



Wisconsin Interscholastic Athletic Association

Guidance for Summer Activities

Updated: June 18, 2020 8:00 a.m.

The Wisconsin Interscholastic Athletic Association will continue to work in collaboration with the Governor's office, the Department of Public Instruction, and the Department of Health Services to provide guidance for increasing summer activities. Prioritizing the health and safety of all students and staff must remain the focus of each WIAA member school. The WIAA views this guidance as a living document subject to updates based on new information and changing conditions relative to COVID-19.

The WIAA believes it is essential to the physical and mental well-being of student-athletes in grades 6-12 to return to organized physical activity and build team relationships with their peers and coaches.

Each WIAA member school's athletic department will operate with the approval of their school leadership in moving forward through any and all "Return to Play" guidance from the CDC, Wisconsin DHS, NFHS, and WIAA throughout the summer and fall.

It will be the decision of each local school district administrator to determine if they can safely conduct summer athletic contact days. If it is determined that a season can be safely conducted, it will be the responsibility of the member school to provide proper administrative supervision (not the coach) at contests to assure compliance with these guidelines. The district administrator is strongly encouraged to designate a single point of contact with the local/tribal health department (LTHD) and direct coaches and others to only work through that primary point of contact individual in order to not overwhelm the LTHD. (Assessing risk is described in Section A on page 4.)

Due to the nature of the outbreak, there may be inequities due to geography within the state of Wisconsin. It is unlikely that all students will be able to return to-and sustain-athletic activity in all schools/communities at the same time. Some areas will have higher COVID-19 rates that may not warrant full athletic participation while another region has lower COVID-19 rates that allow full participation.

WIAA's goal for this summer coaching contact is to allow students to participate in scholastic athletics and activities in any and all situations where it can be done safely.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of stratification of risk by sport presented in this document. Cloth face coverings should be considered acceptable in all risk levels of this document.

The principles presented in this guidance document can be applied to practices, rehearsals, and events for the performing arts with the exception of singing and the playing of wind instruments. The extent of the spread of respiratory droplets during these activities is currently under investigation and further guidance will be issued as it becomes available. <https://www.nfhs.org/articles/performing-arts-covid-19-resources/>

For workouts, practices and competitions to continue, social distancing and other preventive measures such as face covering/masking and frequent sanitizing of hands, implements, and equipment should be considered the "new normal". This will likely remain in place until a cure, vaccine or very effective treatment is readily available, or so-called "herd immunity" is confidently reached.

Summer participation (starting July 1, 2020) in workouts/training sessions is voluntary and may not be mandated or used toward team or program selection. All coaching contact rules must be followed.

Points of Emphasis

- A. Face Coverings.** Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings may decrease. Look to guidance from your state, local and Tribal health departments.
1. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”.)
 2. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS Sports Medicine Advisory Committee (SMAC) recommends the following:
 - a) State, local or school district guidelines for cloth face coverings should be strictly followed.
 - b) Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” or N95 masks for athletic activity.
 - c) Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
 - 1) Masks can be uncomfortable in heat and humidity and they can also slightly reduce air flow, but they are not a major cause of heat illness.
 - d) In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students during High and Moderate Risk Levels as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity. Cloth face coverings may continue to be used during the Low Risk Level when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.
 - e) Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
 - f) Coaches, officials and other contest personnel are encouraged to wear cloth face coverings at all times during Risk Levels 1 through 3. (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.)
- B. Return to Physical Activity**
1. Current pre-season conditioning and acclimatization models assume that athletes have deconditioned due to the current pandemic. Most student-athletes have had substantial inactivity and less physical fitness over the last three to four months. Acclimatization practices should be utilized to bring athletes to expected levels of fitness.
 2. **Heat Acclimatization**
 - a) All athletic programs should have a **Heat Acclimatization** Program. Among the fundamentals of a Heat Acclimatization Program are 1) a slow progression in activity level – duration and intensity; 2) adjusting workouts as heat and humidity increase, including close monitoring and a prompt response to developing problems; and 3) proper hydration. [Read more.](#)
 3. **Hydration**
 - a) All students shall bring their **OWN** water bottle. Water bottles must not be shared.
 - b) Hydration stations (water cows, water trough, water fountains, etc.) should **NOT** be utilized.
- C. Practice Good Hygiene**
1. Personal Hygiene
 - a) Participants, coaches and officials should wash their hands with soap and water or use hand sanitizer (at least 60% alcohol), especially after touching frequently used items or surfaces.
 - b) Avoid touching your face.

