### Interscholastic Athletics Return to Conditioning

While we anticipate welcoming back our Season 1 Teams/Athletes for the currently planned Monday, November 30th start to on-campus Conditioning-Only workouts. Everyone, please be mindful that with the current rise in COVID-19 cases in LA County we may need to make further adjustments to this plan as dictated by the state, county, and district officials.

For more specific information on the PCHS Athletics Conditioning-Only program, please follow this link:

https://view.genial.ly/5fa46fd67e20620cf3b139a9/presentation-pchs-athletics



# PCHS Athletic Conditioning Plan

### Current Status

- LA County Department of Public Health approves outdoor only conditioning for youth sports teams.
- LAUSD recently approves activities including out of seasons conditioning in cohorts of <=12 on district property</li>
- Local school districts and Charter organizations currently in the process of creating/executing conditioning plans
- At this time, the only permitted activities for PCHS Sports Teams will be Conditioning-Only. No activities that involve any contact or any sports equipment/balls. Participation by both the students and coaches is strictly voluntary. Also, just because a student participates in any conditioning-only sessions does not guarantee a spot on the team's final roster. Likewise, any athlete/coach not participating in conditioning will not be penalized for sitting out these workouts.

### Timeline

November 16 - November 20 Voluntary online Zoom conditioning for Season 1 teams Football, Cheer, Volleyball, Water Polo, Cross Country

November 30 - December 11 Voluntary on campus conditioning for Season 1 teams Football, Cheer, Volleyball, Water Polo, Cross Country

December 14- March 27 CIF Season 1 includes the following sports: Cheer, Football, Volleyball, Water Polo and Cross Country

January 18th Phase in Voluntary CIF Season 2 conditioning as permitted

February 8 – June 26 CIF Season 2 includes the following sports: Basketball, Track and Field, Tennis, Wrestling, Soccer, Softball, Swimming, Lacrosse and Golf

#### Example of Conditioning Schedule (please contact coaches directly for actual schedule)

Monday	Tuesday	Wednesday	Thursday	Friday
JV Football	Cross Country	JV Football	Cross Country	
Varsity Football	Volleyball	Varsity Football	Volleyball	
Polo		Polo		
Cheer		Cheer		

Sport	Time	Location	Entry point	Exit point	
Cheer	3:30 p.m.	Quad	Flag pole	Service road emergency gate	
Cross Country Var	2:00 p.m.	Stadium	Visitor stadium gate	Announcer booth gate	
Cross Country JV	3:30 p.m.	Stadium	Visitor stadium gate	Announcer booth gate	
JV FB	2:00 p.m.	Stadium	Visitor stadium gate	Announcer booth gate	
VFB	3:30 p.m.	Stadium	Visitor stadium gate	Announcer booth gate	
Girls Polo	2:00 p.m.	Pool	Temescal pool gate	Pool exit gate	
Boys Polo	3:30 p.m.	Pool	Temescal pool gate	Pool exit gate	
Girls Volleyball	2:00 p.m.	Upper blacktop	Flag pole	Service road emergency gate	
Boys Volleyball	3:30 p.m.	Upper blacktop	Flag pole	Service road emergency gate	

#### Sample workout circuit to be completed in 60 minutes

Facility Entry/Exit time to be included in the 60 minute time allotment



Stay in designated areas, follow all COVID regulations, follow a gradual build-up of intensity, and incorporate plenty of water breaks

## Conditioning Protocols

Conditioning will be in accordance with all governing agency (i.e. Centers for Disease Control and Prevention, Los Angeles Department of Public Health, National Federation of High Schools, Palisades Charter High School) modifications to ensure safety and compliance with COVID-19 guidelines including but not limited to the following:

All coaches and players must pass PCHS health screening protocol prior to entering campus utilizing the designated school site entrance.

There will be three sixty-minute conditioning periods for coaches to choose from A. 2:00p.m. B. 3:30 p.m. C. 5:00 p.m. Monday-Friday school days only

Only outdoor activities permitted (gym, locker room, weight room and other indoor areas are off-limits)

No bodily contact. All activities must remain a minimum of 8 feet of social distancing at all times

Cohorts of <=12 students will work out together during each conditioning session and will be limited to one conditioning cohort and may not change pods at any point for any reason.

Limit group size and duration to not exceed one hour

Face coverings to be worn properly at all times when not under extreme exertion

## Conditioning Protocols Continued

All students have their personal water bottles labelled and no food, gum, seeds, etc. permitted

No Spitting, handshakes, "high-5's" or physical contact with anyone

No equipment use, or sharing of anything, permitted at this time

If any student in a cohort test positive for Covid-19 the entire pod must start a quarantine period of 14 days

Hand-Sanitizer will be provided by the school at the entrance and exit

Parents may not leave their vehicles at all while on campus to drop-off/pick-up athletes and are not permitted on campus during the conditioning period. Please do not arrive until 5 minutes before the scheduled end of practice for pickups.

