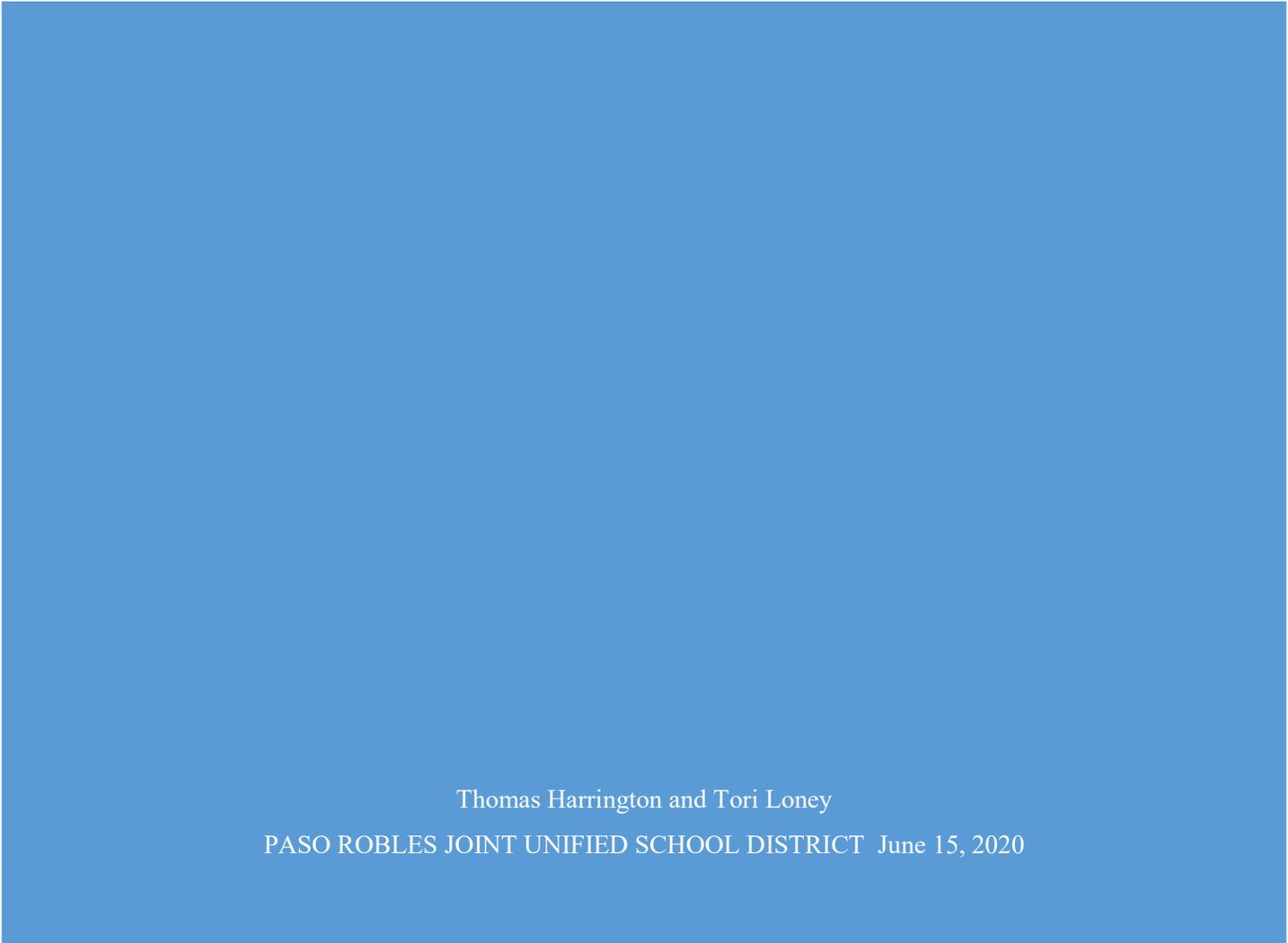




PASO ROBLES JOINT
UNIFIED SCHOOL
DISTRICT COVID-19
RETURN TO ACTIVITIES
PLAN



Thomas Harrington and Tori Loney

PASO ROBLES JOINT UNIFIED SCHOOL DISTRICT June 15, 2020

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Plan Introduction

Proposed Activities Phasing Relative to SLO County Stages

PRJUSD Activities Implementation Phase 1 = SLO County Stage 2+ (current status)

