

DRAFT v4 (Pending Board Approval)

Natomas Unified Return to Athletics Plan

Phase 0: Initial Administrative Actions to Transition to Phase 1

Strategies to Mitigate Risks

Mitigate for this purpose means: Make less severe, serious.

At the foundation of the Natomas Unified Return to Athletics Plan is each family's individual determination about what is best for their own student(s). During Phase 1, Natomas Unified coaches will be instructed to "hold students harmless" if families determine they are not yet ready to allow their student/athlete to participate in athletics. Parents/families must accept that the school district, school, coaches/staff cannot eliminate the risk of exposure to COVID-19.

District Athletic Director (Coordinator) Suzanne Baker will take the lead to be a bridge between each high school and the district expectations for health and safety requirements during all Phases. This will take place through presentation and facilitated discussions with the Athletic Directors, and as needed, coaches. A clearly outlined Path to Successful Communication plan (See Appendix A) for when information or updates are necessary for the athletic directors, coaches, student athletes, parents or public health officials. Director Baker and/or the site principal shall immediately report all health and safety concerns to the Chief Academic Officer. Director Baker and/or the site principal has authority to suspend any athletics activity until Natomas Unified's COVID-19 response team can determine if it is safe and or appropriate for athletic activity to resume.

For Natomas Unified to transition to Phase 1, the following must happen:

- ✓ A Phase 1 presentation (See Appendix B) must be created that all coaches and students will review and sign that the presentation has been viewed. This presentation shall be made available to all parents/families via the NUSD website. This presentation shall:
 - ✓ Outline the expectations for coaches and student/athletes in Phase 1
 - ✓ Provide COVID-19 prevention education for coaches, parents and student athletes.

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- ✓ Development of strategies and resources to promote wellness, safety and hygiene among staff and students
- ✓ In particular, due to the extended interscholastic lay-off, coaches must be extra mindful regarding student athletes' return to campus in order to provide a safe environment for practice and competition.
- ✓ Prepare for heat acclimatization concerns and strictly follow the NUSD Outdoor Environmental Conditions Activity Guide Suggestions
- ✓ Prepare the facilities to ensure they are cleaned and prepped for Phase 1 (on a temporary basis, NUSD will add substitute custodians to backfill to ensure experienced custodians have time to routinize the cleaning processes for athletics).
- ✓ Display standard daily precautions and promote healthy habits for student athletes and staff. (See samples in Appendix C)
- ✓ Establishment of procedures to address a student or staff member who has tested positive for a communicable disease. (See Appendix D)
- ✓ Review each sport's Phase 1 Plan with the COVID-19 response team
 - ✓ Collaboration with COVID-19 Response Team and health authorities to report, and support contact tracing as needed.
- ✓ Physical exams: Athletes are required to pass a physical before their season of sport. The Board can approve a 30-day extension from the first day of practice, as long as an athlete has a physical on file.
 - ✓ Require all new athletes (i.e., first-time athletic participants in the school's athletic program) to obtain pre-participation physical examination.
 - ✓ Athletes with underlying, pre-existing conditions, injuries or illnesses must obtain an updated pre-participation physical examination or appropriate clearance from treating physician based upon situation.
- ✓ Assess supply and equipment needs in response to COVID-19 for athletics
 - ✓ Sites must take stock of current inventory of personal protective equipment and cleaning and sanitization supplies. Determine additional needs based on projected increase in use. Cleaning and sanitization supplies. Work with school custodial services to assess and coordinate fulfillment.
 - ✓ NUSD shall create an expansive medical/injury kit for each level of sport and provide that to the Varsity head coach to distribute to all levels before Phase 1 can begin.

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- ✓ Review your access to funding to obtain necessary supplies and equipment. Discuss deficit concerns with the Chief Academic Officer and Superintendent to meet the Fall 2020-21 needs.
- ✓ Equipment Reconditioning: All equipment should be sent for reconditioning to ensure it is done in a timely manner.
- ✓ Allow for Mandatory Education for coaches/staff that includes online training courses for AED/CPR and First Aid for the 2020-21 academic year.
- ✓ Identify any unique needs or steps to the process that may affect individual schools differently than the others.
- ❑ District administration and local public health officials need to collaborate and address administrative concerns and establish necessary practices and protocols to provide a safe return-to-athletics.
- ❑ When Natomas Unified is ready for Phase 1 to begin, a report including the checklist above and information regarding readiness will be shared with the Chief Academic Officer, the Superintendent, and the Board of Trustees.

