

Sport: PAHS WEIGHT ROOM

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Access Dates: Mon/Tues/Thurs 3:00-5:30

Policy and Procedure for Port Angeles Athletics in Response to COVID-19:

All coaches in Port Angeles School District are fully committed to following federal, state, school district policies and procedures. Our student athlete's health and safety is our #1 priority. Below is our plan and action steps which will be implemented to keep our community safe in accordance to current policy guidelines at the federal, state and local level. These standards will be followed with the best interest and safety for our student athletes, coaches, families and our community.

Current Guidelines from WIAA 10/6/2020

TRANSMISSION RISK FACTORS

The risk of transmitting the SARS CoV-2 virus that causes COVID-19 depends on multiple factors including:

- Number of people in a location
- Type of location
- Distance between people
- Length of time at location
- Level of protective equipment used (e.g. face coverings)

As general guidance, smaller groups are safer than larger ones; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer.

RISK CATEGORIES

For the purposes of this document, sports are defined using the following risk categories:

- **LOW-RISK SPORTING ACTIVITIES:**
Tennis, swimming and diving, golf, cross country, track and field, and sideline/no-contact cheerleading and dance.
- **MODERATE-RISK SPORTING ACTIVITIES:**
Softball, baseball, soccer, volleyball, gymnastics, and bowling.
- **HIGH-RISK SPORTING ACTIVITIES:**
Football, wrestling, cheerleading with contact, dance with contact, and basketball.

EXPOSURE PROTOCOL

- Stay home when sick or if in close contact with someone with COVID-19.
- Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or have been exposed to a confirmed case or close contact.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider [symptoms listed by the CDC](#).
- Any person with symptoms of COVID-19 or who has been in close contact with someone confirmed to have COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- Those who are excluded from training or contests due to [COVID-19 symptoms](#) or because they are [close contacts](#) must follow DOH and local public health isolation and quarantine guidance before returning to training or contests.
- People with underlying health conditions should consult with their medical providers regarding participation in athletic activities.

MASKS

Masks required for athletes/participants directly before and directly after sporting activities and strongly encouraged whenever not engaged in strenuous activity. Any spectators must wear facial coverings per the Department of Health facial covering order. Coaches, referees/umpires, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times, with an exception for referees that need to run in the field of play. Face coverings must be worn during captains meetings by athletes, coaches and officials.

PHYSICAL DISTANCING

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance should be maintained among athletes when not engaged in sporting activities, huddles and team meetings. Avoid grouping of athletes at the start and end of practice or during transitions and stagger start times for meetings/workouts when possible.

HYGIENE

Require athletes, coaches, umpires/referees and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry. Athletes should not share water bottles, uniforms, equipment (unless properly sanitized), towels, or snacks and should not spit (saliva, sunflower seeds, etc.).

Provide handwashing or hand sanitizing stations at training and contest locations. Each team should be responsible for its own hand sanitizer and medical kit. Players and coaches should use hand sanitizer before entering and exiting the facility/stadium and any time they enter the sideline, bench, or dugout. There should be no pre or post-game handshakes, high-fives or fistbumps. Balls may be passed/shared, provided students wash their hands before and after the practice/contest.

Limit the use of locker rooms to handwashing and restroom use only. Showers should not be used due to potential spread of aerosolized droplets. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal six feet of distance for athletes who need to change. Stagger entry to the changing area and use of these facilities as appropriate with members of the same team or training cohort only. Limit occupancy of the locker rooms to avoid crowding. When possible, athletes, coaches and officials should come dressed appropriately for the contest.

CLEANING

Clean high-touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected prior to and after any activity. Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against COVID-19. Find the current list here: [List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals. The University of Washington has [created a handout with options for safer cleaning and disinfecting products that work well against COVID-19](#).

Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Clothing, towels, pads, etc. should be washed and cleaned after every workout or event. Schools should be responsible for bringing towels to wipe up sweat from the floor; host schools are recommended to provide paper towels at scoring tables.

VENTILATION

Ventilation is important to have good, indoor air quality. Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. Offer more outside time, open windows often, and adjust the HVAC system to allow the maximum amount of outside air to enter the program space. Use of fans for cooling is acceptable. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. They should blow away from people.

TRANSPORTATION

Limit exposure to those outside the household unit during travel. Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible.

For travel groups (groups that include more than one household in the same vehicle whether in a carpool or on a bus), all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact (i.e. team members). Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

Buses should install safety barriers (such as plexiglass shields) between the driver and passengers or close (block off/leave empty) the seats nearest the driver to ensure 6 feet of distance between the driver and passengers. Passengers should board from the rear door when possible. Buses should improve air filtration where possible. Buses should be cleaned and disinfected daily after use with attention to frequently touched surfaces (doors, rails, seat backs).

