

AUHSD High School Sports Guidelines 2020-21

Red Tier Sports: Baseball, Softball, Girls Lacrosse

Orange Tier Sports: Football, Soccer, Boys Lacrosse, Water Polo

Indoor Sports: Volleyball, Basketball, Wrestling, Competitive Cheer

1. Students are expected to follow the [AUHSD Student-Athlete Code of Conduct 2020-21](#).
2. Students must provide signed AUHSD High School Sports Participation Waiver to coach before they can participate in team activities.
3. Students may only participate in one high school sport at a time unless they have received approval of the athletic director.
4. Physical distancing (6ft) should be maintained at all times to the extent possible and in accordance with [CDPH Youth Sports Guidelines](#).
5. Student face covering use must be consistent with the [CDPH guidelines](#) and in accordance with the the public health status or tier. Additional face covering guidance subject to further CDPH/CIF/NCS/DAL guidance & decisions.
 - Face coverings must be worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated. With exertion, face coverings can be removed if physical distancing can be maintained. Coaches will provide further guidance under the direction of the athletic director regarding times when athletes may remove face coverings.
 - Face coverings must be worn by coaches, support staff and observers at all times, and in compliance with the [CDPH Guidance for the Use of Face Coverings](#).
 - Football players should mask to the extent possible, but can be unmasked with helmets and exertion/competition given adherence to the additional testing requirement. Football players and coaches must provide evidence of COVID19 antigen or PCR negative test result each week when the County new case count is 7.0 cases/100,000/day or above.
 - Water polo players must wear face coverings at all times except when in the pool.
6. All athletes are strongly encouraged to participate with the District's weekly COVID-19 PCR testing program while the County is in the Purple or Red Tier.

All indoor sports athletes must participate in weekly COVID-19 PCR testing and produce a negative test result to be eligible while the County is in Purple, Red or Orange Tiers. A baseline negative test is required prior to participation. Additionally, indoor sports athletes must participate in District provided rapid antigen testing prior to competitions as needed to ensure a negative COVID-19 result within 48 hours of the start of an interscholastic competition per the CDPH requirement.

(Students who have had a confirmed case of COVID-19 may produce a note from a medical provider confirming the positive case and exempting from testing.)
7. All athletes will follow quarantine directions if identified as a close contact or test positive for COVID-19 per County guidance or AUHSD direction.
8. Shared equipment will be allowed in accordance with the community public health status and requires approval by the athletic director. When allowed, shared equipment should be cleaned between use of different cohorts. Athletes should wash hands before and after equipment use as applicable.
9. Restroom use is limited to one Player/Student at a time. Hands shall be washed with soap for at least 20 seconds after each use.
10. Students must arrive alone or be dropped off by a parent alone (unless a part of the same household) and MUST have masks on upon arrival and until departure. Students must not congregate in the parking lot before or after team activity. Students may not ride together unless as part of an approved carpool.
11. Students and coaches will complete daily screening using the Company Nurse application. Using the Company Nurse application, students will be required to pass the screening and show their daily status to a coach before they can start practice each day.
 - Parents must ensure that students are not running a fever and are symptom free before attending team activity on each day. Symptoms that negate the ability of the student to attend include: Fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste/smell, sore throat, congestion, nausea, vomiting, diarrhea. This list does not include all possible symptoms.
12. Outside of team activity, abide by County and State guidance for physical distancing, mask wearing in public, avoiding large gatherings or gatherings where attendees are not practicing appropriate safety measures, and maintaining appropriate handwashing and hygiene practices.

Sport Specific Guidelines + Modifications

1. [CIF COVID-19 Modifications](#) for each sport should be followed by all teams.

**AUHSD High School Sports
Assumption of Risk/ Waiver of Liability/ Indemnification Agreement**

In consideration of allowing the below identified minor being allowed to participate in high school sports offered by the Acalanes Union High School District and related events and activities, the undersigned acknowledges and agrees that:

1. I understand, acknowledge and agree that the District, its employees, officers, agents or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity and I voluntarily assume all risk, known or unknown, of injuries, howsoever caused, even if caused in whole or in part by the action, inaction, or negligence, of the released parties to the fullest extent allowed by law.
2. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my Player/student's participation; and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. I have reviewed the most recent directives from the Centers for Disease Control (CDC), the California Department of Public Health and Contra Costa Health Services regarding the risks associated with Covid-9 exposure and safe practices to follow. If, however, I observe any unusual or significant hazard during my presence or based on information provided to me I will remove my Player/Student from participation and bring such to the attention of the nearest official immediately. Further I have informed and discussed the dangers of participation and the required rules and regulations to allow participation to my Player/Student and he/she acknowledges a full understanding of such; and,
5. I, for myself and on behalf of my Player/Student, heirs, assigns, personal and representatives HEREBY RELEASE AND HOLD HARMLESS the Acalanes Union High School District, its officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

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.

Name of Player/Student: _____

Parent/Guardian signature: _____

Date signed: _____