Screening Process

WIAA Guidelines

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

Pre-Workout/Pre-Contest Screening

- Temperature Checks: Athletes and coaches should check their temperature at home before attending practices or games. If a student athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should NOT attend practices or games.
- Screening Questions:
  - Have you shown any symptoms associated with COVID-19?
  - Have you been in contact with anyone who has tested positive for COVID-19 in the past 14 days?
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should NOT be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate healthcare professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
Social Distancing (Team)

Practice

- Coaches are responsible for ensuring social distancing is maintained between players as much as possible.
  - Additional spacing between players while playing, chatting, or changing drills so that players remain spaced out, and no congregating of players while waiting during drills. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.

Sidelines

- Players’ items should be lined up outside at least six feet apart. Players should maintain social distancing unless they are actively participating in the practice or game.

Field of Play

- Only essential personnel are permitted on the field of play. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., ball shaggers, managers, video people, media photographers, etc. are considered non-essential personnel and are to be on the sideline, maintaining social distance of 6 feet apart.
  - We will use ball shaggers to provide a different ball after each play to the officials or server during a game. The ball will come out after each series it will be disinfected before being reintroduced into the game.

Coach & Player Interactions

- Coach conferences/Coin toss – WIAA pre-game coin toss protocol will be followed while maintaining social distancing. The number of individuals in a conference and/or huddle will be limited to those who must be in close proximity for these discussions. Coaches will wear a mask.
  - Team handshakes – Teams shall NOT exchange handshakes before, during, or following the practice or game.
Social Distancing (Fans)

Spectators & Media

- **Spectators** - All spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.

- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving.

- **Press Box** – Local schools shall determine which personnel should be in the press box considering Wisconsin DHS guidelines.
Masking & Habits

Masking
ALL are **REQUIRED** to wear a face covering during practices and competitions during the state ordered mask mandate by Governor Evers. This is slated to be lifted September 28, 2020 but that lift is subject to change.

- **Players** on the field/court are not required to wear cloth face coverings, but may do so if they desire.

- **Coaches** and others are encouraged to wear masks, especially when they are not able to maintain social distancing. If an individual would like to wear a mask on the playing field or in a meeting, they may do so. There is no prohibition on the color of the mask.
  - Coaches are **REQUIRED** to wear a face covering while working in close proximity with athletes. The only way a coach may remove their face covering is when they are outdoors beyond 6’ from other coaches and athletes.

- **Spectators**, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

Coach & Player Habits

- Players licking fingers – If a player who is to come in contact with the ball touches his/her mouth, practice is stopped and he/she must sanitize their hands. If they touch the ball after going to their mouth, stop practice, remove the ball from play to be sanitized and the player sanitize their hands.

- Mouthguards should remain in the mouth. If a player touches his/her mouthguard, he/she must immediately sanitize hands.

- Coaches should now work to create new habits including staying away from touching their face, not allowing food and not spitting.
Sanitization

Sanitizing Procedures

- Players are encouraged to bring their own hand sanitizer (at least 60% alcohol).

- Hand sanitizer and/or sanitizing wipes – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes.
  - Coaches and Players are **REQUIRED** to use hand sanitizer before and after each practice.

- The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at play or series of plays and when going out to, and coming in from, the field/court. Additionally, emphasize to all to avoid touching their face.

- Balls and equipment will be wiped with listed disinfectants and a damp cloth.
  - The WIAA SMAC recommends referencing and utilizing EPA registered disinfectants.
  - All equipment that is used in practice is disinfected on a daily basis.
  - We encourage players to wash their practice clothes on a daily basis.
  - Helmets and shoulder pads will be disinfected after each practice or contest.
Personal Items

Personal Equipment

- Players should use their own equipment
- Coaches must sanitize shared equipment before, during, and after each practice.
- Daily cleaning and disinfection of the facility (i.e. bathrooms, court, locker room, etc.) will be completed.

Hydration

- All student athletes shall bring their own water bottle. Water bottles must not be shared.
  - We suggest that all players bring 1 or 2 gallons of water for practices and games.
    These will be labeled with the athlete’s last name and number.
  - These will also be spaced out to ensure social distancing while athletes have a water break.
- Hydration stations (water cows, water trough, water fountains, etc.) should **NOT** be utilized.

COVID-19 Coach

Designate a coach to be responsible for responding to COVID-19 concerns.

- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.
  - High School Level – Maria Wineksi, Head Volleyball Coach, Mike Aide, Head Football Coach and Lynn Michek, Athletic Director
Practices & Games

Pre-Practice
Athletes will be screened prior to taking the field. They will answer screening questions, and use hand-sanitizer. All responses will be recorded and submitted to the athletic department. Athletes will also set their water out on the sideline to get them accustomed to the location of their water during the game.
Athletes will engage in individual or small group pre-practice work.

Warm Up
Athletes will be spaced out (6’+) during static stretching. We will encourage students to maintain spacing during the dynamic warm ups. Any breakdowns will have athletes maintain social distancing and yell from their position. There won’t be any touching involved in the breakdowns.

Individual Time
Athletes will work with their position coaches during this time. The work done this period of practice will require minimal, if any, close contact with other players. Athletes will work with the same group of athletes each day. The ratio will be roughly 15:1 between athletes and coaches. Any equipment used during this period will be cleaned after practice is completed.

Group Time
Athletes will work in small pods during this time. Different position groups will come together but different levels (Varsity and JV) will be separated as a means to keep group size down. Any participant not involved in the drill will maintain an acceptable distance from other participants that are watching.
Practices & Games

Team Time

Team time will be significantly reduced compared to years past. Such verbiage is also contained in WIAA guidance materials. We will have quick whistles to stop play after the play is complete.

Post-Practice

Athletes will not engage in any handshakes or high-fives after practice. Athletes will have to sanitize their hands after practice. Any equipment that was used during practice will have to be sanitized prior to putting it away.

Games

All WIAA contest guidelines will be followed. In addition, the practice considerations will be applied, as best as possible, for game situations. Essential personnel will be on the sideline/field for a given contest. Football will use our headset system to ensure that the team is divided into pods and adequate social distancing occurs. Football will remain outside, when possible, to host all team gatherings during halftime and at the end of the game. Volleyball will increase huddle size to ensure social distancing as much as possible.

Please Note: We are committed to keeping all students safe. That commitment requires this plan to be fluid and ever changing. Protocols will be updated as new mandates and guidelines become available from various health organizations and the WIAA. We will communicate information as we receive it. By working together, we can provide safe, educational opportunities for the athletes of Highland High.