

Return to Athletic/Activity Participation

Purpose/Rationale

1. Why?
 - a. Social-emotional Learning (SEL)
 - b. Allowed in the updated Governor and WIAA guidelines (Attached document)
 - i. Allows for athletics to begin
2. WESCO plan for athletics (Attached document)
 - a. WESCO presenting plan to superintendents on Jan. 22nd
 - i. Covers: attestation, cancellations, facilities use, water, spectators, game management, designated COVID-19 point of contact, transportation, and use of non-district facilities (YMCA)
 - b. Online registration currently open
 - c. Adjusted athletic eligibility requirements (this year only)
 - i. Passing all classes (no GPA requirement)
 - ii. Not considered failing if in the process of completing an Incomplete grade in the 5 week time frame set out by the WIAA.
 - iii. Grade check based off of first semester grades
 - d. No Pay to Participate (PTP) fee
 - e. No ASB fee
 - f. Coaches stipends
 - i. Full stipends
3. Optional In-Person Training/Practice (Indoor/Outdoor)
 - a. Why?
 - i. Conditioning and injury prevention (1 year of sedentary lifestyle)
 - ii. SEL
 - iii. Allowed in updated Governor and WIAA guidelines
 - b. When?
 - i. Monday, Jan. 25th
 - ii. 2 practices a week/60 minutes per coach max
 - c. Start up
 - i. Zoom Personal Protective Equipment (PPE) training- Jan 21st and 22nd
 - ii. Zoom meeting with coaches- Jan 20th?
 1. Expectations and practice guidelines
 2. Failure to follow rules- warning, letter, termination
 - iii. Prepare PPE packages for coaches or facility sites
 - iv. Notification to athletes- coaches, autodialer, email
 - d. In-person practice/conditioning (attached document)
4. Questions

Activities Allowed by Phases, Sport Risk and Venue

updated 1/11/21

<https://www.governor.wa.gov/sites/default/files/COVID19%20Sporting%20Activities%20Guidance.pdf>

Phase and Venue	Low Risk	Moderate Risk	High Risk
	Facial coverings required for all coaches, volunteers and athletes at all times.		
Phase 1 Indoor	<p>Training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p> <p>Calculate allowable occupancy by dividing floor space by 500 sf per person.</p>	<p>Training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p> <p>Calculate allowable occupancy by dividing floor space by 500 sf per person.</p>	<p>Individual training/practice allowed. No pods, one per station. (occupancy calculation?)</p>
Phase 1 Outdoor	<p>Team training/practice, intra-team competition, meets, tournaments allowed.</p> <p>No Spectators.</p>	<p>Team training/practice, intra-team competition allowed.</p> <p>No competition against other teams.</p> <p>No Spectators.</p>	<p>Team training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p>
	Facial coverings required for all coaches, volunteers and athletes at all times.		
Phase 2 Indoor	<p>Training/practice and competitions allowed.</p> <p>Occupancy 25% of fire code.</p>	<p>Training/practice and competitions allowed.</p> <p>Occupancy 25% of fire code.</p>	<p>Training/practice and intra-team competitions allowed.</p> <p>No competition against other teams.</p>
Phase 2 Outdoor	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>



HEALTHY WASHINGTON SPORT AND ACTIVITY GUIDELINES

Washington Interscholastic Activities Association

PUBLISHED: JANUARY 12, 2021

(January 12, 2021) - The following is a summary of guidelines for school-based activities issued by the Washington State Department of Health on January 5 with further details added to the Governor's website on January 11. Please note that this document is intended to highlight key policies and add clarity to the DOH policies, it does not reflect WIAA policies. The full language issued on the Governor's website can be accessed [here](#).

The Governor's Office has declared school districts and organizations must follow these guidelines, unlike the recommendations issued in the Decision-Making Tree for schools to return to in-person learning. It is not mandated that schools return to in-person learning before taking part in extracurricular activities given the phase requirements are met. WIAA staff strongly encourages each school to work with their risk manager while planning for a return to participation.

