



## ON-CAMPUS SPORTS AND SPIRITUAL CONNECTION TIME GUIDELINES

### Introduction

In order to provide our students with the opportunity for on-campus activities related to sports and spiritual connection, we are offering OPTIONAL once-a-week 90-minute time slots for grades 3-8 to come together in the school's outdoor spaces. We will be following strict protocols as provided by [Pasadena Public Health Department](#). **Start Date: Week of Feb. 22 (3:15-4:45 pm)**

These will be provided to students until future safety guidelines are provided by PPHD that allow students to come back to campus for in-person instruction.

After reviewing these guidelines, families may sign up by Feb. 18 for Third Quarter using this [FORM](#) to secure their spot in these after-school activities. Families must participate in Mandatory Orientation PRIOR to coming to campus, complete attestation forms, and follow all safety measures required by the school.

### HEALTH AND SAFETY MEASURES

#### Pre-screening Prior to Arrival

All parents must fill out the pre-screening questionnaire via Family Portal prior to arriving on to campus. If there are any "YES" to any of the answers, do not bring your student to school and wait till it is safe to do so. If you have any questions, please contact LS or MS Office Assistants for clarification.

#### Temperature-taking Upon Arrival

All students are to remain in the vehicles until their pre-screening questionnaire has been verified. Then a staff member will come up to the car window to take the student's temperature. If temperature is in the range of normal (97-99 degrees), students will be allowed to come on to campus and may exit their car.

#### Face-covering Requirements

All students and staff are required to wear an appropriate face covering that covers the nose and the mouth at all times, except for drinking water or engaging in solo physical exertion (such as jogging by one's self at least 10 feet apart). Staff, coaches, and students are instructed to wash or replace their face coverings daily. It is recommended to send 1-2 additional face coverings with your students should one get soiled or wet during exertion.

#### Physical Distancing

Physical distancing of six (6) feet between each student and between student and coaches/staff is required at all times. Youth sports activities are limited to activities that enable all players and coaches to maintain this physical distance and a ten (10) feet distance during times of intense physical exertion. These activities include but are not limited to training, conditioning, and skills-building activities. Contact sports will not be conducted in the same manner as previously done; focus will be on skill-building at a physical distance.

## Equipment

Equipment will be provided by the school for various activities and disinfected after use (and ready for use for the next group). If equipment must be shared, it will be disinfected between use by different people to reduce the risk of COVID-19 spread.

According to LA County Youth Sports Guidance:

“Players may engage in limited sharing of equipment, such as kicking a soccer ball between two players, or throwing a baseball, football, or frisbee as part of skill-building exercises. However, sharing of equipment in this manner should only be in designated pairs of players, not as a group activity.” (Reopening Protocols for Youth Sports, LADPH, 10/22/20).

## Cleaning

Restrooms will be available for students to use one at a time. The restrooms will be stocked with plenty of hand soap and paper towels and will be sanitized regularly.

## WEEKLY SCHEDULE

Tuesdays      Grade 3 on Lower School Campus  
3:15 – 4:45 pm Grades 5 & 6 on Middle School Campus

Thursdays      Grade 4 on Lower School Campus  
3:15 – 4:45 pm Grades 7 & 8 on Middle School Campus

## SAMPLE 90-MINUTE SCHEDULE

|             |  |
|-------------|--|
| 2:45        | Remote Learning Ends (Parents make sure to fill out <b>pre-screening questionnaire</b> )   |
| 2:45-3:15   | Commute Time to School   |
| 3:00-3:15   | Arrival Protocols<br>-Temperature check  |
| 3:15 – 4:00 | Sports and Play Activities<br>-Provided by Coach Jess for middle school students<br>-Provided by Ms. Kyla for lower school students<br>-Activities to take place on the basketball court, field, or playground   |
| 4:00-4:45   | Spiritual and Personal Connection Time<br>-Provided by Advisor for middle school students<br>-Provided by Classroom Teacher or Aide for lower school students<br>-Includes recitation of Al-Fatiha, collective du’a, personal reflection time, and social/teambuilding activities<br>-Activities to take place on the field, lunch areas, or Peace Garden (MS) |
| 4:45-5:00   | Dismissal  |

## COMPLIANCE EXPECTATIONS

### Attestations

All families deciding to have their students come to the After-School Sports and Spiritual Connection Time must agree to the following attestations in the sign-up form:

- I/We will not bring my child/ren to campus, if he/she is sick or anyone in the immediate household is sick.
- I/We will not bring my child/ren to campus, if he/she or anyone in the immediate household has been exposed to any with COVID-19 over the past 14 days.
- I/We will not bring my child/ren to campus, if he/she or anyone in the immediate household has traveled out of state of country over the past 14 days.
- I/We have read this document and [The Youth Sports Guidelines](#).

- I/We will follow all health safety guidelines, protocols, and procedures that NHS has created to ensure the safety of my child/ren and others.

**Non-Compliance**

Students and families who do not follow the health and safety guidelines and expected behavior while on campus will not be permitted to continue with on-campus activities.