

Girls/Boys Water Polo

Schedule

Pool deck Southeast (Section B)

enter admin lot to back pool entrance

Monday

Boys Polo 2:30-4:30 (6) Dave Halushka

Tuesday

Girls Polo 2:30-4:30 (6) Dylan Linell

Wednesday

Boys Polo 2:30-4:30 (6) Dave Halushka

Thursday

Girls Polo 2:30-4:30 (6) Dylan Linell

Pool deck Northeast (Section A)

enter admin lot to back pool entrance

Monday

Boys Polo 2:30-4:30 (6) Dave Halushka

Tuesday

Girls Polo 2:30-4:30 (6) Dylan Linell

Wednesday

Boys Polo 2:30-4:30 (6) Dave Halushka

Thursday

Girls Polo 2:30-4:30 (6) Dylan Linell

Pool deck Northwest (Section D)

enter admin lot to back pool entrance

Monday

Boys Polo 2:30-4:30 (6) Jon Reichardt

Tuesday

Girls Polo 2:30-4:30 (6) Adoni Nahabed

Wednesday

Boys Polo 2:30-4:30 (6) Jon Reichardt

Thursday

Girls Polo 2:30-4:30 (6) Adoni Nahabed

Pool deck Southwest (Section C)

enter admin lot to back pool entrance

Monday

Boys Polo 2:30-4:30 (6) Jon Reichardt

Tuesday

Girls Polo 2:30-4:30 (6) Adoni Nahabed

Wednesday

Boys Polo 2:30-4:30 (6) Jon Reichardt

Thursday

Girls Polo 2:30-4:30 (6) Adoni Nahabed

Ingress/Egress Protocol

In summary -

1. Mask upon entering.
2. Show green screen to coach or trainer at entrance.
3. Proceed directly to training location and maintain 6 feet distance always.
4. Hand sanitize and disinfect equipment at beginning and end of session.
5. Mask kept on throughout training and exit.

1. Athletes will be approved to participate after verification that they have submitted all documents required in the Mira Costa Athletic Clearance Program to include proof of insurance, a current athletic physical, and a negative COVID test.
2. Athletes enter with masks on. Coaches will be provided with extra disposable masks for students who lose or damage their mask.
3. Each day, every athlete will complete the pre-screen questions by clicking [HERE](#). At this point, the app only provides the choice of “parent or guardian” or employee. Student will select “parent or guardian.” Athletes will have their green screen out and visible as they enter. The coach or trainer at the entrance will verify correct time stamps on the green screen. Attendance will be entered into a Google Doc each day.
4. After entering with green screen verified by a coach, the athlete will proceed directly to their training area as outlined on the schedule. If athletes are in cohorts they will know their cohort spot and proceed directly. Once in their training spot, the athlete will maintain 6 feet distance from all other persons.
5. Athletes will drop their personal gear at their training location and immediately use hand sanitizer. Under the direct supervision of coaches, they will then wipe down any equipment that will be shared with a sanitizing wipe. Once they have entered, arrived at their training location, and properly sanitized, they may begin stretching and training. To exit, each athlete will return to their personal equipment, use hand sanitizer, wipe down their shared equipment and exit directly from the training area. Athletes who arrive late will enter the facility the same as all athletes and report directly to their pre-screen area.
6. Coaches will be offered two cloth masks, a face shield, gloves, sanitizing spray/wipes, and hand sanitizer for their use. Coaches will have a mask that covers their mouth and nose from the moment they exit their car at the training area to the moment they re-enter their car to leave the training area. Cloth masks will be washed before using on another day.

7. Athletes will wear their masks from entrance to exit as well, unless engaged in solo physical exertion (such as jogging by one's self). Players should take a break from exercise if any difficulty in breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing.
8. As outlined in the County Cohort Guidance Document (attached), stable cohorts are groups of students, with the same supervising adult(s), that stay together throughout the day. The cohort must operate so that students and supervising adults within the group only have physical proximity with members of their cohort during the day. Supervising adults and students must not interact with other cohorts. This practice decreases opportunities for exposure to or transmission of the virus; facilitates more efficient contact tracing in the event of a positive case; and allows for targeted testing, quarantine, and isolation of a cohort instead of requiring the suspension of all such groups operating on a site in the event of a positive case or cluster of cases.
9. If a student becomes ill, parent or guardian should call their physician for guidance. They must also notify their school attendance and/or health office.
10. All Coaches are directed to follow guidelines set forth in Dr. Suzanne Webb's August 16 memo, "Safely Reporting to Work, COVID-19 Safe Practices." That document is attached.
11. Athletes will bring their own water bottles, and may not share water with another athlete. Coaches should have disposable water bottles available at practice for emergency situations.
12. Restroom facilities are marked with a red dot on the map. Coaches will release athletes one at a time to the restroom nearest their practice facility. Athletes are encouraged to use the restroom immediately prior to reporting to practice. Locker rooms will not be open.
13. The Principal, Assistant Principal, and Athletic Director will be reviewing practices to make certain all protocols are being followed. If protocols are repeatedly not being followed, training for that sport will be cancelled. If coaches need immediate support, they can reach administrators, the Athletic Director, or security at the phone numbers below.
14. No spectators.

