



NAPA VALLEY
UNIFIED SCHOOL DISTRICT

OPENING FALL SPORTS

An Action Plan for Resuming Athletics Safely

Updated: June 11, 2020

TABLE OF CONTENTS

- Introduction, p.2
- Letter to Athletic Directors, p.3
- Napa County Roadmap/Stages, p.4
- Stage 2: Outdoor Conditioning, p.4
- Stage 3: Weight Room/Pool, p. 8 - TBD
- Coaches' Checklist, p. 10
- Students' Checklist, p. 12
- Screening Database, p. 14
- Guiding Resources, p. 15
- Frequently Asked Questions, p. 16



The COVID-19 pandemic appears as though it will have an impact on our lives for some time to come, including fall sports. Our guiding principle will continue to be the **safe and healthy return of our NVUSD student-athletes and coaches** as we navigate this complex and constantly-evolving situation.

NVUSD athletics must operate with approval of Napa County Public Health, district and school leadership, and all sports must be operating in accordance with local and state public officials regarding a return to campus, return to practice, and return to competition. In the end, district and governmental leadership determine who can participate in, assist with, and watch student-athlete practices and competition.

Napa Valley Unified School District will follow the guidelines and timing recommended by our state and county health organizations. Therefore, this *Action Plan for Resuming Athletics Safely* is a living document subject to change when necessary. Timing may be delayed or even happen more quickly than we anticipate, or health requirements during reopening may be increased/decreased. You will be notified whenever updates are made to this document .

Our thanks to coaches, staff, students, and families for your patience as we all work to provide every NVUSD student-athlete an opportunity to pursue their passion and maintain their skill.

Dr. Rosanna Mucetti, Superintendent

Michael Pearson, Asst. Supt., Operational Services

Maryanne Christofferson, Principal & District AD (extra duty)



Dear NVUSD Athletic Directors,

A very special thank you goes out to the dedicated and caring Athletic Directors at each campus. The responsibility and coordination of keeping student-athletes and school coaches safe, for such a long period of time and under such stressful conditions, is a burden you were not expecting. We know that you must be the main person receiving pleas from students and parents to reopen fully, and we know that in the heart of every coach is just as strong a desire to “get back in the game.”

However, for all of us -at every level of education - our number one priority **must** be attention to the strict precautions that are required for protection from the spread of Covid-19. No, it was not in our original job description, but it is now our first and most important job.

In your role, this will require five important steps:

- **Step 1:** Read all the information in this *Plan for Reopening* packet fully and carefully. Examine all the links provided. And then please reach out with any questions.
- **Step 2:** Ensure that *every* member of your staff is also familiar with this information and hold a meeting with your staff to “check for understanding” **prior to any opening.**
- **Step 3:** Checklists, along with a link to a tool for recording screening data, are included in this packet. Please print out and have available for all coaches and all student-athletes. These will be the evidence we provide for ensuring safety protocols are being followed.
- **Step 4:** Communicate with all student athletes and their families. Provide them with all necessary information, as well as helping them gain a clear understanding of WHY certain precautions must remain.
- **Step 5:** As you begin to oversee the various reopening of fall sports, please hold an additional meeting with your staff to give and receive feedback on their safety practices so we ensure we have not overlooked any precaution that should be taken.

Everyone - coaches, student-athletes, and families - need to clearly understand that these precautions are NOT optional. Failure to participate in these safety measures can mean that students are prohibited from participation, or even result in the closing of all practice in that sport.

As frustrating as this may be for some individuals, that frustration is nothing compared to the devastation we would all feel if any single student or coach were to contract Covid-19 on our watch. With deep appreciation for the role you play,

Dr. Rosanna Mucetti, Superintendent

Michael Pearson, Asst. Supt., Operational Services

Maryanne Christofferson, Principal & District AD (extra duty)



NAPA COUNTY COVID-19 RECOVERY ROADMAP: IMPLICATIONS FOR ATHLETICS

On April 14, 2020, Governor Gavin Newsom presented the State's Pandemic Roadmap, a four stage plan for modifying the Statewide Stay-at-Home Order. As part of his announcement, he also unveiled six key indicators that will guide California's approach for when and how to modify Shelter-at-Home and other orders during the COVID-19 pandemic. California's six indicators for modifying the stay-at-home order are:

- 1) the ability to monitor and protect our communities through testing, contact tracing, isolating, and supporting those who are positive or exposed;
- 2) the ability to prevent infection in people who are at risk for more severe COVID-19;
- 3) the ability of the hospital and health systems to handle surges;
- 4) the ability to develop therapeutics to meet the demand;
- 5) the ability for businesses, schools, and child care facilities to support physical distancing;
- 6) the ability to determine when to reinstitute certain measures, such as the stay-at-home orders, if necessary.

