The Beaverton School District is committed to the safety and well-being of all of our students, family, and staff.

As we continue to move forward in these unknown times we find it crucial that we begin to provide opportunities of normalcy for everyone in our community, all while focusing on the health and safety of everyone involved. It is our belief that athletics and activities are a vital part of what our district represents and with that we strive to safely provide ways to meet the needs of our students' mental and physical well-being. In order to safely do this, we need to take a systematic, phased approach.

All students, family members, and staff will be required to adhere to the guidelines and follow the rules set forth by the district within each phase. These guidelines and phases are fluid and will always follow and abide by both the government restrictions and guidelines as well as our own governing body the OSAA.

These phases are fluid as both the federal and state governments have stated that varied levels of mitigation restrictions may be imposed to slow the transmission of the virus.

The information within this document is not intended to overrule state guidelines and regulations that are in place or may come about in the weeks ahead. These policies and phases may change. If changes are made, students, families, and staff will be notified.

While these opportunities are being offered for individuals they are by no means mandatory. Students should only attend future clinics, camps, and practices when they and their families feel comfortable doing so.
The governing body of athletics and activities in the state of Oregon is the Oregon School Activities Association (OSAA). They have recently put out the following statement. (note: Ultimately, the Beaverton School District will make all final decisions following the guidelines of the Governor and OSAA about returning to play and the protocols we must have in place for our school district.)

**OSAA Foundational Statement:** The OSAA believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition. The OSAA recognizes that all Oregon students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports and activities are allowed over the next 9 to 12 months. While recognizing that county-by-county reopening may lead to inequities, the OSAA advocates for returning students to school-based athletics and activities and allowing youth sports organizations to operate in any and all situations where it can be done safely. Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.

**OSAA Points of Emphasis:** Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The OSAA will disseminate more information as it becomes available.

Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined by OHA as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return. The NFHS is currently involved with several organizations in developing consensus guidelines for the resumption of workouts and practices. These guidelines will be reviewed by the OSAA after they are finalized.

Due to the near certainty of recurrent outbreaks in the coming months, schools and youth sports organizations must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.

Phases and ACTION items (below) are in accordance with guidelines published by the State of Oregon and the OSAA are subject to change. Please note that counties must meet “gating” criteria to establish Phase One and that further criteria must be met to advance from one phase to the next (21-day period currently). These criteria will be determined by the Governor’s Task Force and should be strictly followed..... from these criteria the OSAA will give guidance to all of its member schools on how to proceed in each phase.
**BSD Responsibilities:**
- Continue to monitor the guidance of government agencies, local health authorities, and the OSAA and update our students and families of any changes. Divide spaces on BSD properties into zones to ensure social/physical distancing requirements.
- Designate entry and exit points for students and coaches at all locations.
- Stagger sessions to ensure both proper cleaning of an area prior to new groups arriving as well as reducing additional contact between groups during transitions with appropriate traffic flow patterns.
- Designate staff to operate entry including, but not limited to check-in, temperature checks, health checks, athletic clearance, attendance, and physical distance monitoring.
- Hand washing/sanitizing stations at all locations.
- Gloves and masks made available for our coaching athletic staff.

**BSD Coaches Responsibilities:**
- Follow all state, local and district health protocols, including physical distancing guidelines.
- Monitor self for signs (temperature) and symptoms regularly when at home.
- Assist with and ensure that players participate in pre-screening and check-out procedures prior to entering facility.
- Coaches will plan sessions accordingly to ensure physical distancing requirements are met.
- Coaches will ensure that athletes remain in their assigned pods of no more than 10 students for the entirety of each week.
- Coaches will be required to wash/sanitize all equipment in-between sessions/use and ensure that equipment is not shared during individual sessions.
- Coaches should be the only people allowed to handle team equipment (cones, disks, clocks, etc.).
- Coaches will ensure that all individual equipment is spaced out appropriately.
- Coaches will be required to wear a mask at all times.

