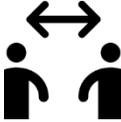


Spokane Schools Athletics/Activities Re-Opening Plan- **DRAFT 7/30/2020**

- All coaches, advisors, and students must abide by the school, school district, and Department of Health Guidelines.
- Participants will sign a COVID Assumption of Risk and Waiver of Liability, Coaches will receive a “COVID Procedures” training
- [Link to WIAA Guidelines](#) (SPS Guidelines are based on these and SPS and Spokane Regional Health District input)
- Sport Specific Guidance: [Cheer](#), [Cross Country](#), [Dance/Drill](#), [Football](#), [Soccer](#), [Softball](#), [Volleyball](#)

	Phase 2	Phase 3	Phase 4
Number of Students and Distancing 	<p>No more than 5 people at a time- minimum distance is 6’ between each individual at all times.</p> <p>Workouts should be conducted in “pods” of students with the same 5 always working together.</p> <p>No locker room usage.</p>	<p><i>Subject to Governor’s Guidelines (as of 7/23, Phase 3 limits gatherings to 10 people.)</i> No gathering of more than 50 people at a time, inside or outside. Indoors must have enough room for physical distancing. Attendance should remain under 50% capacity of the host venue.</p> <p>Workouts should be conducted in “pods” of students with the same 5-10 students always working out together.</p> <p>If locker rooms or meeting rooms are used, there must be a minimum distance of 6’ between each individual at all times.</p> <p>Only Tier 1 Essential (athletes, coaches, officials, event staff) and Tier 2 Preferred (Media) people will be allowed at an event until restrictions on mass gatherings are lifted.</p>	<p><i>Subject to current Governor’s Guidelines that may include modifications to numbers.</i> Gathering of over 50 people is permitted- indoors there must be enough space for physical distancing/</p> <p>When not directly participating, care should be taken to maintain a minimum distance of at least 6’ between each individual.</p>
Health Screening 	<p>All participants (coaches/advisors and students) will need to sign in and confirm a daily health screening that includes a temperature check.</p> <p>If participants answer yes to any of the screening questions (or have a temperature above 100.4°F) or have symptoms of COVID-19, they will not be allowed to participate and will be referred to their primary health care provider. These participants are not allowed to return without a written release.</p>	<p>All participants (coaches/advisors and students) will need to sign in and confirm a daily health screening that includes a temperature check.</p> <p>If participants answer yes to any of the screening questions (or have a temperature above 100.4°F) or have symptoms of COVID-19, they will not be allowed to participate and will be referred to their primary health care provider. These participants are not allowed to return without a written release.</p>	<p>All participants (coaches/advisors and students) will need to sign in and confirm a daily health screening that includes a temperature check.</p> <p>If participants answer yes to any of the screening questions (or have a temperature above 100.4°F) or have symptoms of COVID-19, they will not be allowed to participate and will be referred to their primary health care provider. These participants are not allowed to return without a written release.</p>

