

Opening Woodland Sports for Summer 2020

As WHS looks to allow athletes onsite for workouts during the COVID-19 pandemic, we will closely follow the guidance of Washington State and the Washington and Cowlitz County Departments of Health, NFHS and WIAA. **The core underlying consideration for all decisions made during the process of returning athletics to Woodland High School will be the health, safety, and protection of student athletes and coaches.**

Face coverings are required during all indoor activities prior to phase 4. Cloth face coverings should be considered acceptable. Coaches will be required to wear a face mask when occupying the same space as other individuals – both indoors and outside.

Plastic shields covering the entire face (or attached to a helmet) shall not be allowed.

Participation in summer activities is voluntary and not a requirement by WHS, WPS, or WIAA.

Coaches can choose to hold summer workouts or not. Workouts are open to fall, winter, spring sports and will be available until August 16th. Coaches who choose to participate during this period are responsible for planning, implementing, and documenting all activities with adherence to health and safety guidelines (face coverings, social distancing, etc.). Athletes must be under the supervision of a WSD trained coach at all times during workouts.

Facilities to Consider:

The following facilities must be considered - Phase 2: Stadium Football Field, Stadium Track, Stadium Stairs, Football/Soccer Practice Field. Phase 3: Weight Room, Main Gym, Aux Gym, Team Room, Locker Room and Spin Room.

A schedule of use must be determined that is equitable to the needs of all programs. This schedule must eliminate transitions where athletes are intermixing or gathering in one area to wait for access to the area where they'll be training. There must be time built into the schedule for proper cleaning and sanitizing before the next student group can enter. Coaches will ensure that athletes are maintaining a minimum distance of 6 feet between each individual at all times.

Sanitizing stations and cleaning materials will be available at each site. Coaches will be responsible for sanitizing the space utilized after each student group work session. Direction will be provided on how to properly clean between student groups.

Entry, exit, and restroom doors should be propped open so that touching of door handles is limited.

Training:

All coaches who will oversee summer sports workouts will be trained by either our Athletic Director, Paul Huddleston or Safety Director, Scott Landrigan. Head coaches will be required to be trained before workouts within their program may begin. Head coaches will then be expected to train each additional coach within their program – and head coaches must attend all of their program workouts.

Each coach will be trained on the following:

- Pre-workout screening
- Limitations on gathering
- Facilities cleaning
- Physical activity and athletic equipment
- Hydration

Coaches will sign a document stating they have been trained and understand the expectations. Coaches will be retrained if the county shifts to a higher phase of re-opening. Athletes will be trained by coaches and will sign off in the same manner.

Screening and Tracking

Each program will be provided no touch thermometers to conduct pre-workout screening. Coaches will train athletes to pre-screen before each workout and stay home if they have symptoms of COVID-19.

Coaches will conduct an athlete assessment with each individual on a daily basis. Coaches will record data on a monitoring form for potential contact tracing. **Any student with a fever greater than 100.1 degrees Fahrenheit will be sent home immediately and parents will be contacted.** In the absence of fever, a student exhibiting any COVID-19 symptoms will be sent home. In the event an athlete is sent home for fever or symptoms of COVID-19, coaches will alert the athletic director and contact parents.

Each program will keep screening documentation in a sports specific binder.

Athlete Arrival and Movement:

Athletes should pre-screen for symptoms of COVID-19 before coming to WHS for workouts. Students must be excluded if they answer yes to any of the following questions:

Has your student displayed any of the following symptoms in the past three days (72 hours)?

- A cough o Shortness of breath or difficulty breathing
- A fever of 100.3°F or higher or a sense of having a fever
- A sore throat o Chills o New loss of taste or smell
- Muscle or body aches Nausea/vomiting/diarrhea Congestion/running nose – not related to seasonal allergies

- Unusual fatigue

Does anyone in your household have any of the above symptoms?

Has your student been in close contact with anyone with suspected or confirmed COVID-19?

Has your student had any medication to reduce a fever before coming to school?

Athletes must have coach's approval to be on campus. Athletes should time their arrival so that they are no earlier than 5 minutes before their scheduled workout time. Athletes will stay in their car until their scheduled workout time. There will be no gathering of athletes outside the facility as they wait for entrance.

Separate entrances and exits will be designated for each facility. During transitions of student groups and between facilities, coaches will ensure that students are not grouped and social distancing of 6 feet or more between individuals occurs at all times.

Upon arrival and before leaving, all athletes and coaches will wash their hands thoroughly with soap and water. In the event that hand washing is not possible, clean hands with hand sanitizer. Hand sanitizer will be available at each facility.

Entry, exit, and restroom doors should be propped open so that touching of door handles is limited.