QR code for pre-screening:



For any athlete continuously refusing to follow any of these guidelines, and you need assistance, call:
 Ray Lee - 310-920-6711
 Franklin Ortiz - 323-842-0976
 Glenn Marx - 310-489-4770
 Steph Hall - 424-350-8361
 Ben Dale - 310-625-6493
Security and athletic supervisors will be available and patrolling to make sure all protocols are being followed.

Mira Costa Campus Map



Girls/Boys Water Polo Practice Plan

This practice plan applies to girls and boys water polo, all levels. The numbers for each practice session include all levels, all teams.

Pre-Entry Screening/Arrival- Students will be assigned an ID number based on the practice group, portion of the pool deck (East or West Deck) and lane number (lanes 1-12) they are assigned to.

For example, V1ED1 = Varsity 1 (practice group), East Deck (pool deck assignment), Lane 1 (lane assignment). This number will dictate where they report to for pre-entry arrival on the Meadows ramp, and where they report to when they enter the pool.

East Deck lanes 7-12 are assigned to section A (see map). East Deck lanes 1-6 are assigned to section D, West Deck lanes 7-12 are assigned to section B, and West Deck lanes 1-6 are assigned to section C.

Students will line up according to their lane assignment ID number (lane 12 first through lane 1) along the north and south sides of the path from the back gate of the pool to the quad stairs socially distanced in accordance with 6 feet distance partitions on ground. "West Deck" lanes 12 (closest to gate) through 1 will line up on the west side of the back gate path. "East Deck" lanes 12 through 1 will line up on the east side of the path from the back gate of the pool to the quad stairs.

Facility Entry- After the screening/check in/attendance for each POD is complete, "East Deck Pod" will process into to pool holding up their phone showing the green screen from the pre-screening app and walk to their lane assignments on the East Deck. If there is no coach at the entry gate, athletes will automatically line up six feet apart, according to markings posted on the ground. Once East Deck has processed into the pool, the "West Deck" Pod will follow and will process to their lane assignment on the West Deck. Lane order for the pool deck directly corresponds to the order that athletes line up in on the back gate path.

Arrows on pool deck will indicate one-way directional routes.

Markings on pool deck will indicate lane assignment, deck space for athletes to report to, store clothes, towel.

O = indicates where swimmers will place their clothes on deck.

X = indicates what lane and where swimmer will begin and end laps.

Players will report directly to their Lane Assignment.

There will be no changing. Athletes are to arrive and leave in swim suit. Athletes will place towel and clothes on deck in assigned space according to LANE ASSIGNMENT. ATHLETES MUST MAINTAIN 6 FEET DISTANCE FROM EACH OTHER AT ALL TIMES BOTH IN AND OUT OF THE POOL. MASKS REQUIRED WHEN NOT SWIMMING.

Typical Workout- Swim conditioning, stretch bands, and passing drills. Athletes will maintain 8 ft separation during heavy physical exertion. Each athlete will be assigned to a lane for swim conditioning; there will be two athletes per lane. Athletes will begin/end laps on the opposite ends of the pool (east and west deck). This maintains 8 ft physical distance during heavy physical exertion and between sets. For stretch bands and passing drills, athletes will be spaced 8 ft apart from each other as pairs and 8 ft from other pair-cohorts.

Shared Equipment-

- Athletes will bring personal equipment: goggles and swim suit.
- Athletes will share water polo balls and stretch bands provided by the team. These pieces of equipment will be disinfected by the coaching staff after every practice session.
- Athletes will only share water polo balls for “passing drills” with one other player. One ball will be used for 2 players.
- Stretch bands will be used by all players on team and will be disinfected after every practice session.

