

Colton School District

School Sponsored Athletic Program

2020-2021 School Year



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Seasons

Season 1: Offseason Development

Season 2: Winter Sports (Dec-Feb)

Season 3: Fall Sports (Mar-Apr)

Season 4: Spring Sports (May-June)

Off-Season Development Schedule

Session 1 October 26 - November 12

Session 2 November 16 - December 8

Session 3 December 9 - December 25

The Colton School District will create a safe and healthy environment for student athletes to participate in activities while continuing to build relationships and healthy habits.

During the scheduled offseason development season, each season will have a set time where school-sponsored athletic programs will get the opportunity to practice and build skills.

Athlete Participation Requirements

- Have a current physical on file with the school,
<http://www.osaa.org/docs/forms/PhysicalExamination-English2017.pdf>
- Complete the student waiver and student athlete agreement, see attached
- Daily monitoring of all signs and symptoms before participation in conditioning, training, and practices. If the above requirements are not completed before the season starts, the athlete will not be able to participate in conditioning activities.

Safety Expectations

STUDENT ATHLETES ARE NOT ALLOWED ACCESS TO FACILITIES WITHOUT AN APPROVED COACH/ADMIN PRESENT. ANYONE INDOORS MUST WEAR A MASK **AT ALL TIMES**. PLASTIC SHIELDS ARE NOT ALLOWED PER OSAA. MASKS ARE ALSO MANDATORY **FOR ALL** OUTDOOR ACTIVITIES, INCLUDING COMPETITIONS, WHERE SIX (6) FEET OF DISTANCE CANNOT BE MAINTAINED. FAILURE TO COMPLY MAY END THE ABILITY TO OPEN COLTON SCHOOL DISTRICT FACILITIES.

It is encouraged that all athletes arrive at the facilities wearing a face covering and maintain 6-feet of distance from peers and coaches throughout. We ask that all athletes arrive in separate vehicles unless the athletes are immediate family. Only CHS and CMS athletes and coaches may use Colton School District fields and facilities. Spectators will not be allowed on the fields; this includes parents and siblings unless the parent is a member of our coaching staff. Access to fields should be limited to essential spaces and not utilize dugouts, press boxes, etc.

Access to the locker room and weight room is closed. We will work on the next step plans for possible use later. Locker rooms are closed through Phase 2. Weight room access will be determined based on monitoring and compliance with outdoor facility use protocols.

Coaches will meet students at the designated entry point for their activity to do health screening and temperature checks of athletes (see attached). After the athletes' health screening is complete, students will use hand-sanitizer before entering the athletic area.

Athletes and coaches will be required to use hand-sanitizer before returning to activities after utilizing the restrooms. Restroom use of "One in; One Out" protocol will be in place. After all athletes have left the facility, coaches will clean all spaces and equipment following District training protocols. Athletes will be asked to leave the facility, and campus immediately. Parents will be notified before the first workout that if they are picking up their child, they need to be in their car in the parking lot before practice is over.

There is to be no gathering, socializing, or hanging out at the facilities after practice is complete (Parents, Athletes, etc.). It is recommended that students go home directly after practice and shower.

Equipment Sanitization

All athletic equipment, including balls, should be cleaned frequently during workouts/practices. Drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned frequently and disinfected prior to use by another pod.

Surfaces on equipment that is set up, such as pads, nets, etc. should be wiped down with disinfectant immediately after being set up.

Group Size

Groups are limited so that students can maintain at least 6 feet of distance between each other at all times. Currently up to 250 individuals for outdoor spaces and 100 Individuals for all indoor activities.

The numbers will be monitored as workouts continue. These individuals will be limited to CHS and CMS coaches and athletes with appropriate paperwork.

Masks

Coaches must wear face coverings at all times. Athletes who are working out in the gym must wear masks at all times. Outside, students are required to wear masks when not actively participating in a drill and should wear them before and after practices. At no time will athletes be discouraged from wearing face coverings.

Personal Equipment/Drinking Water

No sharing of towels, clothing, or shoes between students. Students should wear appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.

Drinking water will not be available during practices. Students should bring their own water bottles with a sufficient amount of water to use while they are at practice. Hydration breaks will be provided during workouts.

All OSAA policies/guidelines will be followed (heat index, air quality, and return to activity).

Colton School District protocols will be consistent with the guidelines set forth by the State of Oregon, OSAA, ODE, OHA, and other governing bodies.

Site Check In and Out Log

All personnel entering this building must check in with a coach and/or Site Social Distancing Coordinator. All personnel will answer the questions listed in the Daily Log. Daily temperature checks will also be logged.

