



**"SPORTS ARE SUCH A GREAT TEACHER. I THINK OF EVERYTHING THEY'VE TAUGHT ME: CAMARADERIE, HUMILITY, HOW TO RESOLVE DIFFERENCES."
- LAKERS LEGEND, THE LATE KOBE BRYANT**

**RIALTO UNIFIED SCHOOL DISTRICT
Athletics & Performing Arts Reopening Guidelines
COVID 19 2020-21**

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The purpose of the Rialto Unified School District (RUSD) Reopening Guidelines for our athletic and performing arts departments is to ensure the safest environment and best possible care is provided to our students who chose to return and participate in these activities. This document provides guidance for Secondary schools on tryouts, practices, gatherings and interscholastic athletic competition for the Fall and Winter 2020 and until restrictions are lifted. Rialto Unified believes education-based athletics and performing arts is essential to the physical, mental and social well-being of our students and it is important for them to return to physical activity and athletic competition.

The RUSD Extra & Co-Curricular Guidelines for Reopening has been developed using the following guidelines from the National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC), California Interscholastic Federation, National Federation of State High School Associations & Sports Medicine Advisory Committee, National Association for Music Education (NAfME), National Federation of State High School Associations (NFHS) Music Committee, American Choral Directors Association (ACDA).

COVID-19 Symptoms & Care

Symptoms for Covid-19 include the following: Fever, cough, shortness of breath, difficulty breathing, chills, repeated shaking and chills, muscle pain, headache, sore throat, and new loss of taste or smell.

The CDC states that severe symptoms such as trouble breathing, persistent or severe pressure in the chest, bluish lips or face, confusion, or the inability to awake or stay awake should warrant immediate medical attention. Although these symptoms are specified, any other severe symptoms that inhibit normal body function or become concerning should be given medical attention immediately through emergency medical services or care at the closest emergency medical facility.

Symptoms for Covid-19 will appear 2-14 days AFTER a person has been exposed to the virus. If any of these symptoms are present, the student should not attend school and not participate in either athletic practices/contests or performing arts rehearsals, or competitions until cleared to do so. The student must stay home, avoid exposure to the public, and follow instructions from their primary medical provider. Even if an individual is not experiencing symptoms, it is possible to spread the virus to other people.

When a Person Should Get Tested for COVID-19

According to the CDC, anyone experiencing symptoms related to COVID-19 or who suspects possible exposure to COVID-19 should contact their primary health care provider for possible referral to a testing center. However, any student, instructor, or coach presenting with symptoms and wanting to participate with RUSD athletics or performing arts will require testing or a medical examination to confirm diagnosis for documentation purposes and for determination of return to participation status.

Middle School Sports and Performing Arts

Middle school sports and performing arts will be postponed until further notice.

High School Sports and Performing Arts

High School sports and performing arts will be implemented at our high schools based on risk level and phase cycle. This document will reference low risk – high risk activities along with levels of implementation ranging from Phase 1- Phase 3. Please look below for a reference to this language.

Low Risk	Moderate Risk	High Risk
Cross Country Golf Marching Band (Marching/Percussion/Color Guard) Swimming & Diving Sideline Cheer/Song/Dance Tennis Track-Specific Events Badminton	Baseball Basketball Lacrosse - Girls Soccer Softball Track - Specific Events Volleyball Theatre Performances Water Polo	Choir Competitive Cheer/Song/Dance Football Lacrosse - Boys Marching Band (Wind Instruments) Wrestling Theatre Musicals

As the school year approaches, further guidance will be forthcoming from the California Department of Public Health (CDPH), California Department of Education (CDE), and California Interscholastic Federation. RUSD, with guidance from Riverside County Public Health, will determine Phase level and duration of each phase for a gradual full return to extra and co-curricular activities.

Phase 1	Phase 2	Phase 3
10 people > outdoors No locker rooms 6-feet distance No Athlete Contact No Shared Equipment Pods of 5-10 students No Vulnerable Individuals Involved Low Risk Activities Begin Modified Practice* Face Coverings are Required***	50 people > outdoors No locker rooms 6-feet distance No Athlete Contact No Shared Equipment Pods of 5-10 students Low Risk Activities Resume Practice* Moderate Risk Activities Begin Modified Practice* Face Coverings are Required***	50 people > indoors/outdoors Locker room open (6-feet apart) 3-6 feet social distance** Vulnerable Individuals Social Dist. Moderate Activities Sports Resume Practice* High Risk Activities Begin Modified Practice* Face Coverings are Required***

PROFESSIONAL DEVELOPMENT

All Fall and Winter/Spring Coaches must complete the following trainings prior to beginning the season's training schedule and before engaging with any students. A certificate of completions for each of the following trainings must be presented and filed by the site Athletic Director.

