

FRESNO UNIFIED ATHLETICS AND CO-CURRICULAR PROGRAMS RESTARTING

Starting June 22, 2020, district athletic and co-curricular participants will begin reengaging in conditioning activities (outside of weight rooms and pools) following newly developed health and safety guidelines.

The three-tiered phased in approach begins with a maximum of 10 participants grouped per coach/director adhering to physical distancing at a minimum of 6 feet between students. Additional safety guidelines have been established to ensure student/staff safety including self-screenings, time limits, encouraging masks and cleaning protocols. Transitioning into phase 2 and 3 will be determined in the near future based on guidance regarding season start dates from California Scholastic Federation (CIF) and health recommendations from the Fresno County Department of Public Health.

Phase 1 Highlights:

- ▶ Summer outdoor conditioning only
- ▶ Pods of no more than 10 students at a time led by coach/director to ensure physical distancing
- ▶ 90 minute sessions with staggered arrival times
- ▶ Daily health screening required for student/staff prior to the start of conditioning
- ▶ Participants must bring their own water and towels
- ▶ No locker room, weight room, classrooms or pool access
- ▶ Hand hygiene before and after conditioning
- ▶ Masks encouraged when not participating in high intensity workouts
- ▶ Spectators not permitted

Phase 2 Highlights:

- ▶ Pods of no more than 10 students at a time inside led by coach/director to ensure physical distancing (smaller pods for weight lifting)
- ▶ Up to 50 individuals may gather outdoors for workouts if physical distancing can be maintained
- ▶ Staggered arrival times
- ▶ Daily health screening required for student/staff prior to the start of conditioning
- ▶ Participants must bring their own water and towels
- ▶ Weight rooms can be used. Equipment wiped down after each use and spotters stand to the side (small pods of under 10 students at one time in weight room)
- ▶ Modified practices can begin for moderate risk sports (does not include football, competition cheer or wrestling)
- ▶ Athletic equipment including balls, batting helmets and catchers gear should be cleaned between each use
- ▶ Hand hygiene before and after conditioning/practicing
- ▶ Masks encouraged when not participating in high intensity workouts/hold virtual team meetings
- ▶ Spectators not permitted

Phase 3 Highlights:

- ▶ Up to 50 individuals may gather indoors or outdoors continuing to practice physical distancing
- ▶ Daily health screening required for student/staff prior to the start of competition or practice
- ▶ Hand hygiene before and after competition or practice
- ▶ Athletic equipment including balls, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards, football helmets, pads, eyewear should not be shared
- ▶ Participants must bring their own water and towels
- ▶ Moderate risk sports (not football, competition cheer and wrestling) practices and competitions can begin
- ▶ Modified practices can begin for high risk sports (football, competition cheer and wrestling)
- ▶ Masks encouraged when not participating in high intensity workouts

Prior to participating, a COVID-19 Liability of Risk form must be completed



Fresno Unified School District

