

**Plan for Returning to
Athletic Conditioning & Workouts**



MURRIETA VALLEY
UNIFIED SCHOOL DISTRICT

September 3, 2020

Table of Contents

Foreword	3
Staff Training.....	4
Prevention of COVID-19 Spread	4
How COVID-19 Spreads:.....	4
To Minimize the Spread of COVID-19, Everyone Should:	4
Staff Cleaning Responsibilities.....	5
Phase I – Conditioning and Strength Training	7
Authorized Activities	7
Scheduling.....	7
Registration and Participation Waiver	7
Pre-Workout Screenings.....	7
Limitations on Gatherings	7
Limitations on Facilities	8
Phase 2.....	9
Authorized Activities	9
Scheduling	9
Registration and Participation Waiver	9
Pre-Workout Screenings.....	9
Limitations on Gatherings	9
Facility Cleaning	11
Physical Activity and Athletic Equipment	11
Hydration	11
CIF Guidelines for Sporting Activities	11
References:	13
Appendix I.....	14-16
Appendix II.....	16-18
Appendix III	18-20

Foreword

The Murrieta Valley Unified School District values our athletic programs and the opportunities they provide for our high school students. School connectedness through athletics provides our students with lifelong friendships and dynamic opportunities to thrive in our school cultures. 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.

The return to formal team practices, preparation for competition and competition is currently not authorized under state and county regulations. Guidance for that phase of activity will be provided when state and local authorities authorize those activities.

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, you should consult your school's Athletic Director.

Contributors:

Darin Mott, Athletic Director, Murrieta Valley HS
John Broussard, Athletic Director, Murrieta Mesa HS
Carl Galloway, Athletic Director, Vista Murrieta HS
Dale Velk, Director Student Support, Athletics, Activities, Safety

Staff Training

All coaches and training staff must receive training and information on their responsibilities related for the supervision of student athletes under Phase I and Phase II of this Plan. Training will include:

- Facts related to preventing the spread of COVID-19
- Orientation to materials used in teaching personal hygiene to student athletes
- Procedures for the proper use of cleaning agents, including the use of personal protective equipment (PPE), frequency of cleaning and reporting procedures for additional cleaning or maintenance of the equipment and facilities.
- Proper procedures to take if a student or adult demonstrates symptoms or a condition consistent with COVID-19.

Prevention of COVID-19 Spread

Coaches and Athletic Trainers have the responsibility to know the facts about COVID-19 and to teach athletes the principles of how to prevent the spread of the disease. In addition, those supervising any student conditioning session or workout is responsible for enforcing the rules and guidelines established to keep student athletes, coaching staff, and our community safe.

How COVID-19 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.

To Minimize the Spread of COVID-19, 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.

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.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants external icon](#) will work.

Monitor Your Health

- All Coaches and Trainers are to take the district symptom self-assessment daily prior to attending.
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
- Follow [CDC guidance](#) if symptoms develop.

Staff Cleaning Responsibilities

Team coaches and staff will be provided with the training and equipment necessary to clean frequently touched surfaces between uses during the day. Indoor conditioning or practice is not authorized until further guidance is issued by CDPH.

Cleaning issues beyond the simple wipe down of frequently touched surfaces must be reported to custodial staff immediately.

Phase I – Conditioning and Strength Training

Authorized Activities

Phase one shall include only strength conditioning instruction and exercises. Sport specific skills can be taught where social distancing can be upheld. Sports equipment, such as balls, tackle dummies, sleds, parachutes, lacrosse sticks, gloves, helmets, harnesses, cheer mats, catchers' gear, goalie gear, contact equipment, etc., shall not be shared by anyone.

Scheduling

- Campus fields will be available after 2:30 PM, Monday through Friday.
- No training is permitted before school or during school hours.
- The campus is closed to trainings on weekends during this period.
- All sessions must be scheduled through the site's Athletic Director and in Facilitron. Groups who fail to follow the schedule that exists in Facilitron or are on campus outside the approved dates and times will be asked to leave the campus.

Registration and Participation Waiver

- All participants must complete the participation waiver before participating. (see Appendix III)
- All participants must have a current Clearance for Participation for physical activities on file with the school athletic office prior to participation.

Pre-Workout Screening:

- All students must be screened daily for signs/symptoms of COVID-19 prior to a workout using the attached Appendix I or II. Screening includes a self-temperature check.
- Appendix I Roster and Health Check List and II Participant Self-Assessments are to be kept on file so that there is a record of everyone present in case a student develops COVID-19.
- 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.
- Coaches are required to contact the athlete's parent/guardian and inform them of any positive symptoms and request parent/guardian pickup student immediately.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- A physical distance of 6 feet between all individuals must be maintained.
- All activities must take place outdoors. No inside activities are permitted.
- Workouts should be conducted in "stable cohorts" of athletes. There should not be a mixing of cohorts during this phase of the plan.
- Cohorts may consist of up to 20 athletes per 1 coach.
- Locker rooms shall not be used. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.