Additional Mandatory Coaches Education

Mandated Training. COVID-19 Required Online Trainings (Coronavirus Awareness & Coronavirus: Cleaning and Disinfecting Your Workplace)

- Training will be assigned and an email will include login information.
- Website: <https://rialto-keenon.safeschools.com/login>
- Username: Employee ID#
- Password (if applicable): Employee ID#
- Total training time is less than 60 minutes

Dates TBD based on State/County Guidelines

Phase I - Moving to Phase II
Phase II- Tentative Date, November 9th
Phase III- TBD

Coaches must abide by individual sport guidelines outlined by CIF for definition of workout and practice modifications during each phase implementation. High Risk Sports must submit approval of workout plans for Phase II implementation to be approved by District Administration. All plans will be submitted to the site Assistant Principal over Athletics and site Athletic Director

Distance will be based on state/county social distancing guidelines

***** Beginning July 01, 2020, face coverings are required in common and public indoor spaces and outdoors when distancing is not possible.**

PRIOR TO STARTING UP OVERVIEW

- Any coach or advisor providing supervision must have attended an RUSD Athletics Reopening Training and is responsible for the cross-training and accountability of protocol implementation of all other adults serving in a supervisory capacity in their program
- (Per Athlete/ Per Performer) Signed Parent/Guardian - RUSD Athletics/ VAPA Reopening Parent/Guardian Notification Athletic & Fine Arts Liability Waiver Appendix item A.1
 - Record Log Binder/Google Sheet for each athletics/arts/activities program with collection of waivers
- Physical Examination
 - Pre Participation Examination Waiver- Rialto USD will not be participating in the one-time, temporary waiver of Bylaw 503.G. RUSD requires all students who choose to participate in an athletic program to have a physical examination prior to participation.
- Screening, Practice and reconditioning
 - Administrators, coaches, and Athletic Trainers must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission.
 - Use Appendix item A.2- Screening Questions Monitoring Form on a daily basis and
 - RUSD Athletics Department- Student-Athlete COVID-19 Pre-Participation Questionnaire one time at the onset of program. The *Pre-Participation Questionnaire* link can be found in the reference section of this guide at the end of the document.
- Financial Hardship Waiver- Per CIF rules due to the impact of the COVID-19 virus, and the resulting financial impact on many families, a waiver of Bylaw 207 may be granted for a student who transfers to a new school during the first semester of the 2020-2021 school year when there is a demonstrated and verifiable hardship condition due to financial difficulties. You may find the Financial Hardship Waiver at <https://www.cifstate.org/>.

The principles presented in this guidance document should be applied to practices, rehearsals, and events for the performing arts with the exception of singing and the playing of wind instruments. The extent of the spread of respiratory droplets during singing and

the playing of wind instruments is currently under investigation and further guidance will be issued as it becomes available.

- All programs will:
 - Have coaches trained through the RUSD Athletics & Performing Arts Reopening Training prior to beginning any workout/practice (facilitated by Patricia Chavez, Lead Academic Agent Secondary, Site Assistant Principals of Athletics, Risk Management Team)
 - Have coaches sign the RUSD Athletics & Performing Arts Reopening Guidelines
 - Notify parents/guardians of the reopening measures for their program/sport
 - Distribute and collect the RUSD Assumption of Risk and Waiver of Liability Relating to COVID-19 with parent/guardian signature prior to student participation
 - Intake athletes at designated areas predetermined by each site.
 - Wear face coverings as they enter and anytime, they can't maintain 6-feet of social distance
 - Take temperature of student upon arrival and record all student with a temperature using the RUSD COVID Monitoring Form
 - Provide athletes/ students with a temperature of 100.3 or lower a bright-colored circular sticker with the date indicating their clearance to participate in the program for the day
 - Send home any athlete with a temperature of 100.4 or higher and advise sick staff members and students not to return until they have met CDC criteria to discontinue home isolation, including 3 days with no fever, symptoms have improved and 10 days since symptoms first appeared. Can't participate for 14 days or until a clearance from a medical doctor is received
 - Fever alone without any other signs of COVID-19 would NOT require a physician clearance. Send home for the day and they can return the next day.
 - Fever alone without any other signs of COVID-19 over multiple days (3 consecutive) WOULD require physician clearance.
 - Fever plus other signs of COVID-19 WOULD require physician clearance on the first day.
 - Ensure all participants/coaches wash their hands and/or use hand sanitizer after temperature check.
 - Utilize drop-off and pick-up procedure where only athletes come onto campus and all parents/guardians remain inside their vehicles
 - Ensure that participants are six feet apart while awaiting pick-up

