



LOS ALAMITOS HIGH SCHOOL ATHLETICS OPERATING PROTOCOLS – MODERATE & HIGH-CONTACT SPORTS

Aligned with guidelines from the California Department of Public Health (CDPH) released on February 19, 2021, and updated on March 4, 2021, Los Alamitos High School (LAHS) will be implementing approved guidelines for athletic practices and competition. Any student who chooses not to participate in athletic conditioning, practices or competitions will not be penalized. Guidelines are developed in four colored tiers, which outline protocols for sports which are categorized into three groups: low, moderate and high-contact sports, based on the amount of person-to-person contact of each sport, both indoors and outdoors.

LOW-CONTACT SPORTS: Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.

MODERATE-CONTACT SPORTS*: Team sports that can be played with only incidental or intermittent close contact between participants.

HIGH-CONTACT SPORTS*: Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants.

*Indoor moderate/high-contact sports can follow the guidelines for outdoor contact sports for their specific sport, when played outdoors, with use of consent form and protocols.

Widespread Tier (Purple) 1	Substantial Tier (Red) 2	Moderate Tier (Orange) 3	Minimal Tier (Yellow) 4
Outdoor low-contact sports <ul style="list-style-type: none"> • Archery • Badminton (singles) • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Equestrian events (including rodeos) that involve only a single rider at a time • Fencing • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis (singles) • Track and field • Walking and hiking 	Outdoor moderate-contact sports <ul style="list-style-type: none"> • Badminton (doubles) • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball • Tennis (doubles) • Volleyball 	Outdoor high-contact sports <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Water polo Indoor low-contact sports <ul style="list-style-type: none"> • Badminton (singles) • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis (singles) • Track and field • Bowling 	Indoor moderate-contact sports <ul style="list-style-type: none"> • Badminton (doubles) • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash • Tennis (doubles) • Volleyball Indoor high-contact sports <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

UPDATED 3/5/2021

LAHS will be implementing the CDPH Outdoor and Indoor Youth and Recreation Adult Sports Guidance, beginning February 26, 2021, and until further notice. The District will be transitioning through the four colored tiers, based on the correlating county public healthcare agency guidelines. Due to the nature and risk of transmission while participating in Outdoor High-Contact and Moderate-Contact sports, parents/guardians of minors participating in such sports will have to sign the informed consent form indicating their understanding and acknowledgement of the risks and operating guidelines contained in this document.

SPORTS RISKS

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is, the greater the physical exertion is, and the longer the interaction lasts, the higher the risk that a person with COVID-19 infection may spread it to others.

High school sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities present significantly lower risk of transmission relative to comparative indoor activities, based on current scientific evidence. Competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

FACTORS AFFECTING THE RISK OF TRANSMISSION

- Risk increases when face coverings are not worn, and physical distancing is not maintained.
- Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

GENERAL GUIDANCE

- Teams will not participate in out-of-state games and tournaments.
- Students must turn in a *LAHS Athletics Operating Protocols Consent Form* prior to participation in any moderate to high contact sport
- Temperatures will be taken before all practices and competitive events:
 - Students with a temperature of 100.3 or less will be cleared to participate
 - Students with a temperature of 100.4 or higher will be sent home and directed to the Orange County Healthcare Agency (OCHCA) COVID-19 Symptom Decision Tree.
- After a temperature check and when transferring locations, students/coaches will wash their hands and/or use hand sanitizer
- Athletes who fail to comply with social distancing and face covering guidelines will not be permitted to participate

FACE COVERINGS

- Athletes wear face coverings at all times, including during practice, conditioning and during competition, even during heavy exertion as tolerated. Any cloth face covering that becomes saturated with sweat will be changed immediately.

UPDATED 3/5/2021

- Cloth face coverings will not be worn for competitive cheerleading (tumbling/stunting/flying), wrestling, water sports, football while in game play, soccer while in game play, cross-country, and when distance running outdoors as part of physical conditioning for any sport. (*These advisements could change at any time and athletes will be required to adhere to any new face covering protocols.*)
- Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the CDPH Guidance for the Use of Face Coverings.

