

Modesto City Schools
High School Athletics
COVID-19 Athletic Conditioning Guidelines for Parents, Athletes, and Coaches – Phase 1

The following are Phase – 1 Guidelines for the restarting of summer sports conditioning for the 2020-2021 school year.

Student-Athletes Phase 1 Guidelines:

- Student bring their own water bottle
- Student-athlete comes dressed and ready to participate in activities
- Student-athletes will not be allowed to access to locker rooms or showers
- Social distances should be practiced
- Student-athletes should bring their own water bottle and must not be shared with other student-athletes or coaches
- Student-athletes are to report to their coach if they are not feeling good during activities immediately
- No physical contact between coaches and athletes
- Leave campus immediately at the completion of workouts

Parent/Guardian Phase 1 Guidelines:

- Check the following:
 - Student temperature and ensure it is not over 100 degrees
 - If their child temperature is above 100 degrees or shows any symptoms should stay home and contact their primary physician or other health providers

SYMPTOMS

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

If your student-athlete experiences any of the above symptoms, do not attend the scheduled workouts and please consult your primary care provider or health care professional immediately.

- Parents/guardians cannot attend workouts. Only coaches and athletes will be allowed to attend workouts
- Ensure their student-athletes shower and wash workout clothing immediately after each workout
- Pick-up and drop off their student-athlete on time or ensure that they have a ride to and from their workout. Students will not be allowed to stay on campus prior to or after their workout time

Athletic Director and Coaches Phase 1 Guidelines:

- Ensure parents and student-athletes know workouts are not mandatory.
- No physical contact between coaches and athletes
- Social distances is to be practiced (min. of 6 feet)
- Student-athletes who report that they are not feeling good during conditioning activities are sent home immediately
- Do not allow student-athletes to share water or snacks
- Student-athletes are not provided access to locker rooms, classrooms, or showers
- All workouts are outside
- Workout groups are to be no larger than 25 student-athletes for each individual coach per field
- Workout groups cannot be combined
- Utilize and review daily the NFHS guidelines for phase one implantation (pages 4-5)
- Coaches keep a daily roster of the names of the students who participate in the workout activities
- Water stations are not to be used. Refilling of water is to be completed by the coach with students individually.
- No equipment can be utilized for workouts until further notice (this includes balls)
- No indoor activities
- Ensure all athletes and coaches are required to complete the Pre-participation Physical Evaluation Form (for AAU and Club sports)
- Student-athletes are asked to wait in their cars or until workouts start
- Student-athletes are asked to leave campus immediately at the completion of workouts