



Saint Mary's High School Athletic Department

[RETURN TO ATHLETIC ACTIVITY](#)

Saint Mary's High School Contacts

- **President- Mr. Jim Brusa**
- **Principal- Mrs. Kathy Smith**
- **Director of Athletics- Mr. Adam Lichter**
- **Head Coaches- [Coaches Directory](#)**
- **(209) 957-3340**
- **[St. Mary's HS Website](#)**



Disclaimer

The purpose of this presentation is to summarize a lot of information in a concise and easy to read format. To see the policy and procedures developed by Saint Mary's High School in full, please click on the link below

[Saint Mary's High School COVID-19 Updates](#)



Athletic Department Action Plan

- Saint Mary's High School will begin on-campus summer athletic activities as soon as safely possible. The plan that follows will allow student-athletes to return to campus in a safe manner.
- Saint Mary's High School is taking its guidance from the Diocese of Stockton, CIF State Office, CIF-SJS and local health departments.
- This plan is applicable to all Saint Mary's High School sports, both CIF sanctioned and non-CIF sanctioned.
- This plan is applicable to all student-athletes currently registered to attend school in the fall.
- This plan applies to all athletic facilities and venues on campus, including the athletic training room and weight room.



Phase 1

- Saint Mary's High School will return to on-campus athletic activity using Phase 1 of the CIF State guidelines. Click the link below to view the document in its entirety
- [CIF GUIDELINES FOR SAFE RETURN](#)



Pre-Participation Physical Exam

- All student-athletes must have a pre-participation physical on file with Saint Mary's High School prior to the start of summer practice.
- All student-athletes must complete the online athletic clearance procedure. It can be completed at www.athleticclearance.com



Pre-Workout Screening

- All student-athletes and coaches will be screened for signs/symptoms fo COVID-19 before each workout/practice.
- Screening will include a non-contact temperature check and a screening questionnaire.
- The screening will be conducted by athletic trainers, the athletic director, and/or sport specific coaches.
- Any student-athlete or coach with positive signs/symptoms will not be allowed to participate in any activity until cleared by a medical doctor.



Locker Rooms

- Student-athletes should come to each workout/practice ready to go. There will be no locker room access at this time.
- After each workout/practice, student-athletes are required to immediately leave the practice area and campus.



Face Coverings

- Local guidelines require face coverings at this time. This will apply to all student-athletes and coaches.
- Cloth face coverings are sufficient.
- Only exceptions to this guideline are for aquatic sports, distance running and during any high intensity aerobic activity.
- All student-athletes and coaches are encouraged to bring their own face covering to workouts/practices, and ensure that it is properly sanitized, regularly. If you do not have a face covering, one will be provided for you.



Practice Limitations

- Workouts/practices will be limited to a maximum of 10 athletes in any particular area.
- Workouts/practices will be conducted in “pods” - meaning the same players will be continually training with each other.
- Appropriate social distancing guidelines of six feet of space between persons will be maintained at all times.
- If, for any reason, a student-athlete would prefer not to participate in on-campus workouts, every effort will be made to provide the student-athlete with an appropriate at home workout.



Acclimatization

- A retraining period will be used as opposed to engaging in sport-specific activities immediately.
- Appropriate progression of sport-specific activities.
- To prevent heat illness, a full heat acclimatization period will be completed



Hydration

- All student-athletes are required/responsible for bringing their own water bottles to each practice.
- Communal water bottles will not be provided by Saint Mary's High School under current Phase 1 guidelines.
- Hydration stations will only be allowed to be used to fill up reusable water bottles.
- Any questions regarding proper hydration should be directed to our Head Athletic Trainer



Equipment

- Under Phase 1 guidelines, there will be no shared athletic equipment during workouts/practices. This includes balls.
- All student-athletes should wear their own appropriate workout clothing. No sharing of any clothing items is permissible.
- All equipment used by a single student-athlete should be sanitized after individual use and prior to use by another person.
- Individual drills requiring the use of equipment will be permissible, but the equipment used should be cleaned prior to use by the next individual.



Athletic Training Room Guidelines

The following precautions will be taken in the athletic training room(ATR) to help prevent the spread of COVID-19:

- No more than three student-athletes will be permitted in the ATR at one time.
 - Student-athletes will be required to wait outside the athletic training room when at capacity.
 - A temperature reading will be taken and documented for all student-athletes prior to entering.
 - Any student-athlete with a temperature above 99.5F will not be permitted and the reporting policy will be implemented.
 - Student-athletes will be required to enter through the East door and exit through the West door of the ATR
- All student-athletes will be required to wash their hands upon entering and before exiting the ATR
- A minimum of 6 feet distance between each student-athlete is required while in the ATR.
- Each student-athlete will be responsible for wiping down all the equipment they've used prior to exiting the ATR.



Weight Room Guidelines

- Similar to practices, activities in the weight room will be done with appropriate practices in place to maintain a safe environment.
- Staggered start and stop times will be observed.
- One-way traffic, in and out of the building.
- All weights and machines will be wiped clean after each use.
- Daily facility cleaning procedures will be utilized to sanitize the building.
- No exercises requiring the use of a spotter will be permitted.



Facility Sanitation

- All hard surface in athletic facilities will be wiped down and sanitized prior to individuals or groups entering.
- All athletic exercise equipment and ATR supplies used are cleaned before and after each individual use.
- Commonly touched surfaces will be sanitized by janitorial staff daily.



Phase 1 Sport Specific Guidelines

General Activity	Phase One
Cross Country	Runners should maintain at least 6 feet of distance between individuals, no grouping
Track and Field	Runners should maintain at least 6 feet of distance between individuals, no grouping, or sharing equipment
Swim/Dive	No sharing of lanes or equipment, diving boards sanitized regularly
Golf	Maintain 6 feet distance, regularly sanitize equipment
Tennis	Conditioning, no sharing of equipment



Phase 1 Sport Specific Guidelines

For all sports listed on the following slide, given that social distancing requirements are in effect, the only activities permitted are those listed until further notice.



Phase 1 Sport Specific Guidelines

General Activity	Phase One
Baseball	Conditioning and tee work. No shared equipment. A single player may hit in cages or throw BP w/o catcher.
Basketball	Conditioning, individual skill drills. A player may shoot with a ball, but no contact with another player.
Football	Conditioning and individual drills. No drills with a single ball that will be handed off or passed. No contact with other players or shared equipment.
Golf	Maintain 6 feet distance, regularly sanitize equipment
Tennis	Conditioning, no sharing of equipment
Ice Hockey	Conditioning, individual puck skill drills, no contact or sharing of pucks. A player may shoot with a puck(s), but a team should not practice/pass a single puck among the team where multiple players are involved.
Lacrosse	Conditioning, individual ball skill drills, no contact or sharing balls. A player may shoot with a ball, but a team should not practice/pass where multiple players are involved



Phase 1 Sport Specific Guidelines

General Activity	Phase One
Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only.
Volleyball	Conditioning, individual ball handling, each player has own ball
Water Polo	Conditioning, individual ball skill drills, no contact or sharing balls. A player may shoot with a ball, but a team should not practice/pass where multiple players are involved
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate.