**BSD Player Responsibilities:**
- Follow all state, local, and school district health protocols including physical distancing guidelines (before, during, and after each session.) Complete online registration including physical and participation form. These must be approved.
- Enter/Exit the facilities at the assigned points and times.
- Participate in mandatory pre-screening procedures prior to entering the facility and check-out procedures.
- Athletic office has approved the students BSD Participation form and State of Oregon Physical .... those not approved will not be allowed participate.
- Monitor self for signs (temperature) and symptoms regularly when at home.
- Wash/Sanitize hands thoroughly before and after practices at designated stations.
- Students are encouraged to bring their own sanitizer, mask, and adequate water for workout session. Refilling water bottles on site will not be available and bottles must be clearly labeled with name/ easily identifiable.
- Students are encouraged to wear masks prior to, when not actively participating (between sets, on bench, team meetings, etc.) and directly after practice. No one is allowed to share equipment, clothing, pennies, food, water, or bags.
- Students must leave the field at the completion of their session and should do so by maintaining 6’ from each other. Students must remain with one pod for a week and potentially can change the following week. They can’t change pods for separate trainings.
- Maintain good physical hygiene by bathing/showering and washing your clothes after each session.
BSD Parent Responsibilities:

- Ensure your child knows the guidelines and requirements prior to attending a session.
- Make sure you register your student with the athletic office using the online registration module or by submitting paper work to the athletic office. Monitor your student for signs (temperature) and symptoms daily, including 30 minutes prior to their session.
- No carpooling.
- Only arrive 5-10 minutes early for your session. This will reduce unnecessary contact between groups during transitions.
- Stay in the car during pick up and drop off. Facilities are closed to non-participants, no in person viewing will be allowed in order to minimize potential contact with others.
- Encourage your student has sanitizer (with at least 60% alcohol content), and a mask. Ensure all clothing, equipment, shoes, balls, bags, etc. are sanitized before each session. Notify the school and coach immediately if your student becomes ill.

Symptoms of Covid-19 Infection

Individuals with COVID-19 can exhibit symptoms ranging from mild to life threatening as well as showing no symptoms of infection at all. Symptoms associated with the infection include:

- Fever (>100.3 degrees F)
- Cough
- Shortness of breath
- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle/joint pain
- Sudden loss of taste or smell
- Chills
Beaverton School District- Return to play guidelines

Return to Play Protocol

The Beaverton School District will defer communicable disease management to local healthcare professionals and official state contact tracers. Should there be a conflict or disagreement the decision to return an athlete to play will be made by the school’s team physician. In the event of a symptomatic individual identified through screening or other means, the notification process will be guided by the Oregon Health Authority.

In the event an individual shows signs (temperature) or symptoms during screening they will not be allowed to participate and will be isolated from others until being picked up by a parent or guardian. Screeners will contact parents and give them the mandatory COVID-19 physician referral and clearance form to fill out and return (Appendix D). No athlete will be able to enter the facility nor return to play without the mandatory COVID-19 physician referral and clearance form.

An individual with suspected or confirmed COVID-19 infection will not be allowed to enter the facility nor return to play without the mandatory COVID-19 physician referral and clearance form.

Individuals with *close contact of an individual suspected or with a confirmed COVID-19 infection* should self-isolate, contact their physician, & will not be allowed to enter the facility nor return to play without the mandatory COVID-19 physician referral and clearance form.

*Close contact* is defined as: caring for, living in the same household with, or being in close proximity for a longer period of time with an individual with a suspected or confirmed COVID-19-19 infection or coming into direct contact with secretions (coughed on, sneezed on, sharing utensils/drink container).