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Phase 1: The Initial Return Steps or Walking Before We Jog

This initial phase is very limited. It is designed to smartly return the students to physical conditioning, allow for the social emotional connection with peers/coaches, and to test the degree of self-discipline adults and students will demonstrate that might allow Natomas Unified to transition to Phase 2.

- ❑ Each sport will have an approved Phase 1 workout plan created by the site coach and Athletic Director, signed/approved by the Principal, and signed/approved by the District Athletic Director. That schedule shall be shared with all parents/guardians via hard copy provided to students, email and posted on a new NUSD Athletics Webpage called Phased Return of Athletics in NUSD.

Daily Pre-workout Screening Requirements:

- ❑ Parent/Guardian waiver (See Appendix E) including COVID-19 call-out must be signed by parent/guardian before a student can participate in workouts.
- ❑ All summer Phase 1 participation must be voluntary and cannot be used in 2020-2021 as a reason for exclusion during the season of sport
- ❑ All student athletes and coaches should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- ❑ All coaches and students should be screened for signs/symptoms of COVID-19 prior to each workout. Screening includes a temperature check.
 - ❑ Responses to screening questions for each person should be recorded (See sample in Appendix F) and stored so that there is a record of everyone present in case a student develops COVID-19. Assigned coaches will record individual responses daily on District provided iPads via an electronic Google Sheet.
 - ❑ Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

* Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

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Work-outs:

- ☐ Adequate cleaning schedules should be created and implemented for all athletic 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 (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- ☐ Phase 1 work-outs will be modeled after half of a maximum PE class size of 50 with social distancing requirements. Workouts should be conducted in “pods” of students with the same students always working out together. Smaller pods can be utilized for weight training, but should come from the same subset of the “larger pods.” This ensures more limited exposure if someone develops an infection. **Note:** *The number of students in groups will be adjusted in alignment with SCPH's newest order, once released.*
 - ☐ Outdoor Workouts
 - ☐ No more than 25 student athletes shall be outdoors at any given time.
 - ☐ There must be a minimum distance of 6 feet between each individual at all times.
 - ☐ Indoor Workouts
 - ☐ No more than 10 student athletes shall be in an indoor facility at any given time.
 - ☐ If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
 - ☐ Locker rooms shall not be utilized during Phase 1.
 - ☐ Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- ☐ Hand sanitizer should be plentiful and available to individuals as they transfer from place to place or as needed.
- ☐ 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. Appropriate clothing/shoes should be worn at all times at all athletic facilities to minimize sweat from transmitting onto equipment/surfaces.
- ☐ Cleaning equipment

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- ❑ All athletic equipment, including balls, should be cleaned after each 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.
- ❑ Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- ❑ Coaches are responsible for ensuring that all equipment is wiped down and cleaned following each use. Coaches/Athletes should practice appropriate cleaning methods. See expectation presentation.
- ❑ 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. Safety measures in all forms must be strictly enforced in the weight room.
- ❑ Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- ❑ Samples of Phase 1 activities that are included/excluded
 - A football player should not participate in team 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.
 - A volleyball player should not use a single ball that others touch or hit in any manner.
 - A basketball player can 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.
 - Softball and baseball players should not share gloves, 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.
 - Wrestlers may skill and drill without touching a teammate.
 - Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
 - Tennis players may do individual drills, wall volleys and serves.
 - Runners should maintain the recommended 6 feet of distancing between individuals

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- Coaches must recognize specific activities that are not listed here but would violate Phase 1 protocols and not allow student/athletes to engage in those actions/activities

Hydration Expectations:

- ☐ All students and coaches shall bring their own water bottle. Water bottles must not be shared.
- ☐ Hydration stations (water cows, water trough, water fountains, etc.) shall not be utilized.

