

## Garces/San Joaquin Memorial Proposed Return to Athletic Activities

Return: Monday, June 22nd for Phase 1

### Summary:

#### Phase 1: Individual skill development and workouts

- Must have athletic participation forms completed, including physical or CIF waiver document and COVID-19 waiver
- Pre-participation checks before any activity
- Maintain Social Distancing
- No Contact with others
- No use of shared equipment
- Only personal water bottles allowed
- Only Fall sports and Basketball allowed

#### Phase 1: Team Development

1. Athletes must have athletic participation forms completed; including physical or CIF physical waiver document and COVID-19 waiver (also for coaches/staff)
2. Pre-participation checks for players, coaches and staff
  - a. Temperature and screening questions (form to be provided for proper recording)
  - b. Any persons with positive results are not to participate or be present, and are to see their health care provider
3. No more than 10 people in a group at a time inside or outside (including coaches) \*must adhere to county guidelines if different
  - a. No use of locker room
  - b. Same small groups stay together throughout phase (no intermingling of groups)
  - c. Social distancing (6-feet) at all times
  - d. Stagger group times to allow for bigger teams with no overlap
  - e. Shorter practice times to allow for cleaning and entrance/exit of individuals
4. No shared equipment when equipment allowed (must use individual ball or equipment for each person)
5. Coaches wear face-masks, players optional
6. No fans/parents
7. Participants are to enter/exit campus in a timely manner as to not gather before or after activities'

#### Suggested Extra Cleaning Protocols

1. Sanitize hands upon entry and exit of any facility
2. Equipment is cleaned/disinfected before and after each individual use
3. Cleaning by AT/Staff at the end of each day and between team use

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Garces Memorial Athletic Director

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San Joaquin Memorial Athletic Director

CIF recommended guidelines:

[https://mail.google.com/mail/u/0?ui=2&ik=5d3026e118&attid=0.3&permmsgid=msg-f:1669310599818485725&th=172a952569f99fdd&view=att&disp=inline&realattid=f\\_kbceifh92](https://mail.google.com/mail/u/0?ui=2&ik=5d3026e118&attid=0.3&permmsgid=msg-f:1669310599818485725&th=172a952569f99fdd&view=att&disp=inline&realattid=f_kbceifh92)