

Colville High School
Return to Play Guidelines 2020

The following guidelines govern social distancing and safety procedures for athletic and activity practices during the summer of 2020. All of these activities must be performed in accordance with Washington State Department of Health (DOH) orders, WIAA guidelines and the procedures described below. These procedures are intended to adhere to the DOH and WIAA requirements, if any of these procedures are in conflict with the DOH or WIAA guidance as they currently exist or as they may be modified in the future, those other sources will control.

Note: When a school, schools, or district are closed due to COVID-19, all training, practice, and contests for the school(s) or district should also be canceled.

| Prior to Summer Practices |
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| “Return to Athletics 2020” Google Form submitted to Athletic Director. |
| Summer practice schedule submitted to Athletic Director. |

** Practices will not be allowed until coaches receive approval from the Athletic Director, Building Principal, Superintendent, School Board and School Insurance Company**

General:

All practices/conditioning must follow the guidelines outlined and approved by Colville School District, Clear Risk Solutions, and in conjunction with the guidelines provided by the Department of Health (DOH), WIAA (See Appendix A), and Washington State.

Practices/Trainings: (See Appendix F)

Prior to beginning summer practice, coaches must submit a “Return to Athletics 2020” Google Form to the Athletic Director. This forms details how coaches will ensure that all requirements set out by the DOH, WIAA, and Colville School District are met. If a coach does not submit, “Return to Athletics 2020” that sport will not be allowed to host practices during the summer of 2020. These sports are Cross Country, Girls Basketball, Softball, Boys Basketball, Football, Cheer and Volleyball.

- Captain’s practices are NOT allowed, as a coach must be present to monitor student-athletes.
- School equipment/uniforms MAY NOT be checked out to student-athletes to take home.

Student-Athletes:

All student-athletes participating in any Colville School District summer sport activity must be registered and meet eligibility requirements on FinalForms (sports registration website used by Colville School District) prior to participating. (www.colville-wa.finalforms.com)

- Student Information
- Health History

- Emergency Medical Authorization, Assumption of Risk
- CHS Student-Athlete Handbook
- Sport Specific Safety Guidelines

Screening: (See Appendix B, C)

All coaches must utilize the COVID-19 screening questionnaire and tracking via FinalForms attendance module EACH DAY prior to any activity on/off campus run by coaches. Coaches must track their own daily screening in black coaches binder provided.

- Coaches will take each student’s temperature every day and record it.
- If a student-athlete has symptoms consistent with illness, students will be sent home and NOT allowed to participate.
- If a student-athlete does not meet the eligibility requirements on FinalForms, they are not cleared to participate.
- If a student-athlete is sick, send them home and notify Megan Smedley. (megan.smedley@colsd.org)
- If presenting with symptoms of COVID-19, confirmed COVID-19 or have been around someone with confirmed COVID-19, coaches and student athletes must follow the protocols laid out by the Department of Health before returning to practice/training.

| COVID-19 Symptoms | |
|-------------------------------------|--|
| Common symptoms of COVID-19: | |
| Cough | Shortness of breath or trouble breathing |
| Fever | Chills - repeated shaking |
| Muscle pain | Headache |
| Sore throat | Loss of appetite or smell |

Excluding symptoms from a medically pre-diagnosed condition

Practice Pods: (See Appendix D)

In accordance with WIAA Return to Play Guidelines, in Phase 3 workouts should be conducted in “pods” of students with the same 5-10 students always working out together. The students in a pod should be consistent from day to day.

- All coaches will create/track “pods” for their team using the FinalForms “Assign Team” function.

Cleaning: (See Appendix E)

- Coaches will need to clean equipment (balls, padding, etc.) being used with sanitizing spray before practice, at least twice during practice and after practice.
- Clean clothes and personal equipment daily.

- Sanitizing Tub:
 - Sanitizing boxes will be available for coaches to check out for summer practices/activities. These will be located in the main office.
 - Coaches will sign out which tub they are using. It should be the same tub for the duration of summer practices.

This continues to be a fluid situation. As the Governor, OSPI, DOH, and WIAA change their guidelines; we will reevaluate our plan and make necessary adjustments.

