JULY & AUGUST 2020 GUIDELINES for OPEN-GYMS/Practices
Shell Lake Athletics
(WIAA Guidelines - Shell Lake Modifications in red)

Washburn County is currently "Low Risk Level" - Gathering sizes of up to 50 individuals, indoors or outdoors.

Pre-Workout/Contest Screening

- Players and coaches should check their temperature at home before attending practices, open-gyms or competitions. If a student-athlete has a temperature of 100.4 or above, they should not attend.
- Ensure that individual(s) with symptoms do not return to practice until:
    - They are free of fever (>100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
    - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
- A record should be kept of all individuals present -- **Coach Responsibility**

Limitations on Gatherings

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual.

Facilities Cleaning and Disinfection

- Adequate cleaning and disinfection schedules have been created and implemented to mitigate any communicable diseases. Disinfectant being provided to the coaches from the custodial department.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Front door access only -- construction still underway. Stick to the gym and Commons bathroom ONLY. Limit restroom use to one person at a time. (No locker room access)
- 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 (at least 60% alcohol) will be available to individuals. Sanitizers made available to coaches from the custodial department.
- 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.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment

- Moderate risk sports practices and competitions may begin (volleyball*, basketball, softball*, baseball*) ** can be considered "low risk" with adequate disinfection of equipment*
- Modified* practices may begin for Higher risk sports (football/wrestling)
- Shower after practices/contests at home.
- 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 (at least 60% alcohol) should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned and disinfected between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards and knee pads, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear, volleyball knee pads, gymnastic grips 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 maintaining social distance until help is needed and wear masks.

Hydration

- All students shall bring <u>their own water bottle</u>. Water bottles must not be shared. Water facets are being turned OFF -- water bottle fillers will still be activated.