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Sonoma Valley High School athletics “Return to Play Safety” plan will adhere to California Department of Public Health (CDPH) guidelines. In addition to the current best practices regarding Covid-19 as articulated by local, state and federal health officials.

Sonoma Valley High School and its teams will follow the following “return to play” safety plan. It is consistent with requirements imposed by the National Collegiate Athletic Association (NCAA).

Sonoma Valley High School student-athletes and coaches can opt-out of athletics participation due COVID-19 without retaliation.

In conjunction with local public health officials and contact tracers, Sonoma Valley High School Athletic Director will notify other schools (or teams, as applicable) should an athlete from one team test positive within 48 hours after competition with another team.

Sonoma Valley High School has evaluated the availability of, and accessibility to, local contact tracing resources. Sonoma Valley High School has elected to use the Sonoma Valley Unified School District Nurse and site health assistants for contact tracing resources.

**Site Plan**

Sonoma Valley High School has a facility-specific COVID-19 prevention site plan and has performed a comprehensive risk assessment of all athletic areas and has designated the Athletic Director to implement the plan.

A COVID-19 prevention facility site plan for every on-campus facility and off-campus facility is noted later in this document.

Sonoma Valley High School has designated the Athletic Director to be responsible for responding to COVID-19 concerns for athletics overall, and for each team or sport, as applicable.

Sonoma Valley High School trains and communicates with workers (student-athletes, coaches, and Director of Maintenance & Operations) on this plan.
Sonoma Valley High School (Director of Maintenance & Operations and Athletic Director) must regularly evaluate the facility for compliance with the plan and document and correct deficiencies identified.

COVID-19 Testing

Based on Sonoma County’s adjusted case rate, Sonoma Valley High School will conduct regular periodic COVID-19 testing of athletes and coaches as prescribed by CDPH.

Implement and strictly adhere to the following additional general guidance:

- Informed Consent
- Testing – antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly. If competing, testing performed with test results made available within 24 hours of play)

Note: The testing requirement above shall only apply in the following situations:

- For football, rugby and water polo, these are high contact sports that are likely to be played unmasked at times, with close, face to face contact exceeding 15 minutes.
- For high-risk contact sports (basketball, field hockey, ice hockey, lacrosse, rowing, rugby, soccer, squash, volleyball, and wrestling), competition between teams is permitted only if the team can provide COVID-19 testing and results of all athletes and support staff within 48 hours of each competition.
- When adjusted case rates for the county are between 7-14 per 100,000.
- Testing not required if Sonoma County’s adjusted case rate is below 7 per 100,000.
- *If more than 50% of a team's participants are less than the age of 13 (and are not required to test per the above), then the entire team is exempted from the testing requirement. Coaches, however, will still be required to meet the testing requirement.
Other Individual Control and Screening

Sonoma Valley High School conducts daily temperature checks and COVID-19 symptoms and health screenings for all coaches and athletes prior to practice/games as well as entering the facility or event. These results are documented on the COVID-19 monitoring form. In addition, the temperature/symptom screener avoids close contact with workers or athletes to the extent possible.

If requiring self-screening at home, which is an appropriate alternative to providing it at the establishment, the school (or team, as appropriate) must ensure that screening was performed prior to the worker or athlete leaving home and follows CDC guidelines.

Isolation and Quarantine

To participate in moderate- and high-contact sports practice or competition, Sonoma Valley High School student-athletes and coaches must commit to adherence with Sonoma Valley Unified School District (SVUSD) isolation and quarantine procedures.

All symptomatic athletes and staff must remain in isolation until test results are available, and repeat testing should be considered if initial testing is negative and symptoms continue and are consistent with COVID-19 symptoms.

All athletes and staff who test positive or are clinically diagnosed with COVID-19 disease must isolate:

- For 10 days after symptoms first appeared (or 10 days after specimen collection for their first positive test), AND
- At least 24 hours have passed with no fever (without use of fever-reducing medications), AND
- Other symptoms have improved.
- Individuals who test positive for SARS-CoV-2 but never develop symptoms, may return to work or school 10 days after the date of specimen collection for their first positive test for SARS-CoV-2.

Individuals identified as close contacts (within 6 feet for at least 15 minutes) must follow state and local public health directives or orders for quarantine, regardless of the frequency of testing for those in the cohort or footprint. Close contacts must quarantine for 14 days after the last exposure.
Due to the nature of athletic participation, Sonoma Valley High School will take steps to assist with the contact tracing process including, but not limited to, film review of practice, if available, and extended assessment of contact associated with athletic participation so that all athlete contacts can be identified.

Facility Specific Site Plan

Sonoma Valley High School personnel will follow these COVID-19 health and safety protocols for on-campus (Pfeiffer gym, Multi-purpose Pavilion, Golton Hall, Wrestling room, and Weight room) facilities.

Sonoma Valley High School personnel will be notified of and follow the COVID-19 health and safety protocols for off-campus (Arnold Field, Adele Harrison and Altimira Middle Schools, Sonoma Aquatic Club, and Hanna Boys Center) facilities prior to use.

