



**Waunakee High School
Athletic Department
COVID-19 Guidelines for Winter Athletics 2020-2021**

Updated 12/22/2020 - This is a living document; changes will be made in accordance to NFHSA, WIAA, PHMDC and the Waunakee High School Administration

The following are guidelines for the start of Winter Athletics and Co-curricular activities. The resources for this reopening come from the National Federation of State High School Association (NFSHA), the Wisconsin Interscholastic Athletic Association (WIAA), the Wisconsin Department of Health, and Public Health of Madison & Dane County (PHMDC). This protocol will be followed until further notice.

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Athlete and Coach Screening

- Athletes and coaches will not be allowed to attend if they have exhibited any of the possible COVID-19 symptoms (see next section) or, have had direct exposure to someone else who tested positive to COVID-19 within the last 10 days.
- Each athlete will need to be screened and have their temperature taken daily before participation. Athletes must present a signed [Daily Health Check Form](#) including a temperature and parent signature to participate in that day's practice or competition.
- If an athlete becomes symptomatic during an activity, practice, or game they will be taken to a designated isolation room.
- Attendance will be taken by coaches and advisors. A record will be kept of all students that are present at each activity. Those records will be kept in the Activities Department for one calendar year.
- Any individual that has one or more of the symptoms should contact their medical provider or local health department for guidance on testing and possible quarantine.

Symptoms of COVID-19

All will be screened for any following new or unexplained symptoms:

1. Chills
2. Cough
3. Shortness of breath / chest tightness
4. Runny Nose
5. Sore Throat
6. Nasal Congestion
7. Severe fatigue/exhaustion
8. Muscle pain
9. Loss of taste and/or smell
10. Headache
11. A temperature of 100.4° F or above
12. Nausea, vomiting, or diarrhea
13. Direct contact with someone who has tested positive for COVID-19 within the past 10 days.

All Sports and Activities Requirements

Compliance

- All athletes will commit to only participating in their Winter sports season. No other non-school sports or workouts will be allowed. The intent of this is to minimize outside exposure.
 - If an athlete fails to comply with this rule, they will be subjected to a 10-day quarantine for the first offense and possible suspension or removal from the team after a second offense.

Attestment of Health from Opposing Schools

- See Appendices [#2](#), [#3](#) required documentation from the WIAA

- One week after the competition, a follow up with WHS Athletics and the opposing school will be conducted to determine if there were any positive cases or asymptomatic individuals.

Hygiene Habits

- Everyone will thoroughly wash hands with soap and water for 20 seconds before and after participating. Frequent hand washing or use of hand sanitizer is strongly recommended.
- Locations will have hand sanitizer (alcohol-based and has at least 60% alcohol) easily available for use.
- Everyone MUST follow social distancing guidelines at all times.
- No physical contact of any kind, such as high fives, fist bumps, handshakes, hugs, etc.
- Individuals will not share any personal items with others (towels, clothing, shoes, equipment, etc)
- Coaches will promote personal hygiene following sessions/practices - All should shower immediately when they get home, and wash workout clothes (separate from others) after each session/practice.

Face Coverings

- All individuals are required to wear a face-covering when indoors, including while exercising.
- When outdoors, a face covering is required by all individuals on the sidelines and when 6 ft social distance is not possible.

Hydration and Food

- There will be absolutely no sharing of water bottles or food. Individuals will need to bring their own water bottles and their own snacks.
- Team snacks should not be provided by a family.
- No use of water stations (coolers, fountains, troughs, etc.) until further notice.

Transportation

- Bussing will be provided for those who do not have transportation.
- Parents/guardians should be prepared to transport their athlete(s) to and from all practices and competitions.
 - No ride sharing unless it is members of the same household.
 - [Alternate Transportation Form](#)

Handling of Multiple Practice Sessions

- Subsequent practices/sessions should not be back-to-back.
 - Teams will need to coordinate so multiple teams are not in the same space at the same time.
- Do not let athletes linger and socialize with others in the previous or next group.
- Individuals should arrive at their specific time, not more than 5 minutes early, and not hang around when their session/practice is over.

Facility

- Only one person is allowed in the bathroom at a time. Bathroom doors (not stall doors) should be kept open to allow for increased ventilation and to decrease touches.
- If able, prop open the outside door to the building and gyms to decrease on touches.
- Dance will enter through fieldhouse doors
- Basketball will practice at Middle School & Intermediate Schools. When practicing at the Middle School players/coaches should enter through the gym entrance on the North side of the building. At the Intermediate School players/coaches will enter through the main entrance.
- Wrestling & Gymnastics will enter and exit Main School entrance doors.
- Swimmers will enter and exit through Aquatic Center Doors.

Locker Rooms

- Locker Room usage will be very limited and capacity limits will be adjusted for all shared spaces. Coaches will monitor to make sure capacity limits are maintained.
 - Student-athletes are expected to come dressed for practice/competition.
 - Boys/Girls Basketball, Gymnastics, & Hockey = No use of locker rooms
 - Boys Swim = Locker room will be available before practice for the state mandated shower
 - Wrestling = Locker room will be available after practice to allow wrestlers to shower to prevent skin infections.
 - **Equipment** and **Clothing** must be brought home every day to be washed and cleaned before the next use/participation.
 - Loitering in the locker rooms is NOT allowed.

Inclement Weather

- **Ski/Snowboard:** If there is a high probability of threatening weather conditions, the event will be postponed.
 - This will eliminate the likelihood of trying to find safe locations indoors where all participants can be socially distant.

