



## **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 Track & Field Modifications

WIDESPREAD

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### Attending a Meet—Pre-Meet

- For transportation to a meet (on a school bus) coaches are to follow their district guidelines.
- Teams are to be provided separate areas for athletes and coaches to reside throughout the meet. Numbers of shade tents for athletes need to accommodate athletes, managers and coaches are required to allow for social distancing of athletes.
- 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.
- Athletes are to bring their own labeled water bottles.

### Hosting a Meet or Invitational

- Team camp areas must be large enough to allow for teams to spread out.
- Limit number of runners per race if possible.
- All meet personnel must wear face coverings at all times.
- Medical staffing.
- Athletic Trainers and student aids all need to wear a face covering.
- Awards—eliminate award presentations.
- Awards should be put in an envelope for pick up by the coach.
- Results should be posted online or emailed to participating schools.

### Event Competition Guidelines

- Physical distancing measures shall be in place at all times other than when engaged in competition.

- Sportsmanship is a key component, while physical contact of handshakes, fist-bumps, etc., are not allowed teams are encouraged to acknowledge their opponents in pregame and postgame rituals with a physical distance observance of the team's choosing.
- Shot Put, Discus Throw, Javelin Throw should enforce physical distancing for all athletes and officials.
- To limit contact athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
- If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- Long Jump and Triple Jump should enforce physical distancing for all athletes and officials.
- High Jump and Pole Vault should enforce physical distancing for all athletes and officials.
- To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep the event moving).
- To Limit Contact: athletes should not share vaulting poles.
- Sprint, hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
- Blocks Should Be Disinfected After Each Heat/race.

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