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Phase 1 and 2 Guidance from CIF as of June 10, 2020

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*	Phase Two*
	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.	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).

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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.

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Phase 2: Phase 1+, Starting to Jog

There is not a significant difference between Phases 1 and 2. Approval to move into Phase 2 means that sports have demonstrated the self-discipline and health habits to move forward, closer to a return to athletic practices. It also means that the incidents of COVID-19 have not required a shutdown of Phase 1 workouts. Each sport, by each school can be moved to Phase 2 or because of lack of self-discipline or good health habits would remain in Phase 1.

All requirements for Phase 1 continue except that:

- ❑ Phase 2 work-outs will be modeled after half of a maximum PE class size of 50 with social distancing requirements. Workouts should be conducted in “pods” of students with the same students always working out together. Smaller pods can be utilized for weight training, but should come from the same subset of the “larger pods.” This ensures more limited exposure if someone develops an infection. **Note:** *The number of students in groups will be adjusted in alignment with SCPH's newest order, once released.*
- ❑ Outdoor Workouts
 - ❑ No more than 25 student athletes shall be outdoors at any given time
 - ❑ There must be a minimum distance of 6 feet between each individual at all times.
- ❑ Indoor Workouts
 - ❑ If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

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Sources:

National Athletic Trainers' Association: *COVID-19 Return-to-Sport Considerations for Secondary School Athletic Trainers*, May 2020

National Federation of State High School Associations: *Guidance For Opening Up High School Athletics and Activities*, 2020

CIF *Return to Physical Activity/Training Guidelines*, June 10, 2020

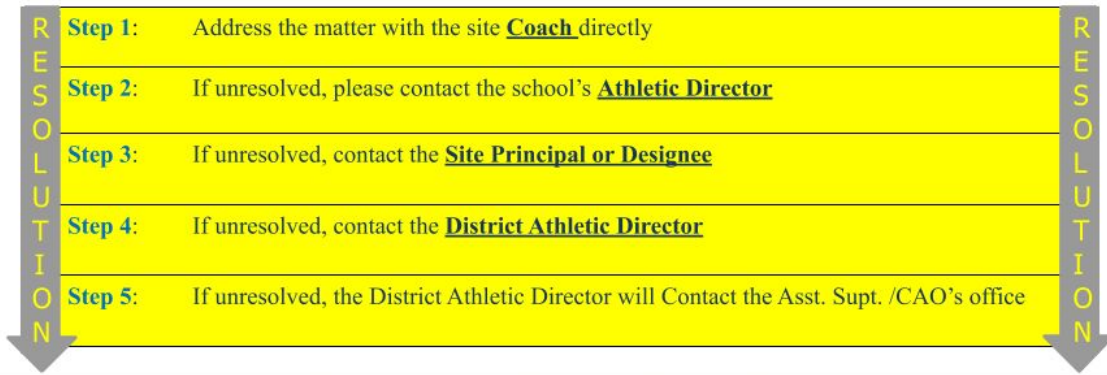
BP 5141.6(a) Students SCHOOL HEALTH SERVICES The Governing Board recognizes that good physical and mental health is critical to a student's ability to learn and believes that all students should have access to comprehensive health services. The district may provide access to health services at or near district schools through the establishment of a school health center and/or mobile van(s) that serve multiple campuses. The Board and the Superintendent or designee shall collaborate with local and state agencies and health care providers to assess the health needs of students in district schools and the community. Based on the results of this needs assessment and the availability of resources, the Superintendent or designee shall recommend for Board approval the types of health services to be provided by the district.