PHYSICAL DISTANCING

- Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines.
- Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).

TRANSPORTATION

- All athletes are responsible for their own transportation to and from practice and all competitive sporting events.
- Travel by private car should be limited to only those within the immediate household.

RETURN TO SPORTS AFTER INFECTION

- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.
- High school athletes recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. To return to practice or competitive play after infection, an athlete will need to have the *Return to Play Physician Form* completed by a MD/DO/PA/NP.

MODERATE & HIGH-CONTACT SPORTS

A team in any sport, including indoor sports, may return to competition and contact practice at any time if the team adheres to the requirements below:

COVID-19 TESTING

- Weekly COVID-19 PCR testing of athletes and support staff.
 - This includes baseline testing and ongoing screening testing. Based on current evidence and standards, both daily antigen-testing and weekly PCR-testing are acceptable testing methods for both baseline and ongoing screening testing.
 - If following a daily antigen testing protocol, the protocol must begin with a PCR test followed by daily antigen testing. Any positive antigen test must trigger a PCR test for confirmation. PCR testing is required for symptomatic athletes and staff and should be conducted within 24 hours of symptoms being reported.
- COVID-19 testing within 48 hours of each competition for high-risk contact sports (basketball, field hockey, football, ice hockey, lacrosse, rowing, rugby, soccer, squash, volleyball, water polo,

and wrestling), competition between teams is permitted only if the team can provide COVID-19 testing and results of all athletes and support staff within 48 hours of each competition.

- Weekly PCR testing will be made available at LAHS for athletes and coaches through Xpress Urgent Care. Athletes and coaches will need to bring the required forms and documents with them to each weekly test date.
- Athletes and coaches may choose to be privately tested either daily with an antigen-test or weekly with a PCR-test, and are required to turn in the results to Cassandra Palacios (cpalacios@losal.org), District Licensed Vocational Nurse, every day with antigen-testing or within 24 hours of the week mark of the previous PCR-test. COVID-19 tests administered at-home will not be accepted.
- Athletes and coaches will NOT be allowed to participate in practice or competitive play if they fail to provide verification of a weekly NEGATIVE PCR test or daily NEGATIVE antigen test.
- Athletes and coaches who have been infected with COVID-19 are eligible to be exempt from weekly testing for 90 days from the infection date unless symptoms develop. To be exempt from weekly testing, verification of infection must be provided to Cassandra Palacios (cpalacios@losal.org), District Licensed Vocational Nurse.

OBSERVERS

- Observers will not be permitted at practice. Only athletes should come onto campus and all parents/guardians should remain inside their vehicles while dropping off and picking up students from practice.
- The District will make recommendations for the allowance of observers at a competitive event in accordance with guidance from CDPH and OCHCA. Decisions will be made on an event-to-event basis.
- When observers are allowed it will be limited to immediate household members. The number of observers will be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.
- The District will make every effort to video stream games so that they can be watched "live" from home when observers cannot be in attendance.

I have been notified of the LAHS Athletics Operating Protocols. I understand that I have an obligation to not allow my student to participate in an on-campus program if they have any symptoms (cough, shortness of breath, difficulty breathing, fever, chills, body aches, sore throat, or new loss of taste or smell). I understand my student's temperature will be taken and that if his/her temperature is 100.4 degrees or higher, he/she will be sent home and they will be directed to follow the OCHCA COVID-19 Symptom Decision Tree. I further understand it is my responsibility to contact school administration if my student or a member of our household test positive for COVID-19.

_____	_____	_____
Student Name (Printed)	Grade	Sport
_____		_____
Parent Name (Printed)		Daytime Contact Number
_____		_____

UPDATED 3/5/2021

Parent Signature

Date

I understand that it is my responsibility as a student athlete to abide by the social distance and face covering protocols in place at LAHS at all times. I also understand that I am not allowed to share clothing, water bottles/hydration sources, and personal items with other athletes. In addition, I understand that should I fail to comply with social distancing and face covering guidelines I jeopardize my ability to participate in athletics.

Student Signature

Date