

Rosemont High Return to Athletics Information
PLEASE READ IN ENTIRETY

SCUSD's Press Release, 11/20/20:

Return Together Update: Sac City Unified to Begin Athletic Conditioning
Full Return to Play Plan Coming Soon

Athletics are important to the physical, mental, and social wellbeing of our students. We are excited to announce that beginning on December 1, 2020, the district will begin to welcome back high school student athletes to participate in conditioning that is consistent with state and county health requirements. The district will begin athletic conditioning as part of Phase One of the California Interscholastic Federation guidelines. In Phase One, only outdoor physical conditioning and practice activities will be permitted.

To protect the health and safety of students and staff, participants must adhere to the Return to Health requirements, which include:

- Athletes must wear face coverings consistent with state and local guidelines
- Physical distancing must be practiced
- Observing hand hygiene, including washing and sanitizing
- Screening for symptoms, both at home and upon arrival to conditioning practice

Additionally, the following additional requirements will be observed:

- Athletes and coaches will participate in cohorts, or groups of no more than 27 (consistent with state and county guidance)
- Equipment will be designated and used within each cohort
- All equipment will be disinfected after use by each cohort
- There should be no shared athletic supplies, such as towels, clothing, shoes, or water bottles, between students
- Spectators will not be permitted
- Come dressed for practice, as locker rooms will not be used

As public health conditions may change, our district may be required to cease conditioning activities. Families should be prepared for these possible changes.

As required as part of the Return to Health Plan, the district will provide participants with PPE supplies, such as touchless thermometers, face coverings, gloves, sanitizer, and disinfectants. The facilities will be properly disinfected on a daily basis, and areas marked with signage and other guides to help participants adhere to health and safety protocols.

Over the next few days, look for a full Return to Play plan which outlines comprehensive requirements for players and coaches participating in athletic conditioning. Also look out for additional information from coaches and principals at your school sites.

At this time, each Sac City Unified comprehensive high school will begin a phased-in approach to bringing athletes back to athletic conditioning. **Participants should contact their athletic director or site administrator for information regarding specific sport return dates.**

Sac City Unified is committed to protecting the health and safety of students and staff who choose to participate in athletic activities.

For information on our Return Together plans, visit returntogether.scusd.edu.

Rosemont's Site Level Protocols (all district protocols will be followed, these are more site specific):

Arrival on Campus

All athletes need to enter Rosemont through the student parking lot (east entrance off of Kiefer Blvd) to parking lot between the Theater and the Football Field and after conditioning, exit using the same route.

There will be no spectators allowed during these outside conditioning sessions. After each conditioning session athletes should be picked up at the front of the school, unless driving themselves.

All athletes will have their temperature taken upon arrival.

All athletes need to wear a mask and social distance when on campus.

All athletes will be placed into cohorts of no more than 25 athletes and 2 coaches. Cohorts will remain the same for the duration of the conditioning sessions.

Athletes are asked to bring their own full water bottle as water fountains will not be available.

Athletes will remain outdoors for all activities during conditioning until the county and district determine it is safe for indoor activities. There will be a restroom for student use, but we recommend students use the restroom at home before arrival.

Freshman who are interested in participating in sports conditioning are encouraged to join. No tryouts will be held to establish official teams until it is determined we can run normal sports seasons. Freshman do however, need to complete the Athletic Clearance process outlined below to participate.

In order for an athlete to participate in outside conditioning they must be cleared by our Athletic Director (Mr. Maddox) on the www.athleticclearance.com (see link below).

[Athletic Clearance – Complete Online for New and/or Returning athletes.](#)

Online Instructions

1. Go to the [Athletic Clearance website](#)
2. Click **CA** and then **Register** (For help watch YouTube video on website)
3. Login to the site
4. Select “Start Clearance Here!” **Returning athletes need to login in their accounts.**
5. Choose the school year in which the student plans to participate. This is the 2020-2021 school year.
6. For “school,” select “**Rosemont (CIF-SJS)**”
7. Select the sport.
8. Complete all required fields for Student Information, Education History, Medical History and Signature Forms.

Medical Clearance – Sports Physical Form RSK-F100C

1. *This is the only form not filled out online.* Download and **Print** the SCUSD Medical Clearance/Sports Physical Form RSK-F100C from the [the SCUSD website](#). Or click [here](#):
2. Take the form to the physical appointment and have it filled out, stamped and signed by the licensed physician.
3. Scan or take a photo of the completed physical form and upload to your athletic clearance account.

Final Clearance

1. The athletic clearance website will indicate if you are ‘cleared’ (status will change to ‘cleared’).
2. You will receive an email indicating the status of your clearance.

Questions:

Please contact Rosemont Athletic Director Scott Maddox at Scott-Maddox@scusd.edu