



## Athletics Phased Reopening Guidance

**Mission:** AUSD recognizes that athletics programs are not only essential to the learning of all students involved, but also a key to lifelong success for many of our students. As such, AUSD is committed to following federal, state and local health agency guidelines during our Phased reopening of our athletics programs while minimizing the risk of transmission of illness to students, families, coaches and the community. The AUSD phased reopening of our athletics programs will be guided by what is feasible, practical, acceptable, and tailored to the needs of the community so that we may help our student-athletes participate in these highly meaningful and essential programs in the safest way possible.

### PART I: PHASED OPENING

#### Phase 1 (TBD):

- Small group and/or individualized strength/conditioning/skills/practice ONLY
- All coaches are required to train athletes on proper illness prevention/hygiene protocols
- All coaches/players will agree to the illness prevention pledge
- All coaches will complete illness screening training prior to the first practice
- Small groups of at most 10 athletes or less and no mixing between groups
- Coaches will make every effort to ensure that small group members remain the same everyday..
- Social distancing of 6 feet
- No shared equipment is allowed.
- No guest/visitor attendees at practices
- All coaches are to wear face coverings
- Face covering is required where social distancing is difficult to maintain.
- Staff will provide temperature checks for all who attend
- Staff will provide frequent visual screening for all who attend.
- Staff will be available for secondary screenings, as needed.
- Outside practices only (except weight training rooms with 10 or fewer athletes, social distancing, face coverings required for all participants, ventilation/open doors/open windows and sanitization after each individual use of equipment).
- Hand washing or hand sanitizing readily available and frequently encouraged.
- Symptomatic athletes/coaches are not allowed to participate until symptom free, without medication, for 72hrs.
- No locker room use
- No games
- Monitor progress, maintain communication with local, state and federal agencies and alter rules as needed

#### Phase 2 (TBD):

- Date and specific guidelines to be determined when the joint decision is made to progress in phases. Phase progression will be based on overall safety indicators, compliance with current health guidance on a case-by-case basis with school site/district collaboration.



### **Phase 3 (TBD):**

- Date and specific guidelines to be determined when the joint decision is made to progress in phases. Phase progression will be based on overall safety indicators, compliance with current health guidance on a case-by-case basis with school site/district collaboration.

**Note:** Athletics programs are not to apply consequences as a direct result of attendance related issues due to illness or general safety concerns. Students who were ill or had general safety concerns will be afforded the opportunity to try out for the teams when they are capable and feel safe to do so.

## **PART II: ILLNESS PREVENTION SCREENING PROTOCOLS**

### **AUSD Self-Screening Protocols**

The district requires all staff and students to be vigilant in daily self-assessing for possible symptoms of illness. If you are experiencing one or more of the following symptoms, you **MUST** stay home from work/school until symptom free, without medication, for 72 hours. Staff/students must notify their school/employer of their absence due to illness.

- Persistent dry cough
- Persistent shortness of breath
- Fever of 100.4 degrees or higher (flushed, red cheeks, lethargic)
- Overall body aches
- Persistent red eyes (not from allergies or environment)
- Any other significant cold-like/flu-like symptoms

### **AUSD Visual Screening Protocols**

The district requires that all staff be vigilant in observing possible symptoms of illness. If you see one or more of the following symptoms, send the individual (adult or child) to the health office for secondary screening.

- Persistent dry cough
- Persistent shortness of breath
- Fever of 100.4 degrees or higher (flushed, red cheeks, lethargic)
- Overall body aches
- Persistent red eyes (not from allergies or environment)
- Any other significant cold-like/flu-like symptoms

**Note:** All AUSD staff will complete a target solution training which pairs with the guidance above.

### **AUSD Secondary Screening Protocols**

If an individual is referred to secondary screening, trained staff should take the following steps to determine the proper course of action:

1. Secondary screener **MUST** wear face covering during screening
2. Temperature check
3. Reassess symptoms
4. Review underlying health conditions and personal history
  - a. Ask about travel within 14 days (assess possible travel to known illness hot spots)
  - b. Ask about the duration of the symptoms
  - c. Ask if anyone else in the household is showing symptoms
5. Determine plan of action based on screening



**Return to class:** Call home to notify parents that a secondary screening was completed and the student was sent back to class.

**OR**

**Isolate and send home:** Isolate the student, call home to notify parents that a secondary screening was completed and the student must be picked up as soon as possible. The student may NOT ride the bus home for any reason.

**PART III: STUDENT-ATHLETE ILLNESS PREVENTION PLEDGE**

I understand that, in this time of elevated illness concerns, it is my responsibility to do what I can to prevent the transmission of illness/disease to my teammates and coaches. By signing this document, I pledge to protect myself and every individual with whom I encounter from potential exposure by:

**Adhering to AUSD Self-Screening Protocols:**

I will daily self-assess for possible symptoms of illness **BEFORE** attending any athletics practice/game/event. If I am experiencing one or more of the following symptoms, I **MUST** stay home from practices/games/events until symptom free, without medication, for 72 hours. I agree to **NEVER** conceal, cover and/or downplay any perceived symptoms. I will notify my coach of my absence due to symptoms/illness.

- Persistent dry cough
- Persistent shortness of breath
- Fever of 100.4 degrees or higher (flushed, red cheeks, lethargic)
- Overall body aches
- Persistent red eyes (not from allergies or environment)
- Any other significant cold-like/flu-like symptoms

**Limit Outside Interactions:**

I will limit my, within 6 feet, physical interactions with individuals outside of my household as much as possible to, in turn, limit exposure to my teammates and coaches.

**AUSD Athletic Phase Protocols:**

I agree to **STRICTLY** adhere to the AUSD phased protocols which are listed on the reverse side of this document. I understand that failing to adhere to the protocols may jeopardize my position on the team.

Player Name (Print): \_\_\_\_\_ ID#: \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parents:** By signing this document you agree to support your child in his/her adhering to the Student-Athlete illness prevention pledge.

Parent Name (Print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## PART IV: COVID-19 ACKNOWLEDGEMENT

### Dear Parents:

There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. Safety and health procedures to help prevent the spread of COVID-19 include:

- Keep students home from school, practices, or events when sick.
- Practice social distancing from others when possible.
- Frequently wash hands with soap and water for at least 20 seconds.
  - Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Place used tissues in a wastebasket.
- Avoid using other students' school supplies, technology equipment, or athletic equipment.
- Strongly consider adhering to the AUSD recommendation of wearing facial coverings, when feasible and safe, in general settings and adhere to specific environment facial covering guidance (i.e. athletic events, bus, etc.).
- Notify school staff if you experience symptoms of acute respiratory illness (i.e., persistent dry cough, persistent shortness of breath, fever of 100.4 degrees or higher, overall body aches, persistent red eyes not from allergies or environment or any other significant cold-like/flu-like symptoms) so you can be separated from others and be sent home immediately.

I acknowledge the following (please initial):

- \_\_\_ There is a potential risk for contracting COVID-19 while attending school or participating in school activities or athletics.
- \_\_\_ Cleaning and disinfecting practices may help to reduce the spread of COVID-19, but cannot stop the spread.
- \_\_\_ Due to the nature of our facilities and programs, social distancing of 6 feet per person among students and staff in a school setting is not always possible.

### Acknowledgment

I have read Alvord Unified School District's COVID-19 Acknowledgement, and fully understand the potential risks of COVID-19. While Alvord Unified School District is making significant efforts to ensure the safety of students and staff, I acknowledge our schools, transportation, and athletic environments are not guaranteed to be COVID-19 free environments.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
ID#

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Printed Name