The following limitations are placed on individual facilities:

- 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.

Personal Hygiene / Facilities Cleaning:

- Individuals will be required to sanitize their hands immediately upon arrival.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.
- No visitors are permitted to attend conditioning or workout sessions. This includes parents, booster clubs and community members.

Physical Activity and Athletic Equipment:

- 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.
- All athletic equipment must be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are not permissible.
- Runners should maintain the recommended 6 feet of distancing between individuals.

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.

Phase II – With Authorization by CDPH.

Authorized Activities

- Sessions may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 120 minutes per day of sport specific skill instruction. Monday through Friday.
- Sport specific skill sessions may include specific sports equipment but contact equipment (restricted equipment) is not allowed.
- Sport specific activities must be conducted outdoors – Students may be placed in working groups no larger than 20 total students per each coach. Each working group should maintain appropriate distance from other working groups.
- Training must be individual in nature. Students may not participate in drills or use equipment that requires individuals to be within 6 feet of another person or requires the sharing of equipment.

Scheduling

- Training sessions can be scheduled for the phase when authorized by the California Department of Public Health (CDPH) and the California Interscholastic Federation (CIF).
- Campus fields will be available from 2:30 PM, Monday through Friday.
- No training is permitted before school or during school hours.
- The campus is closed to trainings on weekends during this period.
- All sessions must be scheduled through the site's Athletic Director and in Facilitron. Groups who fail to follow the schedule that exists in Facilitron or are on campus outside the approved dates and times will be asked to leave the campus.

Registration and Participation Waiver

- All participants must complete the participation waiver before participating. (see Appendix III)
- All participants must have a current Clearance for Participation of physical activities on file with the school athletic office prior to participation.

Pre-Workout-Screening:

- All students must be screened for signs/symptoms of COVID-19 prior to a workout using the attached Appendix I and II. Screening includes a self-temperature check.
- Appendix I Roster and Health Check List and II Participant Self-Assessments are to be kept on file so that there is a record of everyone present in case a student develops COVID-19.
- 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.
- Coaches are required to contact the athlete's parent/guardian and inform them of any positive symptoms and request parent/guardian pickup student immediately.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering inside. Conditioning and trainings are subject to guidance from the CDPH.
- The use of locker rooms is not permitted in this phase.

- Workouts should be conducted in “pods” of students with the same students always working out together.
- There must be a minimum distance of 6 feet between each individual at all times.
- No visitors are permitted to attend conditioning or workout sessions. This includes parents, booster clubs and community members.

Facilities Cleaning:

- Individuals must sanitize their hands upon arrival at training.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Equipment must be wiped down thoroughly before and after each individual use.
- Appropriate clothing/shoes must be worn at all times.
- Any equipment having holes with exposed foam must be removed from service until it is repaired.
- Students are encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Lower risk sports practices may resume with authorization from CDPH.
- There must be no shared athletic towels, clothing, or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All equipment, including balls, should be cleaned intermittently during workouts.
- Hand sanitizer should be plentiful at all workouts.
- All equipment must be cleaned between each use.

Hydration:

- All students shall 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.

CIF Guidelines for Sporting Activities

General Activity Description	Phase One*	Phase Two*
	<ul style="list-style-type: none"> • Individual Skill Development and Workouts • Maintain Physical Distancing • No Contact with Others • No Sharing of Equipment • No Grouping 	<ul style="list-style-type: none"> • 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).

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 uses.
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.

References:

National Federation of State High School Associations: "Guidance for Opening Up High School Athletics and Activities" https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

California Department of Public Health: "COVID-19 Industry Guidance: Schools and School-Based Programs" <https://covid19.ca.gov/pdf/guidance-schools.pdf>

California Department of Public Health: "COVID-19 Industry Guidance: Fitness Facilities" <https://covid19.ca.gov/pdf/guidance-fitness.pdf>

Murrieta Valley Unified School District: "Tentative Plan for Return to Conditioning"

Temecula Valley Unified School District: "Plan for Returning to Athletic Conditioning & Practice"

Centers of Disease Control (CDC) "How to Protect Yourself & Others" <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

California Interscholastic Federation: "Introduction to the CIF Guidelines for Return to Physical Activity/Training" https://www.cifstate.org/covid-19/Resources/RTP_Combined.pdf

Office of County Counsel, County of Riverside: "Updated Advisory for the Operation of Youth Sports" https://www.rivcoph.org/Portals/0/Documents/CoronaVirus/August/News/Advisory%20Letter%20re%20State%20Guidelines%20on%20Youth%20Sports_8.5.20.pdf?ver=2020-08-05-102633-467×tamp=1596651741628

California Department of Public Health: "COVID-19 Interim Guidance: Youth Sports" <https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf>

Capistrano Unified School District: "Guidance document for youth sports"

Appendix I
Roster and Health Checklist

Appendix II
Student & Family Self-Assessment Checklist

Participant Self-Assessment

Participants in athletic/co-curricular activities are required to perform the following self-evaluation (including taking their temperature) each day prior to reporting to activities. If the participant answers yes to any of the questions, they must exclude themselves from participation.

