



## Covid-19 Minimum Mitigation Recommendations Affecting Athletics

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**SUPERINTENDENT**  
Todd Lile

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Dear Parents/Guardian

The California Department of Public Health issues all guidelines regarding **Minimum Mitigation Recommendations**. We would like to make our parents aware of some changes affecting athletics that will take place immediately.

### Outdoor Sports

- No Testing Recommendations
- Testing
  1. Water Polo

### Indoor Sports

Competitive cheer, gymnastics while on an apparatus, swimming, diving, and wrestling when scrimmaging and during competition season.

- Options Include
  1. Conduct these activities outdoors.
  2. Perform at least weekly screening testing with either PCR testing (1:1 or pooled PCR), or antigen testing of all individuals including those fully vaccinated.

### All other indoor and outdoor, moderate, and high contact sports

- No Testing Recommendations

### Testing

Due to a shortage of tests, and guidance from CDPH, we will no longer be testing any outdoor sports with the exception of water polo. We will also stop testing indoor sports that can wear a mask while playing. The recommendations for basketball and wrestling will be to PCR test the student-athletes before starting daily practices. They will need to test weekly and wear a mask whenever possible during practices. Coaches will be required to wear a mask at all times.

### Mask Wearing

We have asked our Athletic Directors to inform coaches of outdoor sports to continue to be diligent and to wear a mask when possible (coaches & athletes).

- Examples
  1. When at practice or meets, under the canopy, waiting to run.
  2. Before or after practice while doing team breaks.
  3. Use as much caution regardless of their stance on the issue so we can continue to keep our coaches and student-athletes healthy and able to compete.

We appreciate your continued support and patience during these difficult times. This information remains fluid; we will do our best to keep you updated.

Sincerely,  
Marty Bitter, Director of Athletics