

## **2020-21 Free State Winter Sports Information**

On Monday, November 16, 2020, the Winter sports season will begin at Lawrence Free State High School following the Kansas State High School Activities Association's *Considerations for a Return to School Activities* as published on September 24, 2020 (located on pages 04-07 of this document). The safety of our student-athletes and coaches will always be my number one priority, and the longevity and success of our Winter sports season - especially with it occurring during the middle of flu season - depends upon the collective efforts of our entire community. On behalf of Lawrence Free State, thank you in advance for committing to staying home when ill, wearing masks when around others, social distancing, and practicing proper hygiene. During this uncertain time, I am confident that we will have many challenges in the coming days, and I appreciate everyone's flexibility, patience, and understanding. Prior to Monday, November 16, please take the time to review this entire document with your student-athlete. As the season progresses, please continue to monitor the Free State Athletics website ([www.freestateathletics.com](http://www.freestateathletics.com)) and/or my Twitter account (@ADFaunceLawFS) for updates throughout the season. Finally, if you have any questions and/or concerns this season, please do not hesitate to reach out to me directly at [Amanda.Faunce@usd497.org](mailto:Amanda.Faunce@usd497.org).

Let's Go State!

Amanda Faunce, Ed.D.

Lawrence Free State Athletic Director

### **COVID-19 Information | Daily Protocol**

Every day, Lawrence Free State student-athletes/coaches will be required to:

- COVID-19 Screening, Including Daily Temperature Checks
  - Per the KSHSAA, if a student-athlete reports having symptoms and/or has a temperature when completing the COVID-19 daily screening, he/she will be sent home immediately. Please note a coach will notify the student-athlete's parent/guardian if/when this happens.
  - The student-athlete must provide his/her head coach with medical documentation clearing him/her to return to practice.
    - If your student-athlete is having symptoms and/or has a temperature, please do NOT send them to practice, and make sure you communicate with his/her head coach.
- Wear Masks Unless Directly Involved in "Live Play"
- Allow 6' Social Distancing Unless Directly Involved in "Live Play"
- Arrive on Campus Ready to Participate
  - The locker rooms are closed until further notice, so please arrive fully dressed for practice. Please make sure you are wearing clean clothes to practice every day. If you need access to laundry facilities, please contact your head coach so that arrangements can be made to provide assistance.
- Bring their Own Water
  - There will be no communal filling stations, so please plan accordingly.

*In addition to the abovementioned precautions, Lawrence Free State will provide hand sanitizer and disinfectant for equipment at every practice/competition.*

## **COVID-19 Information | FAQs**

### **What if my student-athlete tests positive for COVID-19 or is in contact with someone who has tested positive?**

For those student-athletes/coaches who test positive for COVID-19 or come into close contact with COVID-19, it is crucial that this information is shared with your head coach (who will in turn report that information directly to me). When this situation arises, we will follow the Lawrence USD#497 COVID-19 Flowchart (located on page 08 of this document).

### **Who makes the decision to temporarily shut down a program based on exposure?**

We work in partnership with the Douglas County Health Department who ultimately makes the decision as to who should quarantine for 14-days. The number of student-athletes/coaches required to quarantine will determine whether or not a team/program is shut down (for the 14-day period).

### **Should we expect competitions to be canceled this season?**

Yes, for the immediate future, all athletic schedules (regardless of sport) are fluid and will change based on recommendations from the Douglas County Unified Command and the local authority of our opponents.

### **Will spectators be allowed to attend events?**

The decision regarding fan attendance has not yet been made. Please note this decision will be made jointly with the Lawrence Public Schools and the Douglas County Unified Command.

### **Will there be travel restrictions this season?**

Yes, for the immediate future, there will be restrictions on athletic travel. The immediate restrictions include the number of individuals allowed on a bus and the unavailability of school vans; in addition to a 90-mile range for our teams to travel to for competition. Please note the mileage restriction does not apply to post-season play.

### **Will student-athletes have access to the training room?**

Yes, on a limited basis. At this time, there will be no ice baths allowed.

### **Are we allowed to host team events away from the practice/playing field?**

No, we do not want our student-athletes meeting in large groups away from campus. Our coaches will be utilizing pods to try and limit potential exposure at practice – please do not counteract these attempts by hosting large team events (including but not limited to team bonding opportunities, team meals, banquets, etc.).

