

Due to COVID-19, we all must take personal responsibility to protect ourselves, our loved ones, other athletes, and other spectators at this event. There is no way the School District of Lodi can stop the spread of COVID-19 on our own, but we must rely on each other to do our part to help minimize the risk of the spread of COVID-19. The School District of Lodi has put in place preventative measures to reduce the spread of COVID-19, however, the District cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending District sponsored athletic activities could increase your risk and your child(ren)'s risk of contracting COVID-19. By choosing to come to this event, you acknowledge and understand the risks that are associated with the spread of COVID-19.

The following guidelines will be used to help mitigate the risk of the spread of COVID-19 and to promote a healthy and safe competition environment for our student athletes, coaches, and spectators. Should these expectations not be followed, the School District of Lodi reserves the right to ask individuals to leave the competition or if necessary cancel the event.

### General Expectations

- Stay home if you are sick or have symptoms of COVID-19.
- Wash your hands frequently. If you don't have access to soap and water, use a hand sanitizer that contains at least 60% alcohol.
- Cover your coughs or sneeze.
- Wear a face covering: [Link to the Lodi School District mask information](#)
- Maintain 6 foot distancing (even with facial coverings on).
- Complete a prescreening prior to attending any event.

### Athletic Event Expectations

- Schedules will be adjusted so that we are competing in duals only. No multi-team events.
- Spectators at athletic events that are hosted in the School District of Lodi will be limited to two immediate family members (household) per athlete.
- Spectators should only be in attendance for their family member's competition. Once that competition is complete, those spectators should leave the event.
- Students are only allowed if they have a sibling competing and are part of the two spectator limit for the household.
- Spectators will stand/sit in designated areas.
- All athletes, coaches, officials, spectators or other attendees will need to answer the following prescreening questions the day of the event in order to be admitted into the competition:
  - In the past 24 hours I have had at least 1 of the following symptoms as new or above my normal baseline: shortness of breath, difficulty breathing, cough, loss of taste or smell? Yes/No
  - Within the past 24 hours I have had at least 2 of the following symptoms as new or above my baseline: fever, or chills, muscle aches, headache, sore throat, fatigue, nasal congestion or runny nose, nausea or vomiting, diarrhea (at least 2 time in 24 hours)? Yes/No

- Have you had close contact (A total of 15 mins added together within a 24 hour period of time and within 6 feet) in the past 14 days with someone who has tested positive for COVID-19? Yes/No
- Have you tested positive for COVID-19 with or without symptoms in the past 10-14 days? Yes/No

*This will be completed by filling out the Google Form. Lodi coaches will email the form to the families of Lodi athletes and the opposing school/coach will email the form to the families of their athletes.*

*Any individual that answers yes to a pre-screening question will not be permitted to compete or attend competitions at Lodi High School. Each school will be responsible for verifying athlete and spectator information before the event and keeping records of attendance with contact information in case there is a need to contact trace after the event.*

- Masks will be required for all coaches, officials, spectators, or other attendees for the duration of the event even if socially distanced. (cheering will cause more spread of virus)
- Masks (double layer) will be required for all athletes up until the start of their specific competition. Masks must be worn during competition if 6ft social distancing cannot be maintained.
- Coaches and athletes riding the Lodi team bus must wear a mask at all times. Capacity for team busses will be capped at 23. Athletes who plan to ride with a parent must notify their coach at least 24 hours prior to the event via email to the coach and the high school principal or assistant principal.
- Lodi team busses will not make additional stops for food, beverages, or meals.
- If a scheduled event (home or away) is deemed unsafe, the School District of Lodi reserves the right to cancel participation in the event.

### Mitigation Steps for Tennis

- Open and use two cans of tennis balls - Give each player a different numbered tennis ball.
- Do not touch another competitor's tennis ball.
- Masks should be worn while on the bus and when not actively competing.
- Areas will be marked off where spectators can sit/watch while 6' apart.
- Team space will be marked off on the west side of the courts. Teams should be socially distanced at all times.

### Mitigation Steps for Cross Country

- Boys and girls cross country teams will run separately.
- Masked spectators will only be allowed inside the fenced track area and must maintain 6' social distance.
- Spectators will not be allowed on the course.

- At the start of the race, runners must wear their masks until they reach the 150 meter painted line or beyond if they are not socially distanced. Should a runner fail to do this, they may be disqualified.
- Runners must put masks on before crossing the finish line and when social distancing cannot be maintained.
- Staggered starting is required.
  - 10 runners staggered: A limit of 10 total athletes may start at a time. Up to 10 athletes total from both schools can start at the same time. Each wave of 10 athletes should start no less than 2 minutes apart. OR
  - Team: Each team will start together. Each team should start no less than 3 minutes apart.
- Alternative finish line options must be used to ensure no gathering occurs at the finish line
- Monitors must be spaced out around the course to encourage athletes not to run in packs.
- Course will be modified to minimize congestion. The course must be at least 6' wide in all areas.
- Masks should be worn while on the bus and when not actively competing.
- There will be no awards ceremony. Athletes should leave the finish line upon completion of the race.
- There will be no access to school district buildings for locker rooms or restrooms. Two portable bathrooms will be set up near the track entrance and one behind the middle school.