



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 athletics program. This memo applies only to ESUHSD and **not** to outside groups. These guidelines are in conjunction with the Blossom Valley Athletic League and meet the California Interscholastic Federation (CIF) guidelines, which oversees all athletics in California.

1. For a sport to begin, Santa Clara County MUST have authorized and moved into that sport's assigned colored TIER. (See tiers below)
2. Once a colored tier AND that sport's "first practice start date" has been reached, that sport's two-week practice window begins.
3. Competition may begin once the two-week practice window has concluded.
4. ALL practices and competition MUST follow the competition guidelines as presented by CIF and NFHS.
5. Physical conditioning, skill-building, and training can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts remain authorized, regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity.

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 back into the weight room in a safe and healthy way.

- Cohorts are defined as a single team (i.e. Varsity equals one team, J.V. is considered a separate team).
- 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 10-day quarantine. FERPA rules apply. If someone is diagnosed, coaches cannot discuss this with students or families.
- Coaches must wear a face mask at all times.
- The CIF guidelines state that for the sports of badminton, baseball, basketball, competitive cheer, field hockey, football, golf, lacrosse, soccer, softball, tennis, volleyball and wrestling, participants should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).
- Among the sports exempt of the requirement are cross country, track, swimming and water polo.
- Out of season 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 (Sharing equipment is allowed) ([Disinfectant](#)).
- Players should use hand sanitizer before, during and after workout/competition.

East Side Union High School District Board of Trustees

Van T. Le, President

J. Manuel Herrera Vice President

Lorena Chavez, Clerk

Pattie Cortese, Member

Bryan Do, Member

Chris D. Funk, Superintendent

- Participating in Season 1 or season 2 is voluntary. 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](#)).
- Each sport must follow the guidelines as outlined for each sport by CIF.
- At this point and time, the weight room is still closed and will not open until we are in the Orange Tier.
- Up to two (2) swimmers may swim in a single lane.
- Student athletes participating in football and water polo must take a weekly COVID-19 test provided by the school district in order to participate in weekly competition.
- Cheer practice may also begin following all public health guidelines highlighted above.

SEASON 1

PRACTICE START DATE: February 22, 2021

FIRST COMPETITION DATE: March 8, 2021

| SPORT | TIER | COMPETITION END DATE | SPORT CANCELLATION DATE |
|--------------------|-------------|---------------------------------|--|
| Cross Country | PURPLE | 4/17/2021 | 3/26/2021 |
| Field Hockey | RED | 4/17/2021 | 3/26/2021 |
| Football | ORANGE | 4/17/2021 | 3/26/2021 |
| Volleyball – Girls | ORANGE | 4/17/2021 | 3/26/2021 |
| Water Polo | ORANGE | 4/17/2021 | 3/26/2021 |

SEASON 2

PRACTICE START DATE: March 22, 2021

FIRST COMPETITION DATE: April 5, 2021

| SPORT | TIER | LAST LEAGUE COMPETITION DATE | LAST COMPETITION DATE (if no CCS Playoffs) | SPORT CANCELLATION DATE |
|--------------|-------------|---|---|--|
| Badminton | ORANGE | 5/15/2021 | 5/28/2021 | 5/10/2021 |
| Baseball | RED | 5/28/2021 | 5/28/2021 | 5/10/2021 |
| Basketball | YELLOW | 5/28/2021 | 5/28/2021 | 5/10/2021 |
| CSC Cheer | YELLOW | 5/15/2021 | 5/28/2021 | 5/10/2021 |
| Golf – Boys | PURPLE | 5/27/2021 | 5/28/2021 | 5/10/2021 |

| | | | | |
|-------------------|--------|-----------|-----------|-----------|
| Golf – Girls | PURPLE | 5/28/2021 | 5/28/2021 | 5/10/2021 |
| Lacrosse – Girls | RED | 5/28/2021 | 5/28/2021 | 5/10/2021 |
| Soccer | ORANGE | 5/19/2021 | 5/28/2021 | 5/10/2021 |
| Softball | RED | 5/28/2021 | 5/28/2021 | 5/10/2021 |
| Swimming | PURPLE | 5/22/2021 | 5/28/2021 | 5/10/2021 |
| Track & Field | PURPLE | 5/28/2021 | 5/28/2021 | 5/10/2021 |
| Tennis – Boys | PURPLE | 5/14/2021 | 5/28/2021 | 5/10/2021 |
| Tennis – Girls | PURPLE | 5/14/2021 | 5/28/2021 | 5/10/2021 |
| Volleyball – Boys | ORANGE | 5/28/2021 | 5/28/2021 | 5/10/2021 |

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 or cheerleader to participate in the spring 2021 season.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____