Coaches will complete the CSD staff tracking form that will be monitored by the athletics' secretary and administrator.

[Parent and Student Daily Self-check click here](#)

1. Have you had close contact with, or do you live with anyone currently ill and diagnosed with COVID-19?
2. Are you currently sick?
3. Do you have a fever?

If “yes” to any of the above questions, please return home

If you have answered “no” to these questions, please sign in and proceed into the building.

Self-check if returning to workouts after being ill

1. Are you well enough to workout?
2. Have you been without fever and cough (without medications) for 24 hours?
3. Have you been without diarrhea or vomiting for 48 hours?

If “NO” to any of these questions, please return home.

Social Distancing

Please follow these rules:

1. Log in and out upon entering and exiting the site
2. Go directly to the designated location and limit exposure to the approved location
3. Do not go into other rooms or areas without approval
4. Clean contact areas such as desks, chairs, doorknob, or other areas visited before leaving the room.

Overview of Responsibilities for a Social Distancing Coordinator

- Be on-site when other staff is present
- Identify an on-site location for students or staff to be self-isolated if symptoms present during workouts. The self-isolated area should be well ventilated with access to a chair, phone, and exit
- Establish and help enforce required social distancing guidelines (6 feet, 35 square feet per person) for their particular site
- Communicate to the Administrator any concerns and request any site assistance needs
- Manage number of participants so that social distancing rules can stay in place at all times
- Ensure no spectators are allowed
- Make sure Daily Log is kept and is ready to submit weekly
- Clearly label single entrance and single exit
- Keep a supply of gloves, hand sanitizer, and other cleaning supplies
- Monitor a Return to Workouts after feeling ill: 24-48 Hour Rule and Protocols

Sanitization Needs List (Per School Athletic Facility)

- Masks
- Hand Sanitizer
- Outdoor Restrooms Only
- Cleaning Supplies (as identified by District protocols)
- Signs, Forms, Binders, Pens for Sign-in sheets
- Entry/Exit Points

Access/Voluntary Expectations

All students and families will receive communication about opportunities for participation in all sports and clubs. This will be on a voluntary basis and no students will be held accountable for attendance and nonparticipation will not be used to determine playing time, spots, positions, etc.

Format and Practice Requirements

During their season each Colton School District athletic program will be allowed a maximum of four days of practice per week during the days Monday, Tuesday, Wednesday, or Thursday in their respective season. Practices will be a maximum of 2.5 hours daily and will take place between 4:00 pm and 7:30 pm. Varsity and JV will practice separately, with the gym and equipment sanitized between practices. Teams may not be in the gym at the same time.

Coaches will submit a PLAN to the Athletic Director and Executive Director of Operations that must be approved the previous week before being allowed to practice.




Coach & Staff Training

Each coach and volunteer will need to complete the required OSAA training and the Colton School District Safe Schools training, which will last through season 1 as well as 2-4. Also, each coach will need to complete the NFHS COVID course before coaching.

Contact Information

School District Athletics Program: Shawn Murray, Athletic Director ad@colton.k12.or.us
Athletics Secretary: Jena Benologa benologaj@colton.k12.or.us

OSAA Activity Guidance

ON-SITE	HYBRID	COMPREHENSIVE DISTANCE LEARNING
 <p>Students Safely Learn In School</p> <p>All students have access to in-person instruction in accordance with public health requirements.</p>	 <p>Students Safely Learn In School and Away from School</p> <p>Student groups have access to in-person instruction using staggered schedules and/or prioritizing certain grades, courses, and/or programs, in accordance with public health requirements. On-Site instruction is supplemented by Comprehensive Distance Learning.</p>	 <p>Students Safely Learn Away from School</p> <p>All students are engaged in learning through Comprehensive Distance Learning. Instruction occurs remotely with very limited exceptions for in-person supports.</p>

ON-SITE or HYBRID LEARNING	INDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Training and Conditioning Only
Full Participation Allowed	Cheer (Non-Contact)	Training and Conditioning Only
Training and Conditioning Only	Basketball	Training and Conditioning Only
Training and Conditioning Only	Wrestling	Training and Conditioning Only
Full Participation Allowed	Swimming*	Training and Conditioning Only

(Training and Conditioning Only cannot include full contact of any kind.)