PRJUSD Activities Phase 2 = SLO County Stage 2+ (current status)

PRJUSD Activities Phase 3 = SLO County Stage 3

PRJUSD Activities Phase 4 = SLO County Stage 4

SLO County is currently in Stage 2+ for businesses and more businesses are opening up, including gyms and summer day camps. The PRJUSD District Office will notify the PRHS Athletic Director of movement to the next phase or back to the previous phase.

In this plan we adhere to guidance provided by The State of California, San Luis Obispo County, California Department of Education (CDE), National Federation of State High School Associations (NFHS), California Interscholastic Federation (CIF) and Paso Robles Joint Union School District. We hope to begin practicing on Wednesday, June 24.

Current State 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. CIF is working on season calendaring, as well as their own set of guidelines (which will undoubtedly mirror NFHS guidelines, which we already have and used to develop this proposal) and we expect to get those very soon.

This proposal has been shared with the Athletic Directors from Atascadero High School, Mission College Prep, Morro Bay High School, Paso Robles High School, San Luis Obispo High School and Templeton High School. Many of these same Athletic Directors have collaborated on this plan. Input and coordination with other CIF Central Section High School Athletic Directors has also occurred in the development of this plan. Clovis and Caruthers have already begun to practice, and many other Central Section CIF school districts hope to begin practicing before or shortly after June 24 as well (see Appendix E).

Guidance and Considerations for Summer Activities

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

SLO County Interim Guidelines for Childcare, Day Camps & Summer School

These are SLO County guidelines for Childcare, Day Camps & Summer School. These guidelines can be found at: www.ReadySLO.org and are also included in this document (see Appendix D).

White House and CDC, 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 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.

These recommendations will be applied to VAPA and CTE type activities for PRJUSD students as well. Based on the activity, additional requirements may be necessary for singing and playing of wind instruments. All PRJUSD organizations and outside groups using district facilities will be required to agree to the guidelines provided.

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 Guidelines

National Federation High School (NFHS) guidelines may or may not correspond with state or county guidelines. State and County guidelines will take priority on what can or cannot be done. NFHS guidelines can be found at <https://www.nfhs.org>

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 during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running or other aerobic activity sports. Face coverings may continue to be used during Phase

- 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.
- 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 during Phases 1 through 3.

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

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, Track & Field (Pole Vault*, High Jump*, Long Jump*) and 7 v 7 Football.

* could potentially be considered “Lower Risk” without sharing of equipment, appropriate cleaning of equipment or use of face coverings by participants.

Lower Risk: Sports that can comply with social distancing or individual sports with no sharing of equipment or the ability to clean the equipment between uses by competitors.

Examples: Cross Country, Golf, Tennis, Track & Field (running events and throwing events), Swimming, and Sideline Cheer

CIF Statement Regarding 2020 Fall Sports and Return to Physical Activity/Training

This document provides guidance to assist schools in the development of return-to-activity protocols. Sport specific guidance is provided in addition to limitations on athletic equipment, facilities cleaning, and entrance/exit strategies. The full document can be found at https://cifstate.org/covid-19/Resources/RTP_Combined.pdf

PRJUSD Return to Activities Plans and Requirements for Participation as Supported by NFHS and County Guidelines

Paso Robles Joint Unified School District will use the “Stages” that are provided by the San Luis Obispo County Department of Public Health. These standards are what are providing the business community with their guidance and therefore these will also be used as a reference to guide PRJUSD. As SLO County moves in and out of stages, PRJUSD will adjust the guidance given to sites and programs. The stages below are possible and literal adaptations from current guidance provided. As listed below, where other national sports organizations have provided guiding principles (some may be called phases), those are listed as well.

