



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 for more information.



2020 CIFSDS Competitive Cheer

MINIMAL

This document provides guidance and modifications for spirit line practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are 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.
- 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 along the sidelines.
- No handshakes, team breaks, hugging, fist bumps, etc.
- Athletes should not enter the stands or fan area before, during, or after the game.
- Athletes may participate in pre-game and halftime introductions, but should remain socially distant when forming run-through tunnels.
- Coaches and athletes may meet and/or visit opposing team's spirit program while keeping a safe distance, wearing face coverings and not engaging in any forms of handshakes, fist bumps, etc.

EQUIPMENT AND SANITIZATION

- Before, during, and after practice, athletes and coaches should wash and/or sanitize their hands as often as possible.
- Athletes should not share any crowd leading props (signs, poms, megaphones, flags) during practice/game.

- Props should be cleaned and disinfected after each practice.
- All mats and flooring should be disinfected at the end of each practice.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on cifsds.org.