

## Tacoma Baptist Plan for Opening up High School Athletics

This plan of re-opening *athletics* at Tacoma Baptist is in accordance with the guidelines written by the WIAA and NFHS is listed below. “The recommendations presented in this document were originally developed by the NFHS SMAC as guidelines for state associations to design return-to-activity guidelines that are in accordance with state and local guidelines and restrictions. The WIAA has engaged with the Governor’s Office as well as the State Department of Health and the Office of the Superintendent of Public Instruction to develop guidelines regarding coordinated approaches for return-to-activity for high school and middle schools. This document provides guidelines for school athletics and activities for each of the 4 phases in the Safe Start Washington plan.”

### ***Points of Emphasis for Phases 1 through 4:***

1. MASKS- THE CDC is “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.” Recognizing the benefits and potential drawbacks of using cloth face coverings during conditioning and physical activity, the NFHS-SMAC recommends the following:
  - a. Cloth face coverings should be considered acceptable and medical grade masks are not required for athletic activity
  - b. Student should be encouraged to wear cloth face coverings. Parents please specify with coach if you want your child definitely wearing a mask at all times.
  - c. Coaches, officials, and contest personnel must wear cloth face coverings at all times.
2. If an outbreak occurred on a team or school, schools will be prepared for periodic school closures and the possibility of teams having to isolate for 2-3 weeks while in season. If a school district closes due to COVID-19, there should be no practices or competitions among athletes in the school district. The WIAA will develop recommendation regarding team forfeitures or when team can return to play.
3. If school travel occurs, athletes and coaches will be asked to wear masks in the vehicle and depending on the phase or situation, students may have permission to travel with family.
4. The TBS weight room, gym area, and individual equipment from each sport will be sanitized and cleaned before students come in for athletic activities and afterwards.
5. Before kids begin a session (number of students will be determined by the Phase the country is in) athletes/coaches will be asked to do the following:
  - a. Wash hands thoroughly with soap and water.
  - b. Temperatures will be taken and logged. Athletes will also be assessed and asked about common COVID symptoms and it will be logged securely. If a student shows any signs of COVID or a temperature, the athlete will be sent home.
  - c. Equipment will be sanitized before use and after use.
  - d. Masks will be worn by coaches and recommended to athletes.
  - e. Parents will sign a document making it clear whether they want their child wearing a mask during physical activity.
  - f. We encourage athletes to shower and wash clothes upon returning home.
  - g. Hand sanitizer and restrooms to wash hands will be made easily available.

**SYMPTOMS to ask about or check for:**

-Does athlete have any of the following symptoms?

- o A cough
- o Shortness of breath or difficulty breathing
- o Check if temperature is 100.3 degrees or higher.
- o A sore throat
- o Chills
- o New loss of taste or smell
- o Muscle or body aches
- o Nausea/vomiting/diarrhea
- o Congestion/running nose – not related to seasonal allergies
- o Unusual fatigue

**Illness Reporting:** Athletes, coaches, event staff, school families would be notified through email and other means of communication if Tacoma Baptist learns of a confirmed case of COVID-19 at any event in accordance with privacy laws.

***Athletic Guidelines Specific to Phase 2*****Phase 2 - Limitations on Gatherings:**

- No gathering of more than 5 people at a time (inside or outside).
- Locker rooms should not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. 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 physical distancing can occur.

**Phase 2 - 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 after each use & prior to next use.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing.

**Examples (including but not limited to): (In Phase 2)**

- 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 handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- 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.
- Cheerleaders may not practice/perform partner stunts or building (chants, jumps, dances without contact are permissible).
- Runners should maintain the recommended 6 feet of distancing between individuals

### ***Athletic Guidelines Specific to Phase 3***

#### **Phase 3 - Limitations on Gatherings**

- No gathering of more than 50 people at a time inside or outside. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
- 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. Smaller pods can be utilized for weight training. Pods should remain separate with a buffer zone. The students in a pod should be consistent from day to day. 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 physical distancing can occur. Attendance should remain under 50% of capacity of the host venue. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Use tape, cones, or paint as a guide for students and coaches.

#### **Phase 3 - Physical Activity and Athletic Equipment**

- Lower risk sports practices and competitions may resume (list below)
- Competitions should be limited to local geography.
- 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 cleaned after each use & prior to next use.
- Hand sanitizer should be plentiful available at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned 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.

### ***Athletic Guidelines Specific to Phase 4***

#### **Phase 4 - Limitations on Gatherings:**

- Gathering sizes over 50 individuals, indoors or outdoors. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).

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

#### **Phase 4 - Physical Activity and Athletic Equipment**

- Moderate risk sports practices and competitions may begin. If spectators are allowed, physical distancing measures must be followed.
- 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 should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards and football helmets/other pads 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.

### **Contests**

#### **1. Potential Infection Risk by Sport** (modified from United States Olympic and Paralympic Committee – 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, cheer and dance/drill that involves stunting)*
- 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), tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, bowling\*, and 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 physical 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 (javelin, shot put, discus), individual swimming, golf, weightlifting, performance and non-competitive dance/drill with no stunting, and cross country running (with staggered starts)*

#### **2. Transportation to Events:**

Tacoma Baptist will 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.

### **3. Physical Distancing During Contests/Events/Activities**

- A. Sidelines/benches Appropriate physical distancing will need to be maintained on sidelines/bench during contests and events through all phases. Tacoma Baptist will space out chairs being used by athletes 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:
  - a. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
  - b. Tier 2 (Preferred): Media
  - c. Tier 3 (Non-essential): Spectators, vendors

Only Tier 1 and 2 personnel will be allowed at events until restrictions on mass gatherings are lifted.

Tacoma Baptist will continue to follow protocol in place by the WIAA, NFHS, Governor's office, Department of Health. We understand this situation is constantly changing and will stay up to date with recommendations and any changes moving forward.