Students must exit/leave campus immediately following conditioning

Weekend, holiday and non-school days no in-person conditioning will take place

## Athletic Paperwork

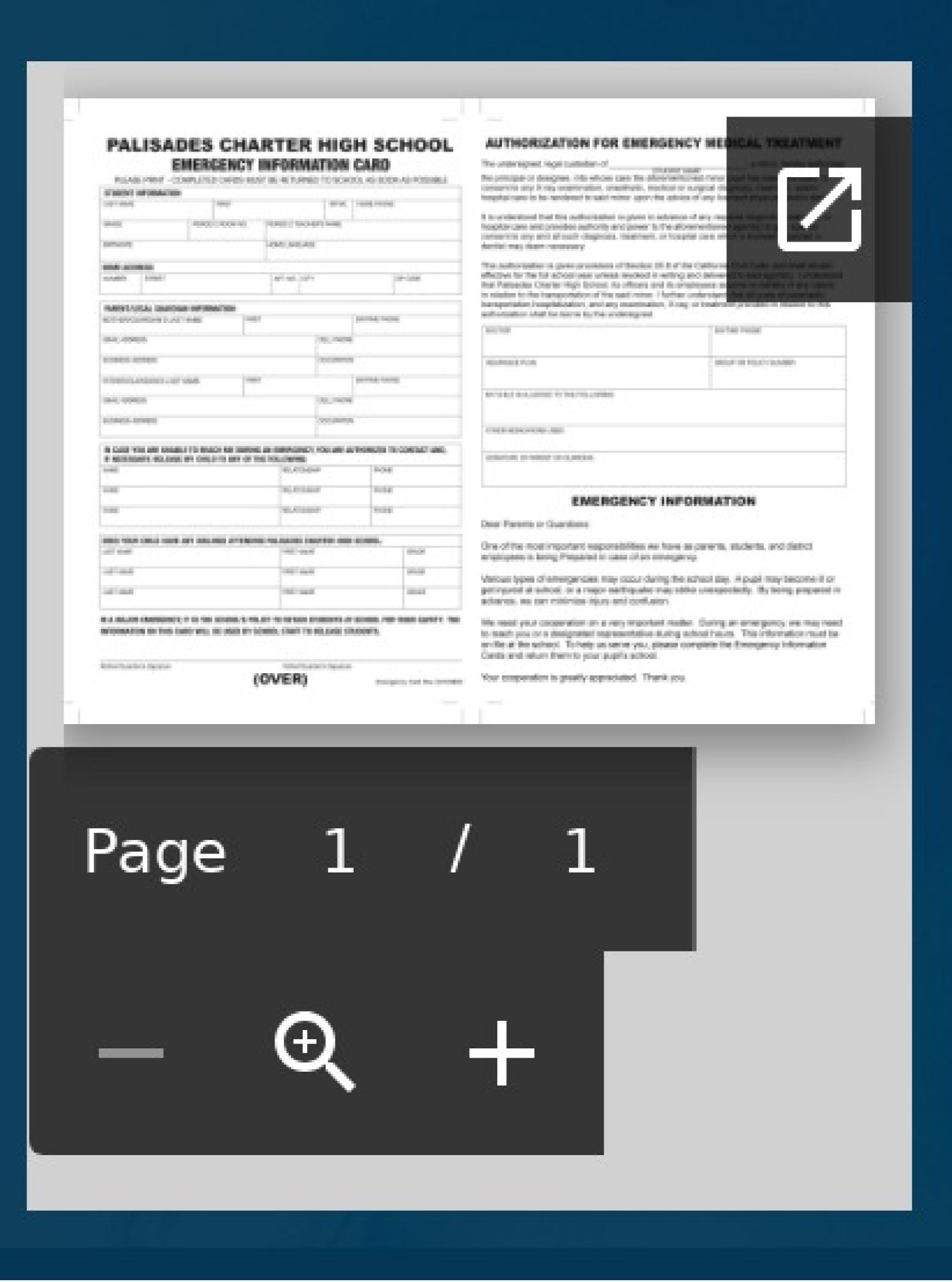
Physical – Valid for one calendar year from date received. Must be signed and stamped by Doctor. Please upload in Athletic Clearance online portal.

Emergency Card – Turned directly into the coach

Athletic Clearance--completed and signed confirmation

PCHS COVID-19 Waiver to be signed by both parent and student





#### Resources

LADPH youth sports guidelines

NFHS guidance for HS athletics