HEALTH AND SAFETY OVERVIEW

- Physical Activity and Equipment-
 - There should be no shared items/equipment (Props, athletic gear, any instruments, towels, clothing, costumes) between students.
 - Students should wear their own appropriate workout/performance related clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
 - All equipment, including balls, props, and instruments should be cleaned after each individual use and prior to the next workout.
 - Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
 - Individual practice sessions for instrument playing are permissible, but all equipment must be cleaned after use.
 - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
 - Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer before touching any surfaces or participating in workouts.
 - Hand sanitizer will be available to individuals as they transfer from place to place.
 - Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
 - Physical contact such as high-fives, fist/chest bumps, and hugs are not allowed.
 - Students will be encouraged to shower and wash their workout clothing immediately upon returning to home.
 - Locker rooms will not be utilized during phase 1. Students should report in appropriate attire and immediately return home to shower after participation.
 - No students are allowed in the Athletic Training Facility unless the Athletic Trainer is present. [NATA - Return to Sports Considerations](#)

- Face Coverings
 - Face masks are required with the exception in swimming, distance running or other high intensity aerobic activity.
 - Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others. This does not apply to any equipment allowed by NFHS/ CIF rules.
 - It is required that coaches, officials and other contest personnel wear cloth face coverings at all times and especially when physical distancing is not possible.

- Limitation on Gatherings
 - **Sports and VAPA Performances – If and when activities schedules resume, activities/ sports will be performed/played without spectators. Schools will not hold mass gatherings to observe an athletic event in or outside. Only the coaches, sport officials, school administrators and participants will be allowed in the sport’s venue.**

Athletic Training Modifications

The following policies and procedures are modifications to the current RUSD Athletics Policies & Procedures Manual and will be used during and after the Covid-19 pandemic as precautions to help reduce exposure, contamination, and infection. The athletic trainer will use personal protective equipment daily and at all times when working with the athletes in the athletic training facility and out on the athletic fields.

The Athletic Training Facility

All athletes entering into the athletic training facility will be required to wash their hands at the hand washing station or use hand sanitizer immediately upon entering. Washing or sanitizing the hands will be required for 20 seconds before signing in for treatments or evaluations.

New athletic training facility rules will be posted on the outside of the athletic training facility. The athletic trainer reserves the right to change or add any rules to the facility at any given time. The new athletic training facility rules will be as follows:

1. A limited number of athletes will be allowed in the facility at one time in order to enforce and maintain social distancing policies. *The limited number will be different for each site due to different size athletic training facilities at each high school*
2. All other athletes must wait in line outside of the facility until they are called in. There will be tape on the ground marking 6 ft with X's that the students must stand on while waiting for their appointment/injury evaluation or treatment.
3. All athletes must wash their hands or use hand sanitizer before signing in and entering the facility.
4. All athletes must sign in and have had their temperatures taken and questionnaire completed before entering the facility.

Injury Evaluations & Treatments

Injury evaluations and treatments may be made by appointment. *Each site will determine appointment hours*

- Acute injuries that occur during in-season athletic practices/games will be evaluated and treated that same day during or after practice/games hours. No appointment will be necessary.
- Chronic injury evaluations and rehabilitation will not take place during game coverage.
 - Practice modifications will be written and provided for the athlete if necessary. No athlete will be forced to participate if the athletic trainer feels further participation will cause further injury to the athlete.
 - Appointments will be prioritized for in season athletes only. Out of season athletes will be encouraged to see the RMC Sports Clinic or their primary care physicians and return proper documentation to the athletic trainer.

The athletic trainer will always do his/her best to evaluate or schedule an appointment for an athlete as soon as possible. Home-care instructions, either pre-typed or handwritten by the athletic trainer, are available for temporary care if an athlete must wait 1-2 days to receive an injury evaluation for a non-acute, non-emergent, or non-life-threatening injury. Home-care instructions are primarily the RICE Method (rest, ice, compression, elevation) or wound care instructions specific for the location of the injury.