Staff Summer Protocol:

| Summer Practice Protocol-Staff |
|---|
| CHS Coach must be present at all scheduled practices throughout the duration of the practice. |
| Masks are mandatory for Coaches and Athletes who are not actively engaged in an aerobic activity. |
| Coaches must complete attendance, COVID screening questions, and temperature checks daily. This will be recorded on Final Forms. (See Appendix C) |
| If participants have symptoms consistent with illness, students will need to be sent home and NOT allowed to participate. Email both the parent and Athletic Director ASAP. (See Appendix B) |
| If student is not on Final Forms, they are NOT cleared to participate and will be sent home. |
| Coaches will need to clean equipment (balls, padding, etc.) being used with sanitizing spray before practice, after an individual uses the equipment and after practice. |
| Workouts will be conducted in “pods” of students with the same 5-10 (includes coaches and participants) always working out together. |
| School equipment/uniforms MAY NOT be checked out to students to take home. |
| Maintain social distancing practices throughout session. |
| Family members and alumni are not allowed to attend or participate in workouts. |
| Coaches need to stay until last student is picked up. |

Student-Athlete Summer Protocol:

| Student-Athlete Summer Protocol |
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| Student-athletes must be signed up on Final Forms PRIOR to beginning summer practice. |
| Masks are mandatory for both student-athletes and staff, unless such individuals are actively engaged in an aerobic activity. |
| Student-athletes should not arrive more than 10 minutes early for their activity, and they should remain in their car until the previous group has left the same facilities. |
| Clean clothes and personal equipment daily. |
| Bring personal water bottle and towel - no sharing and water bottles and towels will NOT be provided by the school. |
| Avoid any unnecessary touching. This includes no “high fives”, hand shaking, and group huddles before and after an activity. |
| Student-athletes should wash hands with soap and water or use hand sanitizer, if such resources are available, when entering the facilities. |
| Locker room facilities will not be used. Participants should arrive in clothing appropriate for their activity and plan to shower at home afterwards. |
| Student-athletes should leave school grounds as soon as their activity is over. |
| Family members and alumni are not allowed to attend or participate in workouts. |
| If a student-athlete has symptoms consistent with illness, please stay home. |
| Student-athletes not signed up on Final Forms or participants who present with at least one of the COVID-19 symptoms will be sent home immediately. (See Appendix B) |

Appendix A: WIAA Return to Play Guidelines

| WIAA Return to Play Guidelines | |
|---------------------------------------|--|
| Phase One | <ul style="list-style-type: none"> • No sports or activities |
| Phase Two | <ul style="list-style-type: none"> • 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 and prior to the next workout. • 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. Safety measures in all forms must be strictly enforced in the weight room. |
| Phase Three | <ul style="list-style-type: none"> • Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport 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 intermittently during practices and contests. • 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. |
| Phase Four | <ul style="list-style-type: none"> • 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. |

NFHS Potential Infection Risk by Sport

| | |
|---------------|---|
| Higher Risk | <p>Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.</p> <p><i>Examples: Wrestling, football, competitive cheer, dance</i></p> |
| Moderate Risk | <p>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 cannot be cleaned between participants.</p> <p><i>Examples: Basketball, volleyball*, baseball*, softball*, soccer, tennis*, swimming relays, pole vault*, high jump*, long jump*, 7 on 7 football, sideline cheer</i></p> <p>*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants</p> |
| Lower Risk | <p>Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.</p> <p><i>Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, cross country running (with staggered starts)</i></p> |

Appendix B: Return to program when presenting signs of suspected or confirmed COVID-19

| Return to program when signs of suspected or confirmed COVID-19: |
|---|
| 1. At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications, and improvement in respiratory signs like cough and shortness of breath. |
| 2. At least 10 days have passed since signs first showed up. |
| 3. If a student or coach is exposed to someone with the virus, the individual will need to quarantine for 14 days. This means they should not go to practices, work, childcare, school, or public places for 14 days. |

The staff member or participant that presents signs of suspected or confirmed COVID-19 may return to practice when they satisfy numbers one AND two OR number 3.

Appendix C: Final Forms COVID-19 Tracking



Use Attendance Mode to Conduct COVID-19 Health Screenings

1. Click **Manage > Sports**
2. Locate the appropriate Sport.
3. Click **Roster** in the sport's row. Select Attendance Mode.
4. If necessary, adjust details about the session for which you are taking attendance.
5. Click **Take Attendance**.
6. Click the or buttons on each student record to mark present or absent. You can also mark students late. See [Student Attendance Statuses](#) for instructions.
 - o If a student is absent, you may select the student excused or unexcused status and add notes if necessary.
Remember, parents or guardians get a notification if the student is unexcused.
 - o If a student is present, click once to mark them present, **and then a second time** to record health screening information.
Check yes or no for "Fever", "Cough", "Sore Throat", "Shortness of Breath", "Close contact, or cared for someone with COVID-19", and then record their temperature. You may add notes if needed.
Remember, you may choose to notify parents and guardians if appropriate.
7. Repeat step 6 for your entire roster. Once done, a digital record is created for future reference if and when necessary.