RECORDS AND CONTACT TRACING

Keep a roster of every athlete, staff, and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure. Similarly, keep a roster and seating chart for each travel group. Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

EMPLOYEES

Employers must specifically ensure operations follow the main Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found [here](#).

COVID-19 ACTIVITY LEVEL

The risk of COVID-19 spread linked to sporting activities depends on the level of COVID-19 spread in the community. The following COVID-19 activity level classifications are based on the Department of Health's school reopening decision tree recommendations which classify counties based on their current COVID-19 activity level.

HIGH >75 cases/100K/14 days OR >5% positivity

- Team practices and/or training can resume for low, medium, and high-risk sports if players are limited to groups of six in separate parts of the field/court and separated by a buffer zone. Brief, close contact (e.g. 3-on-3 drills) is permitted. It is preferable for the groups of six to be stable over time. Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a "return to play" safety plan. Any practice or training activities that can be done outdoors should be done outdoors.
- Scrimmage, intra-team competitions, and league games or competition allowed for low-risk sports, but are discouraged if the school is not conducting some in-person learning.
- No tournaments allowed.
- No spectators allowed except for one parent/guardian/caregiver for each student-participant in uniform. Spectators must maintain a physical distance of at least six (6) feet between each person.

MODERATE >25-75 cases/100K/14 days AND <5% positivity

- Scrimmage, intra-team competitions, and league games allowed for both low and moderate-risk sporting activities. Scrimmage, intra-team competitions allowed for high-risk sporting activities.
- No tournaments allowed.
- No spectators allowed except for one adult parent/guardian/caregiver for each student-participant in uniform. Spectators must maintain physical distance of at least six (6) feet between each person.

LOW <25 cases/100K/14 days AND <5% positivity

- Scrimmage, intra-team competitions, and league games allowed for low, moderate, and high-risk sporting activities.
- Tournaments allowed.
- Spectators to follow gathering size limit of the [Safe Start Plan](#).

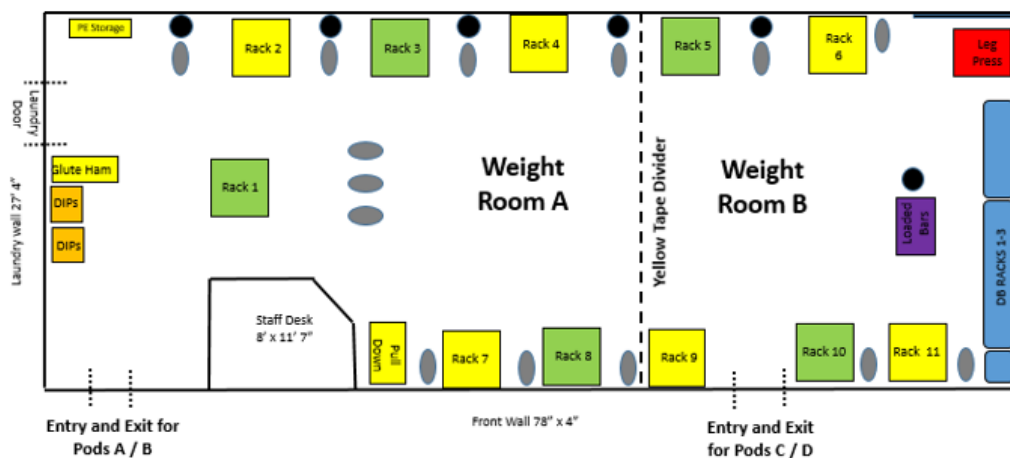
A prohibition on tournaments for sporting activities does not include postseason, playoff, regional or state championship competitions sanctioned by a statewide interscholastic activities administrative and rule-making body that oversees competition in all counties in the state.

Policies and Procedures

1. Staff will arrive 15 minutes prior to start of SWAT to clean and sanitize
2. All Staff and Athletes will be verbally screened with the PASD screening form before being admitted into Pods. Daily temperature readings will be documented for all who enter.
3. Athletes will work in Pods of up to 10 athletes and 1 Coach / Group Leader during training periods.
4. All Current County Cov and appropriate social Distance measures will be met.
 - a. Masks will be worn during all check in and screening procedures and in pickup/drop off areas.
 - b. 6 Feet distance will be kept at all times unless spotting
5. All athletes will bring their own towel and water bottle
6. No locker room access will be allowed
7. Restrooms will be used on a 1 in 1 out basis

Weight Room Procedures:

- Weight Room will be divided into two sections with Orange posts and yellow caution tape separating the two sides to prevent blending of pods.
- Pods will enter and exit on through the sides to which they are assigned.
- Athletes will be assigned to individual Power Racks in groups of 2 to adhere to social distancing requirements
- Athletes will remain at their weight rack only and use only the weights and bars assigned to their Rack.
- Pods will rotate between stations together.
- Upon completion of each weight session, all weights will be laid out so they can be sprayed with disinfectant before the next group uses them.
- All other activities will take place on the upper and lower practice fields to avoid blending of Pods.



