



RETURN TO ATHLETICS PLAN

Program Start Date: Monday 5/3/2021 for **ALL Student Athletes** (Boy's and Girl's Athletics)

Zoom Check In - Monday 5/3 @ 2:30pm

<https://natomasunified.zoom.us/j/82675196993?pwd=UitwZlZkemp0dUwwN1RjYUV3dEp1dz09>

In Person Workout - Tuesday / Thursday / Friday 2:30pm to 3:30pm @ American Lakes School during the month of May 2021.

Check - in Procedures: - **Must be pre- approved for check-in/clearance** (all forms turned in/Covid 19 slide presentation seen & complete/AD approved) then athletes will be permitted to enter campus for on site pre-screening

- Meet in front of the School to check in.

- When athletes arrive at the check-in area the 6 feet social distancing requirement will be implemented.

- If any athletes arrive by bicycle or on foot, we will allow them a cooling off period before check-in.

- Touchless Temperature checks will be taken and the Covid-19 screening will be administered to ensure clearance for each athlete prior to workout.

- All athletes will be required to bring their own water bottles with their names on them and they will be spaced out six feet apart.

- Athletes will wash hands for 20 seconds after spacing their water bottles (one at a time in restroom)

- Workouts will be outside on the blacktop area. Athletes will be spaced out during activities in order to comply with the social distancing requirement.

No parents or non-team members will be allowed at practice, only athletes and coaches.

*For Athletic Clearance you make an appointment with your family physician for a sports physical, you can also go to an Urgent Care Clinic for a sports physical. The district has a community clinic on the Natomas High School campus, see below:



B. TERI BURNS CLINIC

WE PROVIDE THE FOLLOWING SERVICES:

- **Adult and Adolescent Physical (Sports, Annual, DMV, Work)**
- **Child Health and Disability Prevention (CHDP)**
- **Vaccines / Immunizations**
- **Flu Shots**
- **Diabetic Management**
- **General Medical Care**
- **Family Medical Care**
- **Preventive Care**
- **Specialist Referral Services**



**WE ACCEPT MEDICAL AND PRIVATE INSURANCE.
SLIDING FEE SCALE ARE ALSO OFFERED.**

ADDRESS

**3301 Fong Ranch Rd.
Sacramento, CA 95834
916-642-1867x4351**

Hours of Operations

**Mondays—Fridays
9:00 AM—12:00 PM
1:00 PM—4:00 PM**