ON-SITE or HYBRID LEARNING	OUTDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Full Participation Allowed
Full Participation Allowed	Soccer	Full Participation Allowed
Training and Conditioning Only	Football	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cheer (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cross Country / Track & Field	Full Participation Allowed
Full Participation Allowed	Swimming*	Full Participation Allowed
Full Participation Allowed	Tennis	Full Participation Allowed
Full Participation Allowed	Golf	Full Participation Allowed
Full Participation Allowed	Softball/Baseball	Full Participation Allowed

*Must follow [Phase One and Phase Two Reopening Guidance for Licensed Swimming Pools, Licensed Spa Pools and Sports Courts.](#)



COLTON SCHOOL DISTRICT
WAIVER OF LIABILITY AND HOLD HARMLESS FOR COMMUNICABLE
DISEASES INCLUDING COVID-19

Student Name: _____

Grade: _____ Home Phone: _____

Address: _____

Parent(s)/Guardian(s) Names: _____

Parent/ Guardian phone: Work: _____ Home: _____ Other: _____

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 contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. **Colton School District cannot completely mitigate the transfer of communicable diseases like COVID-19, especially when involved in athletics. Participation in athletics includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.**

In consideration for providing my child the opportunity to participate in athletics and any related transportation to and from athletic events, both my child and I voluntarily agree to waive and discharge any and all claims against the District and release it from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of the District or its employees or agents, to the fullest extent allowed by law, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, and our successors.

I also agree to release, exonerate, discharge, and hold harmless the District, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from an infectious disease including COVID-19, which may result from or in connection with my child’s participation in athletics.

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the above-named student.

I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in athletics, the above-named student and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release the District from all liability for any loss regardless of cause, and claims arising from the student’s participation in athletics.

 Student Signature

 Date

 Parent/Legal Guardian Signature

 Date



Student Athlete Agreement

CSD Sport/Activity: _____

Student name (printed name): _____ Date: _____

By signing this form, student-athletes are certifying that they have read and understood all safety and health guidelines in place in response to COVID-19. By signing your initials by each item, you are indicating that you agree to the requirements outlined below.

1. ____ I will maintain a 6-foot social distance during all activities and athletics and will adhere to maximum gatherings per OHA guidance.
2. ____ I will wear a face covering at all times when indoors and during athletics and activities, except for when engaging in strenuous physical activity or if I have a medical exemption. I will wear a face-covering upon arrival and as I exit from any activity.
3. ____ I will take preventative measures such as hand washing and/or using hand sanitizer frequently.
4. ____ I will follow all safety measures outlined by my coach or group leader.
5. ____ I will bring my own water bottle(s), food, clothing, face covering, and equipment and will follow all OHA and OSAA guidelines for cleaning and sanitizing of equipment.
6. ____ I will abide by designated entrances, exits, and allowable restrooms when accessing district facilities to minimize exposure and assist with regular cleaning protocols.

I understand and agree to follow all guidelines in this document.

Signed: _____ **Date:** _____

This signed form must be turned into the coach or group leader prior to participation in practice/workout on school grounds.

Frequently Asked Questions:

Q1: What will be the cost to participate in season 1?

A: Season 1 will be **NO COST** to all student athletes!

Q2: Will transportation be provided to practices and competitions?

A: No. Transportation will not be provided by Colton School District during season 1

Q3: How do I get my child signed up and cleared to participate?

A: Just like normal sports, all athletes need to register for their specific sport. That includes having a current physical. Also parents and athletes need to have a signed student waiver along with a student athlete agreement.

Q4: Will coaches be choosing their varsity, JV, and freshmen teams during season 1?

A: No. Programs will not be choosing/assigning teams during season 1. The focus will be on training and skill development. In the event, we are back to in-person learning and competitions are scheduled, programs may group athletes by ability level for competitive balance. Season 1 will in no way dictate season 2,3, or 4 team placements.

Q5: What precautions will be followed to minimize Covid-19 exposure risks?

A: All [Oregon Department of Education, OSAA](#), and [Oregon Health Authority](#) guidelines will be followed during participation. This includes social distancing and wearing masks when necessary, including during athletic activity.

Q6: When will practices take place?

A: All training will take place Monday-Thursday between the hours of 4:00-7:30 pm. Individual programs will communicate schedules with athletes and families prior to their start for specific days and times.

Q7: Are there eligibility requirements during season 1?

A: Yes. Students will need to be academically eligible in order to participate in season 1.

Q8: Will interscholastic competitions with other schools be allowed?

A: At this time Colton High School and Colton Middle School will not be having competitions with other schools. However, this could change as the season progresses.

For More FAQs please visit: <http://www.osaa.org/coronavirus>