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APPENDIX A

Athletic Path to Successful Communication – COVID-19

When a question/concern regarding COVID-19 arises, please use the following path to Successful Communication



District Athletic Director: Suzanne Baker
Asst. Superintendent: Dan Motherspaw

Athletic Director:

- Matt Hinton, Inderkum
- Dan Meyer, Leroy Greene Academy
- Jeremy Arsich, Natomas

Principal:

- Dan Motherspaw, Inderkum High School
- Scott Pitts, Natomas High School
- Scott Fitzgerald, Leroy Greene Academy

CAO

- Angela Herrera



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APPENDIX B

Goals 2017-2022



1. Increase student success in ELA, math, science, literacy, and civics
2. Prepare students to be college and career ready
3. Engage parents and families to support student success in school
4. Create safe and welcoming learning environments where students attend and are connected to their schools
5. Recruit, hire, train, and retain high quality staff who are committed, collaborative, caring and exemplary

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Expectations for Coaches and Athletes in Phase 1

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Overview

- This is an initial return step.
- This initial phase is very limited. It is designed to smartly return the students to physical conditioning, allow for the social emotional connection with peers/coaches, and to test the degree of self-discipline adults and students will demonstrate that might allow NUSD to transition to the next step.
- Safety must be the priority above all else.
- *“Student participation in a program is completely voluntary and based upon parental discretion. Any student who chooses not to participate in summer workouts will not be penalized.”*

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Timeline

- June 17: Seek Board approval for plan Phase 1 guidelines, inform site administrators and schedule trainings for coaches.
- Beginning June 18: Meet with Admin, review with coaches, then review and approve sport specific plans and prepare for conditioning.
- Week of June 22: Start limited conditioning workouts for upcoming Fall and selected NUSD athletic teams.
- Week of June 28: Review Phased implementation and collect pre-screening data.

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For Programs to be Ready to Start

1. Coaches must have completed this presentation/training.
2. Student-athletes must have been cleared by AD's and
 - Have a physical on file for returning students (60 day extension)
 - Submit a new physical exam (for new & transfer students)
 - Submit a completed COVID-19 waiver turned in to AD/Coach.
3. Infrared Thermometer (touchless) must be available for use
4. Hand sanitizer pump or spray must be available and plentiful for students to use.
5. [Posted student athlete daily precautions](#)
6. Individuals must bring their own hydration bottles that are personally labeled, not to be share with others.

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Administration Support

1. Principal/AD/District AD must approve plans to participate and use specific areas of the facilities to practice.
2. Principal/AD: Have a Custodial schedule in place to ensure appropriate cleaning of restrooms/facilities.
3. Principal/AD Monitoring schedule by admin to supervise and ensure safety and guidelines are being followed.

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Pre-workout Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Responses to screening questions for each person should be recorded daily and stored so that there is a record of everyone present in case a student develops COVID-19 (see Monitoring Form) AD will collect sheets weekly. ***During screening, if a student records 100.1 or higher they will be sent home and may not return for 14 days or until cleared by a medical doctor.***
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

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Sample Monitoring Form

COVID-19 ATHLETE / COACH MONITORING
FORM

High School:

Team:

Date of Practice:

Coach:

Name

Time

Fever Y/N

Cough Y/N

Sore Throat
Y/N

Shortness of
Breath

Close contact,
or cared for
someone with
COVID-19

Temp (if
higher than
100.1 F)

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Limitations on Gatherings

- No gathering of more than 25 people outside - 10 inside.
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower and place clothing in wash machine at end of the workout.
- Workouts should be conducted in “pods” of students with the same 25 students always working out together. Smaller pods (10) can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- 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 until proper social distancing can occur.

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Cleaning / Sanitary Expectations

- Coaches/Athletes will wash their hands and/or use hand sanitizer before and after and intermittently.
- Coaches if you are working with multiple groups on the same day, must wear a cloth face covering.
- Coaches are expected to constantly remind students to wash hand and/or use hand sanitizer.
- Coaches are responsible for ensuring that all equipment is wiped down and cleaned following each use. Coaches/Athletes should practice appropriate cleaning methods.

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Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic 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 (chairs, furniture in meeting rooms, weight room equipment, bathrooms, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in 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 equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- 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.

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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. Students could wear sports gloves for added protection based upon activity.
- All athletic equipment, including balls, should be cleaned after each 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.
- 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. Safety measures in all forms must be strictly enforced in the weight room.

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Examples

- A basketball player can 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.
- A football player should not participate in team 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.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw pitching practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

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Hydration

- All students shall bring their own water bottle. Water bottles must not be shared. Students should label their own personal water bottles.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Coaches should bring their own water bottles labeled with their names.

