

AADUSD Reopening Sports Protocols

1. Training, conditioning and skill building may only occur outdoors. Contact sports cannot practice in the same way they did prior to COVID-19.
2. Small cohorts of student athletes and coaches
 - a. Cohorts may not have more than 12 student athletes and 2 supervising adults.
 - b. A student/adult can only be a part of one cohort (including any potential academic cohort during the school day)
 - c. Cohorts may not mix with other cohorts (this means an individual adult can only work with the same group of students regardless of the day)
3. A student must complete a COVID-19 waiver, and have it on file with the school site before approval. This waiver may be printed at home and brought into school, or you may pick-up a copy of the waiver at the school site.
4. Academic and other eligibility requirements continue to be in place.
 - a. Athletic packets need to be completed, however, a student may currently fill out the CIF Physical Examination Waiver if obtaining a physical is an issue. **However, every athlete must complete a physical and have it on file by October 30, 2020.**
 - b. Those without a GPA above a 2.0 at the first quarter will be ineligible and unable to continue to meet with cohorts during the 2nd quarter. They may still be a member of the team, but their primary focus is getting grades on track so they are eligible at the end of 1st semester.
5. Athletic activities include training, conditioning and skill-building.
 - a. Physical distancing of at least 8 feet at all times. No physical contact.
 - b. Face covering is required at all times, must cover nose and mouth.
 - i. Masks with one-way valves may not be used; and masks that restrict airflow (ie: N95 masks) are not advised.
 - ii. Exceptions are while an athlete engages in solo physical exertion (ie: jogging by one's self); while eating/drinking, or heavy physical exertion **more than 8 feet** from others.
6. Daily COVID-19 and Cohort Monitoring Google Form must be completed each and every time the student or coach is working with their cohort.
7. Student athletes will not have access to the locker room area at this time, they are encouraged to show up dressed appropriately. Student athletes are encouraged to bring their own equipment. Students should also bring a pre-filled water bottle, water fountains may only be used to refill water bottles.
8. Students and coaches should wash hands frequently with soap for at least 20 seconds and/or use hand sanitizer often.
9. Participation in any of these activities is completely optional, and will not negatively impact a student's ability to be on the team.
10. Outside visitors, parents, etc. are not permitted.
11. In person skill building and/or conditioning may not occur before the end of the regular scheduled school day at 2:40pm.