

Marching Band & Colorguard

Schedule

LOWER PECK LOT

Group A - Colorguard: Upperclass (11) Joey Avalos

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group B - Colorguard: Underclass (9) Michelle Gentile

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group C - Drumline: Battery (11) Otto Peralta/Aya Strauss

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group D - Drumline: Front Ensemble (6) Kevin Tran

Tuesday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group E - Hornline: Flutes (7) Karni Syed

Tuesday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group F - Hornline: Clarinets (11) Nicki Simpson

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group G - Hornline: Saxophones (9) Andrea Custer

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group H - Hornline: Trumpets (10) Tina Shivpuri

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group I - Hornline: Mellophones (5) Cathy Oh

Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

Group J - Hornline: Low Brass and Sousaphones (11) Carolyn Mukai

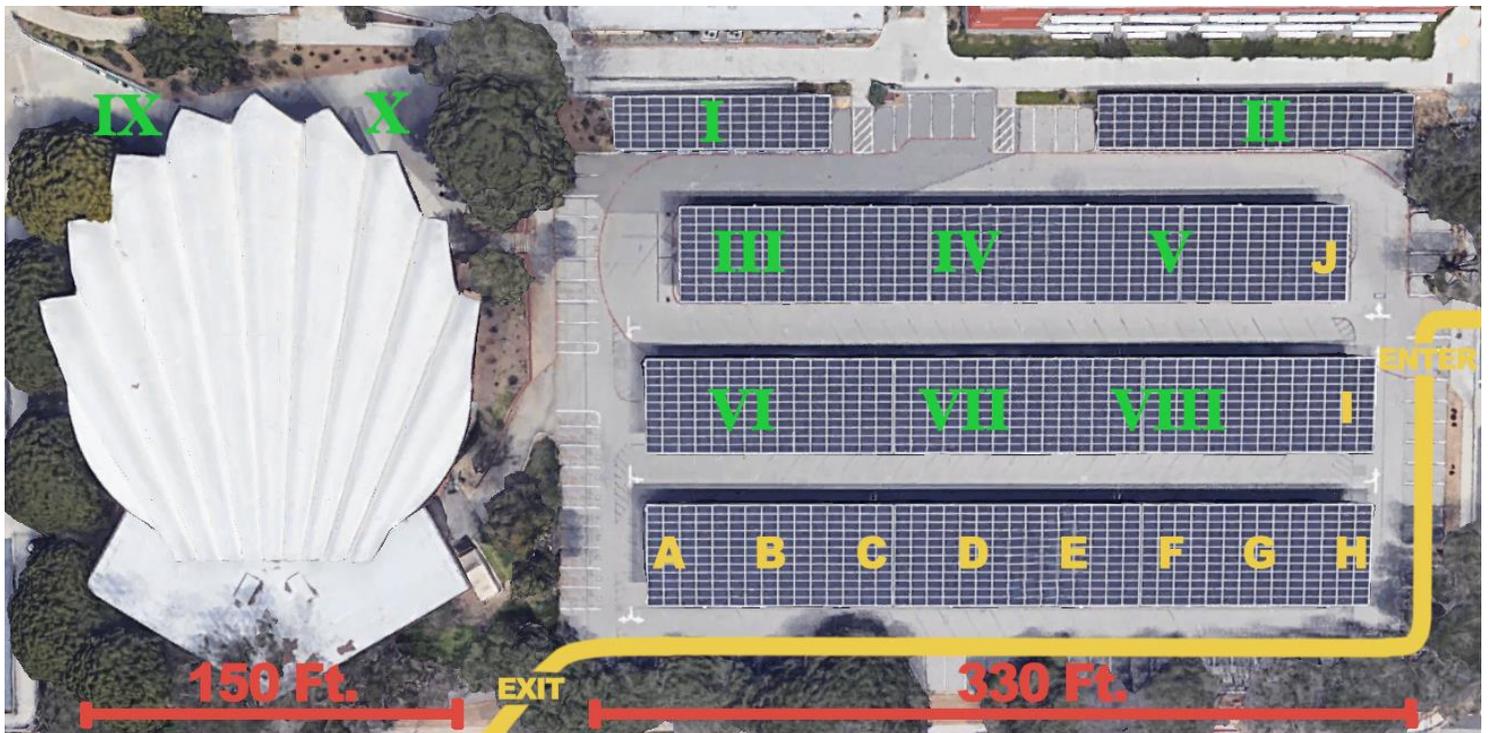
Monday - 3:00PM-5:00PM

Thursday - 3:00PM-5:00PM

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.



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 through 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](#). Students under the age of 18 must have their parent complete the questionnaire for them using the parent/guardian choice. 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 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 on page 1.
14. No spectators.

Marching Band and Colorguard Practice Plan

All practices, all levels, all teams will utilize the Main Quad areas of Mira Costa campus..

Pre-Entry Screening/Arrival - Athletes will be pre-assigned their cohort group (A-J) which will remain consistent for each practice, and they will be assigned their pre-workout location. For example, they might be told they will be in Cohort Group A number 3. This means they will gather before practice at the location on the map marked A, and they will place their equipment and belongings on the ground on the number 3.

Facility Entry - Athletes will enter the Main Quad from the Upper Peck lot through the gate between the cafeteria and the Band building holding their green screen from the pre-screen COVID app, and proceed directly to their pre-assigned, pre-workout location. Once there, they will place their personal equipment on the ground, on their number, and begin hand sanitizing, wiping down their equipment as needed and awaiting instructions from their coaches.

Typical Workout - Athletes will go through workouts, individual conditioning drills, and social-distanced marching drills. No wind instruments allowed. Percussion only.

Shared Equipment - There will be no shared equipment for these workouts.

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 products will be kept out of children's reach and stored in a space with restricted access.
- Any deck space the athletes reported to and stored towels/bags will be sanitized with List N Disinfectants.

Facility Exit - At the end of each practice, athletes will return to their personal equipment, hand sanitize, wipe down personal equipment as needed, and then exit as directed by coaches in an orderly manner.

Pick Up - Once directed to exit by coaches, athletes will proceed directly out of the Main Quad to the Upper Peck lot through the gate between the cafeteria and the Band building to their car in the parking lot. If their ride is not yet on site, they will stand on a numbered spot in the center row of the Upper Peck lot.

General Advisories –

- 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: - 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 –

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 week 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