

## English Learners

Designated English Language Development will be delivered during each instructional day of the week. Integrated English Language Development will continue to be delivered in all content areas to ensure students have access to rigorous curriculum and success in grade level standards during both Hybrid and distance learning models. English Language support staff will be available throughout the instructional day to assist students and families in content area curriculum and digital platforms.

## Access to Technology



- All TRUSD students were provided with a Chromebook on their first day of school
- All students TK-12 have TRUSD email accounts
- Wi-Fi equipment installed on TRUSD buses
- Verizon and Sprint partnerships for affordable Wi-Fi mobile devices
- Comcast Internet Essentials program - offering families free in-home internet access
- Dedicated parent Help Desk access
- Internet Safety through Go Guardian
- Hotspots available for families as needed

## Sports and Extracurricular Activities

For any sports updates, [visit the CIF website](#).

- All school districts nationwide face multiple challenges in planning the 2020-21 school year, including how to safely continue with robust athletic and sports programs. Sports play an important role in the culture and communities of our schools, and in the lives of our many dedicated student athletes.
- TRUSD is working closely with representatives from neighboring districts to plan a safe and thoughtful approach to athletics and to provide competitive sports this next school year. Please [visit the CIF website](#) to review the decisions they've made in alignment with Public Health. ([Sports Schedule](#))
- [8.3.20 Update on Youth Sports from CDPH](#)

## High School Return to Athletics

### Overview

- The initial return to athletics phase is very limited. It has been designed to smartly return the students to physical conditioning, allow for the social emotional connection with peers/coaches, and to test the degree of self-discipline adults and students will demonstrate that might allow TRUSD to transition to the next step.
- Safety **must be the priority** above all else.
- Student participation in a program is completely voluntary and based upon parental discretion. Any student who chooses not to participate in summer workouts will not be penalized.
- Limited conditioning began on June 28, 2020.

### Program Start Criteria

Before programs began, they were required to meet the following criteria.

- Coaches have completed this presentation/training
- Student-athletes must have been cleared by athletic directors (ADs) and:
  - Have a physical on file for returning students (60 day extension)
  - Submit a new physical exam (for new & transfer students)
  - Submit a completed COVID-19 waiver turned in to AD/coach
- Infrared thermometers (touchless) must be available for use
- Hand sanitizer pump or spray must be available and plentiful
- Posted student-athlete daily precautions
- Individuals must bring their own hydration bottles with personal labels, not to be shared with others
- Principal/AD/District AD must approve plans to participate and use specific areas of the facilities to practice
- Principal/AD must have a custodian schedule in place to ensure appropriate cleaning of restrooms/facilities
- Principal/AD monitoring schedule by admin. to supervise and ensure safety and guidelines are being followed

### Pre-Workout Screening Protocol

- All coaches and students screened for signs/symptoms of COVID-19 prior to workout. Screening includes a temperature check. Recommend recording responses to screening questions for each person and stored. This record is to be used for contact tracing in case a student develops COVID-19. **During screening, if a student records 100.0 or higher they will be sent home and may not return for 14 days or until cleared by a medical doctor.**
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.



## Athletics Distancing Measures



- No gatherings of more than 25 people outside – 10 inside.
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower and place clothing in washing machine at end of the workout. Phase 2 students and coaches should be wearing masks in any indoor facility.
- Workouts should be conducted in “pods” of students with the same 25 students working out together. Smaller pods (10) can be utilized for weight training to ensure limited exposure in case of infection.
- There must always be a minimum distance of 6 feet between everyone. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
- All students must bring their own water bottle. Water bottles must not be shared. Students should label their own personal water bottles.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be used.
- Coaches should bring their own water bottles labeled with their names.

## Athletics Cleaning & Sanitizing Protocols

- Coaches/athletes will wash their hands and/or use hand sanitizer before and after and intermittently.
- Coaches working with multiple groups on the same day must wear a cloth face covering.
- Coaches are expected to constantly remind students to wash hands and/or use hand sanitizer.
- Coaches are responsible for ensuring that all equipment is wiped down and cleaned following each use. Coaches/athletes should practice appropriate cleaning methods.
- Adequate cleaning schedules created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces and participating in workouts.

- Weight equipment shall be wiped down with District-supplied cleaner by individual thoroughly, before and after individual's use of equipment.
- Appropriate clothing/shoes should always be worn 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.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.  
Uniforms will not be issued until athletic play resumes and will be washed immediately upon returning home.

### Physical Activity and Athletic Equipment

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. Students may wear sports gloves for added protection based upon activity.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

# Phased Return



With a Phase 1 return to sport ALL coaches need to be mindful that athletes have not been physically active since March.



Please adjust workouts to slowly build to full workouts.



Begin with shorter, less intense practice and training activities, with longer recovery intervals between bouts of activity.