BSD personnel will make contact with team physician and depending on the quality of the infection receive appropriate guidance for managing/notifying pods.
The following processes and information that are in place for Athletic/Activities during Phase 1 gatherings in the Beaverton School District

<table>
<thead>
<tr>
<th>Core Values for Phase 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>- For the physical, mental and emotional well-being of our students, we believe that physical activity and exercise is important.</td>
</tr>
<tr>
<td>- Prior to allowing Beaverton School District (BSD) facilities to be open, proper health, safety and sanitation guidelines the district has reviewed and established the following guidelines that follow.</td>
</tr>
<tr>
<td>- Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training will be moderated upon return.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Overall Proposal and Pre-Clearance needs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRE-CLEARANCE needs for each athlete:</strong></td>
</tr>
<tr>
<td>- To participate in workouts / camps / clinics or similar an athlete <strong>must have the following two forms on file in the athletic office.</strong></td>
</tr>
<tr>
<td>1) A current 2020-2021 Participation form</td>
</tr>
<tr>
<td>2) A valid State of Oregon Physical Participation form. (These expire 2 years after the exam date.)</td>
</tr>
<tr>
<td><strong>AND</strong></td>
</tr>
<tr>
<td>- Each athlete must have turned in the “Beaverton School District Waiver of Liability and Hold Harmless for Communicable Diseases Including COVID-19”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Starting Date (subject to change if the State of Oregon guidelines are adjusted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Monday, July 20th.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Limitations on Gatherings</th>
</tr>
</thead>
<tbody>
<tr>
<td>- In Phase 1, the maximum number of students AND coaches per specified area is 25. Coaches are included in the 25 maximum, for example, 23 students and 2 coaches. For the sake of planning, each school will identify designated areas of use including capacity limits for their facility.</td>
</tr>
<tr>
<td>- Within these groups of 25, athletes MUST to be divided into pods of no more than 10 students depending on space, or 3 groups of 8, etc. to limit exposure. The pods may change no more frequently than once per week. These pods must be independent from other pods. (Each area has a maximum of 1</td>
</tr>
<tr>
<td>Facilities</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>-  Locker rooms <strong>are to remain closed in phase 1.</strong> Students must come dressed and shower at home.</td>
</tr>
<tr>
<td>-  The weight room is open with strict physical distancing policies in place (site dependent) and following all other guidelines.</td>
</tr>
<tr>
<td>-  Gyms are open following physical distancing policies and all other guidelines set by the State of Oregon</td>
</tr>
<tr>
<td>-  If possible, separate locations should be used for entering and leaving the workout facility. If not possible, there should be a single flow of traffic when people enter and leave.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Middle School Aged Camps</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>-  TBD-At this time no decision has been reached on when/if access will be provided to middle school athletes/camps. Some coaches have asked that camps be allowed for middle school students.</td>
<td></td>
</tr>
</tbody>
</table>
# Vulnerable / High Risk Groups

- Outreach to 6-8th graders is a wonderful opportunity to get youth interested, accustomed, and involved in our programs. Being on our campuses, seeing our facilities, and meeting our coaches is an invaluable tool.

- Anyone with signs or symptoms of illness is required to stay home to decrease transmission risks.

- No BSD coach or participant will be required to be on campus this summer. Individuals who do not wish to participate can do so without penalty.

- Both the OSAA & Oregon Health Authority recommend **vulnerable individuals** should not be involved during Phase 1 where adherence to physical distancing is not likely to occur (OHA). “**Vulnerable individuals**” are defined by OHA as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity (BMI = or >40), uncontrolled moderate or severe asthma[1], and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.”

# Masks

- State, Local or school district guidelines for cloth face coverings should be followed.
- Coaches are required to wear masks at all times.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.
- In the absence of guidelines to the contrary, we (OSAA) recommend that cloth face coverings be worn by students. Exceptions are swimming, distance running or high intensity aerobic activity.
- Face coverings cannot be required for use by children and should never prohibit or prevent access to instruction or activities. BSD will strongly encourage the use of face masks at all times for our student athletes while on campus except when actively participating. (*This is based on the OHA Recreational Sports Guidelines language & advice from Dr. Petering.)
- Any student who prefers to wear a cloth face covering should be allowed to do so.
- Plastic shields covering the entire face will not be allowed during participation.
**Health Screening / Daily Check-In Procedures**

