



## **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 Gymnastics Modifications

MODERATE

This document provides guidance and meet 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.

### **PRACTICES AND GAMES**

- Temperature should be taken upon arrival at practice and/or game.
- Coaches are to wear a face covering at all times.
- Athletes should be wearing a face covering before and after practice/game as well as during any team travel.
- 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.
- Locker rooms and dressing facilities will be unavailable for athletes.
- Athletes should arrive dressed out with any additional practice gear in their possession.
- When traveling, it is recommended that athletes wear face covering and sit one to a seat.
- Athletes should bring their own water bottle and not share.
- When possible, athletes should maintain a safe social distance during practice and competitions.
- No handshakes, team breaks, hugging, fist bumps, etc.
- Athletes should not enter the stands or fan area before, during, or after a meet.

### **EQUIPMENT AND SANITIZATION**

- Before, during, and after practice, athletes and coaches should wash and/or sanitize their hands as often as possible.
- All equipment should be cleaned and disinfected after each practice or contest.
- All mats and flooring should be disinfected at the end of each practice or contest.

### **ADDITIONAL GUIDELINES TO BE FOLLOWED**

- Coaches must be wearing a face covering at all times.
- Athletes should be wearing face coverings before and after practice/games.

- Athletes must be wearing a face covering when not participating (injured, benched, sitting out for any reason).
- Athletes must be wearing a face covering when participating in any non-cardio related activities including stretching and static warm up.
- Athletes should be wearing a face covering during any team travel.

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