

LCHS Sports Update

**LCUSD Board Meeting
February 9, 2021**





2020-21 CROSS COUNTRY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Cross country meets should consider using staggered, wave or interval starts.
- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Consider widening the course to at least 6-feet at its narrowest point.
- Finish line area should be enlarged to provide for social distancing guidelines

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

- Follow social distancing guidelines:
Pre and Post Meet conferences,
Clerking at the start line,
Tabulations and posting of results.
- Officials continue to use their own personal equipment

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Current Status: CIF State

- Purple Tier sports are allowed to begin pending updated county guidelines
- B/G Cross Country
- Golf, Swimming and Diving, Tennis, and Track and Field (Spring)



Current Status: CIF SS

- Waiting for LA County Department of Public Health Guidelines
- Cancelled Section Playoffs and Championships for Fall sports
- Moved Boys Volleyball to Spring Season
- Spring sports calendar remains unchanged at the moment
- Rescinding the temporary suspension of CIF Bylaws 600-605 (Outside Competition)
 - Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period. (CDPH Document)



Current Status: LCHS – Cross Country

- Waiting for LA County Department of Public Health Guidelines
- Planning Cross Country Dual Meets
- Distribute Uniforms
- Intrasquad Race
- Time trials, socially distanced, and centered at LCHS



Current Cohort Numbers

- 317 Athletes
- 36 cohorts
- 17 teams
- 51 coaches
- Athletic Department – Carrie Saks, Adam Monte, Teena Vasquez



Cohort growth

- Fall Lower Level cohorts
- Transition to Spring Sports
 - Initially Varsity cohorts
 - Purple tier lower levels

Spring Sports

- Baseball
- Basketball (B/G)
- Golf (B/G)
- Lacrosse (B/G)
- Soccer (B/G)
- Softball
- Swimming & Diving (B/G)
- Track & Field (B/G)
- Tennis (B/G)
- Volleyball (B)
- Wrestling (B/G)

