



Sevastopol Pioneer Athletics

COVID-19 Phase 2 Practice Protocol Guide

Guiding Resources

- WIAA Summer Sport Specific Guide
- <https://www.dhs.wisconsin.gov/covid-19/local.htm>

Messaging to Athletes

- We have an opportunity to play and will have to follow safety precautions.
- We want to be part of the solution in our school, community, state and nation.
- We care about our teammates, coaches, teachers, classmates, friends, siblings, parents, grandparents and that's why we need to be safe.
- Our new normal will require everyone to adjust and understand why changes are made.
- We will work together to break old habits and create new ones in an effort to minimize the spread of the virus.

Requirements for Participation

- Coaches and athletes must sign the COVID-19 waiver.
- Coaches and athletes in the high-risk category understand the assumed risk.

Expectations of Parents, Athletes, Coaches, Athletic Director, School

- Parents
 - Don't send their athlete if they have symptoms, a positive test, or are under quarantine.
 - Ensure athletes arrive 15 minutes prior to the start of practice so screening can be done in a timely manner.
 - Provide a mask for your child.
 - Stay in the car upon arrival and pick up.
 - Talk to your athlete about following the guidelines.
 - Don't congregate with other parents before or after practices.
 - Required to contact Jordan and/or Brooke if athlete stays home due to: COVID-19 related symptoms, awaiting test results, the results of a COVID-19 test, or are in quarantine.
- Athletes
 - Discouraged from carpooling with other athletes to and from practice.
 - Bring a backpack/bag to practice every day with the proper equipment inside.
 - Arrive 15 minutes prior to the start of the event.
 - Wear your mask upon arrival until coaches say you can unmask.
 - Come ready to start besides footwear.
 - Respect athletes who may report symptoms or have a positive test.
 - Wear your mask during practice exit protocols until in your vehicle.
 - Do not linger on campus/in the building after practice/camp concludes
 - Shower immediately after practice.
- Coaches
 - Arrive 30 minutes prior to the start of the event.
 - Ensure items are properly sanitized before, during, and after practice.

- Know the level of risk the state has put us in and conduct only activities allowed in that risk level.
- Keep athlete safety as the number one concern.
- Teach and review arrival, in practice, and exit protocols.
- Spray any areas athletes used at the end of practice using our cleaning protocols. This includes sport specific equipment athletes came in contact with, bleachers, bathrooms, and door knobs.
- Athletic Director
 - Communicate changes in guidelines to parents, athletes, and coaches immediately.
 - Ensure proper systems are in place to keep the athletes, trainers, and coaches safe.
 - Support athletes and family that report symptoms or have a positive test.
 - Make sure athletes and coaches are following the guidelines.
- School
 - Will provide necessary cleaning and sanitizing products for all practices.
 - Will train our coaches on proper screening methods.
 - Will maintain accurate records of individuals present at practices.
 - Will report positive tests to the Department of Public Health and follow their recommendations.
- Athletic Trainer
 - Train coaches in proper screening methods.
 - Supervise practices to ensure protocols are in place periodically.
 - Oversee all Return To Play protocols.
 - Provide athletic training services.

Social Distancing-Practice

- Coaches are responsible for ensuring social distancing is maintained between players as much as possible.
- Workouts should always be conducted in the same group of 10.
- Pods can't come in contact with each other or cross paths.
- No congregating before practice, during, or after.
- No huddles.
- No handshakes or high fives.
- Bathroom use is limited to 3 at a time and a mask is required.

COVID-19 COACH

- Each team will designate a coach to be responsible for responding to COVID-19 concerns at practice/camp.
- This coach will contact the athletic director immediately who will contact the parent.
- If an athlete has a temperature or reports symptoms, they will not be allowed to participate.
- The athletic trainer will follow the COVID-19 Return to Play protocols (Appendix A) and the athlete cannot return until they have been met.
- Coaches are responsible for knowing the COVID-19 Return to Play protocols.

Pre-Workout Screening for Contact Days & Summer Camps

- **Screening for Symptoms of:**
 - Fever at over above 100.4
 - Cough
 - Shortness of breath or difficulty breathing