Pre-screening, Symptom Check, Face Coverings (The following are mandatory until written notification otherwise)

- Students and Coaches will be masked when the coach meets student-athletes near the entry area of the athletic facility, and the coach goes through a symptom check.
- Face coverings will be used while in public, and particularly when using mass transit unless not required by law.
- Considerations must be made for the detraining and acclimatization of athletes.
- In addition to assessing physical readiness, mental readiness will also be considered.
- Face coverings to be worn when not participating in the activity (e.g., on the sidelines).
- Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the CDPH Guidance for the Use of Face Coverings.
- If a student-athlete feels sick, is running a fever, or experiencing diarrhea and/or vomited - they will be sent home immediately and will require a doctor’s note to return.
- Any person with positive symptoms reported will not be allowed to participate, will self-isolate, and contact their primary care provider or other health-care professional. Written medical clearance will be required to return to activity.
- Implement temperature checks daily and at all group gatherings.
- Symptom check results will be documented and stored. Please approve all paperwork templates with the Athletic Director.
Sanitizing & Hygiene

- Facilities will be cleaned immediately following activity.
- Prior to an individual or group entering a facility, hard surfaces and equipment within that facility will be wiped down and sanitized.
- Use hand sanitizers before and after activities.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer before touching any surfaces or participating in workouts.
- Don’t shake hands or make contact with others.
- Don’t touch your face.
- If you sneeze or cough do so into your elbow with your arm bent accordingly.
- Maintain proper physical distancing behavior at all times.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared.

Limitations on Gatherings (Local county guidelines must be followed)

- No gathering of more than allowed by the prescribed local county guidelines (inside or outside).
- No locker room or shower access.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Physical contact such as high-fives, fist/chest bumps, and hugs should not be allowed.

Entry & Exit Strategies

- Students and Coaches should be masked when the coach meets student-athletes near the entry area of the athletic facility, public area, or private club, and the coach goes through a symptom check.
- When the session is over students should not gather in any manner, they should leave the campus/facility immediately – The coach/es should walk with students to make sure students are following this direction.
- Next groups should always be scheduled to begin 15 minutes after the scheduled end of the previous group so as there are no accidental interactions or gathering behavior. Also, allows for sanitizing of the equipment and facility.
Indoor Practice Schedule

Sonoma Valley High School Indoor Sports include boys and girls basketball, volleyball, wrestling, and sideline cheer.

Conditioning/Practice sessions (March 22 - April 14, 2021)

- Girls Basketball 3:15-4:45 Pfeiffer
- Varsity Volleyball 5:00-6:45pm Pfeiffer
- JV Volleyball 5:30-7:00pm Adele
- F Volleyball 3:30-5:00pm Pavilion
- JV & V Boys Basketball 7:00-9:00pm Pfeiffer
- F boys basketball 7:15-8:45pm Adele
- JV & V wrestling 3:30-5:45pm Wrestling room & Golton Hall
- Sideline Cheer 6:00-8:00pm Golton Hall

Practices once games/matches start (April 15-June 11, 2021)

Mondays

- Girls V Basketball 3:15-4:45 Pfeiffer
- JV girls Basketball 5:30-7:00pm Pavilion
- V Volleyball 5:00-6:45pm Pfeiffer
- JV Volleyball 5:30-7:00pm Adele
- F Volleyball 3:30-5:30pm Pavilion
- JV & V Boys Basketball 7:00-9:00pm Pfeiffer
- F Boys basketball 7:15-9:00pm Pavilion or Adele
- JV & V wrestling 3:30-5:45pm Wrestling room & Golton Hall
- Sideline Cheer 6:00-8:00pm Golton Hall

Tuesdays & Thursdays (no Pfeiffer Gym availability)

- JV girls basketball 3:15-4:45pm Adele
- V girls basketball 5:00-7:00pm Adele
- JV & V wrestling 3:30-5:45pm Wrestling room & Golton Hall
- Sideline Cheer 6:00-8:00pm Golton Hall
Wednesdays & Fridays (no Pfeiffer Gym Availability)

- F Volleyball 3:30-5:00 Pavilion
- JV Volleyball 5:30-7:00pm Adele
- V Volleyball 7:15-9:00pm Adele
- F boys basketball 5:15-6:45pm Pavilion
- JV boys basketball 7:00-9:00pm Pavilion
- V boys basketball 2:30-4:30 Pfeiffer
- JV & V wrestling 3:30-8:00pm Wrestling room & Golton Hall
- Sideline Cheer 6:00-8:00pm Golton Hall

Wednesdays & Fridays (Pfeiffer available)

- F Volleyball 3:30-5:30 Pavilion
- JV Volleyball 5:15-7:15pm Adele
- V Volleyball 5:15-7:15pm Pfeiffer
- F boys basketball 6:00-8:00pm Pavilion
- V boys basketball 3:00-5:00pm Pfeiffer
- JV boys basketball 7:30-9:00pm Pfeiffer
- JV & V wrestling 3:30-8:00pm Wrestling room & Golton Hall
- Sideline Cheer 6:00-8:00pm Golton Hall

Saturdays

- V boys basketball 9:00-11:00am Pfeiffer
- V girls basketball 11:30-1:00pm Pfeiffer
- V volleyball 1:30-3:30pm Pfeiffer