- There will be designated check-in station(s) at each comprehensive high school. These check in station(s) will be tailored to each BSD site. The goal is to have one location, if possible, that is easily accessible for drop off and on the outer perimeter of the school with adequate spacing for 25 individuals at a time.
- All Coaches and students must be screened daily for signs (temperature) and symptoms of COVID-19 prior to entering the facility.
- Markings or cones will designate 6 feet spaces for students to adhere to physical distancing requirement while checking in.
- Hand sanitization must be completed by each person prior to entering the facility.
- To prevent gatherings larger than 25, athletes are not permitted to arrive/exit their car any earlier than 10 minutes prior to their pre-screening time.
- **Designated BSD Employee, Certified Coach, or Athletic Trainer** will be required to set up the check-in station 15 minutes prior to every workout/ camp to avoid lines. The station will remain open for 5 minutes after the start of workouts. Students arriving late will not be able to enter the facility.

**Each check in station will have:**

- * Check in table (with proper signage – see signage links at the end of the document)
- * Marks or Cones on the ground at 6 feet distance in front of table to keep social distancing waiting in line
- * At least 1 thermometer
- * OSAA COVID-19 Participant/Coach Monitoring Form
- * BSD Personal/Coach/Athletic Trainer wearing mask and gloves (required)
- * Pens, Tape, Permanent marker to be used by participant for H2O bottle labeling
- * Disinfectant wipes
- * Bottle of hand sanitizer

- During the screening process, athletes should follow 6 feet physical distancing and both the athlete and screener should wear masks.
- Screening will be conducted using the OSAA COVID-19 Participant/Coach Monitoring Form (Appendix A) **OR** via a google form which will include an automatic time stamp for attendance information for contact tracing if needed.
- The temperature needs to be taken by a **Designated BSD Employee, Certified Coach, or Athletic Trainer** at the start of each workout. Also, as part of the screening process there are 4 questions that must be asked of each athlete as they enter the school facility. These questions are part of the OSAA COVID-19 Participant / Coach monitoring form (see Appendix A) that we are required to use.
  - *In the event an individual show signs, (i.e. temperature of greater than 100.3), or symptoms (i.e. see monitoring chart for symptoms) during screening they will not be allowed to participate and will be isolated from others until being picked by a parent or guardian. **See return to play protocol for detailed plan.**

- Students will wash hands for 20 seconds with soap and warm running water **OR** use hand sanitizer at both the check-in and as they leave the facility.
- Athletes must come prepared with enough water with their name on it to adequately hydrate for that workout.
- There will not be access to community filling stations.
- Athletes without water bottles will not be allowed to participate.
- The OSAA Health Screening Forms must be recorded daily and turned in each day. The storage location for these daily forms will be site based.
<table>
<thead>
<tr>
<th>Quarantine / Isolation Plan</th>
<th>- See BSD “Return to Play” protocol at the beginning of this document.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Return to Play</strong></td>
<td></td>
</tr>
</tbody>
</table>
| **Physical Distancing**    | - In phase 1, the athletes will be kept to workouts on campus only (e.g. if the coach wants to show film, hold a team meeting, these must be done by zoom meeting, not by meeting on a BSD a site.). Placing signs throughout high traffic areas reminding people to be at least six feet apart, including when in line.  
- All coaches must maintain at least six feet distance from athletes and from each other. Exception would be, when necessary, to do an injury assessment, risk management, or as otherwise necessary. 
- No handshakes, high 5’s, group celebrations, team huddles, hugging or any other physical contact. 
- Avoid touching sporting equipment that may have been touched by others when possible. |
| **Food and Drink**         | - No food will be allowed on campus during workouts and camps, except for those students that have medical conditions that require they have food with them.  
- Only non-touch drinking fountains can only be used to fill a water bottle. No direct drinking from the fountains or similar. Water stations cannot be used.  
- Because of exercise and heat: All students must bring their own water bottles or they will not be allowed to enter the facility. Their **name must be clearly marked on each water bottle**.  
- Water bottles must not be shared. |
| **Weight Room and Athletic Training Room** | - Weight room equipment will be wiped down thoroughly before and after an individual’s use of equipment.  
- Resistance training will be emphasized as body weight, weight machines, and free weights that do not require a spotter. |
| **Facilities Cleaning**    | - BSD will have in place adequate cleaning schedules and implemented for all athletic facilities.  
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.  
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment. 
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. |
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. As stated earlier they will be part of the checking in and checking out process.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Coaches shall be responsible for cleaning team equipment. Athletic trainers or a designated person are responsible for cleaning the athletic training room.
- Coaches shall be responsible for cleaning all balls and equipment touched by students, when ball/equipment were involved.
- Disinfectant wipes/Disinfectant Spray will be provided for each screener at the entry location. The Screener will be required to **wipe down** the following at the beginning of the day, between sessions, and at the end of the day:
  - Registration table
  - Registration pens and log notebooks
  - Sinks used for hand washing (if applicable)
  - Any additional items that coaches or athletes may have used during their check-in time