- c) Sneeze or cough into a tissue or the inside of your elbow.
- d) No pre-game and post-game handshakes/high-fives/fist bumps.
- e) Strongly consider using face coverings while in public, and particularly when using mass transit.

2. Nonpersonal Hygiene

- a) Ensure wide availability of hand sanitizer (at least 60% alcohol) at contests and practices.
- b) [Disinfect balls](#), equipment and other frequently used items and surfaces at least daily, but between uses when possible. Use an EPA-registered disinfectant.
- c) Limit use of shared equipment as much as possible.

3. Illness reporting

- a) Create an immediate notification process in collaboration with the local health department for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.

D. People Who Feel Sick Should Stay Home

- 1. If your temperature is 100.4 or higher.
- 2. If you have any of the following symptoms, with or without fever: chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- 3. Do not go to practice, camp, game/contest, work or school.
- 4. Contact and follow the advice of your medical provider.

E. Isolate and Transport Those Who are Sick

- 1. Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the team activity, and that they should notify coaches and school administration (e.g., the COVID-19 point of contact) if they (coaches) or their child (families) become sick with COVID-19 [symptoms](#), test positive for COVID-19, or have been [exposed](#) to someone with COVID-19 symptoms or a confirmed or suspected case.
- 2. Immediately separate coaches, staff, officials, and players with COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath) at any team activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow [CDC guidance for caring for oneself and others](#) who are sick. Individuals who have had [close contact](#) with a person who has [symptoms](#) should be separated and sent home as well, and follow [CDC guidance for community-related exposure](#) (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow [CDC guidance for caring for oneself and others](#) who are sick.
- 3. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

F. COVID-19 Coach:

- 1. Designate a coach to be responsible for responding to COVID-19 concerns.
- 2. All coaches, staff, officials, and families should know who this person is and how to contact them.
- 3. Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

G. Other Considerations

- 1. Officials and sideline volunteers should be given the option to wear face coverings (may use artificial noisemaker in place of whistle).
 - a) Considerations for Officials, Coaches, Other Personnel
 - 1) Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Risk Levels 1 and 2.
 - (a) “**Vulnerable individuals**” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.
 - 2) Masks may be worn, social distancing enforced and “Hygiene Basics” (see section C above) adhered to in all situations.

Areas to Address

A. Conduct of Conditioning and Practice Sessions

Risk Levels are in accordance with guidelines published by the CDC available at <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>. Please consult with your local or state health department regarding their plan for “opening up” your school. Not all areas are using the same criteria, and what is allowable during specific Risk Levels will vary from area to area. Use the following as a resource to design a plan for your school. Continued consultation with their local health department should be used to determine when progression to the next Risk Level can be initiated. Keep in mind based on local conditions, some counties and regions may begin at the High Risk Level while others might begin at a different Risk Level. In addition, some counties and regions may advance to the next Risk Level or return to previous Risk Levels based on changes in local conditions.

