

**SALESIAN COLLEGE PREPARATORY COVID-19  
RULES AND REGULATIONS FOR ATHLETICS  
(Last updated August 9, 2021)**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person aerosol contact. As of August 9, 2021, over 600,000 people in the United States have died from COVID-19. As a result, federal, state, and local governments and federal and state health agencies recommend various mitigation factors. We are generally aware of the Centers for Disease Control (CDC) guidelines but we must follow the California Department of Public Health (CDPH) Guidelines and rules as well as those from the Contra Costa County Health Department (CCCHD).

Salesian College Preparatory ("Salesian") has put in place preventative measures to reduce the spread of COVID-19; however, Salesian cannot guarantee that a student or their family, friends, or to anyone with whom such persons may have contacted will not become infected with COVID-19. Further, attending any activities associated with Salesian such as, but not limited to, attendance at school, attendance for athletics, participating in any club or other co-curricular activity, any school-related function of any sort on or off its campus ("School Function") could increase the risk to a student or their family or friends of contracting COVID-19.

Notwithstanding, anything in these rules and regulations as they are amended from time to time at the sole discretion of the administration of Salesian and as may be supplemented by any corresponding appendices (collectively, the "Rules"), each of our students, parents, teachers, faculty, staff, coaches, and volunteers must comply with the most stringent of the following: Our Rules, any national proclamation, any State of California proclamation, any Contra Costa County proclamation, or as it impacts any individual student, parent, teacher, faculty or staff the local proclamation in the county in which any such person resides.

It is expected that these Rules will be changed from time to time with little or no notice. Please periodically check our website for updates on [COVID-19 Plan](#) at:

<https://www.salesian.com/about/communications/covid-plan>

The Rules shall incorporate, among the other promulgations referred to above, the July 12, 2021 promulgation by the CDPH entitled COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year which can be found at:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

**Masks:**

**Students, Teachers, Staff, Administrators, Coaches, and Volunteers are required to properly wear face masks at all times while indoors on the school grounds** except for staff or administrators in their own office with no visitors.

Students must at all times when indoors on campus properly wear masks except momentarily when the student may be actively eating or actively drinking. After eating or drinking and in between such activities, the student must wear the mask indoors. All face masks must conform to any Salesian rule for dress code that is developed from time to time.

Adults, including faculty, staff, administration, parents, and visitors when sharing indoor spaces with students must also wear masks. Persons exempted from wearing a face covering due to a medical condition, must wear

a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.

**When required under the Rules to wear a mask, everyone must wear the mask appropriately.** The masks can be cloth or surgical masks but must not have a vent. Since surgical masks often break, anyone relying on a surgical mask must have a backup mask in their possession. Each student and parent or guardian must watch the “Wearing a Mask Like A Pro” video (English or Spanish links follow) showing the appropriate way to put on a mask, wear a mask, and take off a mask. **The nose and mouth areas must be covered fully.**

**“Wearing a Mask Like a Pro” videos:**

<https://youtu.be/ue-IPM19v0Y> (English)

[https://youtu.be/Bnflp\\_3qXyM](https://youtu.be/Bnflp_3qXyM) (Spanish)

### **Sharing of Materials:**

Students should not share any materials including, without limitation food, books, materials, pens/pencils, iPads, laptops, telephones, etc., at any time while on our campus including, without limitation, during class.

### **Sanitizer/Hand Washing/Signage:**

- Hand sanitizer will be available in each classroom for student use. Students are encouraged to maintain and keep with them their own personal supply of hand sanitizer as well.
- Students must thoroughly and appropriately wash their hands during each break for 20-seconds as signage indicates in our bathrooms. for 20-seconds as signage indicates in our bathrooms..
- Students shall comply with all posted signs and all of these Rules as amended from time to time.

### **Covid Testing Requirement For Athletics:**

All students, coaches or volunteers that wish to participate in athletics must take a Covid 19 test (and receive a negative result) once per week (subject to change based upon guidance from CDPH, CIF, and CCHS) **unless** they have provided proof of vaccination. This includes those participating in open fields or gyms or conditioning outside the season of their sport. Testing will be available on campus as announced from time to time immediately after the conclusion of the school day. Please see the COVID-19 Rules pertaining to van transportation which requires all those riding in school vans to wear masks and (except for those who have provided proof of vaccination) be tested **twice** per week and receive a negative covid test each time. Those van rules apply to athletes, students, coaches or volunteers who ride in, or drive, a school van.

### **Daily Checks:**

Parents must check their student every day, and all Salesian employees and off-campus coaches must also complete a self-check. If any of the following symptoms (“Symptoms”) are present, the student or employee, as the case may be, must remain at home and not attend school until the Symptoms have not been evident for at least three (3) days:

- Fever above 100 degrees Fahrenheit or chills or chills (Touchless Thermometers available in the front office)
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Dry cough
- Congestion, sneezing, or runny nose not related to a previous condition
- Sore throat

- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea

Teachers and coaches will observe students for health risks, but **the primary responsibility is for parents to screen their own students prior to allowing them out of the home.**

- Coaches should send any student exhibiting any symptoms of illness (cough, shortness of breath, fever, etc.) immediately to the front office.
- Coaches will be encouraged to use as many digital assignments as possible to minimize disease transmission possibilities through hard copies of student work. Teachers should also provide feedback for students via a digital platform rather than handwritten.
- Coaches shall make every reasonable effort to open windows to maximize airflow into the classroom/teaching area and turn on the hospital grade purifiers in every room where students may congregate.
- Coaches shall encourage students to thoroughly wash their hands during each scheduled break.

### **Quarantine After Close Contact With a Person With a Positive Covid-19 Test**

A student, employee, coach, or volunteer must self-quarantine for ten (10) days after coming in [Close Contact](#) (as defined by the CDC and as set forth below) or show proof of a negative COVID test taken no sooner than five (5) days after the Close Contact, except as set forth below for those students or employees who have submitted to our front office proof of full vaccination and show no Covid Symptoms.

You have been in Close Contact if you have been within 6-feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period\* starting from two (2) days before the infected person's illness onset (or, if the infected person was asymptomatic, starting from two (2) days prior to such person taking their COVID test).

The above rule for Close Contact does not apply to any student, employee, coach, or volunteer who has submitted to our front office proof of full vaccination unless they have symptoms as discussed above.

*\* For calculation of the cumulative 15 minutes, individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes) are taken into account.*