NOTE: See [Take Sport Attendance](#) for more information on viewing past attendance records.

Appendix D: Individual Sport Practice/Training Plan



COACH PLAYBOOK

YOUR SPORTS

1. VIEW ROSTER

Your Roster displays all Students who have registered for your Sport.

2. EDIT SPORT SETTINGS

Click [Edit Sport](#) to Manage Teams. You may create Varsity, JV, Freshman or other such as JV A, JV B and Tournament Team. Click [Update Sport](#) when you are done.

3. ASSIGN TEAMS

Click [Assign Teams](#) to assign each student to one or more teams. Click [Assign Students](#) when you are done.

Appendix E: Cleaning Tubs

| | | |
|---|--|---|
| 1 | ZEP Quick Clean Disinfectant |  |
| 2 | Lysol Wipes |  |
| 1 | Spray Bottle |  |
| 1 | XL Powder Free Vinyl Gloves (100 pack) |  |
| 1 | Blue Shop Towel |  |
| 3 | Blue Painters Tape |  |
| 2 | Hand Sanitizer (Pump and Bottle) |  |
| 3 | Rags |  |
| 1 | Black Coach Binder | |
| 1 | Thermometer | |

Appendix F: Practice/Training Plans

Cross Country Practice Plan:

Athletes will be greeted by masked coaches and reminded of social distancing guidelines. They will be asked to line up outside on the track on designated positions to assure 6 ft.+ distancing so that temperature and health status can be checked and recorded. Questions of personal well-being, signs or symptoms of sore throat, fever, cough, breathing problems, and potential previous contact with known persons with these signs or COVID-19 infected individuals will be inquired. Answers will be recorded and maintained. Any athlete exhibiting COVID-19 symptoms or having stated they have had said symptoms or they have been exposed to the virus will not participate in practice. They will be asked to leave and contact a physician.

Pods will be made up of athletes of similar abilities and organized to maximize athletes being able to practice with a friend. Athletes will name their Pod and each participant's name in the Pod will be recorded. Colville Cross Country in 2019 had 22 participants that would nicely sort to 3-4 pods.

Warm-ups will be managed so that athletes are in track lanes 1-4-8 and started at different intervals to maintain a 6+ft distance. Warm-up drills will be performed in 1-2 long lines with two arm's length plus two more feet apart, measured visually estimated between athletes. Reminders to maintain distancing will be proclaimed throughout warm-ups and drills.

During workouts, athletes will have staggered starts to assure distancing. Fastest runners will begin first so that they will be in front of the pack and not catch up to other runners. When running together in pods, athletes will be required to run with two arm's length plus two feet distance between each other, either in a line or on opposite sides of a trail. When finishing a workout, runners will be reminded not to congregate together and to maintain a 6+ ft. distance and refrain from high fives, back slaps and other physical contact with each other. Personal water bottles will be required. To discourage milling about, athletes' individual water bottles will be placed at the designated position the athlete took during COVID monitoring at the beginning of practice.

Except for the weight room, Cross Country does not utilize any equipment. Because of the COVID crisis, we will forego using the weight room and focus on body weight exercises. Stop watches, when used, will be returned and sanitized before storage. Hand sanitizer will be available at all times to reduce cross contamination.

Guidelines, good hygiene practices, and safety protocols will be reiterated on a daily basis before each practice. As described previously, physical monitoring will take place. Warm-up and drills with appropriate distancing will be maintained by being part of the drills task. Various runs and workouts will be organized so that flights or staggered starts are used to bring about natural distancing between runners. In certain Nordic cross-country racing, racers leave the start at timed intervals. This allows for less contact between racers in a course of limited space. The same starting configuration will be used to time and pace runners in workouts. This will help minimize physical contact, breathing and sweat transmission. Post workouts will take place in pods a leader in the center to call out and exhibit the individual exercises. Stationary body weight exercises will be performed in this formation. Masks will be required after aerobic exercise stops.

Girls Basketball Practice Plan:

Coach in charge will monitor temperature checks and administer the questions, as well as enter information in FinalForms.

Pods:

For summer, we will have players who played varsity last season be in Pod 1 (this would be 10 players if all players attended), Pod 2 will consist of all remaining players in the program who wish to participate during summer workouts. If a 3rd Pod is needed, we will assess who needs to be in pod 3. Typically, no more than 20 players participate in summer basketball.