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Parents/Drop-off and Pick-up

- Parents may drop-off or pick-up students at the designated location, they must stay in their cars (they are not to leave the vehicle).
- No outside spectators may attend workouts due to small gathering limitations.

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COVID-19 Prevention Education

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COVID-19 Parent/Coach/Athlete Education

*Taken from CDC

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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COVID-19 Parent/Coach/Athlete Education

*Taken from CDC

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

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COVID-19 Parent/Coach/Athlete Education

*Taken from CDC

How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

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COVID-19 Parent/Coach/Athlete Education

*Taken from CDC

Everyone Should:

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

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COVID-19 Parent/Coach/Athlete Education

*Taken from CDC

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arm's length) from other people.
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.

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Gradual Return to Exercise

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Gradual Return to Exercise

- With a Phase 1 return to sport ALL coaches need to be mindful that athletes may not have been physically active since March.
- Please adjust workouts to slowly build to full workouts.
- Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.

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Heat Acclimitization

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Heat Acclimatization

- ADs/Coaches must utilize the daily provided Outdoor Environmental Conditions report to inform and guide daily activity.
- Follow guidelines provided and click links for greater details.

Air Quality Index (AQI)	Heat Index (HI)
Today's AQI 6/10/20	Today's Heat Index 6/10/20
84	82 °F
Moderate	Caution
People who have a unique sensitivity to air pollution should consider limiting prolonged outdoor exertion.	Fatigue possible with prolonged exposure and/or physical activity
Spare the Air	Weather Forecast
AQI Activity Guide	Heat Index Guide

Heat Index - Currently 84°F

You may refer to the links above to view current forecast updates or to view the heat index guide as temperatures begin to rise.

Sacramento Regional Air Forecast for Today

Today, June 10, 2020 84 AQI: Moderate
Tomorrow, June 11, 2020 67 AQI: Moderate

Below are recommendations for schools provided by [SparetheAir.org](#). You will be notified of any cancellations or modifications to outdoor activities by Shea Borges. Any changes must have approval from your Supervisor of Schools.

☐ Moderate is 51 to 100. People who have a unique sensitivity to air pollution should consider limiting prolonged outdoor exertion.

Activity guide suggests:

15 Minute Recesses and/or 1 hr PE Classes:
No Restrictions

Scheduled Sporting Event:

Exceptionally sensitive individuals should limit intense activities.

Athletic Practice and Training 2-4 hours:

Exceptionally sensitive individuals should limit intense activities.

Visit [www.SpareTheAir.com](#) for forecasts by county, current AQI readings, air quality maps, and additional air quality information.