Rehabilitation Programs

Athletes conducting or needing an athletic rehabilitation program for an injury the athletic trainer has already evaluated will be given a home exercise program to conduct at home, or at their practice site during practice hours.

Rehabilitation appointments can be made with the athletic trainer for in-season athletes, who have sustained an acute injury. *Appointment times/durations may differ per site*

Daily Medical Care: First-Aid & Taping

Athletes will be allowed to come into the athletic training facility for first aid care and taping for injuries as usual. Upon entering, they must wait in line outside on the markers spaced 6 feet apart, and the hand-washing procedures.

Water

- All athletes will be required to bring their own water bottle to practice and games on a daily basis. Athletes should not share bottles with any other teammates or personnel.
- There will be water coolers stationed at practice and game facilities for the athletes to fill up their own water bottles.
- Athletes will not be allowed to gather around the water station area, they need to remain in line six feet apart from each athlete using the water station.

ACTIVITY PARTICIPATION

Daily pre workout screening:

- All coaches and students will be screened daily for signs / symptoms of COVID-19 prior to participating.
- Responses to screening questions for each person should be recorded and stored on a daily basis (see sample Monitoring Form attached) Appendix item A.2
- Any person with positive symptoms reported will not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Written medical clearance will be required to return to activity.

Please refer to Appendix Item A.3 for further information on safety and social distancing guidelines for the following sports per CIF.

PHASE 1

PHASE 1 : PRE- WORKOUT SCREENING

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see **Appendix A.2 for sample Monitoring Form**)
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider. Advise sick staff members and students not to return until they have met CDC criteria to discontinue home isolation, including 3 days with no fever, symptoms have improved and 10 days since symptoms first appeared.

PHASE 1: LIMITATIONS

- No gathering of more than 10 people at a time (outside).
- Locker rooms will not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts will be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This limits exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

PHASE 1: FACILITY CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases. Site Administration will work with their plant supervisors to address clearing and sanitation needs and schedules.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts and hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment and appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

PHASE 1: PHYSICAL ACTIVITY & VAPA /ATHLETIC EQUIPMENT

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) or performing arts equipment (instruments, equipment, or supplies) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic/performing arts equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including but not limited to):

1. A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
2. A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
3. A volleyball player should not use a ball that others touch or hit in any manner.
4. Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same bat or balls, they should be collected and cleaned individually.
5. Wrestlers may skill and drill without touching a teammate.
6. Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible, but face coverings should be worn until further notice.)
7. Tennis players may do individual drills, wall volleys and serves.
8. Runners should maintain the recommended 6 feet of distancing between individuals.
9. Marching Bands may rehearse marching techniques with proper interval awareness and no playing of wind instruments.
10. Percussion and Color Guards may rehearse with no sharing of equipment. All equipment must be cleaned at conclusion of rehearsal.

PHASE 1: HYDRATION

- All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared.
- Hydration stations (water coolers, water cows, water trough, water fountains, etc.) should be utilized only for the purpose of re-filling personal water bottles.

PHASE 2

PHASE 2: PRE-WORKOUT / CONTEST SCREENING

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Advise sick staff members and students not to return until they have met CDC criteria to discontinue home isolation, including 3 days with no fever, symptoms have improved and 10 days since symptoms first appeared.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

PHASE 2: LIMITATIONS ON GATHERINGS

- Up to 50 individuals may gather outdoors for workouts.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Social distancing needs to be maintained on sidelines and benches during practices. Consider using tape/paint as a guide for students and coaches.

PHASE 2: FACILITY CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight and any Co-Curricular shared equipment should be wiped down thoroughly before and after an individual’s use of equipment..
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to follow safety guidelines.

PHASE 2: PHYSICAL ACTIVITY & ATHLETIC EQUIPMENT

- Lower risk sports practices may resume (Competition TBD)
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

PHASE 2: HYDRATION

- All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared.
- Hydration stations (water coolers, water cows, water trough, water fountains, etc.) should be utilized only for the purpose of re-filling personal water bottles and a designated person will be in charge of facilitating this to avoid cross-contamination etc.

PHASE 3

PHASE 3: PRE-WORKOUT / CONTEST SCREENING

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional. Advise sick staff members and students not to return until they have met CDC criteria to discontinue home isolation, including 3 days with no fever, symptoms have improved and 10 days since symptoms first appeared.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical unless precautionary measures are observed.

