

FOLLOWING PROTOCOLS AND GUIDELINES FOR YOUTH ACTIVITIES FROM THE CDC, NFHS AND THE COUNTY OF MARIN

Tamalpais Union High School District COVID-19 Site-Specific Protection Plan Protocols for a safe return to Athletic Activities

*Site-Specific Protection Plan will be posted at the entrance of the facility, viewable without touching.

Tamalpais Union High School District is opening its facilities for its Athletic programs to begin summer practices. At the present time, TUHSD will open its facilities approved programs and will follow the Guidelines for Youth Activities outlined by the County of Marin effective as of June 1, the return to sport guidelines provided by the National Federation for state High School Association (NFHS), and the CDC guidelines for Youth Sports. TUHSD is also working in partnership with the Marin County Office of Education and Marin County Health Department to ensure the safety of our students, coaches, and community.

Participation in TUHSD athletic activities is completely voluntary and is intended to provide a safe, socially distant physical fitness activity for our students.

Pre-Participation Process

- Athletes, parents, coaches, volunteers will be informed of all safety protocols prior to the beginning of team activities. We will be following the model outlined in the guidelines requiring cohorts of up to 12 students and 2 coaches. These cohorts will be consistent for three consecutive weeks. Students cannot participate in more than one cohort simultaneously (eg. can't do both basketball and football or can't do a club sport and TUHSD sport during the same three week period).
- Families will perform a health screen from home and submit it via Google Form daily. If someone has any symptoms of Covid-19 or if they have had exposure to someone with Covid- 19, he/she will not be allowed on campus. We will follow the CDC guidelines before allowing him/her to return.
- Cohorts will be organized to arrive at different times so there will be minimal crossover in the parking lot. Parents will be provided clear instructions for drop off and pick up procedures. Only athletes and personnel will get out of their cars.
- Athletes will come dressed and ready to participate. There is no access to locker rooms.

- Upon arrival at the school, athletes, coaches, volunteers will have their temperature taken and the students submitted health screening will be reviewed. All information will be logged and stored in each cohort's binder. Any person demonstrating symptoms of Covid-19 will not be allowed to participate.
- Athletes will wear masks from the time they leave their car until they begin training with their cohort in the designated area of the field. Coaches/Volunteers will wear masks at all times.
- All individuals will sanitize their hands before entering the facilities
- Bathrooms will be available. The door to the bathroom will be propped open at all times. Individuals will sanitize any surface they touch before they leave. It will be highly encouraged to use the bathroom facilities at home before arriving.

*Signage will also be posted at each entrance and in restrooms to inform all personnel, athletes, and volunteers to:

- Avoid entering or using the facility if they have COVID-19 symptoms
- Maintain a minimum six-foot distance from one another:
- Sneeze and cough into a cloth or tissue or, if not available, into one's elbow:
- Wear a face covering, as appropriate; and
- Do not shake hands or engage in any unnecessary physical contact.

Participation Guidelines:

- All cohorts will practice in their designated location on the field. Each will be clearly marked. Cohorts will not interact in any way before, during or after practice.
- Athletes will not wear masks during activity but coaches and athletes will maintain socially distanced throughout the entire practice. There is plenty of room to be spread out appropriately.
- Athletes, coaches and volunteers will bring their own, labeled water bottles and provide their own water. The school will not provide water containers. Water fountains/stations should not be utilized.
- No equipment will be used in the first week. The County of Marin guidelines allow for balls to be used by each cohort. For weeks two and three, the same football(s) will be used by the same cohort throughout the entirety of the program. Balls will be sanitized daily. No other equipment will be used.

Post Participation:

- At the conclusion of the practice, athletes will immediately leave the facility under the supervision of the coaches. All individuals will wear a mask while exiting the facility and sanitize their hands when exiting. Social distancing will be followed.
- Athletes will be advised to wash their clothing and take shower upon returning home.
- No one will be allowed to congregate in the parking lot before or after practice.
- All facilities and equipment will be sanitized thoroughly at the conclusion of the day.

Phase 1(minimum 3 weeks)**8 total cohorts total (up to 12 athletes and 2 coaches)****Athletes and coaches must remain in cohort for the 3 week period.**

- 4 cohorts total on facility at one time (2 on baseball field and 2 on Stadium field)
- No interaction between individual cohorts.
- No locker room use. Go home and shower immediately. Wash clothes you wore daily.
- No use of the weight room during this phase
- No shared equipment (towels, clothing, shoes, or sports specific equipment between students)
- Contact with players is not allowed, social distancing of 6 feet at all times.
- No equipment
- Easing students into organized workouts is important for their health.
- Coaches wear face coverings at practice, and on sidelines, to and from parking lot
- Coaches will clean and sanitize all equipment daily using gloves and disinfectant

Resources:**Guidelines for Return to Sports**[CDC Guidelines for Youth Sports](#)[NFHS Guidelines](#)[Marin Guidelines](#)**Covid-19 Resources**[People Who Are Higher Risk for Severe Illness](#)[Covid-19 Symptoms](#)[What to do if you are sick or have symptoms of Covid-19](#)[What is close contact or what is exposure?](#)