Phase 2

Phase 3

Phase 4

	<p>The school district notification process will be used to report if personnel learn of suspended or confirmed cases of COVID-19 at an event/practice.</p> <p>Coaches will keep a list of participants and which pod they practiced in.</p> <p>People at risk for severe COVID-19 should consult with their medical provider regarding participation in athletic activities.</p>	<p>The school district notification process will be used to report if personnel learn of suspended or confirmed cases of COVID-19 at an event/practice.</p> <p>Coaches will keep a list of participants and which pod they practiced in.</p> <p>People at risk for severe COVID-19 should consult with their medical provider regarding participation in athletic activities.</p>	<p>Coaches will keep a list of participants and which pod they practiced in.</p> <p>People at risk for severe COVID-19 should consult with their medical provider regarding participation in athletic activities.</p>
<p>Personal Hygiene</p> 	<p>Hand washing (min 20 seconds with warm water and soap) or sanitizing is required, especially after touching frequently used items or surfaces and during transitions.</p> <p>Students are required to bring their own water bottle.</p> <p>There should be no shared athletic towels, clothing or shoes between students.</p> <p>Students will be required to clean their practice clothing and equipment after each use and wear clean clothes daily.</p>	<p>Hand washing (min 20 seconds with warm water and soap) or sanitizing is required, especially after touching frequently used items or surfaces and during transitions.</p> <p>Students are required to bring their own water bottle.</p> <p>There should be no shared athletic towels, clothing or shoes between students.</p> <p>Students will be required to clean their practice clothing and equipment after each use and wear clean clothes daily.</p>	<p>Hand washing (min 20 seconds with warm water and soap) or sanitizing is required, especially after touching frequently used items or surfaces and during transitions.</p> <p>Students are required to bring their own water bottle.</p> <p>There should be no shared athletic towels, clothing or shoes between students.</p> <p>Students will be required to clean their practice clothing and equipment after each use and wear clean clothes daily.</p>
<p>Face Coverings</p> 	<p>Facemasks must be worn at all times by coaches and instructors. All athletes, even during vigorous sports/activities, should have a mask when they attend the practice/activity and wear as much as reasonably possible.</p>	<p>Facemasks must be worn at all times by coaches and instructors. All athletes, even during vigorous sports/activities, should have a mask when they attend the practice/activity and wear as much as reasonably possible.</p>	<p>Facemasks must be worn at all times by coaches and instructors. All athletes, even during vigorous sports/activities, should have a mask when they attend the practice/activity and wear as much as reasonably possible.</p>
<p>Equipment</p> 	<p><i>(also see sport-specific examples in WIAA guidance)</i></p> <p>All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.</p>	<p><i>(also see sport-specific examples in WIAA guidance)</i></p> <p>All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.</p>	<p><i>(also see sport-specific examples in WIAA guidance)</i></p> <p>All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.</p>

Phase 2	Phase 3	Phase 4
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Facilities & Cleaning



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

Increase how often you clean.

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Sanitize surfaces that are touched with bare skin.

If pods or groups of students are moving from one area to another in shifts, finish cleaning before the new group enters the area. Clean and disinfect high-touch surfaces each night after students leave.

Practice outside as much as possible. When safe, open windows and doors to increase outside air.

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Activities Permitted



Small (no more than 5 people at a time) gatherings of pods of students working out together. 6' of physical distance must be maintained. There will be no shared athletic equipment, students will not share clothing, and clothing/towels will be washed and cleaned after each workout.

**Committee is considering practice activities to be permitted the phase prior to competition. TBD as work progresses.*

Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport on WIAA Guidelines).

Low Risk include: Individual Running Events, Throwing Events, Golf, Weightlifting, Performance and Non-Competitive Dance/Drill (no stunting), Sideline Cheer (non-competitive, no stunting), Cross Country Running (staggered starts)

Competitions should be limited to local geography.

Modified practices may begin for Moderate risk sports. (see Potential Infection Risk by Sport on WIAA Guidelines).

Modified Risk include: Basketball, Volleyball*, Baseball*, Softball*, Soccer, Gymnastics**, Tennis*,

Moderate risk sports practices can continue and competitions may begin. If spectators are allowed, physical distancing measures must be followed.

High Risk Sports that include Competitive Dance/Drill (with stunting) and Competitive Cheer (with stunting) can resume competitions.

**High Risk Sports (including Football) have not been indicated to begin competition until out of the Phasing stages (as per WIAA 6/22/20 guidelines). Information will be updated as available. Other details as to what is permissible in Phase 4 is indicated on the Football-specific link above.*

**Committee is considering practice activities to be permitted the phase prior to competition. TBD as work progresses.*

Phase 2

Phase 3

Phase 4

		<p>Pole Vault*, High Jump*, Long Jump*, Bowling*, 7on7 Football *Potential to be considered low risk with appropriate cleaning and use of masks by participants **If equipment can't be sufficiently cleaned between competitors.</p> <p><i>*Committee is considering practice activities to be permitted the phase prior to competition. TBD as work progresses.</i></p>	
<p>Transportation</p> 		<p>Schools must consider physical distancing requirements when scheduling contests and events for the 2020-2021 school year. Physical 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. Staff and students on buses/vans must wear cloth face coverings. Keep windows on buses and vans open for maximum ventilation.</p>	<p>Schools must consider physical distancing requirements when scheduling contests and events for the 2020-2021 school year. Physical 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. Staff and students on buses/vans must wear cloth face coverings. Keep windows on buses and vans open for maximum ventilation.</p>

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