

# California High School

## Color Guard

May 2021

### **Rehearsal Guidelines**

There are new guidelines and procedures for in-person rehearsals, sectionals, and workshops.

Please be familiar with these before attending in-person rehearsals.

#### **New Equipment Guidelines:**

- The guard room will be off limits for students. Please come prepared with any and all proper rehearsal materials. (The following list is a guide and you may bring more or less depending on personal/rehearsal needs.)

Athletic Attire	Tennis Shoes	Sunglasses	Hat/Visor/Bandana
Sports Bag	Electrical Tape	Stretch Towel	Hair Ties
Water Jug	Sunscreen/Umbrella	Medication	Personal First Aid

- Each student must bring their own water bottles.
  - Absolutely no sharing of water bottles will be allowed.
  - It is recommended to have a 1/2 to 1 gallon insulated water jug for a 2 hour rehearsal.
  - No water coolers will be set up for refills.
- It will be required that each student have their own face cloth covering.
  - Please no face shields as it is a hazard while spinning.
  - It's suggested that each member have their own hand sanitizer as well.

#### **Check-in Procedures:**

- To limit the amount of time on campus, please be mindful of the rehearsal times. You may start setting up no more than 30 min before rehearsal.
- Please view the following guidelines for checking in to rehearsal
  - Meet at the CG Staff table on the Band Field (open grass between Hawes and Mills) for a brief health screening.
    - If anyone arrives saying YES to any of the following questions (fever, cough, sore throat, shortness of breath, close contact or care of someone positive with Covid-19, or current temperature check is over 100.3 degrees (F)), they will be sent home immediately and asked to return in 14 days or after a negative test result to a Covid-19 test can be provided.
  - Once screened, students will be directed to their rehearsal zone.

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- Students will be placed on the Band 15 ft / 5 yds (yardline to yardline) distance from each member.
  - A chart with members designated “dot” will be sent out to all members. Please review this chart before coming to rehearsal so that you know where to go once you check in.

### **During Rehearsal Procedures:**

- Once you are checked in, head to your “dot” and set up your “zone” of rehearsal space. Keep personal bags and your equipment/flag bags to the front of your zone. Each member must stay in their “zone” for the full duration of rehearsal. Each zone should be an area of 15 ft<sup>2</sup>.
- Please plan to **not** use the restrooms once in rehearsal. If there’s an emergency, please notify an instructor to open the staff restroom at the end of the BB Wing. Please sanitize before leaving the restroom. Sanitizing equipment can be found in the restroom.
- These are closed rehearsals and spectators will not be allowed to gather around the rehearsal area.

### **Ending Rehearsal Procedures:**

- Continue to maintain 6 ft social distancing while leaving the rehearsal site and heading home. Students are discouraged from making physical contact with members outside of their household. (Even if you have permission from parents, please no physical contact with other members before, during, or after rehearsal)
- To limit the amount of time on campus, please be mindful of the rehearsal times. Do your best to leave no later than 15 min after dismissal.

\*\*\*If there are any questions, send an email to [calhighcolorguard@gmail.com](mailto:calhighcolorguard@gmail.com).