- Sore throat
- Contact with +COVID person
- Nausea/vomiting
- Diarrhea
- Loss of taste/smell
- **Indoor Activities:**
 - Coaches should arrive 30 minutes prior to the start of the event.
 - Coaches will wash hands prior to the first screening and wear masks during screening. They will conduct screening in the lobby. Between screening, hand sanitize.
 - Athletes/parents will park in the front parking lot. Cones will be placed outside the front lobby door. When a cone is unattended, athletes should get out of their car and fill in.
 - Athletes will arrive in masks and wear them throughout the screening process until coaches give athletes the option to unmask.
 - Athletes need to arrive ready to go besides putting on necessary footwear.
 - Additional coaches will direct the first athlete to complete screening will use the locker room hallway and circle to the science hallway to place bags. Athletes will use their bag areas as their “locker room” and change shoes. Proceed directly to the gym.
 - To exit, athletes will follow the same route for entry but use the south door by Mr. Phillips room. Athletes wear masks for the exit process until in a vehicle.
 - Coaches will ensure proper exit from events. Athletes will exit the south door immediately following the event.
- **Outdoor Activities:**
 - Coaches should arrive 30 minutes prior to the start of the event.
 - Coaches will wash hands prior to the first screening. Coaches wear masks during screening. They will conduct screening in the garage area of the red shed. Between screenings, hand sanitize.
 - Athletes/parents will park in the parking lot by the football field. Cones will be placed for athletes to stand at while awaiting screening. Approach cones from the playground side. Athletes should remain in their vehicle if a cone is not available to stand at.
 - Coaches will screen athletes in the red shed. After screening, athletes will walk through the shed to the north side of the practice football field to place bags and change anything.
 - Athletes will arrive in masks and wear them throughout the screening process until coaches give athletes the option to unmask.
 - Athletes need to arrive ready to go besides putting on necessary footwear.
 - Additional coaches will direct the first athlete to complete screening will place their personal items on the far east side of the track. The next athlete will follow.
 - Athletes will exit the same way they came in, masked, sanitize and go directly to their vehicles.
 - Coaches will ensure proper exit from events.
 - When being screening, athletes will have everything in hand to start practice/camp.

Equipment

- **Personal Equipment**
 - Recommended Gym Bag Supplies: Mask that is kept inside of a Zip Loc bag, electronics are kept in gym bag, personal water bottle(s), hand sanitizer, disinfectant wipes, athletic braces, inhalers, additional shoes. Masks and water bottles have names on them.
 - All items in gym bag should be disinfected after every practice.
 - Athletes should come to practice with a bag to keep personal items since locker rooms will not be allowed.

- Gym bags will be placed 6 feet apart in a predetermined area that coaches will instruct athletes to.
- Shoes, clothing, towels, water bottles or any other personal items may not be shared among athletes.
- Any items not being worn or used should remain inside the athlete's gym bag.
- Sport Specific Equipment
 - High Risk Level: Each player should bring their own ball or use the same school-issued ball during practice.
 - Moderate Risk Level: Shared equipment is allowed but must be cleaned between use. Limited to smaller groups.
 - Low Risk Level: Equipment can be shared amongst a larger group.
 - School must supply all equipment athletes use in school facilities.

Locker rooms

- No use allowed.

Hydration

- All students shall bring their own water bottle. Consider packing multiple.
- Water bottles must not be shared.
- Water bottles should have the athletes name.
- Hydration stations like water cows and water fountains will not be allowed.

End of Practice/Camp

- Coaches will teach and review the exit protocols and ensure they are followed.
- Exit protocols change depending upon where your activity is being held.
- Athletes will hand sanitize on the way out and wear a mask until they are in their car.
- Athletes will always maintain 6 feet while getting their bags and go directly to their vehicles.

Athletes who stay on campus for lunch

- Athletes will bring a bagged lunch to camp.
- Athletes will stay in their pod for lunch.
- If possible, athletes will eat outside using 6 feet of social distancing.
- If eating inside, athletes will stay on their side of the curtain and eat using 6 feet of social distancing.
- Hands should be washed/sanitized before and after eating.
- Allow 3 athletes in the bathroom at a time. Masking required.
- At the end of the lunch period, a designated coach will disinfect the bathroom using the school protocol.

APPENDIX A

Return to Play after Suspected COVID-19, +/- Testing

Athlete/Coach

If symptoms arise or COVID-19 is suspected at any point in time, the athlete/coach will be asked to leave the school premises, stay home and contact their primary care physician to have a COVID-19 test. The athlete/coach will not be allowed back to training until the AD has a written note from the physician stating the result of the COVID-19 test.

Once symptoms arise or COVID-19 is suspected, the Athletic Trainer will notify the AD and coach(es). The AD will inform the school administration, who will then contact public health officials. The Athletic Trainer will conduct daily symptom check-ins (see form below) with the athlete/coach to monitor number and severity of symptoms. This, along with test results, will aid in safe return to play for the athlete/coach.

Once test results are back, the below Return to Play protocol will be followed.

(-) Test: Athlete may *NOT* return to training **UNTIL** the following conditions are met

- No fever without the use of fever-reducing medications for at least 24 hours
- No other symptoms are present for at least 24 hours

(+) Test: Athlete may *NOT* r return to training **UNTIL** the following conditions are met

- No fever without the use of fever-reducing medications for at least 72 hours
- No other symptoms are present for at least 72 hours
- At least 10 days have passed since the symptoms were first reported

Door County Public Health will perform contact tracing as necessary based on test results.

A group with a suspected COVID-19 individual will not be allowed to continue training, per school district protocol. If multiple (+) COVID-19 cases arise, Sevastopol HS will follow their COVID-19 protocol. Public Health will be contacted and the POD/group will be shut down until Public Health has made determinations.

CONTACTS:

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