



LIVERMORE
SCHOOL DISTRICT

Livermore Valley Joint Unified School District

2020 Sports Conditioning Coronavirus/COVID-19 Protocols

THESE PROTOCOLS ARE SPECIFIC TO FALL SPORT CONDITIONING ACTIVITIES ONLY

Additional guidelines will be issued regarding official resumption of extracurricular activities when applicable

The Alameda County Public Health Order, effective June 8, 2020, now allows for additional permissions for childcare and youth extracurricular activities in outdoor settings. Based on this new county guidance and CIF Return to Physical Activity Training Guidelines, LVJUSD is instituting the following protocols for high school sports in order to allow for sports conditioning activities:

- Students may train together in social bubble groups of 12 (plus 1-2 adults). This social bubble must remain stable for a period of at least 3 weeks. Students and adults may participate in only one social bubble at a time.
- Each bubble of 12 must have a defined outdoor training area that is at least 30 feet from the next group.
- Students and adults must wear face coverings and maintain 6 feet of physical distance throughout the conditioning sessions. Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to either the person wearing the shield, or others. This does not apply to any equipment allowed by National Federation of State High School Association (NFHS) rules.
- There shall be no spitting during sports conditioning, on or in any sports training area.
- All students and staff must bring their own water bottles and towels, to be stored in individual designated areas. Locker room facilities will not be operational.
- There will not be use of any shared equipment (including balls) at this time. All conditioning activities will be non-contact.
- Groups must arrive in a staggered schedule, in order to limit foot traffic in and out of a conditioning area. Coaching staff is responsible for monitoring parking, drop-off and pick-up areas. There will be no congregating in the parking lot before or after sessions, and every effort should be made for students to arrive in their own vehicles.
- Upon arrival, students and staff will undergo a brief health screening questionnaire, administered by a supervising adult, and have a non-contact temperature taken. Logs will be saved by supervising staff or coaches. Symptomatic students, and/or those with a temperature ≥ 100.4 , will be sent home and restricted from further group activities based on county guidance. Written medical clearance will be required to return to any activities.
- Any student who is sick, or a parent/guardian of a student who believes their student is sick, should not participate in sports conditioning activities, and should contact their doctor or other health-care professional for immediate assistance.
- These protocols may change upon further notice from the Alameda County Public Health Department or other authority.
- Upon returning home, students are encouraged to shower and wash their workout clothes, facemasks and athletic gloves immediately.

Violation of any part of this protocol will result in removal from further conditioning activities, and will jeopardize the approved conditioning programs for all fall athletics.

Print Coach's Full Name

Coach's Signature

Date

School Site

Sport