Below is the tentative schedule based on the six indicators above directly related to opening up athletics. Please remember, as the County's response to COVID-19 evolves and more information is available, this schedule will be updated. [LINK TO NAPA COUNTY ROADMAP](#)

STAGE 1

This was the "shelter in place" and "safe at home" stage the County was in from March 18, 2020 until May 7, 2020. Coaches did their best to reach out to student-athletes via distance learning and support.

STAGE 2

Since May 8, the State has continually modified its Stage 2, and is rolling this stage out in phases.

- **Early Stage 2** was from May 8-31 gradually opening up lower risk business with adaptations.
- **Expanded Stage 2** begins June 12, 2020. This phase *does* apply to schools but is dependent upon the State issuing guidance. For NVUSD athletics, *Expanded Stage 2* means we will open up **Outdoor Land-Based Conditioning for Fall Sports only** that follows all safety guidelines.

The specific guidance documents for all of the above Stage 2 businesses and organizations impacted can be found on the State's website at <https://covid19.ca.gov/roadmap/>.

STAGE 3

The State has not provided counties with a definitive timeline for moving to Stage 3. Stage 3 opens up higher risk workplaces which- FOR NVUSD - would include **Inside Gyms and Weight Rooms**. Stage 3 locations are subject to gradually opening with adaptations and limits on the size of gatherings.

STAGE 4

Once the Statewide and County Shelter-at-Home Orders are lifted and therapeutics are in place, then High-Risk mass gatherings will be allowed. This includes **Live Audience Sports**.



STAGE 2: OPENING UP OUTDOOR CONDITIONING - Fall Sports

NVUSD Coaches, Athletes, and Families should become familiar with the following guidelines and protocols that support the safety and wellness of our students and staff during OUTDOOR CONDITIONING. The following protocols must be followed. Any variation from the express permission of the site principal and/or athletic director will cause suspension of any activity for the workout group and/or team/coach.

- Many athletes have deconditioned over the past few months. ***NVUSD is authorizing outdoor pre-season conditioning to start on June 15.*** Once pre-season conditioning workouts start, staff monitor and assess when pre-season practice can be moved indoors, including weight rooms and/or into a pool.
- **Low Risk Sports** (Cross Country, Golf) can be held with *social distancing or individually*. There must be NO sharing of equipment and coaches/athletes must have the ability to clean the equipment between use by athletes.
- **Moderate Risk Sports** (Water Polo, Volleyball*, Tennis*) involve intermittent close contact, more sustained contact, and/or may have equipment that can't be cleaned between participants. Protective equipment must be in place to reduce the likelihood of respiratory particle transmission between participants. (*Volleyball and Tennis can be considered low risk with appropriate cleaning of equipment and the use of masks by participants.)
- **Higher Risk Sports** (Football, Competitive Cheer, Dance) involve close, sustained contact between participants, lack significant protective barriers, and have a high probability that respiratory particles can be transmitted between participants. Each athlete in a high risk sport will receive specific guidelines that are applicable to their particular sport.

The following are minimum guidelines that apply to all sports at any risk level.

- Conditioning and individual skill based practices are limited to athletes and coaches *only* - no one else is permitted.
- All coaches who will be working with student athletes must attend a mandatory training session to be presented by the Athletic Director for their respective school site.
- Coaches and athletes will be pre-screened everyday prior to participating in any conditioning exercises.
- ***Conditioning/individual skill based activities must be carried out in stable cohort groups of 10 or fewer athletes*** ("Stable" means that the same 10 or fewer athletes are in the same group with the same coach for the entirety of each scheduled practice. ***Each group will remain stable for a minimum of three weeks.***)
- Equipment used should be limited to the same group of 10 athletes for at least three weeks.
- Stagger activities so no more than two groups are in the same place at the same time.
- Any student with underlying health conditions must stay home (high blood pressure, asthma, etc.).
- Any student with cold-like symptoms (fever, sore throat, stuffy nose, chest congestion, sore muscles, diarrhea, nausea/vomiting, etc.) must stay home.



