

Ojai Unified Phased Return to Athletics Plan. Updated 6/22/20

	Phase 1	Phase 2	Phase 3	Phase 4
Approved Activity	Individual Skill development and workouts	Modified team practices may begin	Local contests begin following district guidelines	Non-local contests begin following district guidelines
Health Precautions	Daily Pre-Activity screening (Temperature check and checklist of symptoms)			
	Coaches must send players home who display symptoms on the checklist.			
	If a player has a temperature of 99.5 on a temporal temperature check, recheck with oral thermometer. If oral temp is 100.4 or higher, student should stay home for 14 days, unless Covid-19 test is negative			
	As a precaution, coaches should send the pod and pod coach home if a student attends with a temp of 100.4			
Practice Space	Must be outdoors. Maintain Physical Distancing, 6-10 feet apart No Contact with others	Maintain Physical Distancing, 6- 10 feet apart, outdoors; 12 feet indoors	All athletes are back. Maintain Physical Distancing according to district guidelines.	All Athletes are back following district guidelines.
Structure	Pods of 12 plus 1 coach. Seek permission for 4 or more pods. 100 feet between each pod. No mixing of pods. Masks must be worn. *	Pods of 12 plus 1 coach. Seek permission for 4 or more pods. 100 feet between each pod. No mixing of pod. Masks must be worn. *	Pods size with coaches within district guidelines. Follow mask protocol by district guidelines.	Pods size with coaches within district guidelines. Follow mask protocol by district guidelines.
Coaches	No mixing of pods. No rotation of coaches	No mixing of pods. No rotation of coaches	Coaches may start to rotate to other pods.	Coaches may start to rotate to other pods.
Contact	No Contact with Other Teams	No Contact with Other Teams	Contact with other local teams following district guidelines.	Contact with other non -local teams following district guidelines.
Equipment	No equipment	All equipment such as bats, batting helmets, catching gear, pads, football helmet, balls, etc. need to be cleaned after use. No sharing of equipment between pods.	All athletic equipment, including balls, will be cleaned before and after practice and intermittently during practices	All athletic equipment, including balls, will be cleaned before and after practice and intermittently during practices
Weight Room	No weights	Facilities will be wiped down and sanitized before and after practice.	Weight equipment will be wiped down thoroughly before and after an individual's use of equipment	Weight equipment will be wiped down thoroughly before and after an individual's use of equipment

* Exceptions are swimming and distance running, but must be able to maintain physical distancing.