Concessions

- There will be no concessions in operation at any sporting event or activity until further notice.

Athletic Facilities (HS Fieldhouse, All District Gyms, Pool, Athletic Complex)

- All indoor facility capacities are currently set at 10 athletes per group.
 - Face coverings are to be worn at all times, even during exercise.
 - No group should cross over into another space for any reason.
- Athletic teams will need to be conscious of who is using these facilities at what time so capacity limits are not exceeded.
 - Groups should not cross paths or stop to socialize with other groups.
- Parents should remain in their car and not come into the building or the practice area.

- A coach will alert the athletes when it is ok to enter the facility.

Strength and Conditioning Weight Room Procedures

- Capacity is set at 10 athletes, not including coaches.
- Equipment will be disinfected after each use especially between uses if it is being shared.
- Face coverings are to be worn at all times, even during exercise.

Athletic Training Room Procedures

- The ATR will be limited to 6 people or less.
- Face coverings will be required at all times.

Sports Classification by Risk (Winter Only)

- **Low Risk:*** Ski & Snowboard, Individual Gymnastics, Individual Swim Events
- **Medium Risk:**# Basketball, Group Gymnastics, Swim Relays
- **High Risk:**# Hockey, Wrestling, Dance

**Current PHMDC restrictions only allow low-risk sports to compete within Dane County.*

#Medium- and High-Risk sports may practice, drill, catch, with 6 feet physical distancing. No contact is allowed.

Capacity

Indoors - groups of 10 or fewer athletes are allowed per space.*#

Outdoors - groups of 25 or less are allowed per space.*#

**Coaches and district employees do not count towards group sizes.*

#This may be adjusted based on the most recent information from PHMDC

Groups should remain the same, not change or switch individuals, to avoid added exposure within groups.

Sport-Specific Procedures and Requirements ([See WIAA Winter Sport Guidelines for more information](#))

Boys and Girls Basketball

- Currently unable to host competition per Public Health.
- Drill work for individual skills in practice will take place in smaller groups that will remain the same throughout the season.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Spectator capacity will be TBD by the host school/facility.

Dance

- Currently unable to host competition per Public Health.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- No more than 10 dancers at rehearsal at one time.
- WACPC has moved all competitions to late February and early March. WACPC is also potentially moving to a Virtual State meet.
- Spectator capacity will be TBD by the host school/facility.

Gymnastics

- Sanitize equipment between each use by an athlete.
- No common chalk bowls, all athletes will bring their own chalk.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- No more than 10 athletes in Old Gym at one time
- Spectator capacity will be TBD by the host school/facility.

Hockey

- Currently unable to host competitions per Public Health.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Players will use only their own equipment.
- Spectator capacity will be TBD by the host school/facility.

Boys Swim

- Swimmers and Divers will wear a face covering when not in the pool.
- Coaches, Officials, and event workers will wear a face covering at all times.
- Locker rooms will be available to shower per state health code.
- Starting blocks will be frequently sanitized
- Currently no relays are allowed, if hosting in Dane County. Relays can be modified by spacing of relay members and lane limitations.
- Spectator capacity will be TBD by the host school/facility.

Ski & Snowboard

- Practices & Competitions at Cascade Mountain & Devil's Head still TBD, targeting a start date of Jan 25
- Competitions for boys/girls will be on separate nights
- Face coverings will be encouraged. Players, coaches, officials, and fans will wear face covering when social distancing is not possible.
- Spectator capacity will be TBD by the host school/facility.

Wrestling

- Currently unable to host competition per Public Health.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Drill work for individual skills in practice will take place in smaller groups that will remain the same throughout the season.
- Equipment will be sanitized between each match.
- Per WIAA Regulations: 6 days between competitions, no tournaments.
- Locker rooms will be available after practice for showering - to prevent the spread of skin infections
- Spectator capacity will be TBD by the host school/facility.

COVID-19 Protocol for Positive Test, Exposure, or COVID-like Symptoms: Athletes

- Parents/guardians will be instructed to notify The High School Office within 24 hours if their student-athlete is positive for COVID-19 or has been in close contact with a COVID-19 positive individual. This allows us to keep all students as safe as possible through early notification.
- The District will notify the school community, student-athletes, and coaches of exposure.
- The District will notify impacted individuals of quarantine protocols and return to play date.
- [WIAA Tournament Series Quarantine Requirement](#): Appendix 4: During the WIAA tournament series the WIAA requires all team personnel (players, coaches, managers) that are COVID-19 positive or deemed a close contact to quarantine for 14-days.
- District [COVID Dashboard](#): See Appendix 5
- COVID-19 symptoms include:
 - Fever (greater than 100.4°F) or chills (sustained and uncontrollable)
 - New or worsening:
 - i. Cough
 - ii. Shortness of breath or difficulty breathing
 - iii. Fatigue
 - iv. Muscle or body aches
 - v. Headache
 - vi. New loss of taste or smell

- vii. Sore throat
- viii. Congestion or runny nose
- ix. Nausea or vomiting
- x. Diarrhea

Appendices

1. [Daily Health Check Form](#)
2. [WIAA Verification Form](#)
3. [Coach/Athlete Symptom Checklist](#)
4. [WIAA Quarantine Requirement - Tournament Series](#)
5. [District COVID Dashboard](#)

References

[Public Health of Madison Dane County, Emergency Order #11
Phase 2 Sports Guidance \(PHMDC\) - updated 9/18/2020](#)
[WIAA Return to Winter Sports Considerations](#)