

# SPORTS AND EXTRACURRICULAR ACTIVITIES

## For SECC Schools

*Prior to coaching, all staff members should take the COVID-19 Required Online Trainings (Hand Washing, Coronavirus Awareness, CDC: Guidelines for Making & Using Face Coverings, and Managing Stress and Anxiety).*

The California Interscholastic Federation (CIF) Sports Medicine Advisory Committee has developed a comprehensive document to help school districts prepare for their student-athletes to return to athletic activities. Parents and students wishing to participate in sports or extracurricular activities should check their high school website or contact their school for more information.

<b>LOW-RISK ACTIVITIES</b>	<b>MODERATE RISK ACTIVITIES</b>	<b>HIGH RISK ACTIVITIES</b>
Cross Country	Baseball	Choir
Golf	Basketball	Cheer/Song/Dance
Marching Band	Lacrosse	Football
Marching/Percussion/Color Guard	Soccer	Marching Band (wind inst.)
Swimming & Diving	Softball	Wrestling
Sideline Cheer/Song/Dance	Track	
Tennis	Volleyball	
Track-Specific Events	Water Polo	

As the year approaches further guidance will likely be forthcoming from the California Department of Public Health (CDPH), the California Department of Education (CDE), and the California Interscholastic Federation (CIF). County Public Health Departments will determine phase level and duration of each phase for a gradual full return of athletics. All sports are permitted to participate in conditioning activities as long as they adhere to the phased approach outlines below prior to resuming a full physical return of athletics.

<b>PHASE 1</b>	<b>PHASE 2</b>	<b>PHASE 3</b>
10 people > indoors	10 people > indoors	50 people > indoors/outdoors
10 people > outdoors	50 people > outdoors	Locker room open (6 ft apart)
No locker rooms	No locker rooms	6 feet social distance
6-feet distance	6-feet distance	Vulnerable individuals social distance
No Athlete contact	No Athlete contact	Moderate activities resume practice
No shared equipment	No shared equipment	High risk activities begin modified practice
Pods of 5-10 students	No vulnerable individuals involved	
No vulnerable individuals involved	Moderate risk activities begin modified practice	
Low risk activities begin modified practice		