SLO County Stage 1/Stage 2 - All facilities closed down and shelter-in-place guidelines followed by staff and students. Facilities are locked.

SLO County Stage 2+/Early Stage 3 - Shelter-in-Place begins to be lifted. As schools, community gyms and programs are able to open, PRJUSD will follow all applicable guidelines to implement the return of programs on a limited basis. This is the current stage.

SLO County Stage 3 - Recreational facilities in SLO County will be allowed to open with possible gradual expansion of the total number of participants allowed in a venue. PRJUSD will monitor this guidance and consider adjustments to guidelines.

SLO County Stage 4 - All restrictions will be further reduced, possible larger venues opened up, and gyms will be allowed to remain open with certain guidelines remaining in place.

PRJUSD Activities Implementation Phase 1

SLO County Stage 2+

Proposed start: Wednesday, June 24, 2020

All sports, camps, clinics, programs may resume adhering to the number of participants listed below, no physical contact with another participant and following the requirements listed below.

No physical contact and limited to 10 per group with social distancing of six feet. Student groups will remain constant throughout the phase.

Every activity will have a maximum time of **90 minutes**.

Pre-Workout Screening:

- All coaches and students will do a self-assessment for signs/symptoms of COVID-19 prior to reporting to the activity each day. Coaches will confirm that the participant has done their self-assessment and document in the attendance roster on a daily basis. Rosters and the self-assessments will be stored in case a student develops COVID-19.
 - See Appendix A and B for Self-Assessment and Attendance Forms.
- Any person with positive symptoms on self-assessment should not attend practice. If they show up they will be immediately sent home. These people should contact his or her primary care provider or other appropriate health-care professional immediately. They will also need to contact their Head Coach, so that a record of that is noted on the attendance log, in case it does turn out to be COVID-19.
- Vulnerable individuals should not oversee or participate in any workouts.
- A COVID-19 waiver will be completed and turned in prior to participation.
 - See Appendix C for COVID-19 waiver form.

Limitations on Gatherings during PRJUSD Activities Implementation Phase 1:

- No group can exceed 10 students at a time in one location.
- No Pools allowed.
- No weight rooms allowed.
- No indoor activities allowed.
- Locker rooms will NOT be used. Student-athletes must report to practices in proper workout gear and immediately return home to shower at the end of the workout.
- Workouts will be conducted in the small groups with the same 10 student-athletes working out together. There must be a minimum distance of six feet between each individual at all times.
- Spacing between small group locations must be 20 yards minimum for outdoor activities.

- **No families or spectators will be permitted.** The transitions of students being dropped off, getting to the activity, and then picked up from the activity must happen in the parking lot.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in any workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of the equipment.
- Appropriate clothing/shoes should be worn at all times.
- 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.

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) and individual clothing/towels should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. As progress to phase 2 spotters must spot on either end of the bar, but not in the middle of the bar.

Hydration:

- **All students shall bring their own water bottle.** Water bottles must not be shared. Students must have their own water in order to practice.
- Individual participants will not utilize hydration stations.

Additional Items:

- All students must leave school campus when their practice is completed. There will be no hanging out in the parking lot or anywhere on school grounds.
- No spectators of any type – this includes parents, siblings, etc.
- No high fives, handshakes, etc.
- No spitting
- Coaches will wear a face covering when social distancing is difficult to maintain.
- Students may wear masks to and from the activity area, but they can take them off during the activity.
- No more than 10 students per group in one particular area.
- Equipment and Facilities will be cleaned and disinfected prior to group rotations.
- Students and families not comfortable participating during phase 1 will not be penalized for non-participation.

