



Murrieta Valley Unified School District Plan for Returning to Athletic Conditioning & Workouts

On August 3, 2020, the California Department of Public Health published guidelines for sports and extra-curricular activities. Following the county, state and federal health and safety guidelines, this document was prepared to guide coaches and instructors through the return of athletic training opportunities and workouts in a COVID-19 environment. In adherence to current health and safety guidance, MVUSD Student Support and site Athletic Directors have developed the following summary for implementing athletic conditioning and team sports.

Pre-participation Requirements

- All participants must have a current physical exam on file with their school athletic department and must complete the Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

Limitations on Gathering/Available Athletic Facilities

- Training and conditioning sessions can be scheduled by district coaches beginning September 9, 2020.
- Campus fields will be available to district coaches from 2:30pm until 9:00pm, Monday through Friday.
- All sessions must be scheduled through the site's Athletic Director and follow the facility use protocol.
- No visitors are permitted to attend conditioning sessions. This includes parents, Booster clubs, and community members.
- All activities must take place outdoors. No inside activities are permitted. No locker room access.
- Workouts should be conducted in "stable cohorts" of athletes. There should not be mixing of cohorts.
- Cohorts will be broken into groups of 20. One coach for every 20 athletes.
- Pools-no more than 1 person may occupy a pool lane at one time.
 - Athletes on the pool deck shall be limited and must maintain a physical distance of 6 feet from other participants.

Equipment

- This initial phase shall include only training and conditioning instruction and exercises.
- No specific sports skills shall be taught and no specific sports equipment, such as balls, tackle dummies, sleds, contact equipment, etc., shall be used.
- Shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students is not permitted.
- Students must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.

Points of Emphasis

- All coaches and students must be self-screened daily for signs/symptoms of COVID-19 prior to a workout.
 - Screenings may include a wellness check by the coach.
 - Responses to screening questions for each person should be recorded and stored.
- Physical distance of at least 6 feet between all individuals must be maintained
- Face covering are required when arriving and exiting all athletic facilities.
- All workout and training sessions are voluntary. Student athletes do not have to participate.
- No camps may be held at this time and no fees may be charged.
- Hydration:
 - All students are required to bring their own water bottle, water bottles must not be shared.
 - Hydration stations (water cows, water trough, water fountains, etc.) are not permitted in this phase.
- Personal Hygiene
 - Individuals will be required to sanitize their hands often.
- Coached and or Athletic Trainers are required to contact the athlete's parent/guardian and inform them of any positive symptoms. Any person with positive symptoms reported will not be allowed to take part in workouts.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Please note that this document is fluid and guidelines and recommendations will be modified as county, state, and federal health and safety guidelines change. This document does not replace other guidance provided by the Murrieta Valley Unified School District. Those health and safety regulations must be adhered to. If you find a conflict between the guidance, please consult your school's Athletic Director in resolving it or click on the link provided.

We appreciate all your patience and understanding as we continue to navigate health and safety guidelines, school guidelines and safe facility use. We look forward to seeing all of our students back on campus, doing what they love.

Sincerely,

John Broussard, MMHS Athletic Director

Darin Mott, MVHS Athletic Director

Carl Galloway, VMHS Athletic Director

Dale Velk, MVUSD Director of Student Support