Assessing Risk

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to coaches.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., football, boy’s lacrosse, wrestling, rugby, competitive cheer, dance), play may be modified to safely increase distance between players.
 - For example, players and coaches can:
 - focus on individual skill building versus competition;
 - limit the time players spend close to others by playing full contact only in game-time situations;
 - decrease the number of competitions during a season.Coaches can also modify practices so players work on individual skills, rather than on competition. Coaches may also put players into small groups (pods) that remain together and work through stations, rather than switching groups or mixing pods.
 - Training with small pods of players allows less exposure across a team. If one player becomes infected then it will primarily impact their cohort rather than the entire team.
- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).** During times when players are not actively participating in practice or competition, attention should be given to maintaining [social distancing](#) by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- **Age of the player.** Coaches are encouraged to review the importance of following directions for social distancing, not sharing water bottles, cleaning equipment, and practicing good personal hygiene. Some high school student-athletes may require additional oversight and assistance to comply with this expectation.
- **Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at [higher risk for severe illness](#), such as children who may have obesity, moderate to severe asthma, diabetes, heart disorders, or other health problems.
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing the number of athletes attending each session, as feasible. Consider multiple sessions with less athletes present.

- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations. (See p. 12 – 3.b.)
- **Travel outside of the local community.** [Traveling](#) outside of the local community increases the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Member schools should consider competing only against teams in their local area (e.g., neighborhood, town, or community). District administrators should be consulted and aware.

High Risk Level - No gathering of more than 10 people at a time (inside or outside).

Pre- workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Players and coaches should check their temperature at home before attending practices or games. If a student-athlete has a temperature of 100.4 or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - They are free of fever (>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.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix I for sample Monitoring Form).
- Any person with symptoms of respiratory illness reported over the previous 24 hours 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 health-care professional for guidance. Written medical clearance is required to return to activity.
- Vulnerable individuals should not oversee or participate in any workouts during the High Risk Level.

Limitations on Gatherings:

- Groups or pods are restricted to 10 people or less at a time (inside or outside).
 - Inside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized within a building, they must be separated by walls, a solid curtain, or other impermeable barrier.
 - Outside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized outside, they must be kept separate with as much distance between groups or pods as the setting allows.
- Locker rooms should not be utilized during the High Risk Level. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- Workouts should be conducted in “pods” of students with the **same** 5-10 students always working out together. There should be no interaction or mixing of students or coaches between the pods. Best practice is that the pods remain with the same students throughout the High Risk Level. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Consider using cones, tape, or paint as a guide for students and coaches.

Facilities Cleaning and Disinfection:

- Adequate cleaning and disinfection schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly with an [EPA-registered disinfectant](#) before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, [including balls](#), should be cleaned and disinfected after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be wiped down with an [EPA-registered disinfectant](#) prior to use by the next individual.
- Resistance training should be emphasized, such as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- **Examples (including but not limited to):**
 - A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
 - A football player should not participate in team drills with a single ball that will be passed to other teammates. Handing the ball off or a center/quarterback exchange would not meet the social distancing guideline. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
 - Hockey may not have body contact.
 - A volleyball player should not use a single ball that others touch or hit in any manner.
 - Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be [collected and cleaned individually](#).
 - Wrestlers may skill and drill without touching a teammate.
 - Cheerleaders may not practice/perform partner stunts, skills requiring a spotter, or pyramid building. (Chants, jumps, dances without contact are permissible.)
 - Tennis players may do individual drills, wall volleys and serves.

- Runners should maintain the recommended 6 feet of distancing between individuals.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Moderate Risk Level - No gathering of more than **10 people at a time inside**. Up to **50 individuals may gather outdoors** for workouts.

Pre-Workout/Contest Screening:

- Players and coaches should check their temperature at home before attending practices or games. If a student-athlete has a temperature of 100.4 or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - They are free of fever (>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.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix I for sample Monitoring Form).
- 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 health-care professional for guidance. Written medical clearance is required to return to activity.
- Vulnerable individuals should not oversee or participate in any workouts during Moderate Risk Level.

Limitations on Gatherings:

- Groups or pods are restricted to 10 people or less at a time (inside or outside).
 - Inside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized within a building, they must be separated by walls, a solid curtain, or other impermeable barrier.
 - Outside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized outside, they must be kept separate with as much distance between groups or pods as the setting allows.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the **same** 5-10 students always working out together. There should be no interaction or mixing of students or coaches between the pods. Best practice is that the pods remain with the same students throughout the High Risk Level. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using cones, tape, or paint as a guide for students and coaches.

