

## **Partial Reinstatement of Athletics, Performing Arts, and Co-curricular Activities:**

### **Parents and Students**

The Bonita Unified School District (District) is pleased to announce the partial reinstatement of its athletics, performing arts, and co-curricular activities. Athletics, performing arts, and co-curricular activities permitted to resume are determined according to strict adherence to Federal, State, and County public health orders, measures, and other guidance. Health and safety of the students and staff is the primary objective of the District in reopening schools and reinstating athletics, performing arts, and co-curricular activities. The District plans to begin holding modified workouts, rehearsals, and meetings beginning on **October 5<sup>th</sup>, 2020**. The primary purpose of focus of the athletic programs is on conditioning and cardiovascular development of our athletes in preparation for future full reinstatement of athletic programs. The primary purpose of arts programs is on foundational skill building, small ensemble rehearsal, conditioning, and socially distanced practice. Other student meetings and activities will also be modified to ensure social distancing, yet prepare our students and programs for upcoming events, once County, State, and Federal regulations are adjusted.

Participation in athletics, performing arts, and co-curricular activities is voluntary. To help students and parents/guardians understand both the potential risks of participating in these student activities during pandemic conditions, as well as the precautionary measures implemented by the District in response, students and parents/guardians are urged to read and consider the following when deciding whether to return to school for athletics, performing arts, and co-curricular activities. You are required to sign and return the following acknowledgement and release if your child intends to participate in athletics and/or activities programs prior to your child's participation.

### **Risks of Exposure to COVID-19**

As you are likely aware and understand, COVID-19 is a new disease and information regarding risk factors associated with this disease is limited. At this time, the Centers for Disease Control (CDC) believe that people of all ages are at risk of experiencing severe symptoms from COVID-19, though older adults and people with serious underlying health conditions may be at a higher risk. While the District has taken drastic and unprecedented measures to try to reduce the risk of COVID-19, it is unfortunately impossible to guarantee our students protection from all risks of COVID-19 exposure.

With this knowledge, you may determine that it is essential to the physical and mental well-being of high school students to return to physical activity and athletic competition as part of the students' growth and development. Additionally, as recommended by the CDC, the California Department of Education, and Los Angeles County Department of Public Health, there are a number of actions school districts can take to help lower the risk of COVID-19 exposure and reduce the spread during activities, competition, rehearsal, and practice. Therefore, it is the District's goal, through implementations of the protocols described below, to lower the risk of COVID-19 exposure and reduce any potential spread to the maximum extent possible. Following up-to-date guidance on physical school reopening and youth sports organization from the CDC, California Department of Education, and the California Department of Public Health, as well as the latest guidance on opening up high school athletics and activities from the National Federation of State High School Association (NFHS), the protocols described below will be implemented in the District's athletic programs and activities in anticipation of their reinstatement on July 13, 2020. To ensure that the implemented protocols are effective efforts to protect our students and staff, it is important that every participant of the District's athletics, performing arts, and co-curricular activities (including the coaches and students) proactively and strictly follow the protocols, described in detail below.

## **Student and Parent/Guardian Responsibility**

By permitting my student to participate in the District's athletics, performing arts, and co-curricular activities, upon the program's reinstatement on July 13, 2020, I acknowledge and agree to all of the following protocols:

All athletics, performing arts, and co-curricular activities:

- Have turned in completed physical forms for the 2020-21 school year dated after May 1<sup>st</sup>, 2020 (no exceptions) and a COVID-19 waiver to the Athletic Director.
- All students will be required to turn in a signed waiver before they are permitted to participate.
- All students will be pre-screened for COVID-19 symptoms and contact with individuals having COVID-19 (or symptoms) and have their temperature taken. Any individual with a fever, symptoms, or associations with those with COVID-19 will not be permitted to practice. Students may resume activity once COVID-19 symptoms have disappeared and/or their temperature has been below 100.4 degrees Fahrenheit for three days. If the student is not symptomatic, but has been around a person positive for COVID-19, they must stay away from school or activities for 14 days.
- When not actively engaged in athletic or musical activities, masks must be worn by students and staff, social distancing must be enforced, and hygiene basics adhered to in all situations.
- Hand sanitizer will be provided in common areas.
- Individuals should hand sanitize or wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in meetings, practices, or rehearsals.
  - All students and staff are required to hand sanitize or wash hands upon entry to the school campus.
- All practices and activities will be closed to the public, family, or associates of staff or students.
- Hydration stations (water trough, water fountains, etc.) should not be utilized. Each student shall bring their own water bottle for their use only.
- No more than 10 people at a time with each coach will be allowed to gather indoors or outdoors at one time. These counts are permitted, given that 6 feet of physical distance between persons can be maintained.
- The standard of 6-feet in social distancing must be maintained at all times during any activities on campus (including outdoors, classrooms, hallways, entrances/exits, common spaces of any kind, and offices). Locker rooms are not permitted for use at this time.
- Physical contact such as high-fives, fist/chest bumps, and hugs should not be allowed.
- To the extent possible, workouts will be conducted in "pods" of students with the same 5-10 students always working out together.
- Hard surfaces and frequently used areas will be cleaned and disinfected by staff and/or students (students may voluntarily assist with cleaning with soap and water only); equipment with holes/exposed foam will be covered up. Only District provided disinfectant should be used by staff.
- No shared towels, clothing, shoes, water bottle, or use of drinking fountains will be permitted.
- Cancellation of training or contests, as well as the possibility of teams isolating for 2 weeks, may happen with little notice as a result of recurrent outbreak or knowledge that a coach or athlete has contracted or is exhibiting symptoms of COVID-19.

