



MUSD PHYSICAL EDUCATION (PE) RETURN TO SCHOOL GUIDELINES

All Regular and Athletic PE classes will follow the Outdoor and Indoor Youth and Recreational Adult Sports Guidelines as set forth by the California Department of Public Health. Units of instruction, use of locker rooms, indoor facilities, etc. will be revised as the tiers change in Madera County. The following will apply for ALL PE classes taught on campus for PE credit.

- All students must be temperature checked and screened prior to coming onto campus.
- Face coverings must be worn by students and employees at all times in compliance with the [CDPH Guidance for the Use of Face Coverings](#). This includes light, moderate, and vigorous physical activity.
- Students and employees must practice social distancing at all times.
- Students will perform hand hygiene before and after class.
- Classes should have different entry and exit points so that classes do not gather or merge together. If a different entry or exit is not possible, then the classes must stagger their times in entering the location.
- Only those students that are enrolled in the class, for that attendance group, will be allowed to attend the class.
- No physical contact is allowed (i.e. high-fives, fist/chest bumps, etc.)
- No sharing of drink bottles. Students must bring their own water.
- Physical activity will be outdoor only. If inclement weather occurs, PE teachers can utilize indoor PE facilities for in-person instruction (no physical activity permitted indoors.)
- Due to the limited WIFI availability on many of the courts and fields, PE teachers are encouraged to only utilize Chromebooks in indoor PE facilities. Accommodations will be made by department chairs with site administration approval.
- When gyms/locker rooms become accessible, daily fogging disinfection will occur.

PURPLE TIER (WIDESPREAD)

- Face coverings must be worn by students and employees at all times.
- There must be a minimum of 6 feet between each individual.
- Light physical activity with a focus on psychological and sociological concepts, principles, and strategies is highly recommended ([See PE Model Content Standards grades k-8:5 and grades 9-12: 3](#)). **See CDPH Table for level 1, outdoor low-contact sports, examples.*
- Indoor PE facilities can be used with restrictions. No team sports or physical activities requiring light, moderate, or vigorous levels of exertion are allowed indoors. Indoor facilities may be used to take roll and sit-and-learn with seating assignments clearly marked 6 feet apart during inclement weather.
- Locker rooms will remain closed.
- Students will not dress out. Students will have the option to change shoes for PE.
- PE classes will not be mixed.
- Students will perform hand hygiene before and after class. Students will perform hand hygiene throughout class as needed. Hand hygiene includes washing hands with soap and water or using an alcohol-based hand sanitizer provided by ALL PE employees.
- If hand hygiene practices are followed, sharing of little to non-porous equipment is allowed and must be cleaned between every class. Employees will be provided disposable gloves for disinfecting processes per request.
- No sharing of drink bottles. Students and employees must bring their own water.
- Outdoor weight rooms are allowed as long as the following guidelines are followed:
 - Purple: Only outdoor operations are permitted. Outdoor operations may be conducted under a tent, canopy, or other sun shelter as long as no more than one side is closed, allowing sufficient ventilation.
 - Face coverings must be worn by students and employees at all times.
 - Stations must be 6 feet apart.
 - No Spotting.
 - One participant per station.
 - All equipment must be cleaned before and after use of each individual.
 - Identify and provide visuals for flow of traffic and entry/exit points.
 - Using a building with roll up doors- Rolling up the doors and still working out inside the facility is not allowed, as this would be considered an indoor weight facility.
- Outdoor pools can open.
- Units of instruction must comply with the Outdoor and Indoor Youth and Recreational Adult Sports Guidelines. Sports cleared to compete in the appropriate tier according to CIF Return to Play Guidelines are also allowed.
 - Examples of units that would be allowed:
 - Corn Hole
 - Dance
 - Fitness Walking
 - Golf
 - Seated Cognitive Learning
 - Speedminton
 - Stretching/Wellness
 - Swimming
 - Tennis
 - Track & Field

**See CDPH Table for more examples.*

RED TIER (SUBSTANTIAL)

- Face coverings must be worn by students and employees at all times.
- There must be a minimum of 6 feet between each individual.
- Light physical activity with a focus on psychological and sociological concepts, principles, and strategies is highly recommended ([See PE Model Content Standards grades k-8:5 and grades 9-12: 3](#)). **See CDPH Table for level 1, outdoor low-contact sports; and, level 2, outdoor moderate-contact sports, for examples.*
- Indoor PE facilities can be used with restrictions. Indoor facilities may be used to take roll and sit-and-learn with seating assignments clearly marked during inclement weather at 10% of facility capacity. Physical activity can occur at 10% of facility capacity, one class at a time.
- Locker rooms can open at the discretion of the site. Submission of a district approved plan that follows ALL CDPH Guidelines required. Plans must include but are not limited to the following: social distancing procedures, hand hygiene protocols, strategies to avoid mixing of classes, etc.
- Students may dress out at the discretion of the site. Submission of a district approved plan that follows ALL CDPH Guidelines required. Plans must include but are not limited to the following: social distancing procedures, hand hygiene protocols, strategies to avoid mixing of classes, etc.
- Students will have the option to change shoes for PE if locker rooms are closed.
- Students will perform hand hygiene before and after class. Students will perform hand hygiene throughout class as needed. Hand hygiene includes washing hands with soap and water or using an alcohol-based hand sanitizer provided by ALL PE employees.
- If hand hygiene practices are followed, sharing of little to non-porous equipment is allowed and must be cleaned between every class. Employees will be provided disposable gloves for disinfecting processes per request.
- No sharing of drink bottles. Students and employees must bring their own water.
- Outdoor weight rooms are still allowed following these guidelines:
 - Outdoor operations are permitted. Outdoor operations may be conducted under a tent, canopy, or other sun shelter as long as no more than one side is closed, allowing sufficient ventilation.
 - Face coverings must be worn by students and employees at all times.
 - Stations must be 6 feet apart.
 - No Spotting.
 - One participant per station.
 - All equipment must be cleaned before and after use of each individual.
 - Identify and provide visuals for flow of traffic and entry/exit points.
- Indoor operations, such as weight rooms and gyms, are allowed but limited to 10% capacity and must follow the guidelines below:
 - Face coverings must be worn by students and employees at all times.
 - Stations must be 6 feet apart.
 - No Spotting (specific to weight lifting).
 - One participant per station.
 - All equipment must be cleaned before and after use of each individual (specific to weight lifting).

