

Clovis Unified Return to Play Plans and Requirements for Participation as Supported by the NFHS Guidelines

Clovis Unified will be using the “Stages” that are provided by the State and Fresno County Department of Public Health. These standards are what are providing the business community their guidance and therefore will also guide Clovis Unified. As Fresno County moves in and of the stages, Clovis Unified will adjust the guidance given to sites and programs. The stages below are possible and literal adaptations from current guidance provided. As listed below, where other national sports organizations have provided their guiding principles (some may be called Phases), those are listed as well.

Stage 1/Stage 2 – All facilities closed down and shelter-in-place guidelines followed by staff and students. Facilities are locked and pool heaters are turned off.

Stage 2 Advanced/Early Stage 3 – Shelter-in-Place is lifted. As community gyms and programs are able to open, Clovis Unified will follow similar guidelines to implement the return of programs on a limited basis. This includes, no groups with more than 10 participants.

Stage 3 – Recreational facilities in Fresno County will be allowed to open with possible gradual expansion of the total number of participants allowed in a venue. Clovis Unified will monitor this guidance and consider adjustments to guidelines.

Stage 4 – All restrictions will be further reduced, possible larger venues opened up, and gyms will be allowed to remain open with certain guidelines remaining in place.

Weight room/Outside Activities/Inside Activities/Gyms/Pool/VAPA/Camps

Clovis Unified Return to Play Plan

No physical contact and limited to 10 per pod with social distancing of 6 feet.

Every activity will start with a maximum of 90 minutes.

Pre- workout Screening:

- All coaches and participants will do a self-assessment for signs/symptoms of COVID-19 prior to reporting to the activity each day. The coach will confirm that the participant has done their self-assessment and document on the attendance roster on a daily basis. Rosters should be stored so that there is a record of everyone present in case a student develops COVID-19.
- 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.
- Camps/clinics- In addition to the camp application, the participant must bring a standard form stating that they haven't been exposed to anyone with COVID 19, that they haven't had any symptoms for the past 14 days and they haven't traveled to a country on the CDC No-Travel list. Summer activities are all camps/clinics and run through Sports and Rec; therefore, will need this form.

Limitations on Gatherings:

- No pod can exceed 10 athletes at a time (inside or outside) in one location.
- Pools will have a limit of 2 swimmers per lane with no more than 10 swimmers out on deck at one time. (What about sites with more pools, dive wells, etc.?)
- Locker rooms should not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods 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.
- Spacing between locations or pods must be 20 yards for outdoor activities with the exception of the pool, which has their own guidelines.
- No families or spectators will be permitted. The transitions of students being dropped off, getting to the activity, and then being picked up from the activity should be closely monitored.

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, locker rooms, weight room equipment, bathrooms, athletic training room tables, 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.

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. *Per USA Swimming, swimsuit should be worn to and from practice.*
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
 - Individual balls are allowed for training- basketball, soccer
 - Passing of balls between partners is allowed. If used in the pod, the best practice is to have a group of balls and clean prior to next throw. Football, water polo, volleyball, baseball, softball.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. For water polo, passing will be allowed between partners as long as the ball remains in the water.
- 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.
- **Pools** - Two swimmers per lane- Depending on the facility this may exceed the 10-student capacity. Only 10 swimmers can be out on deck at one time and must practice social distancing. Coaches will need to monitor and schedule participants so that they adhere to the deck capacity. *Refer to USA Swimming Social Distancing layout that is attached at the end of this document for Stage 2 Advanced/Stage 3 Early.*