FHS SEASON 1 UPDATE



- CIF San Diego Section has selected the date of Monday, February 1, 2021 as the official date to begin practices for the permissible, Purple Tier sports scheduled in Season 1 (Cross Country and Swim & Dive).
- The current guidance does not permit any competitions while a region is under the "Stay at Home" order.

 Based upon the current Tier Assignments the remainder of Season 1 Sports (Competitive Cheer, Field Hockey, Football, Girls' Volleyball, Gymnastics) will be able to officially open their seasons for practice only once they reach the point in which their sport is within 1 Tier Level of their assigned Tier, where athletic competitions are permitted for the

 Example: Field Hockey (Red Tier) would be able begin their season once the Southern California region is off the "Stay at Home" order yet continues in the Purple Tier Even though the San Diego Section has chosen the date of February 1, 2021 to open the Seasons of Sport for Cross Country and Swim & Dive, each individual member school or district may elect to open their seasons at a later date.



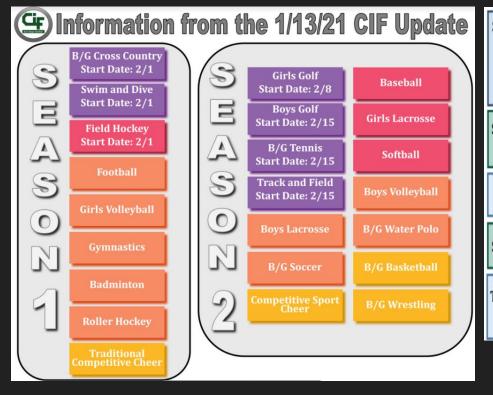
Purple Tier: Cross Country, Golf, Swim & Dive, Tennis, Track & Field

Red Tier: Baseball, Field Hockey, Girls Lacrosse, Softball

Orange Tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, Water Polo

Yellow Tier: Basketball, Cheer, Wrestling

** Student athletes throughout the state may begin/continue with skill development and conditioning activities no matter the current tier assignment for the county as long as the practice can take place outside and adhere to the current physical distancing guidelines.



Season 1 sports not in the purple tier (Badminton, Field Hockey, Football, Gymnastics, Roller Hockey, Girls Volleyball & Competitive Cheer) may begin practice specifically <u>following</u> <u>CDPH guidelines</u>, when the county is within one tier of their assigned level <u>and</u> the stay-athome order has been lifted.

Start dates for Season 2 sports not in the purple tier, and the rest of the January 13th update, can be found <u>here on the CIFSDS website</u>.

No athletic competition is allowed to begin until the stay-at-home order is lifted.

Student-Athletes and Coaches may only participate in one cohort (team) at a time, or season.

Though the CDPH and CIF have set the dates upon which sports may begin, the choice to start playing is left up to individual districts and schools.