

LCHS Sports Update

**LCUSD Board Meeting
February 9, 2021**





EDUCATION-BASED ATHLETICS COVID-19 MODIFICATIONS

- Information is current as of February 2, 2021
- [CDPH Youth Sports Guidelines](#)
- CIF Guidelines will be adjusted weekly
- In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)
- Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician
- Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school

CIF Season 1 Sports (January - April):

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

**Please refer to respective CIF Sections for verification of seasons of sport*

WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/Snowboarding, Swimming & Diving, Tennis, and Track & Field.

SUBSTANTIAL

Sports allowed in this tier: Baseball, Field Hockey, Girls Lacrosse, and Softball.

MODERATE

Sports allowed in this tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, and Water Polo.

MINIMAL

Sports allowed in this tier: Basketball, Competitive Cheerleading, and Wrestling.

February 2, 2021 County Tier Status



County Tier Status

- www.cifstate.org
- Updated weekly

Physical conditioning, practice, skill building, and training that can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts are currently authorized for all sports regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. In counties under the Regional Stay at Home Order, only activities consistent with the sentence above are permitted, regardless of the county's tier status.

Competition between two teams will not be allowed in California until January 25, 2021, at the earliest. Once return to competition is allowed every participating school's county must also be in the authorized tier status for the respective sport in order to compete.





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)