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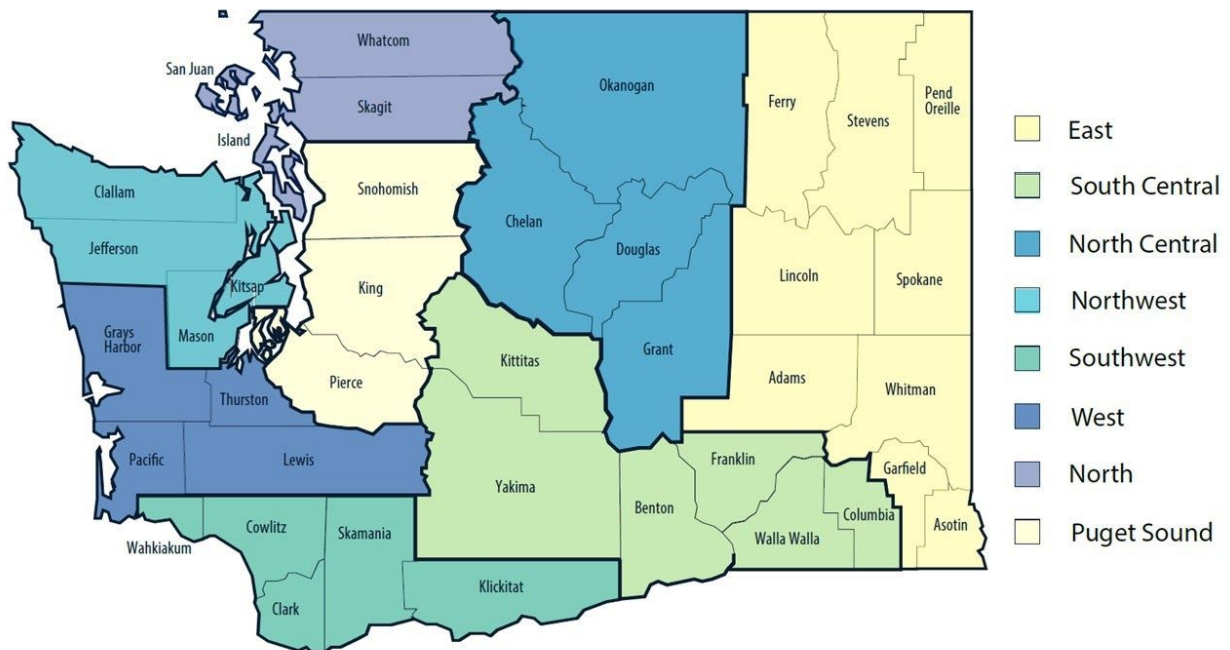
HEALTHY WASHINGTON SPORT AND ACTIVITY GUIDELINES

Washington Interscholastic Activities Association

DEPARTMENT OF HEALTH: REGIONS

The plan separates the state's counties into eight regions based mostly on Emergency Medical Services (EMS) regions used for evaluating healthcare services. The eight regions are as follows:

- **CENTRAL:** King, Pierce, Snohomish
- **EAST:** Adams, Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Whitman
- **NORTH:** Island, San Juan, Skagit, Whatcom
- **NORTH CENTRAL:** Chelan, Douglas, Grant, Okanogan
- **NORTHWEST:** Clallam, Jefferson, Kitsap, Mason
- **SOUTH CENTRAL:** Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima
- **SOUTHWEST:** Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
- **WEST:** Grays Harbor, Lewis, Pacific, Thurston



DEPARTMENT OF HEALTH: PHASES

New metrics have been adopted by the Department of Health as well, to divide regions into either Phase 1 or Phase 2. Sports will maintain their previously assigned risk levels with the exception of gymnastics which now moved to low risk. The level of participation for each sport will now be assigned to the phasing below.

LOW RISK SPORTS: Cross Country, Golf, Gymnastics, Tennis, Track & Field, Sideline/No-Contact Cheerleading and Dance, Swimming & Diving (*Follow Pool and [Water Recreation Facility Guidelines](#)*)

MODERATE RISK SPORTS: Baseball, Bowling, Soccer, Softball, Volleyball

HIGH RISK SPORTS: Basketball, Football, Wrestling, Cheerleading w/ Contact, Dance w/ Contact

PHASE 1	PHASE 2
FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2	
LOW RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Competitions allowed • No Spectators 	<ul style="list-style-type: none"> • Competitions allowed • Maximum of 200 people including spectators
MODERATE RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
HIGH RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
LOW RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
MODERATE RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
HIGH RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person, separated by a buffer zone • Individual training and practice allowed for athletes 	<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed

DEPARTMENT OF HEALTH: METRICS

The previous guidelines for participation in athletics and activities were tied to county metrics of cases per 100,000 population. Movement between phases in the “Healthy Washington — Roadmap to Recovery” Plan will be tied to four new metrics.

Metrics for each region will be updated every Friday with an effective date of the following Monday. To date, the Department of Health has published a weekly “Roadmap to Recovery Report” on Fridays which have been posted under the “reports” [section of its COVID-19 Page](#).

