



## **2021 HEALTH & SAFETY GUIDELINES**

### **SEASON 2 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.*



## 2021 CIFSDS Water Polo 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.

### AT ALL TIMES

- All individuals should arrive at facilities with ample drinking water as public access to water may be restricted.
- Athletes should arrive at facilities prepared (proper attire, minimal personal belongings, etc.) as locker room usage may be restricted. Athletes should plan on leaving the facility in their suits, showering & washing clothing upon arrival at home.
- All individuals should practice safe personal hygiene, including hand washing, refraining from spitting, restricting athletes from congregating when rinsing off (only outdoor showers should be used and only when permitted by facility staff).
- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.
- Teams should limit the number of individuals in attendance at practice & meets. Only meet participants & essential volunteers should be in the facility. Schools should be following CIFSDS, facility & district guidance regarding spectators during contests.

### PRIOR TO CONTESTS

- Coaches should collaborate with the schools they are competing against to ensure everyone is aware of all facility rules and regulations.

### PREGAME PROTOCOL

- Suspend the captains meeting and replace it with a coaches meeting.
- Coaches meetings should be conducted with both head coaches and the referee at the scorer's table.
- All individuals must maintain a social distance of 3 to 6 feet.
- Suspend handshakes prior to and following the Pregame Conference.

## **TEAM BENCHES**

- Add bench/chairs to allow bench personnel to observe social distancing of 3 to 6 feet.
- Limit bench personnel to only players and coaches participating in the contest.
- All bench personnel including all coaches and players must wear a face covering at all times.
- Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

## **SUBSTITUTION PROCEDURES**

- Maintain social distancing of 3 to 6 feet between the substitute, officials and or teammate(s) at all times.

## **OFFICIALS TABLE**

- If possible, place officials table sufficiently away from the sideline.
- Limited to essential personnel which includes home team scorer and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, PA announcer etc.) are not deemed essential personnel and will need to find an alternative location unless the scorer table can accommodate.
- All personnel must be wearing a face covering at all times.

## **POST GAME**

- Suspend pre and post-game handshakes.
- Any equipment used should be sanitized/ cleaned. Team areas should be cleaned up by those who utilized them.
- All individuals should prepare to leave the facility as efficiently as possible.
- Coaches **MUST** ensure that they are following all current CIFSDS guidelines & recommendations at all times.

## **OFFICIALS**

## **PRIOR TO CONTEST & TRAVEL**

- Do NOT attempt to travel to or work a game sick.
- 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 covering 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

## **FACE COVERINGS & GLOVES**

- Officials must wear a face covering while on campus (whenever not actively engaged in officiated a contest).

- The wearing of face covering 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).**