

Granger School District COVID 19 Sports Guidelines

The WIAA is allowing schools to participate in a fall open coaching/practice period from September 28 - November 30. Below is a brief summary of what this entails:

Schedule:

October 19 – December 18

Boys Basketball- Tu, Th- 3:00-5:00pm, Sat- 10:00am-1:00pm

Girls Basketball- Tu, Th- 3:00-5:00pm

Cross Country- M, W- 3:00-5:00pm

Football- M, W- 3:00-5:00pm

Volleyball- W, F- 3:00-5:00pm

Wrestling- Tu, Th, Fr- 5:00-7:00pm

Teams will follow the WIAA guidance and updated documentation that aligns with both the Governor's office, The Yakima Health District, and the WIAA, [Updated WIAA Return to Play Document](#)

1. All PPE and social/physical distancing in this guidance will be followed.
2. As we are still in high risk (>75 cases/100,000), cohorts of no more than **6** students will participate in activities in one area.
3. No more than **4** cohorts can be in the Competition Gym at a time.
4. No more than **2** cohorts can be in the Auxiliary Gym at a time.
5. No more than **2** cohorts can be in the Weight Room at a time.
6. No more than **2** cohorts can be in the Wrestling Room at a time.
7. No more than **6** cohorts can be on a football field at a time.
8. No contests vs other schools will take place.

Final Forms:

Each student must be cleared through Final Forms in order to participate.

1. Current Sports Physical.
2. Routine athletic clearance paperwork (athletic code, parent permission, sport specific waiver, COVID waiver, etc.).

Pre-Workout/Contest Screening:

All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature and symptoms check.

Responses to screening questions and temperature for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

Vulnerable individuals should not oversee or participate in any workouts.

Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As healthcare professionals, they can take lead roles in developing and implementing infection control policy throughout the school.

Facilities Cleaning:

Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, weight room equipment, bathrooms, athletic training room tables, etc.).

Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.

Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. Athletes will wear tennis shoes and full-length t-shirts with sleeves.

Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

Students should be encouraged to shower and wash their workout clothing immediately upon returning to home.

Masks:

Masks are required by coaches and athletes as they enter and exit the facilities.

Coaches and athletes are required to keep their masks on unless they are participating in the activity.

Physical Distancing:

Coaches and athletes should try to maintain at least 6 feet of distance between themselves and others as much as possible.

Social distancing is not required in drills and activities that are brief in nature (i.e. 3 on 3 defensive drills in basketball).

Hydration:

All students shall bring their own water bottle. Water bottles must not be shared.

Hygiene Basics CONTINUE TO PRACTICE GOOD HYGIENE

Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.

Avoid touching your face.

Sneeze or cough into a tissue, or the inside of your elbow.

Disinfect frequently used items and surfaces as much as possible.

Use of face coverings will follow local health department guidelines.

PEOPLE WHO FEEL SICK SHOULD STAY HOME!!!