

# WSD Sport Specific Guidelines

## BASEBALL

Baseball has been identified as a **MODERATE RISK** sport.

### WSD Reopening Stage 1 and 2

- Ideal: 1 bat, 1 glove, batting gloves, etc. If not provided for every player, each item must be sanitized between use.
- Utilize a bucket of balls to limit contact between players.
- Balls should be sanitized before and after practice.
- Only athletes will touch the baseballs.
- Sanitized back up ball(s) should be available and should be rotated in regularly (someone needs to be designated to sanitize the ball.) Keep sanitized and unsanitized balls separated.
- Recommended to have teams gather in space other than a dugout if physical distancing is not able to be met in the dugout. Team could spread out along the fence-line to maintain space.
- Entering / exiting field process recommended to stagger athletes as they enter or leave the dugout to allow for physical distancing.
- No sharing of batting helmets unless they are sanitized and adequate time is allowed for the sanitizer to dry between uses.
- No sharing of catcher's equipment.
- No sharing of bats unless they are sanitized between uses.
- Players should avoid putting their hands in their mouth and then touching the baseball.

### WSD Reopening Stage 3

- Follow the low risk baseball protocols set forth by the state health department and the WIAA.

## BASKETBALL

Basketball has been identified as a **HIGH RISK** sport.

### WSD Reopening Stage 1 and 2

- Only athletes will touch the basketballs.
- Balls need to be sanitized before and after each practice.
- There must be a minimum of 6 feet between each individual when possible. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper distancing can occur.
- Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.
- Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape as a guide for students and coaches.

### WSD Reopening Stage 3

- Follow the moderate risk basketball protocols set forth by the state health department and the WIAA.

## CHEER

Cheerleading with Stunting has been identified as a **HIGH RISK** sport.

### WSD Reopening Stage 1 and 2

- Cheer participants may not practice/perform stunts (chants, jumps, dances without contact are permissible).
- Neither coaches nor participants can have any contact whatsoever with another participant.
- Appropriate clothing and shoes must always be worn (being barefoot even with socks on will not be allowed.) One set of athletic shoes should be dedicated for indoor cheerleading and not worn outside the venue.
- There should be only one designated person to operate sound equipment unless it is cleaned prior to use by the next individual.
- Megaphones cannot be transferred from one to another or picked up by another person.

### WSD Reopening Stage 3

- Follow the moderate risk cheer protocols set forth by the state health department and the WIAA.

## CROSS COUNTRY

Cross Country has been identified as a **LOW RISK** sport.

### WSD Reopening Stage 1 and 2

- Masks not recommended while running but recommended before and after practice for everyone (coaches and athletes).
- Staggered starts will be used when working out and social distancing should be maintained.
- Teams should not mass collect warm-up clothing.

### WSD Reopening Stage 3

- Follow the low risk cross country protocols set forth by the state health department and the WIAA.

# DANCE/DRILL

Dance/Drill with Stunting has been identified as a **HIGH RISK** sport.

## WSD Reopening Stage 1 and 2

- Dance/Drill participants may not practice/perform stunts. Chants, jumps, and dances without contact are permissible.
- Neither coaches nor participants can have any contact whatsoever with another participant (no hugging shaking hands, or fist bumps for support/encouragement.)
- Appropriate clothing and shoes must be worn at all times (being barefoot will not be allowed.) One set of athletic shoes should be dedicated for indoor practices and not worn outside the venue.
- There should be no shared athletic equipment (towels, clothing, shoes, or specific equipment) between students. Each student shall have their own clearly marked hand held item (poms must be clearly labeled with the student's name to insure they are used only by that student.)
- Poms and any other hand held item cannot be transferred from one to another or picked up by another person.
- There should be only one designated person to operate sound equipment unless it is cleaned prior to use by the next individual.

## WSD Reopening Stage 3

- Follow the moderate risk cheer protocols set forth by the state health department and the WIAA.

