



## Glendale Unified School District Guidelines for Reopening Athletics

- All sports activities must take place outdoors outside of school instructional hours and allow sufficient time for students to travel to the school safely.
- All coaches must receive training from GUSD Health Services before conditioning may begin.
- Sport teams must equitably share outdoor space with other teams with no physical interaction between teams. School must have an approved schedule for how many team cohorts can be in designated outdoor areas at designated times with sufficient time built in for transitions between teams (no congregating on fields, courts, parking lots, etc.). No more than 50 players with appropriate physical distancing in one outdoor space at one time. The total number must reduce if the space is not sufficient to allow for appropriate physical distancing.
- Physical distancing of six feet between each player and between players and coaches. Eight feet distance during times of heavy physical exertion.
- Activities can include some training, conditioning and skills-building.
- All players and coaches are required to wear appropriate face covering that covers the nose and mouth at all times, except while swimming, eating/drinking, when engaging in solo physical exertion (such as jogging by one’s self), or when engaging in heavy physical exertion. Masks with one-way valves may not be used.
- Players must be given a break from exercise if any difficulty breathing is noted.
- Health screenings are conducted before players and coaches may participate. Screening includes a check-in concerning fever, shortness of breath, difficulty breathing and fever or chills, and whether the person has had contact with a person known or suspected to be infected with COVID-19 within the last 14 days. Player and/or coach are immediately sent home for any symptoms/exposure.
- All student athletes must be compliant with vaccination requirements.
- School principal is to be informed immediately if any player or coach fails the health check or becomes sick. Coaches and/or players are expected to stay home when they are sick, but to report the illness to the school principal.
- Players must stay within a stable cohort (same group of students, no interaction with other students). Each cohort should be no more than 10 players and 2 coaches.
- For contact tracing purposes, coaches must maintain a daily attendance log of which players and coaches are present and interacting with each cohort. All individuals who interacted with each cohort must be clearly indicated.
- Each cohort must be supervised by an adult coach. Coaches may not supervise more than one cohort at a time.
- In the case of a coach or player becoming ill or being exposed to COVID-19 or COVID-19 like symptoms, the District COVID-19 Response Team will determine which cohorts of players need to be sent home to self-quarantine and/or be tested for COVID-19.
- Coaches may work with more than one cohort. If this is the case, roving coaches must be indicated on each contact tracing attendance log.
- No sporting events, tournaments, events, or competitions are allowed.
- Practice among players of same team are allowed for non-contact sports only and must maintain physical distancing (singles tennis, golf, some track and field for example).
- Seating has been reconfigured to create space for players and coaches to maintain physical distancing.
- Players cannot share equipment except in limited circumstances (kicking a soccer ball back and forth, throwing a ball to each other) and this can only be done in designated pairs within the cohort.
- Equipment must be disinfected between use by different people.
- No unnecessary physical contact (high-fives, handshakes, fist bumps, etc.).
- Indoor facilities (bathrooms) may only be used for hand hygiene, changing, and utilizing the rest room. Facilities are to be supervised and access staggered to allow for physical distancing. Masks must be worn at all times inside the facilities.
- Players and coaches use hand sanitizer when handwashing is not practicable. Practices should begin with handwashing and/or hand sanitizer and end with handwashing and/or hand sanitizer.
- Players and coaches should bring their own pre-filled water bottles clearly labeled with the player’s or coach’s name. Water fountains are only to be used to fill water bottles. Players and coaches cannot share or drink from the same beverage container.
- Only district-approved disinfectants can be used.
- All coaches, parents of athletes and athletes must agree to adhere to all health and safety guidelines. Failure to comply will result in the team losing practice rights or the student athlete losing rights to practice with the team.

In addition to this checklist, each coach must complete the LA Department of Public Health “Reopening Protocol for Youth Sports Leagues” and a copy of which needs to be kept by the Head Coach, the Athletic Director(s), the Principal and the District Office.

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Principal’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 District Administrator in Charge of Athletics Signature: \_\_\_\_\_ Date: \_\_\_\_\_