

PVUSD/Aptos High School

Parent Opt In for Summer Conditioning

Name: _____ ID# _____

General Guidelines The following guidelines must be strictly followed.

- Offering summer conditioning will be completely optional; no coach will be explicitly or implicitly required to offer these conditioning sessions (*Some teams will be unable to*)
- Coaches will wear face coverings at all times; student-athletes should wear face coverings to and from practice and when not able to physically distance (6 feet apart)
- No shared ball or equipment of any kind is allowed during workouts
- The weight room and other indoor facilities will not be available
- All students shall bring their own water bottles; water bottles or other drinking containers must not be shared. Multi-person hydration stations will not be utilized during workouts
- Hand-washing/Sanitizing stations to be used at identified areas, including centralized check-in, restrooms, and throughout outdoor spaces/zones, as necessary
- All students will bring their own towels and will ensure that their athletic wear has been cleaned on a regular basis
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to each workout, with screening to include temperature checks.
- The screening will be conducted in and by each cohort.
- All recommended hygiene practices will be followed.
- Parents must sign permission slips for their student-athletes to participate.
- Workouts may be up to five days per week – Monday through Friday – not to exceed 1 hour and 30 minutes per workout.
- Cohorts must enter and exit during assigned times. No gatherings will be allowed.
- Workouts may consist of skill development and/or conditioning. Under no circumstances can there be drills involving physical contact.
- The weight room will not be available
- Swimmers must swim in single lanes.
- Runners must run in single lanes while maintaining the 6 ft distance between runners.
- Coaches or custodial staff must sanitize all equipment after each cohort completes their workout.
- If any member of a cohort is diagnosed with COVID-19 the cohort is immediately suspended and all members are placed on a 10-day quarantine. FERPA individual privacy rules apply.

- Any cohort who chooses to run a summer conditioning program, must meet and sign off on all of the standards applied

Pre-Workout

- All athletes must complete a waiver prior to beginning these workouts; Athletic Directors will provide coaches with a list of cleared athletes
- Students and coaches should make every attempt to utilize restroom facilities prior to arriving; in the case where use is needed during conditioning sessions, each zone will be assigned to specific restrooms to prevent overlapping of students or coaches across cohorts, sanitation will be required
- Students and coaches should practice appropriate hygiene practices and thoroughly wash hands with soap and water for at least twenty seconds prior to arriving at conditioning sessions; hand washing/sanitizing stations will be available onsite
- All coaches and students will complete a Health/Temperature Check, where they will be screened for symptoms of COVID-19 and for temperature within the normal range (below 100.4°F) prior to a workout; responses will be recorded and stored for each student so that there is a record of everyone present if a positive COVID-19 case arises.
 - Health and Temperature Checks will be completed by any trained district staff member, on an individual basis, to protect confidentiality; all staff are directed to strictly follow proper guidelines and the use of protective equipment
 - Health/Temperature Checks will be conducted at a centralized location; pods will arrive at staggered intervals to prevent overlapping of students and coaches
 - Any person with positive symptoms will not be allowed to take part in workouts, student's parents should be contacted immediately and sent home, all persons should be referred to their primary care provider or health-care professional

Limitations on Gatherings

- Workouts will be designed for cohorts of 12 students at one time per sports program. (For example, if there are 24 players, then two cohorts will meet at separate times.) Coaches will only be allowed to work with one cohort. They cannot work with separate cohorts. Students can only participate in one cohort at a time. They cannot participate in any other outside group.
- If a student misses a workout with one cohort, they will not be allowed to join another cohort.
- There must be a minimum distance of 6 feet between each individual at all times; it is highly recommended that this distance be increased due to the potential for exercise to increase the distance droplets may travel. If this is not possible, the number of students will be decreased until proper social distancing can occur.
- Swimmers must swim in single lanes
- Runners must run in single lanes with 6 ft. distance in between
- Cohorts must enter and exit during assigned times. No gatherings will be allowed.
- Appropriate social distancing will need to be maintained on sidelines and benches during workouts. There will be zero tolerance for student-athletes or coaches who willfully

violate the social distancing guidelines; violations will result in removal for duration of the program

- Coaches will secure the area (fences, gates, etc.), if possible, in order to prevent any public access to workout sessions

Facilities Cleaning

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases. Teams will first be limited to outdoor spaces only
- Bathrooms will be cleaned daily

To the Best of your Knowledge:

YES OR NO

Have you had close contact (within 6 feet) to anyone with a confirmed case of COVID-19 or any other communicable disease in the past 14 days? Have you experienced COVID-19 symptoms within the past 14 days (such as persistent cough, fever in excess of 100.4 degrees, chills, sore throat, shortness of breath, diarrhea, new loss of smell or taste, muscle pain)? **I acknowledge the guidelines that must be followed in order to allow my student athlete to participate in summer skill work and conditioning.**

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____