- Identify and provide visuals for flow of traffic and entry/exit points.
- Units of instruction must comply with the Outdoor and Indoor Youth and Recreational Adult Sports Guidelines. Sports cleared to compete in the appropriate tier according to CIF Return to Play Guidelines are also allowed.
 - Examples of units that would be allowed in addition to Purple Tier, level 1:
 - Field Hockey
 - Tennis
 - Mushball
 - Volleyball
 - Non-Scrimmage Basketball
 - Walking/Jogging
 - Swimming

**See CDPH Table for more examples.*

***CDPH Table: Youth and Adult Recreational Sports Permitted by Current Tier of County**

| Widespread Tier (Purple) 1 | Substantial Tier (Red) 2 | Moderate Tier (Orange) 3 | Minimal Tier (Yellow) 4 |
|---|--|--|---|
| Outdoor low-contact sports <ul style="list-style-type: none"> ● Archery ● Badminton (singles) ● Biking ● Bocce ● Corn hole ● Cross country ● Dance (no contact) ● Disc golf ● Equestrian events (including rodeos) that involve only a single rider at a time ● Fencing ● Golf ● Ice and roller skating (no contact) ● Lawn bowling ● Martial arts (no contact) ● Physical training | Outdoor moderate-contact sports <ul style="list-style-type: none"> ● Badminton (doubles) ● Baseball ● Cheerleading ● Field hockey ● Gymnastics ● Kickball ● Lacrosse (girls/women) ● Pickleball (doubles) ● Softball ● Tennis (doubles) ● Volleyball | Outdoor high-contact sports <ul style="list-style-type: none"> ● Basketball ● Football ● Ice hockey ● Lacrosse (boys/men) ● Rugby ● Rowing/crew (with 2 or more people) ● Soccer ● Water polo Indoor low-contact sports <ul style="list-style-type: none"> ● Badminton (singles) ● Bowling ● Curling ● Dance (no contact) ● Gymnastics ● Ice skating (individual) ● Physical training ● Pickleball (singles) | Indoor moderate-contact sports <ul style="list-style-type: none"> ● Badminton (doubles) ● Cheerleading ● Dance (intermittent contact) ● Dodgeball ● Kickball ● Pickleball (doubles) ● Racquetball ● Squash ● Tennis (doubles) ● Volleyball Indoor high-contact sports <ul style="list-style-type: none"> ● Basketball ● Boxing ● Ice hockey ● Ice skating (pairs) ● Martial arts ● Roller derby ● Soccer |

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|---|--|--|---|
| <p>programs (e.g., yoga, Zumba, Tai chi)</p> <ul style="list-style-type: none"> • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis (singles) • Track and field • Walking and hiking | | <ul style="list-style-type: none"> • Swimming and diving • Tennis (singles) • Track and field | <ul style="list-style-type: none"> • Water polo • Wrestling |
| <p>Indoor Operations</p> <p>None</p> | <p>Indoor Operations</p> <p>1 Class @ 10% Capacity</p> | <p>Indoor Operations</p> <p>1 Class @ 25% Capacity</p> | <p>Indoor Operations</p> <p>1 Class @ 50% Capacity</p> |

PROCESS FOR NON-COVID-19 RELATED HEALTH ISSUES OR CONCERNS

When non-COVID-19 related health issues/concerns occur during face-to-face physical education instruction, the following processes can be followed to ensure student(s) and employee(s) safety during the pandemic: (1) Survey the scene and ensure the student is at a safe proximity away from other students so the student's mask can be removed. (2) If the scene is safe, the teacher can provide assistance to help the student in need. Use hand hygiene processes prior to and after providing assistance. (3) If needed, send the student to the office or designated location dependent on school site.

MUSD PE RETURN TO SCHOOL RESOURCES

CDPH Guidance for the Use of Face Coverings

https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf

CDPH Youth and Recreational Sports Guidance

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

CIF Education-Based Athletics COVID-19 Modifications

https://cifstate.org/covid-19/CIF_CV-19_Guidelines.pdf

CIF Return to Play Guidelines

https://cifstate.org/covid-19/Resources/CIF_COVID_GRTP.pdf

FCDPH Youth and Recreational Sports Guidance

<https://www.co.fresno.ca.us/Home/ShowDocument?id=51481>

MCDPH COVID-19 (Coronavirus) Resources

<https://www.maderacounty.com/government/public-health/corona-virus-covid-19/covid-revised>

Physical Education Model Content Standards for California Public Schools

<https://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>