



To NMUSD Parent(s)/Guardian(s):

Aligned with guidelines from the National Federation of State High School Associations (NFHS) and the Sports Medicine Advisory Committee (SMAC), which align with Orange County Healthcare Agency COVID-19 Phasing Guidelines, Newport-Mesa Unified School District (NMUSD) will be opening athletics in a modified capacity. Student participation in a program is completely voluntary and based upon parental discretion. Any student who chooses not to participate in summer workouts will not be penalized.

NFHS guidelines are developed in three phases, which outline pre-workout/screening, limitations on gatherings, facility cleaning, physical activity/athletic equipment and hydration protocols for each phase.

PHASE 1 Scheduled to begin TBD	PHASE 2 Scheduled to begin TBD Current HFHS/SMAC guidelines do not recommend vulnerable individuals participate in Phase 2.
10 people > indoors/outdoors No Locker Rooms 6 feet Distance No Athlete Contact No Shared Equipment All Sports Resume Workouts Low Risk Sports Begin Modified Practice	10 people > indoors 50 people > outdoors No Locker Rooms 6 feet distance No Athlete Contact No Shared Equipment All Sports Resume Workouts Low Risk Sports Resume Practice Moderate Risk Sports Begin Modified Practice

The start date for **PHASE 2** will be determined, based on the correlating county public healthcare agency guidelines for each phase.

All sports/activities are also categorized into three groups: low, moderate and high-risk sports, based on the amount of person-to-person contact of each sport/program. Under the guidelines, all sports can return to modified workouts, when adhering to strict protocols for each sport/activity. For more information in regard to the specifics of each sport, please reference the [NMUSD ATHLETICS REOPENING GUIDELINES](#).

The following protocols will be followed for all athletes/coaches:

- All coaches/teachers will participate in the *NMUSD Athletics Reopening Training*, prior to bringing athletes on-campus.
- Athletes must turn in a signed *NMUSD Athletics Reopening Parent/Guardian Notification Letter* prior to participation in any program.
- Athletes who fail to comply with social distancing and face covering guidelines will not be permitted to participate.
- Only athletes may come onto campus and all parents/guardians must remain inside their vehicles while dropping off and picking up students.

- All athletes/coaches will wear face coverings at all times.
- Athletes will be screened daily upon arrival at a NMUSD school site. The screening will consist of a health survey and temperature will be taken. These will be recorded and maintained on the NMUSD Monitoring Form.
- Athletes with a temperature of less than 100.4⁰, and no other COVID-19 symptoms will be given a bright-colored, circular sticker with the date indicating their clearance to participate in the program for the day.
- Athletes with a temperature of 100.4⁰ or higher or symptoms of COVID-19 will be sent home and not allowed to participate in on-campus programs for 14 days or until clearance from a medical doctor is received.
- After a temperature check and when transferring locations, students/coaches will wash their hands and/or use hand sanitizer.
- A drop-off only procedure will be utilized in the adjacent side parking lot.
- NMUSD will clearly mark waiting spots on the ground for athlete use in the adjacent parking lot for pick-up procedures.

I have been notified of the *NMUSD Reopening Guidelines for Athletics*. I understand that I have an obligation to not allow my student to participate in an on-campus program, if they have any symptoms (cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell). I understand my student’s temperature will be taken upon arrival on-campus and that if his/her temperature is 100.4 degrees or higher or if they indicate any other symptoms of COVID-19, he/she will be sent home and not allowed to return to campus for two weeks or until I provide clearance from a medical doctor. I understand the pre-workout screening is intended to detect signs/symptoms of COVID-19 and, as such, the pre-workout screening will not be able to identify individuals who may carry COVID-19 but do not have symptoms (including asymptomatic and presymptomatic). I understand that it is the recommendation for vulnerable individuals not to participate in any workouts during Phase 2 and for students to shower and wash their workout clothing immediately upon returning to home. I further understand it is my responsibility to contact school administration, if my student or a member of our household test positive for COVID-19.

Student Name (Printed)

Grade

Sport/Activity/Program

Parent Name (Printed)

Daytime Contact Number

Parent Signature

Date

I understand that it is my responsibility as a student athlete/performer to abide by the social distance and face covering protocols in place at NMUSD at all times. I also understand that I am not allowed to share clothing and personal items with other athletes. In addition, I understand that should I fail to comply with social distancing and face covering guidelines I jeopardize my ability to participate in summer workouts.

Student Signature

Date