Please answer Yes or No to the following questions:

1. Do you have a fever of 100.3F or higher?
2. Do you have a cough?
3. Do you have a sore throat?
4. Do you have shortness of breath?
5. Are you experiencing a recent loss of taste or smell?
6. Have you been in close contact or are you taking care of someone with COVID 19?

If you answered “yes” to any of the questions above, you **MUST** exclude yourself from participation in athletic/co-curricular activities. Students who answered “yes” to two or more questions are asked to notify their parents and contact their health care provider. Coaches or Athletic Directors may notify parents as well.

**Appendix III
Participation Waiver**

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, local governments and health agencies recommend many precautions, including social distancing, and have, in many locations, prohibited the congregation of groups of people.

Murrieta Valley Unified School District Athletic and Co-Curricular Programs have implemented preventative measures to reduce the spread of COVID-19; however, the Murrieta Valley Unified School District (MVUSD) **cannot guarantee** that you, your child(ren), and those whom you and/or your child(ren) encounter will not become infected with COVID-19. Further, **participating in an athletic or co-curricular training session could increase** your risk, your child(ren)'s risk, and the risk to those whom you and your child(ren) may encounter of contracting COVID-19.

By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child(ren), those whom I and/or my children encounter, and I may be exposed to or infected by COVID-19 by my child(ren) participating in athletic or co-curricular training sessions and/or my and/or another responsible adults' visit(s) to athletic and co-curricular training facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 at any MVUSD facility may result from the actions, omissions, and/or negligence of myself and others, including, but not limited to MVUSD representatives, including Board members, employees, and agents; volunteers; program participants, their families; and anyone the foregoing individuals may encounter.

I understand that several government entities, including the Centers for Disease Control and Prevention, the California Department of Health, Riverside County Public Health, and others have released and continue to release guidelines designed to prevent the spread of COVID-19 ("Guidelines"). I agree to familiarize myself with all applicable Guidelines, including revisions to those Guidelines as they may be released from time-to-time, and adhere to all Guidelines on behalf of myself, my child(ren), and any responsible adult who acts on my behalf prior to and during my child(ren)'s participation in MVUSD athletic and/or co-curricular activities. I further agree to ensure that my child(ren) is/are properly prepared and equipped to participate in the MVUSD athletic and/or co-curricular activities program in accordance with the Guidelines. For example, I agree to ensure that myself, my child(ren), and responsible adults acting on my behalf shall not visit any MVUSD facilities, and/or any other MVUSD employees, participants, parents, responsible adults, and/or those whom the foregoing individuals may encounter if experiencing any COVID-19 symptoms or coming in contact with anyone who has experienced those symptoms

within the timeframe established by appropriate government entities. I understand that MVUSD may offer guidance regarding the Guidelines, but such guidance shall not, in any way, limit my obligation to familiarize myself with and follow any applicable Guidelines as described in this paragraph.

I voluntarily assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren), myself, and/or those whom I and/or my child encounter. For purposes of this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19, I understand and agree that the term “injury” is interpreted in its broadest sense possible and includes, but is not limited to, personal injury, disability, death, illness, damage, loss of any kind whatsoever, claim, liability, or expense, of any kind, that I, my child(ren), and/or those whom we encounter may experience or incur in connection with my child(ren)’s participation in MVUSD athletic and/or co-curricular activities, including my and/or another responsible adults’ visit(s) to MVUSD campuses (“Claims”). On my behalf, and on behalf of my children, and for any other responsible adult(s) who access MVUSD facilities on my behalf, I hereby forever release, covenant not to sue, discharge, and hold harmless MVUSD; and MVUSD representatives, including Board members, employees, and agents; of and from any and all Claims whatsoever, including any and all liabilities, claims, actions, damages, costs or expenses of any kind whatsoever arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of MVUSD; and MVUSD representatives, including Board members, employees, and agents, whether a COVID-19 infection occurs before, during, or after participation in any MVUSD program.

I have read and understand this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19 in full and understand and voluntarily agree to all such provisions. I have consulted with counsel of my choosing, or chosen not to do so, in considering the terms of this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19. I have the legal capacity to understand and execute this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19. If any provision of this Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19 is found to be void, voidable, or unenforceable, the remaining terms shall remain in full force and effect.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

Print Name of Participant