



RETURN TO ATHLETICS PLAN

Program Start Date: Tuesday 4/27/2021 for **ALL Student Athletes** (Boy's and Girl's)

- In Person Workout Group 1 - Tues. 1:30pm to 3pm /Wed. 1:30-2pm /Thurs. 1:30pm to 3pm @ Jefferson
- In Person Workout Group 2 – Tues. / Wed. / Thurs. 5pm to 6:30pm @ Jefferson

Check - in Procedures and prior to workouts: -

Must be pre- approved for check-in/clearance. All athletes must have viewed the Covid 19 slide presentation <https://natomasunified.org/phased-return-to-athletics-in-nusd/>, signed the waiver form, & have a current physical form on file <https://drive.google.com/file/d/1oRkcEf4DV2-hW0znPHxy9c-F5hbpDBTf/view?usp=sharing> and be cleared by the AD, then athletes will be permitted to enter campus for on-site pre-screening and in person training.

- Meet in front of the School at the flag pole 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 inside in the new gym. 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.

EVERYONE NEEDS A PHYSICAL EXAM

For Athletic Clearance you make an appointment with your family physician for a sports physical, you can also go to an Urgent Care Clinic (MED 7) for a sports physical. The district has a community clinic on the Natomas High School campus, see information below:



You only need a sports physical. So, **Ask for the Sports Physical \$40**. A lot less expense than the regular physical. The price may have changed.

MED7 ® Urgent Care Center in Natomas opened in December 2006. MED7 ® provides family medical care 7 days a week 8:00am to 8:00pm including weekends and holidays. We provide a walk-in environment and no appointment is needed.

MED7 ® is contracted with most PPO's, HMO's, EPO's, POS plans, Worker's Compensation and most medical groups including Hill Physicians, UCD, Mercy and Sutter Medical groups.

- **ADDRESS: 4112 E Commerce Way Sacramento CA 95834**
- **PHONE: (916) 447-6337**

Or the Teri Burn Clinic at Natomas High School does Physicals too