Social Distancing:

Players can have their own basket to shoot at. There is adequate spacing for all drills and activities to maintain 6 foot spacing.

Sanitizing:

We will sanitize all basketballs and touched surfaces before, after and at least twice throughout all sessions.

Practice Plan:

- Warm-Ups (6 foot spacing)
- Ball Handling from the sideline to allow more spacing
- Shooting drills using various skills and drills at individual baskets.

Softball Practice Plan:

Prior to practice we will take temperature, screening questions and log results for reference. We will review any "yes" answers to COVID screen and hold a firm temperature measurement not exceeding 100.4 degrees.

Pods will be established by position coaching and will stay consistent in these groups without mingling between the multiple groups.

Softball allows space to accomplish this requirement. We will educate staff, athletes or others to need to stay apart and will set up drills to allow us to meet this standard.

Surfaces will be cleaned according to standards with cleaning materials designed to eliminate viruses.

Phase 3: Players will be broken into positions and kept in pods. These pods would be given a specific coach to assist with all drills, skill development and education needs. Space will be provided on the field to keep 6 ft. distance minimum and education will be consistent on maintaining required standards. Coaching will be provided to maintain drills or instruction to maintain improvement in skill but also maintain WIAA standards.

Phase 4: Players will be broken into positions and kept in pods. These pods would be given a specific coach to assist with all drills, skill development and education needs. Space will be provided on the field to keep 6 ft. distance minimum and education will be consistent on maintaining required standards. Coaching will be provided to maintain drills or instruction to maintain improvement in skill but also maintain WIAA standards for phase 4 including sanitation, game or practice procedures and cleaning of balls during practice.

Football Practice Plans:

Coaches will check each student’s temperature and their own every day and document. 2. The student-athletes will be asked if they have any symptoms relating to illness. If an athlete has signs of illness, student-athletes will be sent home and not allowed to attend.



| Colville Football | |  | | | | | | | |
|--------------------------------|------------|--|--|--|--|--|---|-------------------------------------|--|
| Phase 3 & 4 Practice | | | | | | | | | |
| Practice Schedule | | | | | | | | | |
| Practice 1a (8-10 AM) | | | | | | | | | |
| No Huddle/Conditioning | | | | | | | | | |
| #tempo #breakneck #uncommon | | | | | | | | | |
| Period | Time | QB | WR | RB | OL | Equipment/ Film | Skill Position Emphasis | OL Emphasis | |
| 1 | 7:50-8:00 | Cone set 6 feet apart offensive install outdoors | Cone set 6 feet apart offensive install outdoors | Cone set 6 feet apart offensive install outdoors | Cone set 6 feet apart offensive install outdoors | | | | |
| 2 | 8:00-8:07 | Team Stretch, led by coaching pod leaders | | | | | | | |
| 3 | 8:07-8:15 | "Chaos cone 6 feet apart Team Screen Period (A+L and A+R Read) | | | | | Screen Paths and Block Expectations | Sidewalk, Tunnel, Alley | |
| 4 | 8:15-8:30 | Individual pod fundamentals and conditioning | Individual + RPO Install; Frontside/Backside) BOB/SLOB/SAUCE; Spider Concept; "Gift" What is it? | Individual | Individual | | Play fast; Know formation, process call and understand front and backside | Pitt/Steeler and BST Responsibility | |
| 8 | 9:02-9:07 | Water Break bring own water bottles | | | | | Hydrate | | |
| 9 | 9:07-9:17 | Special Teams cones spaced appropriately - Kickoff | | | | | | | |
| Period | Time | DL | LB | DB | Equipment/ Film | DL Emphasis | LB Emphasis | DB Emphasis | |
| 11 | 9:22-9:32 | Individual - Stance/Start Get-Off in Chutes + Redirect; 1- and 2-man movements in Over/Under | Individual | Individual | | Stance types, DT v. DE; Hand Placement; Vision and Pressure Keys | | | |
| 12 | 9:32-9:42 | | | | | | | | |
| 14 | 9:52-10:00 | Team Conditioning - Team Offense on Air led by coaches in pods | | | | | | | |
| Debrief | EOP | | | | | | | | |

Each coach within their pod will be responsible for sanitizing all equipment each and every time it is used by an athlete. The pod coaches will also be responsible for sanitizing their common workstations before and after practice.

