

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

Modesto City Schools recognizes the importance of athletic activities for our students, schools, and community. ***The following guidelines were established and updated as appropriate based on county and state guidelines for COVID-19.***

Please note the following:

- Conditioning cannot start until 3 pm.

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

Student-Athletes Phase 1 Guidelines:

- Conditioning activities are voluntary for all student-athletes
- Student-athletes bring their water bottle to conditioning.
- 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 will be practice by all student-athletes.
- Student-athletes should bring their 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.
- Students cannot participate in multiple groups or teams during Phase 1
- No physical contact between coaches and student-athletes.
- Leave campus immediately after workouts.

Parent/Guardian Phase 1 Guidelines:

- Check the following:
 - Student temperature and ensure it is not over 100.4 degrees.
 - If their child temperature is above 100.4 degrees or shows any symptoms should stay home and contact their primary physician or other health providers

SYMPTOMS

- | | |
|---|----------------------------|
| ❖ 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 participate in 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 before 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.
- A coach cannot participate in multiple groups or teams during Phase 1
- Social distances are to be practiced (min. of 6 feet).
- Student-athletes who participate in aquatic conditioning are to maintain social distancing via one student-athlete per lane.
- 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 coach per field.
- Workout groups cannot be combined. Must maintain cohorts. The coach assigned to the cohort stays with that cohort. The students also stay with the same cohort.
- Utilize and review daily the NFHS guidelines for phase one implementation.
- Coaches keep a daily roster of the names of the students who participate in the workout activities.
- Water stations are not to be used. The 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 after workouts.