PHASE 3: LIMITATIONS

- Gathering sizes of up to 50 individuals outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

PHASE 3: FACILITY CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight and any Band or Performance equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Dance Rooms - Bars should be wiped down after use. Each student should have their own water bottle, no sharing of equipment.

Wrestling Room - Mats must be cleaned after each use, each student should have their own water bottle, no sharing of equipment.

Band/Choir Rooms - Large surface areas and equipment should be wiped down often. Each student should have their own water bottle, instrument, music stand, no sharing of equipment.

Multi-Purpose Rooms - Large surface areas should be wiped down often. Each student should have their own water bottle, no sharing of equipment.

Gymnasiums - Large surface areas should be wiped down often. Each student should have their own water bottle, no sharing of equipment

Theater - Chairs, and large surface areas should be wiped down often. Each student should have their own water bottle, no sharing of equipment.

PHASE 3: PHYSICAL ACTIVITY & ATHLETIC EQUIPMENT

- Moderate risk sports practices may begin. (Competitions TBD)
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified* practices may begin for higher risk sports:
 - Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
 - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.
- Sharing of musical instruments or mouthpieces is not permitted at any time. Ensure you have your own instrument and supplies at all times.

PHASE 3: HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

Appendix/ Reference Items

REFERENCE

NFHS & SMAC Guidelines: https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

CIF Return to Physical Activity/Training Guidelines:
https://cifstate.org/covid-19/Resources/RTP_Combined.pdf

RUSD Athletics Department- Student-Athlete COVID-19 Pre-Participation Questionnaire
<https://drive.google.com/file/d/1bqUoKwoWAM4IvLp18oZ59qr6gXQ1QRbd/view?usp=sharing>

NafME Guidance for Music Education
https://www.nfhs.org/media/3812371/nafme_nfhs-guidance-for-fall-2020-review-june-19-2020-final.pdf

NFHS Guidance for Marching Bands
<https://www.nfhs.org/media/3812337/2020-nfhs-guidance-for-returning-to-high-school-marching-band-activities.pdf>

American Choral Directors Association
<https://acda.org/wp-content/uploads/2020/06/ACDA-COVID-19-Committee-Report.pdf>

APPENDIX

A.1- RUSD Athletics Reopening Parent/Guardian Notification Athletic & Fine Arts Liability Waiver Assumption of Risk

https://docs.google.com/document/d/1hMSre0_GlpilLyVCARjAuVZGh08uNITR8clsVNELoFQ/edit?usp=sharing

Waiver of Liability Form

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus (“COVID-19”) has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. Rialto Unified has put in place preventative measures to reduce the spread of COVID-19; however, cannot guarantee that you will not become infected with COVID-19. Further, attending any athletic program or related athletic activity in Rialto Unified could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 while attending any athletic program or related athletic activity that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the *Rialto Unified* may result from the actions, omissions, or negligence of myself and others, including, but not limited to, *Rialto Unified* employees, and program participants.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at any athletic program or related athletic activity in Rialto Unified. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless the *Rialto Unified School District*, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the *Rialto Unified School District*, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after attending any *Rialto Unified School District* athletic program or related athletic activity.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

_____ Participant’s Signature Date

_____ Participant’s Printed Name Age
(Please print legibly)

PARENTAL CONSENT: I am the minor’s parent or guardian named above and I understand the nature of the Waiver of Liability above and verify and consent to the minor attending the *Rialto Unified School District* athletic program or related athletic activity. On the minor’s behalf, I hereby release, covenant not to sue, discharge, and hold harmless RialtoUSD, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. On behalf of the minor, I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the RialtoUSD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after attending in any *Rialto Unified School District* athletic program or related athletic activity.

_____ Parent/Guardian Signature Date
(If under age 18, Parent/Guardian must sign)

_____ Printed Name of Parent/Guardian

A.3- CIF Conditioning/ Workout guidelines per Fall and Winter Sports

General Activity Description	Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping.
Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
Competitive Cheerleading	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.
Football	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.
Volleyball	Conditioning, individual ball handling drills, each player has his/her own ball. A player should not use a single ball that others touch or hit in any manner.
Golf	Maintain appropriate physical distancing 6 feet apart. Equipment needs to be cleaned.
Tennis	Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys
Water Polo	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
Basketball	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.

Water Polo	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
Badminton	Conditioning, no sharing of birdies, each player may use own can of birdies to serve and uses racket to pass other birdies (singles only). Players may do individual drills and serves. Wipe down equipment after use.
Swimming	Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.
Baseball/Softball	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backdrop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.