## **Paperwork Requirements for All Student-Athletes**

Prior to a student-athlete trying-out/participating in a sport, he/she must have a completed registration on Register My Athlete ([www.registermyathlete.com](http://www.registermyathlete.com)). For Winter sports, the deadline to register is Friday, November 06, as the failure to register will result in a student-athlete's inability to participate until the registration has been completed. Please note enrollment instructions are available on the Free State Athletics website ([www.freestateathletics.com](http://www.freestateathletics.com)) under the "More" tab.

## **Sport-Specific Information for Tryouts/Practice**

### **Boys Basketball**

- Head Coach Sam Stroh | [sstroh@usd497.org](mailto:sstroh@usd497.org)
- Practice Information | Grade 09 - 3:45pm in the Aux Gym, Grades 10-12 - 6pm in the Main Gym
- COVID Screening at the Main Gym Entrance at 3:25pm

### **Girls Basketball**

- Head Coach Chris Linner | [Chris.Linner@usd497.org](mailto:Chris.Linner@usd497.org)
- Practice Information | Grades 09-12 - 3:45pm in the Main Gym
- COVID Screening at the Main Gym Entrance at 3:25pm

### **Boys & Girls Bowling**

- Head Coach Gary Graves | [ggraves@usd497.org](mailto:ggraves@usd497.org)
- Tryout Information - \$10 Tryout Fee Due to Royal Crest Bowling Lanes per Student-Athlete
  - Grades 09-12 - 3:45pm on Monday, November 30<sup>th</sup>
  - Grades 09-12 - 3:45pm on Tuesday, December 01<sup>st</sup>
  - Grades 09-12 - 3:45pm on Monday, December 02<sup>nd</sup>

### **Boys Swim & Dive**

- Head Coach Annette McDonald | [amcdonal@usd497.org](mailto:amcdonal@usd497.org)
- Practice Information | Grades 09-12 - 3:45pm at LIAC
- COVID Screening at the Main Gym Entrance at 3:25pm

### **Boys & Girls Wrestling**

- Head Coach Randy Streeter | [rstreete@usd497.org](mailto:rstreete@usd497.org)
- Practice Information | Grades 09-12 - 3:45pm in the Wrestling Room
- COVID Screening at the West Entrance at 3:25pm

## **KSHSAA Considerations for a Return to School Activities (as of September 24, 2020)**

The physical and psychosocial benefits of education-based activity participation are numerous. Students who participate in school activities learn life skills and lessons in an environment that cannot be duplicated. The academic achievements, social and leadership skills, as well as overall mental health are known to be greatly enhanced in students who participate in a school activity compared to those who do not. The coronavirus pandemic has resulted in thousands of Kansas students missing out on these life-shaping educational experiences over the past several months. **The risk of coronavirus transmission will still be present to some degree as school activities begin.** Students and their families, along with school personnel must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of activity participation. Those immunocompromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

The primary means of coronavirus transmission is through respiratory droplets. Risk mitigation strategies should be aimed at reducing the likelihood of a person's respiratory droplets coming into contact with another person. Every school and every activity are different. Certain mitigation strategies may be feasible in one school or for one activity, but not another.

It is recommended all schools identify a team to design, implement and oversee an infection risk mitigation strategy for their co-curricular activity program which may also include contact tracing strategies. This group is responsible to disseminate the constantly changing information and continually consider how best to implement ALL reasonable risk mitigation strategies. Schools must remain in consultation with their local health departments and medical personnel to review and evaluate strategies applicable to their unique facilities and activities. In support of preparing member schools for a return to interscholastic activity participation, the following coronavirus risk mitigation best practices are provided for consideration.

### **Pillars of Coronavirus Transmission Risk Mitigation**

#### **Universal Guidelines/Personal Hygiene**

ANYONE feeling sick should stay home and contact their healthcare provider. Participating while symptomatic could potentially jeopardize the entire activities program in their school and other schools for an extended period of time.

- Maintain social distancing (6') when possible.
- Masks/face coverings should be worn at all times by all personnel, including students, except when students are directly participating in the activity. **Wearing a mask should never be discouraged unless it poses a safety risk.**
- Cover your mouth and nose when coughing or sneezing with a tissue or cough/sneeze into your elbow.
- Frequent hand washing for 20 seconds with soap and water or using a hand sanitizer with a minimum of 60% alcohol.
- Keep your hands away from your face.
- Participants should shower, change, and launder workout clothing as soon as possible after an activity.