## Athletic Specific Activities

- Physicals shall be required prior to student participation in partial reinstatement activities and practices.
- All coaches and students are encouraged to practice good hygiene, including proper handwashing, coughing and sneezing etiquette, wiping down weight equipment thoroughly before and after individual use, showering and washing workout clothing immediately upon returning home.
- All coaches and students are encouraged to don attire that limits sweat transfer.
- Masks are required to be worn by students with the exception of swimming, distance running, or other high intensity aerobic activity.
- Phases of re-opening (Based on guidelines from Los Angeles County of Public Health)
  - Phase 1 – Limited athletic equipment/cleaning between usage (Weight Training, Conditioning only)
  - Phase 2 – Shared equipment of individual athletic equipment
  - Phase 3 – Larger Pods with safety measures in place (up to 50 people)
  - Phase 4 – Return to full athletic activities

## Performing Arts Specific:

- No gathering of more than 10 people at a time inside. These counts are permitted, given that 6 feet of physical distance between persons can be maintained.
- Masks are required to be worn by students and staff, unless they are actively playing a wind instrument.
- Rehearsals should be conducted in “pods” of students with the same 5-10 students always working together.
- Directors must create a plan for getting instruments from the band room to the practice facility that allows for social distancing and sanitation.
- Social distancing should be observed when music is being taught. Students should learn the music standing still, spaced at a minimum of 6-foot intervals. If teachers need to move within the 6-foot area to correct a student’s playing position, embouchure, posture, etc. they should do so briefly and then move back away.
- Rehearsals should take place outdoors. If weather prevents outdoor rehearsals, rehearsals may be allowed indoors as long as a minimum of 6 feet between each individual can be achieved. Drastically reducing the number of students in an indoor setting will be likely.
- Shared musical equipment should be wiped down thoroughly before and after an individual’s use of equipment by staff or students.
- Appropriate clothing/shoes should be worn at all times.
- Students must be encouraged to shower and wash their rehearsal clothing immediately upon returning home.
- All students shall bring their own water bottle. Water bottles must not be shared.

## Other Activities (Dance, Leadership, Link Crew:

- All activity rehearsal, practice, or meeting sessions must comply with the social distancing standard of 6 feet in between people. The maximum number of people inside a room is 10.

Whenever possible, meetings should be held outside or in a large room where the 6-foot social distance can be maintained. Physical contact between people is prohibited.

*My signature below indicates I have read this acknowledgement and agreement form, understand, and agree to allow my student to participate in the athletic program and/or activities program and agree to comply with all Bonita Unified School District protocols implemented as part of the reinstatement of the athletic and/or activities program.*

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Student Name(s) and DOB: \_\_\_\_\_

**RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

In consideration of being permitted to participate in the athletic, performing arts, and/or activity programs, field trip or excursion, sponsored, planned, and directed by the Bonita Unified School District, the undersigned for himself or herself and any personal representatives, heirs, and next of kin, hereby agrees to the following:

1. PARENT/GUARDIAN HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE THE BONITA UNIFIED SCHOOL DISTRICT, their officers, employees, board and agents (hereinafter referred to as "releases") from all liability to the undersigned, their personal representatives, assigns, heirs, and next of kin for any loss of damage, and any claim or demands therefore on account of injury to the person, exposure to illness, property damage, loss of property, or resulting in death of the undersigned, while the undersigned participates in the sponsored athletic/activities program, field trip or excursion, sponsored, planned and directed by the BONITA UNIFIED SCHOOL DISTRICT.
2. PARENT/GUARDIAN HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the participation of the undersigned in the athletic/activities program, field trip or excursion, sponsored, planned, and directed by the BONITA UNIFIED SCHOOL DISTRICT;
3. PARENT/GUARDIAN HEREBY ASSUMES FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, ILLNESS, DEATH, OR PROPERTY DAMAGE while participating in the athletic/activities program, field trip or excursion, sponsored, planned, and directed by the BONITA UNIFIED SCHOOL DISTRICT.
4. PARENT/GUARDIAN IS AWARE THAT PARTICIPATION IN THE ATHLETIC/ACTIVITIES PROGRAM PRESENTS A RISK OF PHYSICAL HARM. The undersigned is also aware that participating in the athletic/activities programs, field trip, or excursion under pandemic conditions may result in exposure to and infection with COVID-19, in addition to an injury that may result while participating in said athletic/activities program. The undersigned is aware of the risk that any part of his/her body or any of his/her body systems may be hurt, injured, or become ill by participating in the athletic/activities program. The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes any and all risks of bodily injury and illness against the Bonita Unified School District while participating in the athletic/activities program.

PARENT/GUARDIAN further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

My signature below indicates I have read this waiver and agreement, understand, and agree to its terms.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Name(s) and DOB(s): \_\_\_\_\_

Please return a signed copy of this form to your student's coach, teacher, or advisor on the first day of practice or rehearsal.