

Rules and Regulations for Athletics and Co-Curricular Activities

(As of March 22, 2021)

Definitions

- **Remote Student**

If a student has chosen to attend school at home, that student will be regarded as being a **Remote Student**.

- **HyFlex Student**

If a student has chosen to attend school in person and attends school in person on the day they are scheduled to attend, that student will be regarded as being a **HyFlex Student**.

- **Travel Student**

If a HyFlex Student cannot attend school on a day that such student was scheduled to attend in person because of the Travel and Play Rule (below) to be in "Travel" status for an indoor activity (e.g., a volleyball tournament), such student shall be regarded as being a **Travel Student**. If the activity was outdoors (e.g., a baseball tournament), the HyFlex student will be deemed to be a Travel Student, unless they submit to the **Indoor Sports' Testing Requirements** for five days immediately following the completion of their out-of-State outdoor athletic event or gathering.

- **Absent Student**

If a HyFlex Student fails to attend at least half of their classes in person on a day that they are scheduled to attend, that HyFlex student will be deemed to be a Remote Student for that day, but only if they attend more than half of their classes remotely. Otherwise, the HyFlex Student will be deemed an **Absent Student**. If a Remote Student or a Travel Student fails to be present remotely for half of their classes on any particular day, that student shall be deemed to be an **Absent Student**.

Outdoor Conditioning, Club, or Practice

Any student who attends class either as a Remote Student, HyFlex student, or a Travel Student, may participate in any outdoor club or athletic conditioning on campus provided they meet all of the other rules under Salesian's Covid Rules and Regulations (including without limitation any travel restrictions, proper mask-wearing, social distancing, etc.). No Absent student may attend such outdoor clubs, co-curricular events, or athletic conditioning, nor any indoor activities.

HyFlex Students who attended school in person that day or who are Travel Students, may use the facilities for changing, using the restroom, etc., within the guidelines set for such facilities.

Any Absent Student may not use the indoor or outdoor facilities except for non-school days, when they may use the outdoor facilities.

Indoor Conditioning, Club, Co-Curricular Event, or Practice

Since Contra Costa County reached the Red Tier, indoor conditioning, skill development, and at some levels, practices for some sports will be allowed with various restrictions in terms of activities and number of participants and coaches. If a student is a HyFlex Student and has attended in person on their scheduled days, or a Travel Student who is not deemed to be an Absent Student, they may participate in the indoor conditioning or an indoor co-curricular event

subject to the restrictions on the number of participants allowed and provided that they have met the testing requirements. **Remote or Absent Students may not participate in indoor conditioning, indoor co-curricular events, or practice activities. Note that indoor conditioning includes the use of weight rooms, gym, Boys' and Girls' Club gym, etc.**

All indoor sports, etc., participants must properly wear a mask at all times except when actively participating in a game or scrimmage with another school. The later proviso is to be compliant with the CIF rules and California Department of Public Health (CDPH) guidelines that were part of a legal settlement. All indoor sports participants must also comply with the **Indoor Sports Testing Requirements**.

Any student who travels outside California to engage in any athletic event, even those students who play only outdoor sports, must also comply with the Indoor Sports' Testing Requirements, or abide by the quarantine rules (or the five days after event negative testing rules), in the Salesian Covid Rules and Regulations. Students may, if the out of state activity was all outdoors, still attend school provided that they comply with the **Indoor Sports Testing Requirements**.

Use of Facilities

Remote Students and Absent Students may not use the indoor facilities, until they have become a HyFlex Student attending in-person school on their scheduled date or a Travel Student. Only HyFlex or Travel Students who attend school in-person on their scheduled days or a Travel status student who is not an Absent Student may use the indoor facilities.

Facility Limitations

Each indoor facility (i.e., gym, weight room, etc.) must have all fans on at all times to move air outside. All air purifiers must also be operating at least on the medium level at all times when athletes are inside the facility.

The capacity limits are as follows:

Facility	Purple Tier	Red Tier	Orange Tier	Yellow Tier
Gym	None	25	45	65
Boys Club Gym	None	25	40	50
Weight Room	None	7	10	14

The capacity limits include athletes, coaches, videographers, statisticians, etc., and would be for opposing team's athletes, etc., as well. At present, the expectation is that no fans would be allowed for indoor activities while Contra Costa County is in Red. Limited access may be allowed within the facility number limits if the county attains the Orange or Yellow status. No visitors will be allowed during practices until the Yellow Tier is attained.

Travel and Play Rule

As of March 5, 2021, the CDPH allowed indoor sports including basketball and volleyball to proceed under certain terms and conditions. Until that date, the CDPH and various State and County Rules prohibited such sports from being allowed indoors. Since those activities are no

longer prohibited, the rule that required students who left the state and participated in such activities to quarantine and not participate in those activities indoors on our campus has been changed. (See Salesian Covid Rules and Regulations.)

Travel Students must refrain from attending class for ten (10) calendar days after the last day of participating in an indoor sporting event or other large group gathering out of state. They will be allowed to continue with indoor sports, clubs, or co-curriculars on our campus provided that they meet the Indoor Sports Testing Requirements.

Indoor Sports Testing Requirements vs. Quarantine

All indoor sports' participants must be tested for COVID-19 (and show a negative test result) every Monday, Wednesday and Friday on campus with our testing agency. If a student travels outside of California and participates in an indoor athletic event or group gathering (**Indoor Out of State Event**), they are not permitted to attend school in-person for ten (10) days from the last day of participation in such event, or until they receive a negative COVID-19 test at least five days after such event. Such students shall be deemed to be Travel Students and allowed to continue participating in indoor activities if: (1) They have opted in for HyFlex; (2) are not deemed to be Absent Students on the particular day of a game, practice etc.; (3) test three days per week (with a negative test result) every week in which there is a practice, scrimmage, indoor conditioning or game; and (4) when they are able to attend school which will be after receiving a negative test at least five days after the event described above they become HyFlex Students.

Masks

Masks must be properly worn during conditioning and practices by all coaches and participants. During games, masks are optional for the participants who are actively participating and mandatory for those not on the court.