## **Education and Communication**

- Establish a communication network with your county health department or local public health authority.
- Schools should create a team that oversees risk mitigation policy and implementation for their school's co-curricular activity program. Team members may include the athletic director, other building administrators, school nurse, athletic trainer, select coaches (head and assistant), local physicians/medical professionals and a representative from the county health department.
- Recognize signs and symptoms of mental health challenges and psychological distress in students due to the ongoing pandemic situation. Be prepared to support these students with resources and proper referrals to school or community mental health professionals. Additional information available [here](#).
- All school personnel and students should be educated on the [signs and symptoms of COVID-19](#).
- Prominently display [standard daily precautions](#) throughout school facilities and promote healthy habits.
- Students and staff must be encouraged to report symptoms immediately. Participating while symptomatic could potentially jeopardize the entire activities program in their school and other schools for an extended period of time.
- Understand and identify the high-risk population. High risk individuals should evaluate their level of participation in school activities. This group includes those 65 years of age or older and people of any age with underlying medical conditions, including chronic lung disease, moderate to severe asthma, serious heart conditions, severe obesity, diabetes, chronic kidney disease, liver disease or are otherwise immunocompromised.
- Establish a communication plan within your school to address necessary information updates for coaches, staff and students.
- Establish a communication plan in which you contact opposing schools one week in advance of competition to share health concerns and geographically proximate restrictions and expectations. This communication should be initiated by the host school and may be facilitated by use of KSHSAA Form D.

## **Screening and Exposure Protocol**

- Prior to athletic participation, student-athletes and their parents should fill out the KSHSAA COVID-19 Questionnaire and submit it to their school. The student should obtain written clearance by a medical provider prior to participating in sports **ONLY IF they answer yes** to any of the questions. This questionnaire should be distributed to students in advance of the season, providing enough time to obtain the additional medical clearance if necessary. If necessary, this written clearance is in addition to the annual pre-participation physical exam.
- Anyone involved in a school activity should be screened daily for COVID-19 signs and symptoms, including a daily temperature check.
- A daily record should be kept of all team members present including adult personnel. Responses to screening questions for each person should be documented and retained on file.
- Screening documentation should be maintained in a confidential manner and not shared with all staff, parents or teammates unless necessary due to a confirmed exposure.
- When traveling to an event, screen your student participants immediately prior to leaving school for the contest. This will reduce the likelihood of one of your students exhibiting symptoms while participating at an away contest where they may not have a parent/guardian available to take them home.

- Any person reporting or exhibiting COVID-19 signs or symptoms without other obvious explanations should not be allowed to take part in any school activity and should be immediately sent home and instructed to contact their healthcare provider.
- Anyone who tests positive for COVID-19 must be isolated until they meet the criteria for release set by the KDHE or the local health department. They must also obtain written clearance by a medical provider before returning to participation.
- Any individual who has had close contact exposure (defined by the KDHE as less than 6' of physical distance for 10 minutes or longer, or if there was exposure to respiratory secretions such as being coughed or sneezed on) with a person who has tested positive for COVID-19 should immediately self-quarantine and contact their primary care physician or local public health officials for guidance. While in self-quarantine, the person should be alert for symptoms including fever, cough or shortness of breath and contact their healthcare provider if these symptoms appear. An exposure is considered close contact with a COVID-19 positive person up to two days before their symptom onset (or if asymptomatic, up to two days before their specimen collection) until the time they are no longer required to self-isolate.
- Those not identified as a close contact may continue to participate. Contacts of a close contact do not need to be excluded from activities unless they are also considered a close contact.
- Students who have recovered from a COVID-19 infection or have been unable to participate for an extended period of time due to quarantine or sport cessation should follow these [Return to Participation Guidelines](#).
- Any student who has traveled to a [KDHE identified restricted area](#) should self-quarantine and not participate in school activities for 14 days upon return to their home.

### **Illness Protocol**

- Students and staff must be completely honest with symptom reporting and appropriate follow through, or risk jeopardizing the entire activities program in their school and other schools for an extended period of time.
- Establish a plan for handling a symptomatic participant during practice or competition. The student should be immediately removed to an isolated quarantine area and monitored by school staff until a parent or guardian arrives.
- Identify and maintain an isolation area for anyone who reports COVID-19 signs or symptoms.
- Identify a communication plan with parents/guardians for a student who reports COVID-19 signs/symptoms.
- Identify a communication plan with your county health department if anyone associated with your school's activity program tests positive for COVID-19.

### **Activity Considerations**

- Practice/Team Activities
  - Maintain common groups as much as possible; practice outside whenever possible; spread out for team meetings; minimize full team interactions with teammates in close proximity.
  - Practice and workout groups should remain static throughout a season insofar as possible.
  - Masks/face coverings should be worn at all times by all personnel, including students, except when students are directly participating in the activity.
- Competitions
  - Masks/face coverings should be worn at all times by all personnel, including students, except when students are directly participating in the activity.
  - Scheduling

.Lawrence Free State Athletic Department.