**Travel** *(OSAA May 20)*

- Keep it local and avoid travel unless give permission by BSD Administration. It is also possible that one Oregon county is under a different phase than ours, if counties are in different places travel between the two may not be allowed.
- Currently, no travel will take place during Phase 1 or Phase 2.

**Locker Rooms**

- Locker rooms are **NOT** to be used in Phase 1.

**Balls and Implements** *(OSAA May 20)*

- See individual sports for specific OSAA Guidelines.
| **Protective Physical Equipment** | - Supplies/Equipment will be provided according to Local/State health department guidelines.  
- Masks / Gloves / Non-contact thermometer(s) / Hand sanitizer / and potentially hand washing stations will be provided where needed.  
- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment).  
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout. Reminder in phase 1 one ball or similar per athlete and no sharing is allowed. |
| **Hygiene** | - Wash your hands with soap and water OR use hand sanitizer, especially after touching frequently used items or surfaces.  
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.  
- Disinfect frequently used items and surfaces as much as possible.  
- Strongly consider using face coverings while in public, and particularly when using mass transit. |
| **No Visitors** | - Facilities are closed to non-participants. No parents, guests, or friends are allowed to watch workouts or camps. We ask that they stay in their cars during their time on our facilities. |
| **Acclimatization/Return to Sports & Exercise**  
*(OSAA June 8 - Overview of KSI consensus statement for coaches)* | - Timed fitness tests and maximal lifts should not be conducted during the first 2 weeks of return to activity.  
- Multi-sport athletes should not participate in multiple training sessions in one day for the first 2 weeks.  
  
  [OSAA Return to Sports and Exercise During COVID](https://www.osaa.org/file/Return-to-Sports-and-Exercise-During-COVID) |
<p>| <strong>Volleyball</strong> | - Conditioning, individual ball handling drills, each player has their own ball. A player should not use a single ball that others touch or hit in any manner. |</p>
<table>
<thead>
<tr>
<th>Sport</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>- Conditioning, individual ball handling drills, each player has his/her own ball. A player should not use a single ball that others touch or hit in any manner.</td>
</tr>
<tr>
<td>Baseball/Softball</td>
<td>- Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.</td>
</tr>
<tr>
<td>Football</td>
<td>- No formal football practice or drill until football camp in August&lt;br&gt;- Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).</td>
</tr>
<tr>
<td>Soccer</td>
<td>- Conditioning, individual ball skill drills, each player has his/her own ball, feet only (no heading/use of hands), no contact.</td>
</tr>
<tr>
<td>Cross Country</td>
<td>- Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).&lt;br&gt;- For organized team activities run by a coach or district employee all runners must remain on campus. No off-campus activity until further notice.</td>
</tr>
<tr>
<td>Dance</td>
<td>Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.</td>
</tr>
<tr>
<td>Cheer</td>
<td>Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.</td>
</tr>
<tr>
<td>Band</td>
<td>The extent of the spread of respiratory droplets during singing and the playing of wind instruments is currently under investigation. We recommend restricting these activities in schools until further guidance is available. See NFHS guidance for marching bands. (<a href="#">NFHS Guidance</a>)</td>
</tr>
<tr>
<td>Drama</td>
<td>Conditioning and individual technique/choreography work. Students may not practice/perform partner or group performances. Chants, singing, dance, tumbling without contact are permissible as long as physical distancing is adhered to.</td>
</tr>
<tr>
<td><strong>Choir</strong></td>
<td>The extent of the spread of respiratory droplets during singing and the playing of wind instruments is currently under investigation. We recommend restricting these activities in schools until further guidance is available.</td>
</tr>
</tbody>
</table>
**APPENDIX A**

