



**The following guidelines for student-athletes and coaches of Aptos High School to return to athletic conditioning/workouts starting September 14th, 2020 using PVUSD outdoor athletic facilities.**

**Guidelines: The following guidelines must be followed at all times.**

- Cohorts of 14 student-athletes to 2 coaches. Coaches remain with their same cohort. Student-athletes may participate in only one cohort at a time and must choose only one sport to participate in. Cohorting keeps student-athletes together in small groups with dedicated staff and make sure they remain with the same group throughout the day, every day
- If a student-athlete misses a workout with one cohort, they will not be allowed to join another cohort.
- Cohorts must enter and exit during assigned times. No gatherings will be allowed.
- All coaches and students should be screened for signs/symptoms of COVID- 19 prior to a workout, including temperature checks.
- Screening will be conducted in and by each cohort.
- Coaches must wear facemasks or shields at all times.
- Student-athletes must wear a facemask to and from workouts.
- Strict adherence to the 6' minimum spacing of all participants.
- Parents must sign permission forms for their student-athletes to participate.

All recommended hygiene practices will be followed.

- Workouts may be five days a 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 physical contact (games, scrimmages, etc.). These are individual workouts.
- Swimmers must swim in single lanes.

**Coaches must sanitize all equipment after each cohort completes their workout.**

**If any member of a cohort is diagnosed with COVID- 19 within the cohort, the cohort is suspended and all members are placed on a 14-day quarantine.**

**FERPA rules apply.**

| Yes or No |   |
|-----------|---|
|           | Have you had close contact (within 6') 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 F, chills, sore throat, shortness of breath, diarrhea, new loss of smell or taste or muscle pain)? |

**I acknowledge the guidelines that must be followed in order to coach in summer skill work and conditioning. I acknowledge that any intentional violation of any of the above guidelines will result in:**

**a). The immediate end of the summer conditioning program for the violating sport**

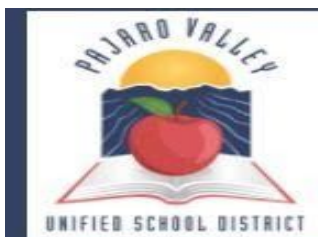
**b). A meeting with Athletic Director to discuss and review violations and implement a mitigation plan**

**c). Possible suspension or termination**

Coach/ Cohort: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

Date: \_\_\_\_\_



**Pajaro Valley Unified School District**

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