- Coaches 65 and older, or with underlying health conditions, are not allowed to be present.
- Student physicals already on file are permitted. Incoming freshmen and 1st time athletes will need to have a completed physical on file before participating.
- No locker room access will be granted. (Athletes must arrive ready to train.)
- Athletes are strongly encouraged to use the restroom *prior* to arrival.
- Athletes must wash hands for 20 seconds before practicing and after practice.
- Students must maintain 6 ft social distance when walking/bicycling to/from conditioning.
- Students cannot ride in another student's car unless from the same household.
- Face coverings must be worn before and after practice. Athletes can wear face coverings during a workout.
- Athletes will provide their own water and towels (no sharing).
- Athletes cannot share any clothing or shoes.
- Athletes will provide their own sunscreen (no sharing).
- Athletes will maintain social distancing, minimum of 6 feet, at all times during conditioning.
- There can be no touching of any kind (high fives, fist bumps, etc.).
- There can be no spitting (sunflower seeds, gum, etc.).
- No food is allowed.
- No equipment will be used during this conditioning time.
- After conditioning students must go directly home.
- Students should shower and wash clothing immediately after practice.
- If a student becomes ill during conditioning and practice, the parent will be called immediately.
- If a student contracts the virus or is exposed to someone with the virus, notify the school athletic director immediately.
- Any violations of these expectations will result in an athlete being removed from future practices/conditioning.
- If CA and/or Napa County fall back into previous stricter guidelines, practices will cease.

COACHES' GUIDELINES FOR STUDENT SAFETY

I. PRE-WORKOUT / SCREENING

1. Assign stable student workout groups and coach(es) with 10 or fewer athletes. 1 coach per 10 athletes for a minimum of three weeks. No changes to workout groups, and that includes coaches.
2. Set up a consistent screening area. Use only one person per sport to screen all coaches and athletes
3. Do not allow a student to participate in conditioning after pre-screening has already occurred. The student must go home.
4. Pre-check fields and facilities before every practice/conditioning
5. Review the minimum health guidelines with all coaches, including when coaches meet together
6. Ensure there is enough coaches to adequately monitor student behavior (1 coach per 10 athletes)
7. Set up fields to maintain social distance



8. Have students/parents wait in vehicles until motioned by coaching staff to exit vehicles
9. Athletes can bring water and a towel, but cannot share with others
10. Coaches and athletes must wear masks during the pre-workout/screening station.
11. Coaching staff ensures 6 ft distance is maintained by athletes
12. Frequently review throughout conditioning with students all social distance protocols
13. Student hand washing station area set up
14. Student groups assigned area/space for conditioning workout
15. Identify restroom facilities available
16. Identify restroom monitor
17. Identify frequency of restroom cleaned

II. ATHLETIC CONDITIONING WORKOUT

1. Coaches monitor 6 feet distance at all times
2. Coaches must wear face coverings/masks at all times
3. Athletes are permitted to wear face coverings/masks during practice/conditioning
4. Scheduled water breaks
5. Continual reminders to students about 6ft social distance during practice
6. Coaches continue wearing face coverings/masks throughout practice
7. Athletes use their own water bottles and towels. No sharing of items
8. Coaches may not share any items (towels, pens, clipboards, etc.)

III. AFTER WORKOUT - GUIDELINES FOR COACHES

1. Students are walked out to the parking lot by coaches.
2. Students are directed to use hand sanitizer upon exiting the practice field
3. 6ft distance while walking to vehicle
4. Students encouraged to shower and wash clothing as soon as they get home

GUIDELINES FOR COACHES' PERSONAL SAFETY

1. Coaches arrive individually to practice. Coaches may not transport each other unless from the same household.
2. Allow for enough time to conduct pre-screening of all coaches before practice begins. If a coach arrives when athletes are being screened, the coach must go home. .
3. Pre-screen coaches daily
4. Coaches walk athletes from the parking lot before and after practice maintain 6ft social distancing at all times.
5. Student athletes are directed to wash hands for 20 seconds before and after practice, which is monitored by a coach.
6. Student athletes are also encouraged to use a touchless hand sanitizer station before, during and after practice.



STAGE 3: ACCEPTABLE SUMMER WEIGHT ROOM PROTOCOL

NVUSD Coaches, Athletes, and Families should become familiar with the following guidelines and protocols that support the safety and wellness of our students and staff during USE OF WEIGHT ROOM.