**Implementation Phase 1 by Sport
What each sport can do**

Implementation Phase is specific to introducing & practicing the reopening protocols & guidelines. Practice outcomes are to be planned to meet the following guidelines:

1. Teaching safety protocols / procedures / processes.
2. Reintroduction to sport specific movements / basic fundamentals
3. Individual drills
4. Conditioning

PRJUSD Activities Phase 2

SLO County Stage 2+

Potential start: Monday, July 13, 2020

All sports, camps, clinics, programs may resume adhering to the number of participants listed below, no physical contact with another participant and following the requirements listed below.

No physical contact and limited to 20 per group with social distancing of six feet.

Every activity will have a maximum time of **120 minutes**.

Pre-Workout Screening:

- All Pre-Workout Screening requirements contained in Introduction Phase 1

Limitations on Gatherings

- All Limitations on Gathering requirements contained in Introduction Phase 1.
- Pools will have a limit of 2 swimmers per lane.
- Gyms will be limited to 20 student-athletes at one time with physical distancing implemented (6 feet apart).

Facilities Cleaning:

- All Facilities Cleaning requirements contained in Introduction Phase 1

Physical Activity and Athletic Equipment:

- All Physical Activity and Athletic Equipment requirements contained in Introduction Phase 1
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.

Hydration:

- All Hydration requirements contained in Introduction Phase 1

Additional Items:

- All Additional Items requirements contained in Introduction Phase 1

PRJUSD Phase 2 by Sport What each sport can do

- **Baseball / Softball** - a baseball or softball player will not share any equipment (glove, bat, catchers equipment, etc.) or throw a ball that will be touched by multiple players (more than 1). A single player may hit in cages, throw batting practice (with netting as backstop - no catcher).
- **Basketball** - A Basketball player can dribble and 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.
- **Cheer / Stunt** - May not practice or perform stunts or buildings. Chants, jumps, dances without contact are permissible.
- **Cross Country** - Runners maintain the recommended six feet of social distancing between individuals. No grouping during starts and finishes.
- **Football** - A football player should not participate in team drills with a single ball that will be touched by multiple players (more than 1 - hand off, tossed, pitched, or passed). Contact with other players is not allowed and there is no use of shared equipment (sleds, bags, dummies, etc.).
- **Golf** - Golfers are not to share equipment with other individuals and maintain the recommended six feet of social distancing between individuals.
- **Soccer** - Soccer players may drill individually, dribble, and shoot (no goalies) with a ball(s), but a team should not practice / pass a single ball among the team where multiple players touch the same ball.
- **Tennis** - Tennis players may perform individual drills, wall volleys and serves. For details see [www.usta.com/player safety](http://www.usta.com/player%20safety).
- **Track & Field** - Individuals maintain the recommended six feet of social distancing and are not to share equipment with any individuals (throwing implements, pole vaults, jump mats, batons, etc.)
- **Volleyball** - A volleyball player should not use a ball that others touch or hit in any matter.
- **Water Polo** - Water polo players may swim in lanes (2 per lane) and complete individual drills maintaining the recommended six-foot social distancing. A player can shoot with a ball(s), but a team should not pass a single ball among the team where multiple players touch the same ball.
- **Wrestling** - May skill and drill without touching a teammate.

PRJUSD Activities Phase 3

SLO County Stage 3

Proposed start = TBD, based on when SLO County moves to Stage 3

All sports, camps, clinics, programs may resume adhering to the number of participants listed below, no physical contact with another participant and following the requirements listed below.

No physical contact and limited to **20** students per group with social distancing of 6 feet.

Every activity will have a maximum time of **120 minutes**.

