



Newport-Mesa

Unified School District

NEWPORT-MESA UNIFIED SCHOOL DISTRICT ATHLETICS OPERATING GUIDELINES

(February 19, 2021 - FINAL)

Beginning Thursday, January 28, 2021 *(Aligned to CDPH Guidelines dated 12/14/20)*

***NMUSD will now be using the Adjusted Phase 2 requirements aligned to the CDPH Guidance of 12/14/20.**

Adjusted Phase 2 CDPH Guidance (12/14/20)*
<p>No indoors Cohorted by team outdoors No Locker Rooms 6 feet Distance Masks must be worn at all times No Athlete Contact Limited Shared Equipment* All Sports Resume Modified Practice</p>

***See the NMUSD Shared Equipment Guidance - Dated 1-28-21 (Guidance per sport)**

***Coaches must abide by individual sport guidelines for definition of workout and practice modifications during each phase implementation. High risk sports must submit approval of workout plans for Phase 2 implementation to be approved by Kirk Bauermeister and/or site principal. Distance will be based on state/county social distancing guidelines.**

SPORTS & EXTRACURRICULAR ACTIVITIES

- Physical conditioning, practice, skill-building, training, and competing in an approved tier that can be conducted outdoors, with six feet of physical distancing, and within stable cohorts are authorized regardless of county tier status. Such activities may be conducted indoors consistent with restrictions by Tier in the Gym & Fitness Center Guidance Capacity.
- **Indoor physical conditioning, training and practice is not allowed at this time. Outdoors conditioning/practice/competition only.**
- **Athletes will 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).**
- **Athletes and coaches will cohort by team.**
- Coaches are required to avoid contact with participants, and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- **The CIF Executive Director issued a notice which suspends CIF Bylaws 600-605 for all sports (Outside Competition), with the exception that students will not be allowed to participate on a high school football team and a club football team at the same time. No student is in violation of this Bylaw until they participate in a high school football game (per CIF update regarding Bylaws 600-605 and Cohorting.)**
- **When equipment is shared during an activity, participants will perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.**
- Shared equipment will be cleaned and disinfected before use by another person, group, or team.
- Students are encouraged to bring their own hand sanitizer for personal use between activities, before and after practice.
- Drink bottles must not be shared, and other personal items and equipment should not be shared.
- No spectators will be allowed at practices or contest on NMUSD campuses.
- For off campus events, immediate household members may observe practices and games as needed, but observers should be limited to ensure physical distance can be maintained. Observers must stay at least six feet from non-household members and wear face coverings.
- **Since the Stay at Home order has been lifted purple tier sports can compete during their season of sport.**
- Out-of-state competition is not allowed at this time.
- No tournaments are allowed at this time. Exceptions may be made with district approval and with authorization from the local health department, for the following sports where individual competitors from multiple teams are routine: track and field; cross-country; golf; tennis; and swimming/diving.

- CIF has canceled their CIF-SS Championships for Fall only to give schools more flexibility for scheduling contests in the Fall season of sport (Per CIF memo dated 1/19/21).

All NMUSD Safety and Screening Protocols from the Employee Training Guide must continue to be followed.

Please see the [Athletics Reopening Guidelines](#) for more information.

Athletic teams are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

- **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 sports are higher risk than outdoor sports due to reduced ventilation.

LOW RISK SPORTS	MODERATE RISK SPORTS	HIGH RISK SPORTS
Running Sports Swimming Sports Sideline Cheer/Song Cross Country Tennis Track Golf	Basketball Volleyball Soccer Baseball Softball Water Polo Field Hockey 7 on 7 football	Wrestling Football Lacrosse Competitive Cheer/Song

Low Risk Sports are now eligible for CIF competition.