### COVID-19 Participant / Coach Monitoring Form

<table>
<thead>
<tr>
<th>Date:</th>
<th>Stable/Pod/Group:</th>
<th>Program:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Drop off time</th>
<th>Participant/Coach Telephone Number</th>
<th>Emergency Contact &amp; Phone Number</th>
<th>Temp.</th>
<th>Fever?</th>
<th>Any fever within last 48 Hours?</th>
<th>Cough?</th>
<th>Shortness of Breath?</th>
<th>Close contact with anyone with COVID-19?</th>
<th>Lost time traveling out of state?</th>
<th>Pick up time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>
Appendix B

Oregon Health Authority (OHA) Physical Distancing (OHA May 15, 2020)
Appendix C

Overview of the Consensus Statement: Return to Sports and Exercise during the COVID-19 Pandemic

COVID-19 continues to present significant challenges that may persist until there is an effective treatment and/or vaccine. Returning to sport and exercise after an extended period of inactivity (which can lead to deconditioning) presents challenges for coaches as they resume training activities with their athletes. This is a brief overview of a detailed consensus statement that addresses return to activity considerations following physical distancing. It is recommended that schools and coaches review the entire statement for more detailed information.

1. Follow policies and guidelines from: 1) federal, state, and local authorities (including public health departments), 2) your school district, and 3) sports’ governing body (OSAA).

2. While most young individuals experience no or only mild symptoms related to COVID-19, due to the potential impact of this novel coronavirus on the lungs, heart, and kidneys, athletes with a history of COVID-19 or who currently have symptoms suggestive of COVID-19 must be cleared by their health care provider before resuming training.

3. Timed fitness tests and maximal lifts should not be conducted during the first 2 weeks of return to activity.

4. Develop training protocols that consider any deconditioning that has occurred. It is recommended to use the 50/30/20/10 rule for conditioning activities and the FIT rule for resistance training as guidelines. It is also recommended that all workouts be written and provided to administrators in advance.

### 50/30/20/10 Rule for Conditioning Activities

<table>
<thead>
<tr>
<th>Week</th>
<th>Reduction in volume and/or workload</th>
<th>Work to Rest Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50%</td>
<td>1:4</td>
</tr>
<tr>
<td>2</td>
<td>30%</td>
<td>1:3</td>
</tr>
<tr>
<td>3</td>
<td>20%</td>
<td>Normal</td>
</tr>
<tr>
<td>4</td>
<td>10%</td>
<td>Normal</td>
</tr>
<tr>
<td>5</td>
<td>None – normal or uppermost conditioning volume and/or workload</td>
<td>Normal</td>
</tr>
</tbody>
</table>