Volleyball Practice Plans:

Head coach will check the athletes' temperature before they enter the gym and record it on FinalForms. Each athlete will stand 6 feet apart while Head Coach take their temperature and ask the COVID screening questions. If an athlete has any symptoms, they will be sent home immediately.

Sanitizing: Several sanitizing stations will be available throughout practice along with the coaches disinfecting equipment before, during and after practices.

Pods: Athletes will be put into four groups of 5-10 in accordance with WIAA guidelines. The pods will be recorded in FinalForms. .

Practice Plans:

| | | |
|---|--|-------------|
| Practices will be held outside during phase 3 with two outdoor nets. Each athlete will have their temperature checked as soon as they arrive. | | |
| Group 1 | Ball handling drills. Each girl will have their own ball that they will keep the whole time. We will work on digging and passing forms as well as serve receive passing. | Coach Jacy |
| Group 2 | Serving station. Will start with going over form and standing serves. Each girl will chase her own ball. Once standing serve is down work on jump serves if the player wants to learn it. Around the world serving to zones. Make sure they all know where each zone is, palm to target. | Coach Mac |
| Group 3 | Setting station. Each girl will have her own ball and they set and chase their same ball. Go over setting hands and footwork. Learn set positions. | Coach Devin |
| Group 4 | Blocking station. Start learning swing block. There will be no use of balls in the beginning. Just the footwork and learning how to swing block. Balls will be added once their footwork is down. | Coach Jen |
| | Each group will be 20 minutes long and then the groups will rotate. Each group will keep their same volleyballs the entire practice, we will sanitize the nets, and all balls that had someone else contact them before switching groups. | |
| Workout | After the stations, there will be an outside Tabata workout that each girl can do outside by themselves with 6 feet in between each athlete. The workout will look like this... 20 seconds of work with 10-second rests in between each exercise and repeat 5 times. Jumping jacks | |

| | | |
|-------|---|----------|
| | high knees burpees, squats, walking lunges plank butt kicks mountain climbers | |
| | | |
| Notes | | Thoughts |
| 1 | | 1 |
| 2 | | 2 |
| 3 | | 3 |

Cheer Practice Plans:

Athletes will be instructed to bring/wear:

- regular athletic shoes that can be worn outside
- practice clothes
- sunscreen
- TWO full water bottles (so entering the building for refills won't be needed)
- Facemasks will be required for athletes not participating in an aerobic activity. Coach will wear facemask at all times.

Athletes will be screened before practice following CHS screening procedures and documented in FinalForms. Athletes not meeting all health requirements will be sent home.

No props, equipment, or other items will be used, so surface sanitizing will not be required.

If music is played, only the coach will touch the speaker/phone, and it will be sanitized before and after use. Hand sanitizer will be available.

Students will be grouped into pods of 5-10 athletes. Athletes will maintain 6' of distance between them at all times. Pods will be spaced sufficiently far apart that there is no interaction between them (at least 6'). Each pod will have one "returning" athlete to help with demonstration when the coach moves between pods.

There will be no physical contact between athletes nor between athletes and coach. Practices will include instruction in individual skills only. This will include Warm-up Proper stretching technique Cheerleading motions Jump technique Fight Song dance Cheers Practices will NOT include partner stretching, assisted/spotted jumps, tumbling, stunting, or drills for stunting until phase 4.

Boys Basketball Practice Plan:

Head Coach will be standing at the entrance to stop each athlete to ask the questions and do temperature checks prior to entering the facility and recording it in FinalForms.

Pods: Coaches will create pods of athletes based off their grade and skill level from the prior year. Each pod will have a block of time that they practice.

Sanitizing: Hand sanitizer available for each athlete so they can sanitize between drills or whenever they need/want to. We will also have mandatory sanitize/water breaks every 20-30 minutes. Coaches will sanitize all surfaces before, during and after practices.

Practices:

Phase 3: We will stretch maintaining social distancing. There will be balls that are sanitized and staged for each athlete. The athletes will get a ball and keep that ball the entire practice. Practices will be 1 hour long with breaks every 20 minutes for sanitizing and water. It will be a practice full of ball handling and shooting drills. No contact between athletes. There will also be no more than 9 players in the gym with one coach.

Phase 4: Divide pods into groups of 5 when they come for practice. Those 5 will be together for the entire practice and only practice together when we have to. We will work on plays without a ball when we can so there is limited sharing. We will still stop every 20 minutes for sanitizing and water. There will still be lots of individual type of skill drills that we do which involve conditioning, shooting, and ball handling.