Pre-Workout Screening:

- All Pre-Workout Screening requirements contained in Phase 2

Limitations on Gatherings:

- All Limitations on Gathering requirements contained in Phase 2

Facilities Cleaning:

- All Facilities Cleaning requirements contained in Phase 2

Physical Activity and Athletic Equipment:

- All Physical Activity and Athletic Equipment requirements contained in Phase 2

Hydration:

- All Hydration requirements contained in Phase 2

Additional Items:

- All Additional Items requirements contained in Phase 2

PRJUSD Phase 3 by Sport What each sport can do

- **Baseball / Softball** - Athletes can share a ball to throw, catch, pitch, hit, and field. Team drills done on air only if all athletes maintain appropriate distance from each other. Shared bats need to be cleaned appropriately after each use. Balls need to be cleaned appropriately after each drill. Hand sanitizer available for athletes to use intermittently throughout practice.
- **Basketball** - Athletes share a ball to pass, shoot, and rebound. Team drills done on air only if all athletes maintain appropriate distance from each other. Balls need to be cleaned appropriately after each drill. Hand sanitizer available for athletes to use intermittently throughout practice.
- **Cheer / Stunt** - Continue with restrictions listed in Phase 2
- **Cross Country** - Continue with restrictions listed in Phase 2
- **Football (7 v 7)** - Athletes share a ball to throw & catch. Team drills done on air only if all athletes maintain appropriate distance from each other. Ball needs to be cleaned appropriately after each drill. Hand sanitizer available for athletes to use intermittently throughout practice.
- **Football** - No protective gear. Individual position technique drills and conditioning. No contact or sled/bag use. Shared ball and team drills on air are allowed as long as appropriate distance is maintained from each other and following 7 v 7 modifications.
- **Golf** - Continue with restrictions listed in Phase 2
- **Soccer** - Athletes share a ball to dribble, pass, and shoot on live goalie. Team drills done on air only if all athletes maintain appropriate distance from each other. Ball needs to be cleaned appropriately after each drill. Hand sanitizer available for athletes to use intermittently throughout practice.
- **Tennis** – Continue with restrictions listed in Phase 2
- **Track & Field** - Continue with restrictions listed in Phase 2
- **Volleyball** - Athletes share a volleyball to drill Serve, Receive, Passing, Setting to Hitter that is appropriately distanced. Team drills done on air only if all athletes maintain appropriate distance from each other. Ball needs to be cleaned appropriately after each drill. Hand sanitizer available for athletes to use intermittently throughout practice.
- **Water Polo** - Athletes share a ball to pass and shoot on live goalie. Team drills done on air only if all athletes maintain appropriate distance from each other. Passing between partners is

allowed, as long as ball remains in the water. Ball needs to be cleaned appropriately after each drill. Hand sanitizer available for athletes to use intermittently throughout practice.

- **Wrestling** - Reference *USA Wrestling Return to Mat Guidelines*. See *Appendix J*
 - No activities that would require direct (e.g.: hand-fighting, drilling, etc.) or indirect (e.g.: shared crash pads) contact between athletes
 - Minimize changes in small group participants. Consider assigning the same participants to the same training group every training session. Avoid mixing of partners to minimize risk of widespread transmission.
 - Coaches cannot demonstrate technique on other coaches or wrestlers
 - Rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training* wearing appropriate personal protective equipment (PPE) (e.g.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with some cleaning products
 - Small group training sessions are encouraged to take place outside in an area where social distancing can be maintained
 - Participants should use their own equipment and avoid touching each other with their hands. For example, if a dummy is being used for drills, make sure only one athlete is using one specific dummy at a time. The dummy needs to be cleaned using a disinfectant solution before any other coach or wrestler uses the dummy to prevent indirect transmission.

PRJUSD Activities Phase 4

SLO County Stage 4

Proposed start = TBD, based on when SLO County moves to Stage 4

PRJUSD Activities will practice with the below restrictions until notified. The hope is that we would move into practicing without restrictions (while being mindful of COVID-19 preventive measures) when entering Phase 4. However, if restrictions are still needed we will modify accordingly.