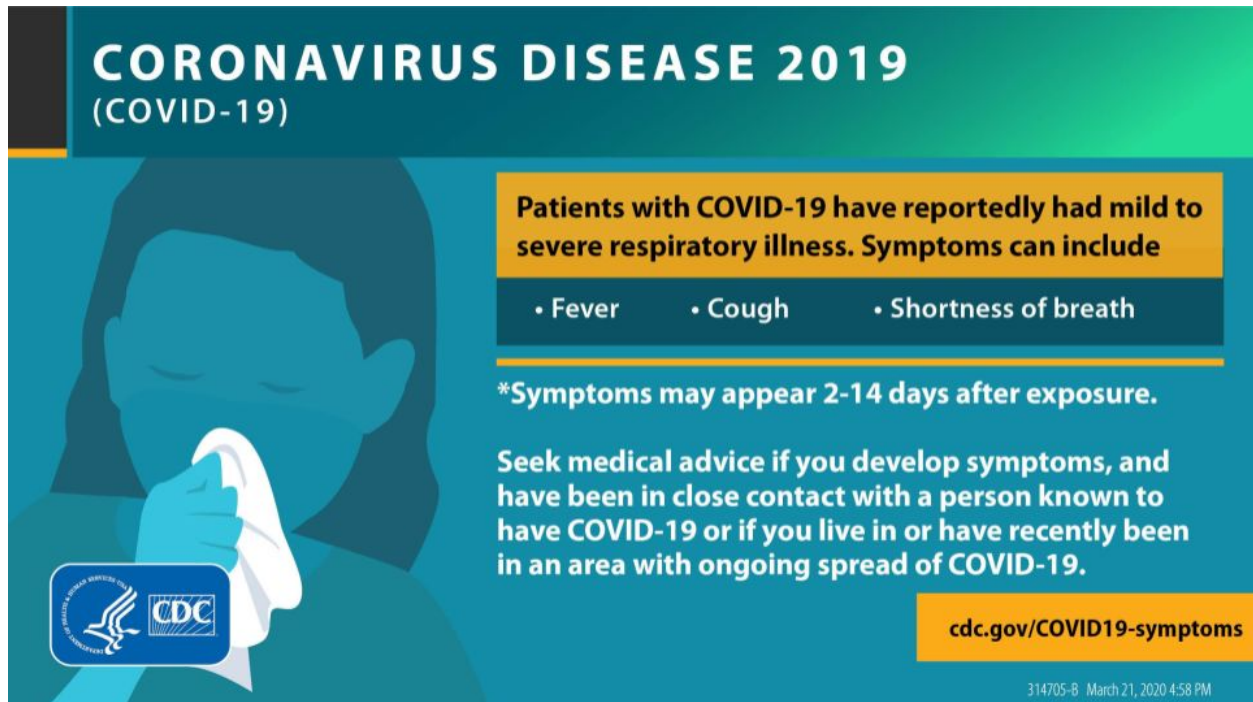
Calculate your Air Quality [http://www.SpareTheAir.com/calculators.cfm](#)

This forecast was issued by the Sacramento Metropolitan Air Quality Management District.

QUESTIONS

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APPENDIX C



CORONAVIRUS DISEASE 2019
(COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID19-symptoms

314705-B March 21, 2020 4:58 PM

The infographic features a teal background with a white silhouette of a person coughing into their elbow. A CDC logo is positioned in the bottom left corner. The title 'CORONAVIRUS DISEASE 2019 (COVID-19)' is at the top in white. A yellow box highlights the symptoms, and a white box contains the advice to seek medical help. A yellow box at the bottom right provides the website link.



CORONAVIRUS DISEASE 2019
(COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

cdc.gov/coronavirus

316159-A March 25, 2020 8:00 AM

The infographic features a teal background with a white silhouette of hands being washed under a faucet. A CDC logo is positioned in the bottom left corner. The title 'CORONAVIRUS DISEASE 2019 (COVID-19)' is at the top in white. A yellow box highlights the actions to prevent spread, and a white box contains the list of actions. A yellow box at the bottom right provides the website link.

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ON CAMPUS AND IN THE CLASSROOM



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APPENDIX D

NUSD Athletics Active COVID-19 Screening and Positive Case Confirmation Protocol

Active Screening

- Staff will take the temperature of all students with a non-touch thermometer and ask if they have exhibited, or been exposed to, the following symptoms: fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell (SCPH2020-21 p. 12)
 - If no symptoms or temperature, student passes the screen
 - If a temperature of 100.1 or higher, and/or the student is exhibiting any of the above symptoms:
 - The student or staff will be relocated to an isolated area
 - The student or staff will be required to wear a face mask
 - The coach will immediately notify the Athletic Director, who will then notify the Principal. The principal will notify the Superintendent's Office.
 - The coach will notify the parent/guardian and monitor the individual until support arrives (parent/guardian).
 - Staff will call 911 when symptoms are severe, including persistent pain, pressure in chest area, confusion, bluish lips or face
 - Communication and cleaning protocols will be implemented as directed.
 - The student or staff will not return to athletics for 14 days, or until cleared by a medical professional.
 - Coaches will suspend further activities until given direction.

If a student or staff has a positively confirmed diagnosis of COVID-19:

- The coach will contact the Athletic Director, who will then notify the Principal. The principal will notify the Superintendent's Office and the COVID-19 designee.
 - Sacramento County Public Health will be contacted for next steps (916-875-5881)
- Communication and cleaning protocols will be implemented as directed
- Coaches will suspend further activities until given further direction.

