



## CVUSD 2020-2021 Athletic Conditioning Parent Acknowledgement Activities and Athletics Reopening Protocols

Conejo Valley Unified School District is concerned for the safety of our students, staff members, and their families. We are following the development of COVID-19 very closely, and in the interest of ensuring a safe and healthy work environment, we ask that each student and family conduct a self-assessment at home prior to each scheduled practice:

**If you answer YES to any of the following questions, you are instructed to avoid Conejo Valley Unified School District campuses/property and seek medical consultation and/or evaluation as per guidance from Center for Disease Control (CDC) & The California Department of Public Health (CDPH):**

1. *Do you have a fever at or above 99.5 degrees Fahrenheit with a no-touch thermometer and 100.4 degrees Fahrenheit with an oral thermometer?*
2. *In the past 14 days, have you been in close proximity (within 6 feet) or (for 15 minutes) to anyone who is confirmed for COVID-19?*
3. *Do you currently have any of the following symptoms?*
  - a. *fever*
  - b. *chills*
  - c. *shortness of breath or difficulty breathing*
  - d. *fatigue*
  - e. *muscle or body aches*
  - f. *new loss of taste or smell*
  - g. *cough*
  - h. *Congestion or runny nose*
  - i. *headache*
  - j. *Nausea or vomiting*
  - k. *diarrhea*
  - l. *sore throat*

### **On-Campus Health Screening**

Additionally, CVUSD coaches and staff members will be screening students on a daily basis as a requirement for participation. Temperature checks and symptom screening will be conducted for all CVUSD staff and students prior to participating in a practice, workout, rehearsal and/or gathering. The following guidelines will be followed on a daily basis:

- The staff member assigned to the pod will be responsible for taking temperatures
- The staff member assigned to the pod will be responsible for logging temperature and attendance data and information
- The staff member assigned to the pod will communicate to site administration any student who does not meet the screening participation requirements (body temp.



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- of 99.4 degrees or less).
- Students who fail to meet participation requirements will be excluded from all participation for a minimum of 48 hours after the symptom is resolved or unless tested negative for COVID-19.

**Monitoring Health:** As per The California Department of Health Orders, COVID-19 Industry Guidance: Schools & School-Based Programs, June 5, 2020: Students with confirmed COVID-19 should remain under home isolation precautions until the risk of transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. Please do not go to any Conejo Valley Unified School District campuses/property until you have tested negative for COVID-19.

Students, and their parent/guardian, participating in conditioning activities must be aware of the following expectations:

1. Students will be assigned to pods or groups of no more than 10 participants per one (or two) coach(es) and will remain together during ALL conditioning and weight training activities.
2. Social Distancing will include 6-foot distancing within the pod and a minimum of 30 feet between pods.
3. Each Pod will be assigned to a specific facility or area on campus for a given practice time.
4. Locker rooms will not be used. Participants will arrive at the workout dressed appropriately, will leave workouts immediately after. Showers will not be available at school.
5. There will be NO sharing of towels, clothing or water bottles.
6. Each participant will bring their own water bottle.
7. Face coverings will be worn by all coaches. It is recommended that all those not participating in the activity wear a face covering. Those participating in the activity are not required to wear a face covering.
8. Appropriate sport related clothing and shoes will be worn at all times to insure appropriate hygiene.
9. There shall be NO ball contact by multiple players during Phase 1 of our Activities and Athletics Reopening protocol.
10. A mandatory sanitation/water break every 30 minutes will be taken in order to sanitize participants' hands and all sport related balls and or equipment used for conditioning purposes.



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11. A regular routine of sanitization of our athletic facilities will be established by Conejo Valley USD and \_\_\_\_\_ High School custodial staff.
12. Scrimmaging, game play or any competition is not allowed in Phase 1.
13. All athletes must be cleared through their respective school site Activities/Athletics office before participating in any activity, conditioning or sports.

### **For Aquatic Sports**

According to the County of Ventura Resource Management Environmental Health Division the Covid19 virus is NOT likely spread through properly maintained and disinfected pool water.

With regards to aquatics and the use of Conejo Valley USD High School pools: We will follow the Ventura County Health protocols.

1. The locker room facility will not be used for changing of clothes. Participants MUST come to the pool changed and ready to swim.
2. Maintaining Social Distancing is mandatory and there must be no more than 1 swimmer in each lane of a 25 meter lane or 2 swimmers in a 50 meter lane (Phase I)

I have read and understood the 2020-2021 Athletic Conditioning and Activities Parent Acknowledgement Document. I affirm that I will screen my student athlete as described above before daily participation in athletic conditioning and before my student goes to school to participate. I understand that in an effort to minimize the risk of Covid-19 transmission, we are required to follow County and State health department guidelines and that certain activities will need to be modified or restricted, as described above. I also understand and recognize that my student's participation in the athletics program is strictly voluntary and participation is not required for graduation or part of the mandatory course work.

<b>Student's Name</b>	<b>Grade</b>	<b>Student's ID #</b>
<b>Parent's Name</b>	<b>Parent's Signature/ Date</b>	