Pre-Workout Screening:

- All Pre-Workout Screening requirements contained in Phase 3 unless modified

Limitations on Gatherings:

- All Limitations on Gathering requirements contained in Phase 3 unless modified

Facilities Cleaning:

- All Facilities Cleaning requirements contained in Phase 3 unless modified

Physical Activity and Athletic Equipment:

- All Physical Activity and Athletic Equipment requirements contained in Phase 3 unless modified

Hydration:

- All Hydration requirements contained in Phase 3 unless modified

Additional Items:

- All Additional Items requirements contained in Phase 3 unless modified

PRJUSD Phase 4 by Sport What each sport can do

Baseball / Softball – Continue with restrictions listed in Phase 3 with modifications as necessary.

Basketball - Continue with restrictions listed in Phase 3 with modifications as necessary.

Cheer / Stunt - Continue with restrictions listed in Phase 3 with modifications as necessary.

Cross Country - Continue with restrictions listed in Phase 3 with modifications as necessary.

Football (7v7) - Continue with restrictions listed in Phase 3 with modifications as necessary.

Football – Continue with restrictions listed in Phase 3 with modifications as necessary.

Golf - Continue with restrictions listed in Phase 3 with modifications as necessary.

Soccer - Continue with restrictions listed in Phase 3 with modifications as necessary.

Tennis - Continue with restrictions listed in Phase 3 with modifications as necessary.

Track & Field - Continue with restrictions listed in Phase 3 with modifications as necessary.

Volleyball - Continue with restrictions listed in Phase 3 with modifications as necessary.

Water Polo - Continue with restrictions listed in Phase 3 with modifications as necessary.

Wrestling – Continue with restrictions listed in Phase 3 with modifications as necessary.

Appendix A
Coach and Student COVID Questionnaire

Name: _____

Parent/Guardian Name: _____

Date: _____ Time Completed: _____

Symptom Check: Circle YES or No to the following questions. When answering, consider the past 24 hours.

Do you have/have you had a fever?	YES	NO
Do you have/have you had a cough?	YES	NO
Do you have/have you had a sore throat?	YES	NO
Have you experienced a shortness of breath?	YES	NO
Have you come into close contact with or cared for someone with COVID-19?	YES	NO

Student Signature: _____

Parent Signature: _____

Appendix B Attendance Roster

Coach = _____

STUDENTS NAME					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

NOTES:

Coaches, make sure to do the following at the start of each day.

- Coach will scan temperature of each athlete.
- Collect and Check Assessment Questionnaire.
 - If no questionnaire = send them home and put an SH (Sent Home) in the box for that student’s attendance. In the Notes section write down why you sent them home.
 - If incomplete questionnaire, or questionnaire with yes response, or questionnaire with unacceptable temperature = send them home, put SH in the box, and comment in Notes section why sent them home.
 - If properly completed and acceptable questionnaire = place the questionnaire in your binder and put an X in the box for that student’s attendance.
 - If student is absent put an A in the box for Absence.
 - If a student is more than 10 minutes late of the start time then send them home and put LSH (Late Sent Home) in the box for that student’s attendance.

Appendix C

Return to Activities COVID-19 Waiver



2020-2021 Return to Activity Participant Waiver

As the parent/guardian of the below-named child 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 in a Paso Robles Joint Union School District (PRJUSD) represented 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 Paso Robles Joint Union School District (District) 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 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 PRJUSD represented program or activity.

First Name: _____ Last Name: _____

Date of Birth: _____ Grade Level: _____

Parent/Guardian Name(s): _____

E-Mail: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Parent/Guardian Signature: _____ Date: _____

**** Every Participant must have a signed form turned in prior to participating in any activity.***

Appendix D

SLO County Guidelines

INTERIM SOCIAL/PHYSICAL DISTANCING AND SANITATION GUIDELINES CHILDCARE, DAY CAMPS & SUMMER SCHOOL

This document provides additional **local** interim conditions that all employers of childcare, day camps and summer schools should adhere to when reopening in order to limit or mitigate the spread of COVID-19 in these settings.