Weight training Protocol –

- Coaches must schedule use of the weight training area at least one day in advance of the practice session.
- Athletes in a weight training cohort must be assigned a partner for that day. If already assigned to a partner for other aspects of a practice, it must be the same partner.
- Athletes will share weights with their cohort partner in the outdoor weights area by cohort, maintaining social distancing throughout the lift session.
- No weight activities will be included that require a “spotter.”
- A cohort pair will use a set of weights together. No other cohort pair will use the weights of another cohort pair.
- Weight equipment will be wiped down by coaches or the trainers between cohort lift sessions.

Sanitation Protocols-

- Coaches and Staff will utilize disinfectants that meet the EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19/List N: Disinfectants.
- All sanitizing products will be kept out of children's reach and stored in a space with restricted access.
- All shared equipment will be sanitized after each practice.
- For training sessions lasting for more than one hour: after every hour, athletes will stop, hand sanitize, and wipe down any frequently used objects or surfaces.

Restroom Protocols –

- Restrooms are identified for each practice area.
- Athletes will be permitted to use the restroom one at a time.
- Athletes will be instructed to check the restroom for others and, and if occupied, wait outside of the restroom (on a marked 6-foot space) until the restroom is empty.
- There should not be more than one person in a restroom at a time.

Facility Exit- West Deck will process out of the pool first in a single file line through the gate and down the path back to the Admin lot ramp, maintaining a single file line, 6 feet distance, lanes 1, 2, 3 etc.

Once West Deck has egressed out of the pool East Deck will follow, lanes 1, 2, 3 etc. East deck will follow in the same order down the stairs and back to the admin lot.

Pick Up- Athletes will exit the front gate to the admin lot and directly to their car. If their ride has not yet arrived, athletes will stand on a numbered spot on the north row lot.

General Advisories –

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| <ul style="list-style-type: none">- Stay home when you are sick.- Stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).- If you tested positive for COVID-19 but never had any symptoms, you must stay home until:<ul style="list-style-type: none">- 10 days after the date of the first positive test, but- If you develop symptoms, you need to follow the instructions above. |
| Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing. |
| Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands). |
| Do not touch your mouth, eyes, nose with unwashed hands. |
| Avoid contact with people who are sick. |
| Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing. |
| Constantly observe your work distances in relation to other staff and players. Always maintain the recommended minimum 6 feet separation from others unless specific work assignments require less distancing and wear a face cloth covering when working near or with others |

General Athletic Guidelines –

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| Athletes are required to complete an annual physical either before beginning training or when a year has elapsed from their last physical, whichever is later. |
| Athletes are asked to submit evidence of a negative COVID-19 PCR test prior to attending training |
| Athletes are required to complete a COVID-19 waiver prior to attending training |
| Athletes are required to provide information if they travel out of state |
| Submission of all required forms and documentation will be monitored by school site staff, and staff will provide notification to coaches letting them know when all requirements have been met, prior to the athlete's participation in training activities. |
| Athletes will be encouraged to provide periodic evidence of a negative COVID-19 PCR test; two athletes will be selected at random from each cohort every two weeks for this purpose |
| Coaches will be asked to provide periodic evidence of a negative COVID-19 PCR test; 10% will be selected at random from each cohort each weeks for this purpose |
| In the event of an athlete's absence, the athlete will be required to notify the coach of the reason for absence and to submit the results of their screening questionnaire on the date of the scheduled practice. If a coach (or an athlete) is unable to report, site and district administration will be notified, along with all athletes in the coach's cohort. Athletes will be required to respond to the notification acknowledging cancellation of practice. Athletes in the affected cohort will be prevented from entering campus at the gate. |
| Upon arrival to campus, athletes will be required to show evidence of a "green screen" result from the screening questionnaire before entering campus. Upon entry, students will go directly to pre-designated and marked pre-practice areas, where they will be required to remain at least 6 feet apart from each other. While on campus thereafter, except to travel individually to the restroom, athletes will travel as a cohort to any other areas of campus (e.g., from the field to the outdoor weight area) and to the exit gate from which they will leave campus. |
| On a daily basis, two cohorts will be selected at random, and the athletic trainer will conduct an on-site temperature check of all athletes in each selected cohort |
| Outside of campus, near egress points, markings will be located on the ground to show athletes where to stand while waiting to be picked up |