# FOOTBALL

Football has been identified as a **HIGH RISK** sport.

## WSD Reopening Stage 1 and 2

- Coaches can rotate between groups with a buffer zone of 30 feet between pods; no physical contact allowed. A gym with a dividing solid curtain will be considered two separate facilities; Recommended 30 feet distance between pods.
- There must be a minimum distance of 6 feet between each individual when possible. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.
- All equipment (including balls) should be cleaned/sanitized before and after each practice.
- Towels should not be shared
- Only athletes will touch the footballs.
- Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.

### WSD Reopening Stage 3

- Follow the moderate risk football protocols set forth by the state health department and the WIAA.

## GOLF

Golf has been identified as a **LOW RISK** sport.

### WSD Reopening Stage 1 and 2

- No sharing of equipment, towels or golf balls.
- Appropriate physical distancing will need to be maintained during practices.

### WSD Reopening Stage 3

- Follow the low risk golf protocols set forth by the state health department and the WIAA.

## SOCCER

Soccer has been identified as a **MODERATE RISK** sport.

### WSD Reopening Stage 1 and 2

- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned and sanitized prior to use by the next individual.
- Athletes should not share pennies or goalie gloves.
- Only athletes will touch the balls.
- Soccer balls and any equipment used should be sanitized before and after each practice.

### WSD Reopening Stage 3

- Follow the low risk soccer protocols set forth by the state health department and the WIAA.

# SOFTBALL

Softball has been identified as a **MODERATE RISK** sport.

## WSD Reopening Stage 1 and 2

- Ideal: 1 bat, 1 glove, batting gloves, etc. If not provided for every player, each item must be sanitized between use.
- Utilize a bucket of balls to limit contact between players.
- Softballs should be sanitized before and after practice.
- Only athletes will touch the softballs.
- Sanitized back up ball(s) should be available and should be rotated in regularly (someone needs to be designated to sanitize the ball.) Keep sanitized and unsanitized balls separated.
- Recommended to have teams gather in space other than a dugout if physical distancing is not able to be met in the dugout. Team could spread out along the fence-line to maintain space.
- Entering / exiting field process recommended to stagger athletes as they enter or leave the dugout to allow for physical distancing.
- No sharing of batting helmets unless they are sanitized and adequate time is allowed for the sanitizer to dry between uses.
- No sharing of catcher's equipment.
- No sharing of bats unless they are sanitized between uses.
- Players should avoid putting their hands in their mouth and then touching the softball.

## WSD Reopening Stage 3

- Follow the low risk softball protocols set forth by the state health department and the WIAA.

# TRACK AND FIELD

Track and Field has been identified as a **LOW RISK** sport.

## WSD Reopening Stage 1 and 2

- Masks not recommended while running but recommended before and after practice for everyone (coaches and athletes).
- Staggered starts will be used when working out and social distancing should be maintained.
- Teams should not mass collect warm-up clothing.
- All equipment that is used should be sanitized before and after practice.

## WSD Reopening Stage 3

- Follow the low risk track and field protocols set forth by the state health department and the WIAA.

# VOLLEYBALL

Volleyball has been identified as a **MODERATE RISK** sport.

## WSD Reopening Stage 1 and 2

- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Nets, standards and volleyballs should be cleaned before and after each practice.
- Only athletes will touch the volleyballs

## WSD Reopening Stage 3

- Follow the low risk volleyball protocols set forth by the state health department and the WIAA.

# WRESTLING

Wrestling has been identified as a **HIGH RISK** sport.

## WSD Reopening Stage 1 and 2

- Wrestlers should maintain the recommended six feet of distancing between individuals and should have no contact with each other and no sharing of equipment.
- Avoid grouping of athletes at start and end of practice or during transitions.
- Wrestling mat must be cleaned before and after practice.

## WSD Reopening Stage 3

- Follow the moderate risk wrestling protocols set forth by the state health department and the WIAA.