Facilities Cleaning and Disinfection:

- Adequate cleaning and disinfection schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly with an [EPA-registered disinfectant](#) before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, [should](#) be wiped down thoroughly with an [EPA-registered disinfectant](#) intermittently during practices and contests.
- Hand sanitizer (at least 60% alcohol) should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be wiped down thoroughly with an [EPA-registered disinfectant](#) between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar wearing a mask.
- **Examples (including but not limited to):**
 - Basketball, baseball, soccer softball, tennis, and volleyball
 - [Balls](#) and implements - Passing a disinfected ball between players who sanitized their hands prior to sharing a ball and equipment is allowed.
 - A football player can participate in team drills. Players who sanitized their hands prior to sharing a sanitized ball and equipment are allowed to hand off or pass the sanitized ball to other teammates. Contact with other players is not allowed. There can be sharing of tackling dummies/donuts/sleds which shall be cleaned after use.
 - Hockey may not have body contact.
 - Softball and baseball players see appendix II.
 - Wrestlers may skill and drill without touching a teammate.
 - Cheerleaders may not practice/perform partner stunts or pyramid building. (Chants, jumps, dances without contact are permissible.)
 - Runners should maintain the recommended 6 feet of distancing between individuals.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Low Risk Level - Gathering sizes of up to 50 individuals, indoors or outdoors.

Pre-Workout/Contest Screening:

- Players and coaches should check their temperature at home before attending practices or games. If a student-athlete has a temperature of 100.4 or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - They are free of fever (>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 his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present.
- 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.

Limitations on Gatherings:

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning and Disinfection:

- Adequate cleaning and disinfection schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly with an [EPA-registered disinfectant](#) before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin.
- Modified* practices may begin for Higher risk sports:
 - *Continue pre-practice screening as in the High and Moderate Risk Levels. Shower immediately after practices/contests at home.

- Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer (at least 60% alcohol) should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned and disinfected between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards and knee pads, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear, volleyball knee pads, gymnastic grips should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar maintaining social distance until help is needed and wear masks.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

Lowest Risk – No limitations on Gathering

Pre- Workout/Contest Screening:

- Players and coaches should check their temperature at home before attending practices or games. If a student-athlete has a temperature of 100.4 or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - They are free of fever (>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 his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present.
- 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.

Limitations on Gatherings:

- Gathering sizes are unlimited
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning and Disinfection:

- Adequate cleaning and disinfection schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly with an [EPA-registered disinfectant](#) before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- **ALL** sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer (at least 60% alcohol) should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned and disinfected between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards and knee pads, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear, volleyball knee pads, gymnastic grips should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar maintaining social distance until help is needed.
- Regular practices may begin for Higher risk sports:
 - *Continue pre-practice screening as in the High and Moderate Risk Levels. Shower immediately after practices/contests at home.
 - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

B. Contests

1. Potential Infection Risk by Sport (from United States Olympic and Paralympic Committee – Sports Medicine and NFHS - Sports Medicine recommendations)

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys lacrosse, rugby, competitive cheer, dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 7 on 7 football*

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, cross country running (with staggered starts)

2. Transportation to events

Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

3. Social distancing during Contests/Events/Activities

a. Sidelines/benches

Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.

b. Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1) Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security

2) Tier 2 (Preferred): Media

3) Tier 3 (Non-essential): Spectators, vendors

- Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

- All Tiers should have their temperature checked at home before attending practices or games. If a spectator has a temperature of 100.4, they should not attend games.

C. Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school.

We encourage high schools to allow their athletic trainer to maintain and/or create relationships with area colleges to continue the education of athletic training students. All personnel should be familiar with COVID-19 guidelines to improve safety.

