

# WOODLAND ATHLETICS REOPENING GUIDELINES

*Participation in our Fall "Open Practice" Season is  
**VOLUNTARY and NOT REQUIRED for any student-athlete or program.***

## ATHLETE INFORMATION

### PAPERWORK REQUIREMENTS

- ✓ Registered on Family ID
- ✓ Valid and current physical on file
- ✓ COVID-19 waiver signed on Family ID

\*ASB Fees will not be needed to register at this time.

### LIMITATIONS ON GATHERINGS

- ✓ Limit to 6 or less (6 athletes and coaches can float) for a workout pod (inside or outside)
- ✓ Must work in consistent pods
- ✓ No locker rooms; Come in workout gear
- ✓ Social distancing of 6 feet will be required

### PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- ✓ When outdoors... Must wear mask when not actively working out (Bring own mask)
- ✓ When indoors... Must wear mask at all times
- ✓ Do not share athletic equipment, towels, clothing, or shoes
- ✓ Clean all common equipment between uses.
- ✓ Do not lift weights that require a spotter.

### HYDRATION

- ✓ Bring your own water bottles
- ✓ "Hands Free" re-fill stations may be used. All other water stations will be turned off.

## STAGE 1 and 2 GUIDANCE

### PRE-WORKOUT SCREENING

- ✓ Athletes will have to be screened each day for...
  - ❖ A cough
  - ❖ Shortness of breath or difficulty breathing
  - ❖ A fever of 100.4°F or higher or a sense of having a fever
  - ❖ A loss of sense of smell or taste
  - ❖ A sore throat
  - ❖ Muscle or body aches not due to workouts
  - ❖ Close contact or cared for someone with COVID-19
  - ❖ Taken any fever reducing medicine in last 4 hours
- ✓ Athletes with any of these symptoms will be sent home
- ✓ Athletes must wash hands after being checked in and before they leave.

**PLEASE STAY HOME IF YOU ARE FEELING SICK**

**Always Practice Social Distancing and Good Hygiene**



## SPORT "OPEN PRACTICE" SEASON PERIODS

*\*Not All Programs will hold practices.*

*\*\*We encourage all students to participate in multiple seasons.*

**Spring Sports** - Baseball, Fastpitch, Golf (G), Soccer (B), Track & Field: Oct. 12th - Oct. 24th

**Fall Sports** - Cross Country, Football, Golf (B), Soccer(G), Volleyball: Oct. 26th - Nov. 7th

**Winter Sports** - Basketball (B/G), Wrestling, Dance, Cheer: Nov. 9th - Nov. 30th

Washington State Health Dept guidelines will be followed to determine sport specific practice protocols.

**Go Beavs!**