- Conditioning and practices are limited to athletes and coaches *only* - no one else is permitted.
- Any student with any symptoms must stay home.
- Any student with underlying health conditions must stay home (high blood pressure, asthma, etc.).
- Coaches 65 and older, or those with underlying health conditions, will not be allowed to participate.
- The focus on Weight Room will be low risk activities that maintain social distancing.
- Students must social distance at all times.
- No locker room access will be granted. (Athletes must arrive ready to train.)
- Face coverings must be worn before and after practice.
- Athletes must wash hands for 20 seconds before practicing.
- No touching of any kind (high fives, fist bumps, etc).
- Athletes provide their own water and towels (no sharing).
- Athletes cannot share any clothing or shoes.
- Hand sanitizing should be used frequently throughout the workout.
- Athletes are strongly encouraged to use the restroom prior to arrival.
- Students must maintain 6 ft social distance when walking/bicycling to/from conditioning.
- After Weight Room conditioning, students must go directly home (no loitering).
- Students should shower and wash clothing immediately after practice.
- Students will be asked daily their health status and possibly temp check.
- Students cannot ride in another student's car unless from the same household.
- Any violations of these expectations will result in an athlete being removed from future practices/conditioning.
- No spitting (sunflower seeds, gum, etc.).
- No food allowed.
- If a student contracts the virus or is exposed to someone with the virus, the athletic director will be notified immediately.
- If student becomes ill during conditioning and practice parent will be called immediately,
- If CA and/or Napa County fall back into previous stricter guidelines, practices will cease.

PRE-WORKOUT SCREENING - GUIDELINES FOR COACHES

1. Pre-check weight room and weight room equipment before use (cleanliness, general safety)
2. Review all safety guidelines with coaches to check for understanding
3. Ensure there are enough coaches to adequately monitor student behavior in weight room (1 coach per 9 athletes)
4. Set up the weight room to maintain social distance (plexiglass and/or other partitions?)



5. Assign students to one weight room station/rack for workout and additional workouts
6. No more than than 10 individuals in weight room including coaches
7. Have students/parents wait in vehicles until motioned by coaching staff to exit vehicles
8. Athletes can bring water and a towel, but cannot share with others
9. Coaches and athletes must wear masks during the pre-workout/screening. Athletes must wear face coverings while working out in the weight room.
10. Message to students they must wear appropriate clothing to minimize sweat from transmitting onto equipment/surfaces.
11. Coaching staff ensures 6 ft distance is maintained
12. Screening station set up. Students screened (temperature and screening questions)
13. Review daily with students all social distance protocols
14. Student hand washing station
15. Student assigned weathroom station/rack
16. Determine direction students enter and exit weight room
17. Maintain maximum ventilation in each weight room
18. Identify restroom facilities available.
19. Identify restroom monitor
20. Identify frequency of restroom cleaned

WEIGHT ROOM WORKOUT - GUIDELINES FOR COACHES

1. Coaches monitor 6 feet distance at all times
2. Coaches must wear face coverings/masks at all times
3. Athletes are permitted to wear face coverings/masks during weight room workout
4. Ensure appropriate water breaks are taken
5. Continual reminders to students about 6ft social distance during practice
6. Coaches continue wearing face coverings/masks
7. Athletes use their own water bottles and towels. No sharing of items
8. When workout is complete, student is directed to exit weight room, maintaining social distance

AFTER WORKOUT - GUIDELINES FOR COACHES

1. Students directed to exit weight room a certain direction
2. Students are directed to wash hands for 20 seconds and/or hand sanitizer upon exiting the weightroom
3. Maintain 6ft distance outside the weightroom
4. Students encouraged to shower and wash clothing as soon as they get home
5. Students must maintain 6ft distance if a student walks or rides a bike to and from practice.



Coach's Checklist

Coaches: Please use this list to help keep student-athletes safe before, during, and after practice.

BEFORE PRACTICE / SCREENING

check	HEALTH SAFETY PRACTICE
	Student groups assigned area/space for conditioning workout
	Set up fields to maintain social distance
	Set up student hand washing station area
	Identify restroom facilities available and assign restroom monitor
	Do screening check on each athlete. Set up a consistent screening area. Use only one person per sport to screen all coaches and athletes
	Do not allow a student to participate in conditioning after pre-screening has already occurred. The student must go home.
	Assign stable student workout groups and coach(es) with 10 or fewer athletes. 1 coach per 10 athletes for a minimum of three weeks. No changes to workout groups, including coaches.
	Ensure there are enough coaches to adequately monitor student behavior (1 coach per 10 athletes)
	Have students/parents wait in vehicles until motioned by coaching staff to exit vehicles
	Coaches and athletes must wear masks during the pre-workout/screening station.
	Athletes must maintain social distance and not share any items prior to practice.

