

Summer Season Protocols

Coaches meeting 10-27-2020 / 3PM

Summer Season Practices

- WIAA has extended the open period to work with athletes to Dec 19
- No practices can start until 3:00 pm
- NO limit on # of practices allowed from the MCC
- POD's of 6 only - all kids stay in same POD

County Health Info

County Health went to a matrix system rather than the “phases”

- Above 75 cases in a 2 week period is considered high
 - PODs of 6 players only
- Below 75 and above 25 in a 2 week period if considered Moderate
 - Full team practices for all sports, games for moderate and low
- Below 25 in a 2 week period is considered Low
 - All programs can play contests

<https://www.coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard>

- Walla Walla County currently is at 78.8 cases per 100K

Mask Rules apply to everyone

All coaches, volunteers, managers and athletes **MUST WEAR A MASK**

- Must wear a mask at all times **EXCEPT** when participating in a drill
 - Mask can be taken down during their drill then put back on when finished.
Athletes can compete and practice with a mask if they choose
- Masks must be worn at all times in the weight room - no removing the m

POD Guidelines - high matrix

During “High” matrix (over 75 cases in 2 week period)

- POD of 6 athletes only - kids stay in the SAME POD of 6 until we move out of the “high” matrix
- All kids sign into the sport google classroom and complete the attestation daily. ALL Coaches must complete the Wahi attestation daily
- Coaches track attestations to ensure no students -athletes are at practice if they have not completed it OR if they failed it.
- Kids enter and check in with coach then enter gym, etc. - outside sports work on arrival plan
- Exit - leave school immediately after practice - No Grouping together

POD Guidelines - High matrix cont

- Kids are to social distance (6 feet) whenever they are not active in a drill and must have mask on
- 3v3 drills are ok for short periods of time
- ALL POD's need to be at least 10 yards from each other
- ALL coaches must be at least 10 yards from all PODs in order to not be included in them
- Athletes can share a ball in this phase but balls/equipment must be cleaned before new POD's

Return to Play Protocol

Exposure Protocol:

- Stay home when sick or in close contact with COVID case
- Everyone screened daily = Temp check- COVID symptoms check off
- If an athlete calls coach and indicates he/she has COVID that POD is now quarantined and parent/guardians notified/District Nurse and AD notified by coach
- If sick stay home - POD is ok to continue until COVID results show positive
- If an athlete becomes ill in practice he/she would be separated from others and sent home with parent/guardians notified/District Nurse and AD notified by coach
- If someone in the POD has a POSITIVE COVID TEST
 - If student tests positive the entire POD has to quarantine for 14 days after last contact with positive case individual (No Symptoms)
If person in the POD also has symptoms - quarantined for 10 days after symptoms started AND 24 hours no fever AND other symptoms have improved

Hygiene Protocols

- Always practice good hygiene:

- Wash hands often, avoid touching face, cover all coughs
- Use hand sanitizer before practice and at the completion of practice

- Locker rooms should not be used

- Athletes come dressed as much as possible
- When we go to Hybrid - then PODs of 6 can enter the locker room to change then exit and new POD can enter.
- No showering at school - stress to athletes to shower immediately when they get home

- Athletes will not share water bottles, uniforms, pennies, or towels. Balls can be shared but must be sanitized after POD

Cleaning Protocols

- Clean high touch areas and disinfect any shared equipment before and after each use.
- Clean all balls with alcohol wipes, virex or oxcifer wipes
- Let me know if you need more wipes or cleaning supplies and we will get them issued asap.

Ventilation and practice locations

- Practice outside whenever possible
- If practicing indoors open as many doors as you can to increase the airflow - especially if you have a door to outside
- Get me your schedules as soon as possible and communicate any changes so we can track it all

Coaches Expectations

- All coaches must follow the New Guidelines Issued for Return to Play by the WIAA.
- Keep a daily roster (google form) of EVERY athlete, staff, and volunteer that is present at practice through a google doc.
- Attendance rosters must be kept on file indefinitely
- Communicate to all athletes that this is VOLUNTARY and if they are sick or uneasy they need to stay home
- Encourage kids in the same household to travel together but try to limit all other exposures.

Coaches Expectations - Cont

- **Coaches set practice plans daily and keep them**
 - Be specific with timelines so we can track the contact in certain drills if need be
- **Be meticulous with all paperwork - if we get a positive case we will need all info for tracing purposes.**
- **No athlete can practice until completely cleared on FamilyID**
- **Electronic whistles, horns, or buzzer - no air whistles allowed.**
- **Send me your daily attestations or invite me and or Mike Kay to your google classrooms**