- Consider a reduced schedule for all activities; consider reduction in travel - whenever possible, play closer to home school site; consider reduction in the size of invitational events (those you attend and those you host), or tier those events so not all teams are at venue at the same time.
- Sportsmanship
  - Prior to Competition: Demonstrate respect to officials and opposing team/coach with appropriate gestures other than physical contact.
  - During Competition: Support and recognize good play with clapping, thumbs up, etc.
  - Conclusion of Competition: In lieu of handshakes, develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.
- Admission
  - Consider cashless admission utilizing digital tickets or home-site season pass; provide plexiglass or other barriers for ticket staff.
- Concessions
  - Follow food service guidelines and provide limited menu with pre-packaged foods and bottled drinks. Limit cash sales, use credit card option when available.
- Fan Attendance
  - Policies should be made in consultation with your local health authorities. If crowd size is limited, consideration should allow for appropriate representation of fans from both/all schools participating. Ensure crowds do not have access to competition area or competitors before/during/following competition.
- Transportation
  - Adhere to BOE policies and KSDE considerations for transportation to/from practices and contests.
  - Clean vehicles before and after each usage; suggestions include single individual per bus seat; staggered bus seating as available; parent support for transporting own child (if within BOE policy).
  - Masks should be worn during transport to and from events if social distancing cannot be maintained.

**Make every reasonable effort to follow KSHSAA activity specific risk mitigation considerations.**

*The KSHSAA continually evaluates the statewide COVID-19 case metrics, CDC and KDHE guidelines, and will make adjustments to these considerations detailed above if indicated. For the complete document, please click [KSHSAA Return to Activities Guidelines](#).*

## References

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“Guidance for Opening Up High School Athletics and Activities.” National Federation of State High School Associations (NFHS), [https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smacmay-15\\_2020-final.pdf](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smacmay-15_2020-final.pdf). Accessed 6/22/20.

“KDHE Coronavirus (COVID-19) Response.” Kansas Department of Health and Environment, <https://www.coronavirus.kdheks.gov/>. Accessed 6/22/20.

“Return to Training Considerations Post-COVID-19.” United States Olympic & Paralympic Committee v.0.12, <https://www.teamusa.org/coronavirus-updates>. Accessed 6/22/20.

## What should I do if...

**Lawrence-Douglas County Public Health defines close contact as anyone spending more than 10 minutes within 6 feet of the individual with COVID-19 within 48 hours of the onset of symptoms.**

**I've been in close contact with someone who...**

- ...has tested positive for COVID-19?** → Self-quarantine AND self-monitor.
- ...is being tested?** → Self-quarantine AND self-monitor.
- ...might have been exposed...**
  - ...and IS experiencing symptoms?** → Self-monitor AND practice social distancing.
  - ...but IS NOT experiencing any symptoms (yet)?** → Self-monitor AND practice social distancing.
- ...has been in close contact with someone ELSE who might have been exposed?** → Practice social distancing.

## How do I...

<b>...self-quarantine?</b> STAY HOME for 14 days. AVOID CONTACT with other people. DON'T SHARE household items.	<b>...self-monitor?</b> BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath. TAKE YOUR TEMPERATURE every morning and night, and write it down. CALL your doctor if you have trouble breathing or a fever. DON'T seek medical treatment without calling first!	<b>...practice social distancing?</b> STAY HOME as much as possible. DON'T physically get close to people; try to stay at least 6 feet away. DON'T hug or shake hands. AVOID groups of people and frequently touched surfaces.
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**AND PRACTICE GREAT HYGIENE!**  
 WASH your hands frequently · AVOID TOUCHING your face · WIPE DOWN frequently touched surfaces

**What Is Contact Tracing?**  
 Lawrence-Douglas County Public Health will interview the individual with COVID-19 to identify everyone with whom they had close contact when they may have been infectious. (Cooperation is voluntary; Information is kept confidential.) Trained public health staff will notify close contacts of potential exposure and provide guidance, refer them for testing if they are symptomatic or otherwise meet criteria, monitor them for signs and symptoms, typically checking in every two days; and connect them with services they may need during the self-quarantine period, which is 14 days after their last exposure to the infected patient.

**What If I Have Symptoms?**  
 Stay home, avoid contact with others, and contact your personal health care provider or Lawrence-Douglas County Public Health, 785-856-4343. Learn more at [www.DouglasCountyKS.org/Coronavirus](http://www.DouglasCountyKS.org/Coronavirus).