Procedures for admission :

All people prior to entering district facilities will be go through screening questionnaire with the following questions:

1. Have you experienced a new cough in the last 14 days? Yes or No
2. Have you experienced a new sore throat that you cannot attribute to another health condition within the last 14 days? Yes or No
3. Have you had shortness of breath that you cannot attribute to another health condition within the last 14 days? Yes or No
4. Have you experienced new muscle aches that you cannot attribute to another health condition or a specific activity such as physical exercise within the last 14 days? Yes or No
5. Have you had close contact, without the use of appropriate PPE, with someone who is currently sick with suspected or confirmed COVID 19? Yes or No
6. Have you experienced a new loss of taste or smell that you cannot attribute to another health condition within the last 14 days? Yes or No
7. Have you had a temperature at or above 100.4 within the last 14 days? Yes or No

Athlete who answer NO to all questions will be allowed to move on the temperature reading

Temperature reading will be taken by either the Head or Asst. Coach on the wrist or forehead of each athlete. If anyone has a temperature over 100.4, they will not be allowed to enter the practice area.

For anyone who has answered YES to a screening question or has a temperate above 100.4, they will need to be tested for COVID-19 by a medical professional and not be allowed in the building for 2 weeks and/or have provided documentation that they have tested NEGATIVE for COVID-19.

Any athlete who answers YES to a screening question or has a temperature of above 100.4 must leave the facility until cleared by a medical professional, Athlete who are unable to drive must remain in the isolation area until a parent or guardian arrives to pick them up.

The designated isolation is located: Practice Field

FOR ALL PERSONS WHO HAVE PASSED THE SCREENING QUESTIONS AND HAD A TEMPERATURE UNDER 100.4, and allowed to enter the building these steps must be followed:

- Current social distancing guidelines must be followed during appropriate times
- Limit close contact. Current close contact is defined as within 6 feet for more than 15 consecutive minutes
- Hand sanitizer and hand wash stations will be throughout the building and clearly marked , will be provided at the bleachers
- Hands must be washed before and after training/practice session
- Practice plans and training need to be organized according to WIAA guidelines



RIDER STRENGTH



| ROTATION SCHEDULE | POD A | 10 Athletes + Coach Wasche | | |
|----------------------|-----------|---|---|--|
| | POD B | 10 Athletes + Coach _____ | | |
| | POD C | 10 Athletes + Coach _____ | | |
| TIME | PRD | POD A | POD B | POD C |
| 3:15 | Screening | Check-In Screening by PODs / Mobility Circles | Check-In Screening by PODs / Mobility Circles | Check-In Screening by PODs / Mobility Circles |
| 3:20 | Screening | | | |
| 3:25 | 1 | CORE | CORE | Agility |
| 3:30 | 2 | | | |
| 3:35 | 3 | | | |
| 3:40 | 4 | | | |
| 3:45 | 5 | Aux | Agility | Core |
| 3:50 | 6 | | | |
| 3:55 | 7 | | | |
| 4:00 | 8 | | | |
| 4:05 | 9 | AGILITY | Aux | AUX |
| 4:10 | 10 | | | |
| 4:15 | 11 | | | |
| 4:20 | 12 | | | |
| 4:25 | 13 | GROUP 2 - POD A Check-In Screening by PODs / Mobility Circles | GROUP 2 - POD B Check-In Screening by PODs / Mobility Circles | GROUP 2- POD C Check-In Screening by PODs / Mobility Circles |
| 4:30 | 14 | | | |
| 4:35 | 15 | CORE | CORE | Agility |
| 4:40 | 16 | | | |
| 4:45 | 17 | | | |
| 4:50 | 18 | | | |
| 4:55 | 19 | Aux | Agility | Core |
| 5:00 | 20 | | | |
| 5:00 | 21 | | | |
| 5:05 | 22 | | | |
| 5:10 | 23 | AGILITY | Aux | AUX |
| 5:15 | 24 | | | |
| 5:20 | 25 | | | |
| 5:25 | 25 | | | |

