



# Vancouver Public School Reopening Sports Summer Guidance

<b>Objective</b>	<p>VPS supports the return of athletics and competitive sports. The following document provides guidance for resuming athletic activity in our high schools following CDC, State and WIAA guidelines.</p> <p>Coaches may have face-to-face contact with students in grades 9-12 starting June 22 using the provisions outlined below.</p> <p>The safety of the district’s athletes and coaches is the top priority. Staff and athletes are expected to monitor their health and well-being each day before attendance at a workout. Anyone who feels compromised in any way must stay home to minimize the risk to other athletes and staff.</p> <p><b>This is STEP I of reopening athletics and aligns with Washington State Phase II and WIAA guidelines.</b> As we move from step to step, additional guidance will be provided and communicated with building Athletic Directors.</p>		
<b>Points of Emphasis</b>	<p>Participation in summer activities is voluntary and not a requirement by VPS or WIAA.</p> <p>Coaches can choose to hold a summer workout or not. Workouts are open to fall, winter and spring sports.</p> <p>Coaches who choose to participate during this period are responsible for planning, implementing, and documenting all activities with adherence to social distancing guidelines. Athletes need to be under the supervision of a VPS coach at all times during workouts.</p> <p><b>There will be NO USE OF THE WEIGHT ROOM or LOCKER ROOMS during STEP 1.</b> Coaches and athletes need to show up dressed and ready to work.</p> <p>To minimize exposure, only coaches and athletes will be permitted on campus during workouts.</p> <p>Athletes are required to have a current, valid physical on file with the school, along with completed registration through Family ID.</p> <p>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 must be decreased until proper social distancing can occur.</p> <p>“Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised.</p> <p>Vulnerable individuals CANNOT participate in any workouts during <b>STEP 1</b>.</p>		
	<b>Step 1</b>	<b>Step 2</b>	<b>Step 3</b>
<b>Facilities Cleaning (AD)</b>	<p>Adequate cleaning schedules should be created and implemented for athletic facility. Prior to an individual or group of individuals entering the facility, hard surfaces within that facility should be wiped down and sanitized.</p> <p>Ample time should be given between training pods in order to wipe down and sanitize equipment.</p> <p>Hand sanitizer should be available at all times and as athletes move from place to place.</p>		
<b>Entrance/Exit Strategies (AD)</b>	<p>Create, communicate and implement a plan to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p> <p>Athletes should stay in his/her vehicle until directed to enter the facility for his/her scheduled workout.</p>		
<b>Limitations on Gatherings</b>	<p>No gathering of more than 5 people at a time.</p> <p>Workouts should be conducted in “pods” of 5 athletes with the same 5 athletes always working out together.</p>		

	<b>Step 1</b>	<b>Step 2</b>	<b>Step 3</b>
<b>Pre-Workout Screening</b>	<p>Create, communicate and implement a student arrival and check-in process that includes taking and recording temperatures.</p> <p>Set up table and distance markings as a guide at check in to maintain social distancing.</p> <p>Designate restrooms available for use.</p> <p>Coaches and athletes must wash hands or use hand sanitizer upon arrival and prior to beginning any activity.</p> <p>All coaches and athletes will be screened daily for signs/symptoms of COVID-19 prior to participating.</p> <p>Athletes who get a ride to workout will need to ask his/her driver to remain on campus until the athlete's temperature has been confirmed at 100.3 or lower.</p> <p>Responses to screening questions for each person will be recorded and stored (see attached).</p> <p>Anyone with a temperature of 100.4 or higher, or report of positive symptoms, cannot participate and should be sent home to contact his/her provider.</p>		
<b>Protocol for sick athlete, coach, family member (AD)</b>	<p>Implement a communication system regarding COVID-19 exposure/positive test</p> <p>Do not come to workout. Avoid contact with other members of team.</p> <p>Do not return to workout/practice until he/she has met CDC's criteria to stop home isolation and are cleared by a physician to return.</p>		
<b>Face Coverings</b>	<p>State, local or school district guidelines for cloth face coverings should be strictly enforced.</p> <p>Any coach or athlete who prefers to wear a cloth face covering should be allowed to do so.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p>		
<b>Hygiene Practices</b>	<p>Wash hands with soap and water or use hand sanitizer frequently, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Appropriate clothing/shoes should be worn at all times.</p> <p>Students should be encouraged to shower and wash workout clothing upon returning to home.</p> <p>No high fives or fist bumps.</p> <p>No spitting.</p>		

	<b>Step 1</b>	<b>Step 2</b>	<b>Step 3</b>
<b>Locker Room/Training Area</b>	Not to be utilized during STEP 1.		
<b>Weight Room</b>	Not to be utilized during STEP 1.		
<b>Travel</b>	No travel during STEP 1.		
<b>Hydration/Food</b>	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Any snacks should be pre-packaged. Hydration stations (water cows, water troughs, water fountains, etc) should not be used.		
<b>Physical Activity and Athletic Equipment</b>	<p>There is no sharing of athletic equipment (towels, clothing, shoes, or sport specific equipment between athletes.</p> <p>Athletes should wear his/her own appropriate workout clothing and should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p> <p>Exercises requiring a spotter cannot be conducted to adhere to social distance guidelines.</p>		