These additional specifications augment guidelines published by the federal Centers for Disease Control and Prevention (CDC) and the State of California for childcare, day camps and summer school. Federal and State guidance includes but is not limited to:

- For childcare:
 - (1) PIN 20-06-CCP dated April 7, 2020:
https://cdss.ca.gov/Portals/9/CCLD/PINs/2020/CCP/PIN_20-06-CCP.pdf;
 - (2) CalOSHA Safety and Health Guidance COVID-19 Infection Prevention in Childcare Programs:
<https://www.emergencyslo.org/en/reopening.aspx#4-Childcare-for-those-outside-of-theessential-workforce>;
 - (3) CDC *Guidance for Child Care Programs that Remain Open*, April 21, 2020 found at:
<https://www.cdc.gov/coronavirus/2019ncov/community/schoolschildcare/guidance-for-childcare.html>
- For day camps and summer schools:
 - (1) *CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again May 2020 – INTERIM GUIDANCE FOR SCHOOLS AND DAY CAMPS* found at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiatives-for-COVID-19-Response.pdf#page=45>; (2) State references noted above (for childcare) until and unless the State provides more definitive guidance for schools.

Employers should also use the guidelines in conjunction with State licensing or regulatory agency rules for childcare, summer camp or summer school.

Childcare establishments, including day camps, and other educational or recreational institutions or programs that provide care or supervision for children of all ages are allowed at this time under modified conditions. In San Luis Obispo County, these operations need to comply with the following conditions:

1. They must be carried out in stable groups (“stable” means that the same children are in the same group each day) up to the maximum* number of children stipulated based upon the children’s ages served as specified in the table below:

For pre-school aged children	10 or fewer children
For children entering Kindergarten through 3rd Grade in Fall 2020	14 or fewer children
For children entering 4th Grade and older in Fall 2020	19 or fewer children

* State licensing and California Department of Social Services requirements for staff: child ratio must still be met.

2. Children shall not change from one group to another.
3. If more than one group of children is at one facility, each group shall be in a separate room. Groups shall not mix with each other.
4. Providers or educators shall remain solely with one group of children.
5. **Indoor** activities that involve direct physical contact or physical exertion that increases respiratory output (e.g. singing, theatrical performance, gymnastics and other physical activities) are disallowed.
6. **Outdoor** activities that involve direct physical contact or sharing of equipment or shared-water play are disallowed.
7. Singing in general should be discouraged, as a number of reported outbreaks have been associated with singing and choral groups.
8. Overnight camps are not allowed at this time.

The Health Officer will carefully monitor the changing public health situation as well as any changes to the State Stay-at-Home Order or in keeping with the State’s Resiliency Roadmap. In the event that the State provides specific rules or guidelines on childcare, summer camps, summer schools and related institutions and programs, the Health Officer will consider whether to modify the guidance accordingly.

Appendix E

CIF Central Section Return to Activities Overview

We have been actively trying to find out what other school district in our CIF Central Section are doing. Here is the list we have come up with.....

Caruthers = began activities on Monday, June 8.

Clovis Unified = began activities on Monday, June 8.

Corcoran = begins activities on Monday, June 15.

Dinuba Unified = currently no plan.

Fresno Unified = working on a plan to submit to their school board.

Kern County Schools (all Bakersfield Schools) = currently no plan.

Madera = have presented their plan to their board and hope to begin on Monday, June 22.

Sanger Unified = presented their plan to their board on Tuesday. Have not heard about approval and start date yet.

Santa Maria Joint Union = working on a plan to submit to their school board.

SLO County Schools = presenting plans to their respective school districts beginning today, June 11.

Visalia Unified = working on a plan to submit to their school board.

