

Dear Portola Community:

Thank you for your patience as we have waited for guidance on our Athletic Summer Camp program. As an athletic program, our hope was to bring back as many programs as possible in the format you expected. We appreciate your flexibility and are excited to have student-athletes back on campus and working out! Due to the current climate, there are several new safety precautions and restrictions in place to keep student athletes and coaches safe (outlined at the end of this email). This will change how typical summer skills camps will be provided and these guidelines may continue to change over the next few weeks. The focus of the first two weeks of camp will be almost solely strength and conditioning with a hope that more focused skills by sport will be included as guidelines allow. To start camp, there will be no use of balls or shared athletic equipment. In addition, PHS and IUSD will provide hand sanitizing stations and masks for the coaches. In addition, there are a variety of other specific precautions to support the wellness of everyone as outlined at the end of the email.

In addition, most camps will have shortened dates or times to meet the needed guidelines and unfortunately a majority of summer camps have been cancelled. One major factor that has played a role in the new look of camps is the use of “pods” which limit interaction with athletes and coaches during a given period of time. Working in pods will allow for more individual instruction and meet the safety precautions needed to run camps.

Programs NOT running Summer Camps

Fall	Winter	Spring
B/G XC	B/G Basketball	Baseball
G Golf	B/G Soccer	B Golf
G Volleyball	GWP	B LAX
G Tennis		Softball
		B/G Swim
		B Volleyball
		G LAX
		B/G Track
		B Tennis

Changes in Summer Camps

- Football: July 6 - August 1, Mon-Thurs (3:30-6:30) & Fridays 8-11 (\$115) UNLIMITED Spots
- Boys Water Polo: July 27 - August 7 (6-8 PM) 2-week, all-level camp (\$185) 20 Spots & August 3 to August 7 (6-8pm) 1-week, all-level camp (\$75) 10 Spots
- Wrestling: Runs Aug 3-Aug 13 (10AM-12PM). (\$65) 20 Spots

We recognize that these changes in dates and limited hours, in addition to the current climate may make parents and athletes reconsider participation in camp this summer. We also know that many families are hoping to get their students into programs outside of the home. **Please be reminded that participation in all Summer Camps is completely voluntary and will not impact students' participation in the program.**

How to sign up for camp (Starting 6/30/2020):

1. Please make sure your athlete is athletically cleared before you register for camp.

Information regarding clearance is available via <https://portolahigh.iusd.org/athletics> and can be completed via <https://www.athleticclearance.com/>.

2. Please use the link [here](#) to register for camp. As part of the new guidelines, parents and athletes must sign a waiver for participation in summer camp as well as indicate that they understand the new guidelines for camp. Links to these forms are included with this registration form. You will need to print, sign, and upload a copy of the form to complete the registration process. Only one form needs to be submitted per student.

3. Pay for camp via the PHS web store linked [here](#).

If you have questions that need to be answered prior to making your decision about camp participation, please reach out to the individual coach. Emails linked [here](#).

Below you can see the new Summer Camp Guidelines provided to the PHS Athletics Department by the Irvine Unified School District. Again, we would like to thank you for your patience and understanding as we try to keep everyone safe during this time.

Sincerely,

PHS Athletics Administration

IUSD Athletic Summer Camp Guidelines

COVID-19 Facts

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are steps schools can take to reduce the risks to athletes, coaches, staff, and their families significantly. For further information regarding COVID-19 please refer to the Center for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Decision to Reopen

The decision to reopen is based on the following criteria:

- Reopening is consistent with state and local orders.
- Healthy hygiene practices, such as hand washing and the wearing of a face covering, are implemented.
- Cleaning, disinfection, and ventilation is intensified.
- Physical distancing through increased spacing, small groups, and limited mixing between groups will be practiced.
- The coaching staff is advised on health and safety protocols.
- Procedures to check for signs and symptoms and history of exposure of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick must stay home.
- A plan has been developed for students or employees who develop symptoms of COVID-19.
- Regular communication and the monitoring of developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures is in place.
- Consultation with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

Prior to Arriving

Prior to arriving for practices, athletes and staff will complete a self-screen assessment for COVID-19 symptoms within a 30-minute window prior to coming onto the campus or practice facility. They will need to re-complete this assessment every day that they come on to campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in practices. They should contact his or her primary care provider or other appropriate health-care professional. Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to campus. If they experience symptoms, they must self-isolate until the conditions outlined have been met.

Self-Screen Symptoms

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19
- Cough
- Chills
- Unexplained Muscle Pain/body aches
- Headache
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Sore throat
- Loss of taste or smell
- Diarrhea
- Recent unexplained onset of extreme tiredness

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition or is in close contact with someone with any condition listed, they are at a higher risk of contracting COVID-19 and severe illness.

At-Risk Individuals

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes, liver disease, and/or chronic kidney disease undergoing dialysis

Once on Campus

- Start and end times for practices may be staggered to prevent groups from gathering at entrances and exits of facilities and to limit crossover and contact.
- When students are arriving at practice, they must remain six feet apart.
- Athletes must arrive dressed and ready to practice. Locker rooms will not be available.
- Campus is only open to student-athletes and their coaches. If driving your student-athlete, plan on dropping them off and picking them up without getting out of the car.
- All athletes and coaches must wear a mask when not participating in intense aerobic activity unless medically exempt. Cloth face coverings are acceptable. A mask should be worn when arriving and leaving campus.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a practice. A wellness check will include reviewing the symptom questionnaire and completing a temperature check.

- If a student-athlete is late for camp and their “pod” leaves their meeting spot, then they will not be able to attend practice that day.
- Any person with positive symptoms reported will not be allowed to take part in practices and should consider contacting his or her primary care provider or other appropriate health-care professional.
- Any person who has had a fever or cold symptoms must be symptom free without medication for 72hrs prior to returning to activity. They should consider contacting his or her primary care provider or other appropriate health-care professional.
- If an athlete does get sick at camp, an area will be identified where they can rest, be watched after, and safely isolate from others. Communication will take place with parents or caretakers directly and arrangements made for appropriate health care steps.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building and throughout practice.
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in practices.

Sport Participation

- Participation is optional.
- A student must be cleared through athletic clearance in order to participate in summer camp.
- Practices will be planned with a minimum distance of 6 feet between each individual. Athletes will be grouped into “pods” when necessary to allow for decreased exposure.
- There will be no balls used in any camp. At a later time, the district will reevaluate the guidelines for ball use.
- Hand sanitizer will be available.
- There should be no sharing of athletic towels, clothing, shoes, or equipment between students. The expectation is that students should be fully-dressed at all times with a shirt and shoes on.

- Students and coaches will wash hands or use hand sanitizer after they have touched something another person touched.
- All students must bring their own water bottle. No water will be provided.

Post Practice Procedures

- When students are leaving practices, they should remain six feet apart and wear a face covering.
- Athletes must leave practice immediately and exit campus following the conclusion of their practice. (Do not linger on campus or the parking lot).
- Students should shower and wash their practice clothing immediately upon returning home.
- Facilities will be cleaned after each practice.