References

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- “Guidance for Opening Up High School Athletics and Activities.” https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf, Accessed: 5/29/20.
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- “Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission.” *Center for Disease Control and Prevention*. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>. Accessed: 5/6/2020.
- “Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12. <https://www.teamusa.org/coronavirus>. Accessed: 4/28/20.



Appendix I – COVID-19 Coach/Athlete Symptom Checklist

Date/time:		School:		Event:						Team:				
Name, Phone		County		<i>Fever</i>		<i>Cough</i>		<i>Sore throat</i>		<i>Shortness of breath</i>		<i>Close contact; or care for someone with covid-19</i>		<i>Temp (if >100.4 °F)</i>
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

Appendix II – Weight Room

Every school district/program should consult with their local health department to determine whether weight rooms and fitness centers may be used safely after June 30, 2020.

Pre- Workout/Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete has a temperature of 100.4 or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - They are free of fever (>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 his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present.
- 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.

These requirements must be followed when conducting voluntary strength and conditioning sessions:

- Coaches are responsible for ensuring social distancing is maintained between athletes as much as possible. This means additional spacing between athletes while exercising, changing drills/lifts so that players remain spaced out, and no congregating of athletes while waiting to drill/lift. Adequate cleaning schedules should be created and implemented for the weight room.
- Weight room equipment should be wiped down thoroughly with an [EPA-registered disinfectant](#) before and after each individual uses the equipment.
- Any equipment such as weight benches or athletic pads with holes with exposed foam should be covered.
- Maintain social distance by being at least 6 feet apart.
- Spotters should stand at each end of the bar wearing a mask.
- Follow gathering guidelines of groups of 10 or less students.
- Groups of 10 or less must be pre-determined.
- Once groups determined, students may not switch from one group to another
- Interaction between groups shall be avoided.
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport specific drills are not permitted, and sport-specific equipment may not be used.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC.
- **Hand sanitizer and/or sanitizing wipes** – Athletes and coaches are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes.

It is the responsibility of each WIAA member school to comply with the above requirements.

Should the conditions warrant, these requirements will be adjusted.

Below are a few of the most frequently asked questions referring to Weight Room usage.

- Q1.** Is the use of gymnasiums allowed? **A.** Yes, no more than 10 athletes at a time, and they must keep at least 6 feet social distancing at all times.
- Q2.** Can outdoor spaces be used for conditioning? **A.** Yes, one group of ten or less students can utilize outdoor spaces for conditioning. Social distancing guidelines should be followed.
- Q3.** Can we have a group outside conditioning and in the gym at the same time? **A.** Yes, limit of 10 in each group, keep social distance, and they cannot intermingle/change groups.
- Q4.** Can we have one group of 10 lifting and another group of 10 in the gym conditioning? **A.** Yes, as long as your gym and the weight room are not the same room.
- Q5.** We have more than one weight room; can we use both of them? **A.** Yes, limit of 10 students per room.
- Q6.** Can schools open additional temporary weight rooms to accommodate multiple groups of students? **A.** Yes, schools can create additional temporary weight rooms to accommodate multiple groups of students provided that recommended guidelines and school policies are uniformly met.
- Q7.** Does the number 10 include the coach? **A.** No, 10 athletes plus one coach. Coaches are not required to stay with the same group of 10 athletes.
- Q8.** Is there a number limitation for kids on our school campus? **A.** That number would depend on a school's number of gyms, weight rooms, and one group of 10 outside. It will be different for all schools.
- Q9.** Can we have a spotter when we weight lift? **A.** We suggest you start with light weight, more reps. Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar wearing masks. If someone needs help, by all means help.
- Q10.** How often should we clean and disinfect our rooms/equipment? **A.** Before, during, and after all workout sessions. Shared equipment (for example, free weights and weight machines) should be disinfected between users.

Prioritizing the health and safety of all students and staff must remain the focus of each WIAA member school. Please follow these guidelines and ask questions if you are not sure. We very much want to have a fall season, and we need to do everything in our power to make it happen.