21

As the parent/guardian of the child noted below, and on behalf of myself and my child, agents, heirs, and successors, I voluntarily agree to: (1) assume all risks of injury, illness, or death to my child arising out of or resulting from my child's participation in and/or attendance at any voluntary school activity, such risks to include but are not limited to, injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19; (2) waive and release all claims, causes of actions, actions, liabilities, and costs against the Santa Maria Joint Union High School District (SMJUHSD) and its governing board and members thereof, officers, employees, agents, and volunteers (collectively District Personnel) and hold harmless the District and District Personnel from any claims, causes of actions, actions, liabilities, and costs that may arise out of or result from my child's participation in or attendance at any such program or activity; and (3) assume all obligations for any medical, financial, and other costs and/or liabilities that be sustained or incurred by my child, myself, or my agents, heirs, and/or successors. The District assumes no responsibility and shall not be liable for any injury, illness, death, liabilities, damages, or costs that my child, myself, my agents, heirs, and/or successors may sustain or incur arising out of or resulting from the aforementioned program or activity. (4) Satisfactorily complete a daily **self-assessment** prior to practice, **by Parent or Guardian**.

Parent or Guardian agrees to assess their child (including personal inquiry) if they have had any of the following symptoms noted below (over the last 24 hours) before allowing the student to attend any school activity:

1. Temperature greater than 100.4 F?
2. Do you have, or have had a fever?
3. Do you have, or have had a cough?
4. Have you experienced shortness of breath?
5. Have you come in close contact or cared for someone with COVID-19?

If the answer to any of the above assessments is yes, you need to keep your child home and they may not participate in the school activity until a clearance from a doctor is obtained to return to participate

Student Name (First and Last): _____

Date of Birth: _____

Grade Level: _____

Parent/Guardian: _____

E-Mail: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Emergency Contact: _____

Relationship: _____

Home Phone: _____

Cell Phone: _____

I hereby agree to the above requirements to allow my child to participate:

Parent/Guardian Signature: _____

Date: _____

Athlete Signature: _____

Date: _____



RONALD W. NOCETTI, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • (916) 239-4477 • CIFSTATE.ORG

Physical Examination Waiver (CIF Bylaw 503.G.):

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 Preparticipation 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 Preparticipation Physical Examination for the 2019-2020 on file for the student athlete or, in the event the high school does not have on file the student's 2019-2020 Preparticipation Physical Examination, the parent/legal guardian may provide a copy of the student athlete's 2019-2020 Preparticipation 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 Preparticipation 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 Preparticipation Physical Examination. After termination of the temporary thirty (30) day waiver period, the student athlete must submit a current 2020-2021 Preparticipation 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).

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**Financial Hardship Waiver (CIF Bylaw 207):**

Due to the impact of the COVID-19 virus, and the resulting financial impact on many families, a waiver of Bylaw 207 may be granted for a student who transfers to a new school during the first semester of the 2020-2021 school year when there is a demonstrated and verifiable hardship condition due to financial difficulties.* In assessing whether a financial hardship will be granted, the family must provide evidence of an unforeseeable, unavoidable and uncorrectable act, condition, or event resulting from the COVID 19 virus that necessitated the transfer of schools. As verification of the financial hardship, the Section will require a statement from the family which outlines the unforeseeable, unavoidable and uncorrectable act, condition or event resulting from the COVID 19 virus that necessitated the transfer of schools along with the following documentary evidence:

- A letter from the employer/former employer stating that the parent/guardian/caregiver was employed during California's Shelter in Place Order and that the parent/guardian/caregiver was either laid-off, received a reduction in salary, or was terminated from their position due to circumstances related to COVID-19.
- In the case of a transfer from a private school, documentation from the administration of the private school demonstrating the family's efforts to obtain financial assistance from the private school and that aid or assistance offered by the private school was insufficient or denied.

In addition to the above listed documents, the Section Commissioner may request additional documentation deemed necessary by the Commissioner to verify the financial hardship. Once the above documentation is submitted to the Section, a determination will be made by the Section Commissioner within twenty (20) business days as to whether a hardship waiver will be granted. The decision of the Section Commissioner is final and may not be appealed as is the case with all hardship requests.

Please be advised that all other CIF Bylaws still apply when requesting a transfer based on a financial hardship, including the other provisions of Bylaw 207.

*Note: At its discretion, the CIF may extend the application period for the filing of a financial hardship beyond the first semester of 2020-2021.