



Preparing every student to thrive in a global society.

Name: _____

ID# _____

With the new orders from the Santa Clara County Public Health Department, we are ready to once again, slowly reopen our athletic facilities to our coaches and student athletes. This memo applies only to ESUHSD and **not** to outside groups. Workouts may begin again on Monday, August 17, 2020 and run through December 14, 2020. Workouts may begin after each Athletic Director and site administrator hold an all coaches meeting to review this memo. Conditioning and skill work are voluntary for both students and coaches.

The following guidelines must be strictly followed. Any violation will result in the end of the cohort meeting and possible disciplinary action taken.

Guidelines: These guidelines are designed to get our student athletes active and back engaged with their coaches and teammates in a safe and healthy way.

- Single stable cohort of 15 students and one adult for indoor conditioning or skill work or 31 students and one adult for outdoor conditioning or skill work. Max two adults per cohort. Students and coaches may participate in one cohort at a time. They must choose a single sport. After three weeks, they may rotate to another sport. They cannot participate in any other outside group like AAU.
- If a student misses a workout with one cohort, they are not allowed to join another cohort.
- If someone 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. If someone is diagnosed, coaches cannot discuss this with students or families.
- Coaches must wear facemask at all times.
- Students must wear facemask to and from workout.
- Workouts may be five days per week not to exceed 1 hour and 30 minutes.
- Cohorts must enter and exit during assigned times. No gathering allowed.
- Workouts may consist of skill development and/or conditioning. Under no circumstances can there be physical contact (no five on five drills, scrimmages, etc.). These are individual workouts.
- Coaches must clean all equipment after each cohort completes their workout ([Disinfectant](#)).
- This is an opt-in workout. Parents must sign off on participation.
- Students will be health screened upon arrival to the program. Temperature checks must be done at home. Parents will sign permission slips to participate.
- All recommended hygiene practices will be followed ([Hygiene](#)).
- At this point and time, the weight room is still closed.
- Swimmers must swim in single lanes.

To the Best of your Knowledge:

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

I acknowledge the guidelines that must be followed in order to allow my student athlete to participate in summer skill work and conditioning.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____