Athletes will be expected to bring their own mask. They are also expected to bring their own pen/pencil for check in.

Hydration:

Hydration is an essential component to athletic performance and safety. Athletes will be required to bring their own water/hydration container to each workout. Athletes without their own hydration container will not be allowed to workout.

WHS has a "no touch" hydration fill station that can be used to fill personal containers.

The following guidelines must be met Phase 2 and 3

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts until at least 72 hours since any symptoms ended. Parents should be notified and it will be their responsibility to contact their son/daughter's primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized. **Coaches will sanitize between student groups.**
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times.
- Any equipment having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Coach Guidelines:

- Coach must keep a copy of each practice plan.
- Coach must have completed the following "Safe Schools" courses: COVID Awareness, Cleaning/Disinfecting Your Workplace before conducting practices.
- Coach must be trained on COVID procedures before conducting practices.

State, local and school district guidelines for face coverings must be strictly followed.

COVID-19 Phase Guidelines

Phase 2:

Limitations on Gatherings:

- No gathering of people indoors – workouts will be outdoors only.
- Workouts will be conducted in “pods” of students with the same 5 students always working out together. If pods cannot maintain social distancing face coverings must be worn at all times. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection.

Physical Activity and Athletic Equipment:

- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students must wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels must be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.

Examples (including but not limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Cheerleaders may not practice/perform partner stunts (chants, jumps, dances without contact are permissible).
- Runners must maintain the required 6 feet of distancing between individuals.

Phase 3:

Limitations on Gatherings:

- No gathering of more than 50 people at a time inside or outside. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts may be conducted individually or in “pods” of students with the same 5 to a maximum of 10 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with a buffer zone. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection.

- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur. Attendance should remain under 50% of capacity of the host venue. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Use tape, cones, or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Competitions will be limited to local geography.
- Modified practices may begin for Moderate risk sports.
- There will be no shared athletic towels, clothing or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful available at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear must be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters must stand at each end of the bar.

Phase 4:

Limitations on Gatherings:

- Gathering sizes over 50 individuals, indoors or outdoors. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
- When not directly participating in practices or contests, care must be taken to maintain a minimum distance of at least 6 feet between each individual. Consider using tape, cones, or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin. If spectators are allowed, physical distancing measures must be followed.
- There will be no shared athletic towels, clothing or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.

I understand the expectations and procedures of the COVID-19 phases listed above and agree to follow all WSD COVID-19 phase guidelines.

Signature

Date

Name

Sport Risk Level:

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, competitive cheer, dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, 7 on 7 football*

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), golf, weightlifting, sideline cheer, cross country running (with staggered starts)

***Higher risk sports may be allowed to practice in a modified fashion with district approval.**

GUIDELINES FOR SEEKING MEDICAL EVALUATION PRIOR TO RETURNING TO SPORTS:

COVID-19 Risk Profile	Relevant Medical Information of Student-Athlete	Recommended Medical Action
Confirmed COVID-19 Disease	<ul style="list-style-type: none">Confirmed diagnosis of COVID-19 (e.g., positive test)Prior COVID-19 with on-going symptoms including:<ul style="list-style-type: none">- chest pain/pressure with exercise- difficulty breathing or shortness of breath with exercise- decreased exercise tolerance	<ul style="list-style-type: none">Medical evaluation is strongly recommended prior to a return to sportsAdditional cardiac testing may be indicated
High Risk Medical Conditions* <i>*present greater risk of complications or severe illness from COVID-19</i>	<ul style="list-style-type: none">Moderate to severe asthmaSerious heart conditionDiabetesChronic liver or kidney diseaseSevere obesity (BMI ≥40)Weakened immune system	<ul style="list-style-type: none">Medical evaluation is recommended to allow a more detailed assessment of individual risks and an informed decision-making process
Exposure to COVID-19 or Symptoms of Prior COVID-19	<ul style="list-style-type: none">Prior history of symptoms suggestive of COVID-19Household or family member diagnosed with COVID-19Close exposure (i.e., <6 feet apart for >15 minutes) to individual diagnosed with COVID-19Direct exposure to infectious secretions (e.g., being coughed on) by individual with COVID-19Direct physical contact during sports with individual diagnosed with COVID-19	<ul style="list-style-type: none">Contact medical provider prior to return to sports to determine if further evaluation is indicated
Baseline Risk	Student-athlete with: <ul style="list-style-type: none">No past diagnosis of COVID-19No exposure to COVID-19No symptoms of prior COVID-19No high-risk medical conditions or current health problems	<ul style="list-style-type: none">Further medical evaluation at the discretion of the family and medical providerSchool requirements for Pre-Participation Physical Evaluation apply