Appendix F

PRJUSD Return to Activities Summary

All PRJUSD Activity Participants must have the following prior to participation:
 (students will be sent home immediately if the appropriate requirements below are not met)

1. FamilyID Registration (Athletics only)
2. Current Physical on file (Athletics only)
3. PRJUSD Return to Activity Waiver
4. Individual Water Bottle

Proposed Athletics Phasing Relative to SLO County Stages

SLO County	PRJUSD Return to Activity	Generalized Description Summary (see the PRJUSD Return to Activities plan for details)
Stage 2	Implementation Phase 1	Introduction and application of new return to activities protocols and guidelines. The reintroduction of sport specific movement, individual drills, and general conditioning. Outdoors only, this includes no gyms, no weight room, no pool, and no sports specific equipment used.
Stage 2	Phase 2	Students cannot have physical contact, cannot share or touch the same equipment, and MUST maintain 6 ft. of social distance. Team activities are to be practiced against air only.
Stage 3	Phase 3	Students can share and touch the same equipment, while maintaining six feet of social distance. Team activities are to be practiced against air only.
Stage 4	Phase 4	Resume with restrictions in Phase 3 until notified with changes. Anticipation is to practice without restrictions. Guidance will come from the PRJUSD district office.

General Guidelines

- Social Distancing is mandatory at all times - no physical contact.
- Groups will be no more than 10 students and will not change until the next phase.
- Outdoor activities will have a buffer zone of 20 yards between the groups of 10.
- Students MUST properly submit the “Self Evaluation Questionnaire” each day.
- Participants can NOT share water bottles or a community watering device.
- Coaches shall wear a face covering when social distancing is difficult to maintain.
- Students may wear a face covering to and from practice locations, but wearing them is not mandatory during exercise.
- NO locker rooms. Students must arrive & depart wearing the appropriate dress/gear.
- NO spectators of any type - this includes parents, siblings, etc.

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

Self-Evaluation Questionnaire - Each student will be responsible to submit a questionnaire to their assigned coach when checking in. This includes a temperature check administered at home. If the student answers yes to any of the questions, has a temperature of **100.4** or higher, did NOT include a recorded temperature on their questionnaire, or did NOT have a parent signature on their form, then they will be sent home immediately and will NOT be allowed to participate that day.

Student Check In - There will be a check in location for all students when they arrive at practice. Student -athletes must check in with the coach upon arrival at the designated location with the completed questionnaire.

Students must remain in their assigned group. Students will be assigned to groups of 10, and will remain in their groups the duration of the current phase. Switching of groups will NOT be allowed. There will be a “buffer” of 20 yards between each group, and students must stay with their own group at all times.

Social Distancing - Students within a group will need to keep the recommended six feet from one another at all times. 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 and water. There will be a water jug available to refill the water bottle. No one will be allowed to drink directly from the water jug, so it is important that each student has their own water bottle. Only one individual from each group will be allowed to operate the water jug and that individual must wear gloves while the others hold 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.

Summer Participation - Any and all student participation is optional

Appendix G

Sport Specific On-Line Resources

Baseball:

<http://cpe-prod.usabaseball.com/documents/9/4/0/313472940/USABCOVIDPositionStatement.pdf>

Golf:

https://www.usga.org/content/dam/usga/pdf/2020/Back2Golf_AlliedPresentation_Final-5-15.pdf

Soccer

<https://www.ussoccer.com/playon/guides/phase-1-grassroots>

Softball:

http://downloads.asasoftball.com/other/pdf/final_backtotheballpark05112020.pdf

Swimming:

https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2

Tennis:

https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf

Track & Field:

<https://www.usatf.org/programs/elite-athletes/usatf-coronavirus-2019-covid-19-information-page/return-to-training-guidance-for-athletes-coaches-c>

Volleyball:

<https://www.teamusa.org/usa-volleyball/features/~/-/media/7B224207F7AE4AE585B51833383B2DFA.ashx>

Water Polo:

[https://webpoint.usawaterpolo.com/wp15/Email/ViewEmail.wp?ID=09075063&cx=ccx_i_w_w_w_w&pz=tyvftyqpp_wdrqpp&aq=ivzx](https://webpoint.usawaterpolo.com/wp15/Email/ViewEmail.wp?ID=09075063&cx=ccx_i_w_w_w&pz=tyvftyqpp_wdrqpp&aq=ivzx)

Wrestling:

<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>