### FIT Rules for Resistance Training Activities

<table>
<thead>
<tr>
<th>Element</th>
<th>Definition</th>
<th>Example</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td># of sessions/week for a specific muscle group or movement type</td>
<td>5 training sessions, but only 3 lower body sessions = 3 lower body training sessions</td>
<td>Week 1: ≤ 3 sessions Week 2: ≤ 4 sessions</td>
</tr>
<tr>
<td>Intensity relative volume (IRV)</td>
<td>%IR - Sets x Reps x % 1RM (percent of 1 rep max)</td>
<td>3 sets x 10 reps x 0.50 1RM = 15 IRV</td>
<td>Week 1: IRV = 11-30 Week 2: IRV = 11-30</td>
</tr>
<tr>
<td>Time of rest interval</td>
<td>Work to rest ratio (W:R) between sets</td>
<td>30 secs to complete set &amp; 90 secs of rest = 1:3 W:R</td>
<td>Week 1: W:R = 1:4 Week 2: W:R = 1:3</td>
</tr>
</tbody>
</table>

5. Multi-sport athletes should not participate in multiple training sessions in one day for the first 2 weeks.

6. Heat acclimatization – Exercising in the heat presents additional challenges for the body, especially when students have been significantly deconditioned. Coaches must follow the OSAA Practice Model.

7. If training is paused for more than 5-7 days due to reinstatement of stay at home orders or an individual or team must quarantine. Consider restarting or extending timelines for the resumption of training activities (i.e., 50/30/20/10 & FIT rules) and heat acclimatization.

8. Hydration – Access to fluids should be no different than pre-COVID-19 training, with the exception that individuals should not share water bottles or water sources (e.g., water cows, troughs, fountains).

Source: https://ksi.uceen.edu/covid-19-return-to-activity/
# Appendix D

**BEAVERTON**

**SCHOOL DISTRICT**

**COVID-19 MEDICAL REFERRAL/ATHLETIC PARTICIPATION RELEASE**

This section to be completed by school official, coach, athletic trainer or parent:

<table>
<thead>
<tr>
<th>Athlete Name:</th>
<th>Date of Birth: <em><strong>/</strong></em>/___</th>
<th>School/Grade:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date: <em><strong>/</strong></em>/___</td>
<td>Sport:</td>
<td>Team/Level:</td>
</tr>
</tbody>
</table>

**Reason for Medical Referral**

**Pre-Screening Concerns**

- Athlete reported signs/symptoms associated with COVID-19 including: cough, shortness of breath, sore throat, congestion, nausea/vomiting, diarrhea, headache, muscle/joint pain, fatigue, sudden loss of taste/smell, runny nose, chills, or fever/exhibited a temperature of ________ assessed on ___/___/___

**Reported symptom onset: ___/___/___**

**Known Vulnerability**

- high blood pressure, chronic lung disease, diabetes, obesity (BMI equal or > 40),
- uncontrolled, moderate, or severe asthma, chemotherapy, otherwise compromised immune system, or
- other serious underlying health condition:

**Reported Close Contact Exposure**

- caring for, living in the same household with, direct contact with secretions (coughed/sneezed on, sharing utensils), or
- being in close proximity for a longer period of time with an individual with a suspected or confirmed COVID-19 infection

**Length of exposure:**

**Return to Play Post COVID-19 Diagnosis**

- Reports symptoms resolved on: ___/___/___

**Other Reason for Referral:**

**Comments:**

Completed by (Printed name): ______________________ Signature: ______________________ Date: ___/___/___

- Athletic Trainer
- Coach
- Athletic Director
- Parent
- Other:

**This section to be completed by Physician/Health Care Professional:**

- Athlete may **NOT return** to any sport activity including school PE at this time.
- Student should self-isolate/quarantine until: ___/___/___ or
- Athlete may participate with known vulnerability.
- Athlete may begin gradual return to play with appropriate acclimatization period.
- (Consider 50/30/20/10 acclimatization rule)
- Athlete is now cleared for full contact practice/play

**Additional Recommendations:**

**Earliest Return to Play Date:** ___/___/___

**Physician/Health Care Professional Signature:** ______________________ Date: ___/___/___

**Physician/Health Care Professional Name/Title:** ______________________ Phone: ______________________

Updated: 4/27/20