



## **2021 HEALTH & SAFETY GUIDELINES**

### **SEASON 1 SPORTS**

#### **Pre-Practice & Contest Screenings**

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

#### **Hygiene Practices**

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

#### **Facilities & Equipment**

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- 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, weight room equipment, bathrooms, athletic training room tables, etc.)

#### **Limit Areas for Public Gatherings**

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

*These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to [https://www.cifstate.org/covid-19/All\\_Sports\\_Guidelines.pdf](https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf) for more information.*



## 2020 CIFSDS Field Hockey Modifications

SUBSTANTIAL

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

### **PREGAME, TRAVEL, & FACILITIES**

#### **DRESSING ROOM FACILITIES, TRAVEL & PREGAME**

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play during pregame when possible.
- Team personnel (including players) must wear face coverings during travel, pregame, and postgame.

#### **PREGAME CONFERENCE**

- Limit the pregame conference to one captain and the head coach from each team and head referee.
- Conference should take place in the center of the field with all individuals maintaining social distancing of 6 feet.
- No handshakes prior to or following the pregame conference.

#### **TEAM BENCH**

- Persons on the sidelines must be restricted to players, coaches, athletic trainers, athletic directors, and essential personnel only.

- Officials have the authority to notify game administration about unauthorized personnel and have them removed from the sideline.
- Maintain social distancing of 6 feet as possible.
- Sideline personnel must wear face coverings at all times.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

### **SUBSTITUTION PROCEDURES**

- Maintain distancing of 6 feet between substitute, referee, and players by encouraging substitutions to occur closer to the center line.

### **OFFICIALS TABLE**

- Limit to essential personnel which includes home team scorer and timer with recommended 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.

### **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES**

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

### **INTERMISSION BETWEEN HALVES AND AFTER SCORING**

- The intermission between halves and after scoring may be extended for hydration and to sanitize game equipment.

## **POSTGAME**

### **HANDSHAKE LINE**

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match. o Maintain social distancing prior to and following the contest.

## **OFFICIALS**

### **PRIOR TO CONTEST & TRAVEL**

- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear face coverings and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share. Bring your own container of water.

- Arrive at the game site dressed if possible.

### **PREGAME**

- Social distance during pregame as best as possible.

### **FACE COVERINGS & GLOVES**

- Officials must wear a face covering while on campus (whenever not actively engaged in officiated a contest).
- The wearing of face coverings and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [cifsds.org](http://cifsds.org)**