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APPENDIX E

ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY NUSD ATHLETIC COVID-19 PROTOCOLS

Activity: Athletics / Extra-curricular Activities 2020/21

School Name: _____

Student(s) : _____

The novel coronavirus (or COVID-19) has created a pandemic resulting in a State of Emergency in California. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and health officers have required or recommended social distancing and, in many instances, have prohibited or significantly limited the congregation of groups of people.

Natomas Unified School District ("NUSD") is complying with guidance and taking reasonable steps to mitigate the risk of spreading COVID-19. However, this risk cannot be completely eliminated and NUSD cannot guarantee that you and/or, if applicable, your student(s)/child(ren) will not become infected with COVID-19. Further, participating in the NUSD athletic program and related events and activities ("Athletic Program") could increase your and/or, if applicable, your student(s)/child(ren)'s risk of contracting COVID-19. Consequently, for the safety of our staff, students, parents, and other visitors, NUSD requires all persons participating in its activities during this pandemic to acknowledge an assumption of the risk, waive (i.e. release) liability, and agree to abide by our COVID-19 protocols, as follows:

1. I request to participate in the Athletic Program. If applicable, I am the parent and/or legal guardian of the above-named student(s)/child(ren), and I request that he/she/they be allowed to participate in the Athletic Program and I give my permission for he/she/they to do so.
2. Assumption of Risk. By signing this agreement, I understand and acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and, if applicable, my student(s)/child(ren), may be exposed to or infected by COVID-19 by participating in the Athletic Program, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by participating in the Athletic Program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, other participants or NUSD officials, employees, volunteers, and/or representatives. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any

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harm, loss, or injury to myself and/or, if applicable, my student(s)/child(ren)(including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I, or, if applicable, my student(s)/child(ren), may experience or incur in connection with the Athletic Program ("Claims").

3. Waiver of Liability. In consideration for the District allowing me and/or, if applicable, my student(s)/child(ren) to participate in the Athletic Program, I, on behalf of myself, and/or, if applicable, my student(s)/child(ren), hereby release, covenant not to sue, discharge, and hold harmless the District,, and any officials, employees, volunteers, and/or representatives thereof ("Releasees"), of and from the Claims, including all liabilities, claims, actions, damages, costs, or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of NUSD, its officials, employees, volunteers, and/or representatives, whether a COVID-19 infection occurs before, during, or after participation in the Athletic Program.
4. Agreement to Abide by COVID-19 Protocols. I agree that I, and/or, if applicable, my student(s)/child(ren), will not enter District grounds or facilities if I am, and/or he/she/they is/are, feeling ill, which includes, but is not limited to, the following symptoms: fever, cough, difficulty breathing, shortness of breath, chest pain, and/or bluish lips or face. I understand and acknowledge that I, or, if applicable, my student(s)/child(ren), may be denied entrance or admittance if the District determines that I am, or he/she/they is/are, showing any such symptoms. I warrant and represent that I am not aware of any medical condition of myself and/or, if applicable, my student(s)/child(ren) which would render it inappropriate for me and/or him/her/they to participate in the activity. I agree to abide by all COVID-19 guidelines and other COVID-19-related policies and procedures, which may change over time as circumstances change over time. This may include hand washing requirements and temperature checks for myself and, if applicable, my student(s)/child(ren). I agree to practice good hygiene etiquette such as sneezing into my elbow, utilizing tissues, and avoid touching my eyes, nose, and mouth, and, if applicable, to instruct my student(s)/child(ren) to do the same. I understand and acknowledge that my failure to abide by and/or my failure to ensure that any student/child of mine abides by this agreement may result in me and/or, if applicable, my student(s)/child(ren), being removed from the Athletic Program.

I HAVE READ THIS ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY NUSD ATHLETIC COVID-19 PROTOCOLS, FULLY UNDERSTAND ITS TERMS.

Student Name

Student Signature

Date

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FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her/their personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her/their release provided above for all the Releasees, and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence and/or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Parent/Guardian Name

Parent/Guardian Signature

Date

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APPENDIX F

iPads will be provided to head coaches to track

[illegible]