To move forward from Phase 1 to Phase 2, regions must meet all four metrics:

1. Decreasing trend in two-week rate of COVID-19 cases per 100K population (decrease >10%)
2. Decreasing trend in two-week rate new COVID-19 hospital admission rates per 100K population (decrease >10%)
3. ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90%
4. COVID-19 test positivity rate of <10%

To remain in Phase 2, regions must meet at least 3 metrics:

1. Decreasing or flat trend in two-week rate of COVID-19 cases per 100K population
2. Decreasing or flat trend in two-week rate new COVID-19 hospital admission rates per 100K population
3. ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90%
4. COVID-19 test positivity rate of <10%.

QUESTIONS & ANSWERS

Q: Are masks required during practices and competition for all sports?

A: *Yes*

Q: Can a school hold practices for traditional indoor sports, outside?

A: *Yes, if a traditional indoor sport is moved outdoors it would then follow the outdoor guidelines for that sport's assigned risk level. Ex. If a volleyball team (moderate risk) was to practice outdoors, they would adhere to the moderate risk outdoor policies.*

Q: Can the traditional format or location of a sport or activity be modified to meet certain guidelines?

A: *It is highly recommended that schools consult their risk manager if any modifications are being considered. WIAA approval is also required.*

Q: Can any competitions be played in Phase 1?

A: *Yes, low risk sports can be played outdoors in Phase 1.*

Q: What football drills and equipment are acceptable in Phase 1?

A: *All equipment and drills are permitted, given they are limited to no more than six-person pods and brief close contact. The WIAA encourages schools to work with their risk management departments to determine the acceptable threshold for brief close contact.*

Q: If the local county/region has updated stats, can those be used instead of the state dashboard?

A: *No*

Q: Where can we find what phase each region is in?

A: *Metrics and phase information will be maintained on the Department of Health website. To date, the DOH has published a weekly report with updates which can be found under the "reports" section [here](#).*

Q: Are the pod requirements still in place as they were with the old guidelines?

A: *Pods of 6 or fewer are required in Phase 1 for high risk outdoor sports as well as low and moderate risk indoor sports.*

Q: Can a school modify a sanctioned sport to fall under a different risk category (i.e. flag football, sand volleyball)?

A: *Any sport not sanctioned by the WIAA would need to follow the appropriate guidelines issued by the Department of Health. Those guidelines and risk categories can be [found here](#).*

Q: Can a school travel out of our DOH Region for a scheduled contest?

A: *Yes, given that both regions are in the appropriate phase for competition to begin.*

WESCO'S Return to Athletics Proposed Plans

Proposed **3-season** plan

- Seasons will be played in Fall, Spring, Winter order.
- Each season will be 6 weeks long (1 week for practices, 5 weeks for competition)
 - Fall sports:
 - Decision Date: February 1
 - First Practice: February 22
 - First competition week: March 1
 - Season End: April 3
 - Spring sports:
 - Decision Date: March 8
 - First Practice: March 29
 - First competition week: April 5
 - Season End: May 8
 - Winter sports:
 - Decision Date: April 12
 - First Practice: May 3
 - First competition week: May 10
 - Season End: June 12

If individual fall sports need to be moved to alternate seasons, the following will take place.

- Football - with winter sports
- Girls Soccer - with winter sports
- Cross Country - with winter sports
- Boys Tennis - with winter sports
- Volleyball - with spring sports
- Girls Swim - with spring sports

If we are unable to offer all of the fall sports in February, the league will condense to 2 seasons of 7 weeks each (1 practice, 6 competition) with the following dates.

Proposed **2-season** plan:

- Spring sports plus volleyball and girls swim:
 - Decision Date: February 15
 - First Practice: March 8
 - First competition week: March 15
 - Season End: April 24
- Winter sports plus football, cross country, boys tennis, girls soccer
 - Decision Date: April 12
 - First Practice: May 3
 - First competition week: May 10
 - Season End: June 12

WESCO'S Return to Athletics Proposed Plans

Finally, if our time gets squeezed and we can only offer one season, we will cancel fall and winter sports and only offer spring sports. If we get to that situation, we will determine specific dates.

Schedules are being developed and it is hoped they will be finalized by mid-January.

STANWOOD-CAMANO SCHOOL DISTRICT
Student-Athlete Return to Campus/Athletics
COVID-19 PROTOCOLS

IN-PERSON PRACTICE/CONDITIONING

- Beginning the week of January 25th, students will be allowed to attend in-person practice/conditioning sessions.
- The purpose is to provide a chance for athletes to work on their conditioning in preparation for upcoming sport seasons, as well as to provide an opportunity for students to engage.
- School coaches wanting to work with student-athletes during this time must meet with the athletic director prior to scheduling any sessions.
- This open coaching period is not required of coaches or athletes. Coaches who wish to meet with athletes during this open period cannot require athletes to attend, nor in any way imply their status on the team is dependent on attending these sessions. Likewise, coaches who opt not to meet with athletes for in-person practice/conditioning will not suffer negative consequences with regard to their evaluations or continued coaching status.