DURING PRACTICE / CONDITIONING

check	HEALTH SAFETY PRACTICE
	Do not allow a student to participate in conditioning after pre-screening has already occurred. The student must go home.
	Athletes cannot share water or towels during practice. No sharing of items.
	Ensure 6 ft distance is maintained by athletes. Frequently review/remind throughout conditioning.
	Schedule water breaks.
	Athletes are permitted to wear face coverings/masks during practice/conditioning
	Coaches must continue wearing face coverings/masks throughout practice.

AFTER PRACTICE / CONDITIONING

check	HEALTH SAFETY PRACTICE
	Direct students to use hand sanitizer upon exiting the practice field.
	Athletes are not allowed to share any items (bottles, towels, etc. following practice.
	Remind students to maintain 6ft distance while walking to vehicle, walking home, or riding bike home.
	Encouraged students to shower and wash clothing as soon as they get home,



Student's Checklist

Student Athletes: Please use this list to help keep yourself safe before, during, and after practice. Any violations of these expectations will result in being removed from future practices/conditioning.

BEFORE Practice/Conditioning

	HEALTH SAFETY PRACTICE
	Do not come to practice if you have any cold-like or flu-like symptoms, (fever, cough, headache, etc.)
	You are strongly encouraged to use the restroom <i>prior</i> to arrival.
	Bring your own sunscreen, water bottle, and towel,
	Remember to maintain 6 ft social distance when walking or bicycling to conditioning.
	You <i>cannot</i> ride in another student's car unless from the same household.
	Wash your hands for 20 seconds before practicing.
	Do not share or loan out any clothing or shoes.
	Athletes cannot share any clothing or shoes
	You must wear a face covering before practice and during screening.

DURING Practice/Conditioning

	HEALTH SAFETY PRACTICE
	You must maintain social distancing - minimum of 6 feet - at all times during conditioning.
	There can be no touching of any kind (high fives, fist bumps, etc.).
	There can be no spitting (sunflower seeds, gum, etc.).
	No food is allowed.
	Do not use equipment during this conditioning time.
	If you become ill during conditioning and practice, we will call your parent immediately.



AFTER Practice/Conditioning

	HEALTH SAFETY PRACTICE
	After conditioning, you must go directly home.
	Maintain social distancing – six feet – if you walk or ride your bike home.
	You may only ride home with a parent or family member.
	As soon as you get home, you should shower and wash clothing immediately.
	If at any time between practice, you contract the virus or are exposed to someone with the virus, notify the school athletic director immediately.



GUIDING RESOURCES FOR SAFE RE-OPENING OF SCHOOL ATHLETICS

- ★ [NAPA COUNTY RECOVERY ROADMAP](#)
COVID-19: Protecting the Public - Reopening the Economy
May 28, 2020
[Outdoor Group Recreation Guidance](#) - Napa County Public Health June 11, 2020
- ★ [GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES](#)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)
- ★ [CONSIDERATIONS FOR YOUTH SPORTS](#)
Center for Disease Control & Prevention
Coronavirus 2019 (COVID-19)
- ★ OTHER APPLICABLE RESOURCES FROM THE CDC
 - [Re_Opening Schools Step by Step](#)
 - [Considerations for Schools](#)
 - [Schools-Decision-Tree](#)
 - [Cleaning and Disinfecting](#)
 - [How to Protect Yourself and Others](#)
 - [Handwashing: Clean Hands Saves Lives](#)
- ★ CALIFORNIA DEPARTMENT OF EDUCATION INFORMATION & FORUMS
 - [CDE Guidelines to Opening up Schools](#)
- ★ California Department of Public Health
 - [Schools and School Based Programs](#) June 5, 2020
 - [Fitness Guidance](#)
- ★ CALIFORNIA INTERSCHOLASTIC FEDERATION
 - [Return to Athletic Guidelines](#) - June 12, 2020
 - [Physical Examination Waiver](#)- Final June 12, 2020
- ★ NVUSD DISTRICT INFORMATION AND FORUMS

