



September 2021

LJA COVID Response Procedures, Practices and Protocols

11. Athletics Return to Training Protocols

This applies to all athletes, coaches, alumni, staff and vendors using any LJA athletic facility. These guidelines are intended to protect the safety of our community by preventing and mitigating spread of the virus. **General Rules:**

- Limit non-essential visitors to the school-only LJA athletes/teams/vendors using our facilities
- No sharing of food or water; no sharing personal items (i.e. water bottles, sweat towels, deodorant etc.)
- Enhanced cleaning of equipment before, during, and after training activities
- Avoid touching face and head, except to cover your mouth when coughing then wash hands immediately after
- Everyone must wash hands with soap and warm water for at least 20 seconds upon arrival
- Everyone must comply with the self-screening evaluation before participating: <https://docs.google.com/forms>

[Drop-off & Pick-up Procedures and Protocols \(See Athletics section\)](#)

[Illness Procedures and Protocols](#)

[Cleaning & Disinfecting Practices](#)

	Level 1 Low Risk	Level 1+ Increased Risk	Level 2 Heightened Risk	Level 3 High Risk
Situation	- Isolated outbreaks - No cases at LJA	- Increasing new cases - Gov't restrictions on gathering/group size - ILH/HHSAA and Oahu League mandates	- Sustained community spread - Confirmed case(s) at LJA	- Widespread community transmission - Gov't restrictions on gatherings, issues stay-at-home order - Confirmed case(s) at LJA - Shutdown procedures in effect
Safety Measures	- No sharing of water bottles - Physical distancing wherever possible (3-6 feet) - Masking may be required - Self screening required	- No sharing of water bottles - Physical distancing required - Enhanced cleaning/safety practices - No sharing of equipment - Masking required when practicing unless in pool - Self-screening required	- No sharing of water bottles - Physical distancing required at all times - Enhanced cleaning/safety practices - No sharing of equipment - Self screening required - Mask wearing mandatory at all times - Smaller group sizes enforced, "ohana bubbles"	All campuses closed
Practice	- LJA campus open - Contact allowed, mask may be required by sport - Return to league play with or without accommodations - Spectators allowed distanced and masked	- LJA campus open, vendors allowed with LJA connections - Contact allowed, mask may be required by sport - Return to league play with or without accommodations - Possible return to league play with accommodations - Spectators may be allowed distanced and masked	- LJA campus open, vendors allowed with LJA connections - Contact restricted and mask required by sport - Games may be cancelled by leagues, clinics allowed - Students may have option of engaging remotely. - Spectators not allowed	Distance Learning for all students