GENERAL GUIDELINES

- Sessions will follow the Governor's "*Activities Allowed by Phases, Sport Risk and Venue*" guidelines.
- Face coverings are required of all coaches and athletes at all times, from the time they arrive on campus until they leave. All face coverings must securely cover the nose, mouth, and chin.
- Student-athletes must provide their own face coverings, and all face coverings must be suitable for daily weather conditions, e.g., cloth or waterproof masks on rainy days.
- Each coach will be provided with a PPE backpack. Each backpack will be equipped with hand sanitizer, spare masks, gloves, QR code for daily attestation and attendance, and a thermometer.
- Any student athlete, with or without an attestation form, who presents with symptoms of COVID-19, and those symptoms cannot be traced to a known underlying cause, will not be admitted to participate in the practice/conditioning session.
- Athletes who arrive early will remain in their car until their session starts.
- Athletes will immediately vacate the premise at the conclusion of their session.
- Athletes who fail to follow safety protocols, including, but not limited to, the social distancing guidelines or the arrival/departure guidelines will immediately lose the privilege of participating in in-person practice/conditioning.
- Parents/family members must remain in their cars. Only coaches and participating athletes can be present at the practice/conditioning session.
- During the practice/conditioning sessions, the COVID-19 Supervisors or designees will be in attendance to ensure compliance of all safety protocols.
- Coaches will determine the length of a session, but two 60-minute sessions a week is the maximum time allotted per sport.
- Sessions will be separated by 15 minutes to allow time to clear the premises.
- Athletes must arrive dressed and ready to go. There will be no access to locker rooms.
- Hand sanitizer will be available, and athletes & coaches will use hand sanitizer upon arrival and departure, as well as after any restroom use.
- Athletes must bring their own water bottles. Water bottles will not be shared.
- Athletes who bring athletic bags to conditioning will space their bags at least 6 feet apart in the assigned area.
- Due to January weather, participants are encouraged to dress accordingly and to dress in

layers.

- There will be no trainer onsite to provide first aid or assist athletes with injuries if needed. Students who, due to injury, are no longer able to participate in conditioning will, if able, drive themselves home. If unable to drive home, staff will contact the parents to pick them up. In the event of serious injury, staff will call 911.

ELIGIBILITY PAPERWORK REQUIRED:

- **All student-athletes must complete the following prior to being allowed to participate**
 - COVID-19 Waiver signed by athlete and parent/guardian. This form is available on the Athletic page of the SHS website.
 - Daily Attestation form submitted electronically each day of participation
 - Physicals are not required for these practice/conditioning sessions but will be required once sport specific tryouts start. Please look into making sure you have a current physical on file as soon as possible.

FACILITY LIMITATIONS:

- When required, the HS facility will determine how many pods of 6 can be present simultaneously, depending on the size of the facility being used.
- The HS will have a plan for entering and exiting the arrival and departure of participating student athletes; said plans will be designed to minimize contact between and among participants.
- Practice/conditioning sessions held in non-lit areas of campus will conclude by 4:45pm

RECORDING AND REPORTING:

- Coaches will take attendance at every session for tracking purposes. Attendance records need to be submitted to the building AD and/or athletic secretary to be filed, per state record keeping guidelines.
- The AD is the COVID-19 Supervisor for the site and will work with the building nurse to assist with reporting if necessary.
- In the event an employee does not believe the district is following COVID-19 guidance from the health department and/or Labor and Industries, to adequately protect staff or student safety, the employee will notify their supervisor. The employee shall have the right to remove themselves and students from the unsafe situation until such time as the safety concern is properly addressed.
- The AD will work with coaches to create a schedule and will share this schedule with their administration and custodians.

COMPENSATION:

- If there is a WIAA/WESCO season, even a reduced season, for the student athletes, then the coaches will receive their full compensation, with the understanding that coaches use the hours allotted to complete duties unrelated to working with/coaching athletes. One example is to complete the online fundamental coaching principles course (NFHS). Other examples include, but are not limited to, coaching workshops, other professional development, collaborating with colleagues, and planning/preparing for the next season. Any compensation received for outdoor practice/conditioning is above and beyond the compensation for coaching during the season, reduced or otherwise.