

## Waverly Middle & High School Winter Sports Protocol

*(revised & submitted to LLCHD 11/19/20)*

Waverly is glad to be able to offer activities and athletics this winter for our students and families. We understand the importance of extracurricular activities for our community. While it is exciting to return to practice and competition, the games and events will look a lot different than past years or even this Fall. Below is an explanation of our current protocols after consultation with our Eastern Midlands Conference colleagues, the Nebraska Schools Activities Association, and the Lincoln Lancaster County Health Department. Waverly will follow the Direct Health Measures that are directed by the Lincoln Lancaster County Health Department.

Protocols below are in conjunction or in addition to the [NSAA 2020-21 Winter Season Guidelines](#)

### Passes and Spectators:

- Attendance will be limited to household members of participants only. We will use a "Tally System", based off of the official team roster to record family members entry into a contest. No pass lists unless a host school requests one.
- Roster refers to current players, coaches and managers.
- Spectators will be checked and temperatures taken upon entering the building.
- Family pods will be asked to sit together and social distance from other families as much as possible.
- Any updates in protocols for events will be communicated through school messenger, website, and coaching staff.

### Specific Number of Spectators Allowed:

- Basketball - 2 tickets for each participant's/coach's household family members. Masks are required and 6' social distancing is required between parties.
- Wrestling - 2 tickets for each participant's/coach's household family members for a dual, triangular, quad, or any meet larger than a quad. Masks are required and 6' social distancing is required between parties.
- Unified Bowling - 2 tickets for each participant's/Coach's household family. Masks are required and 6' social distancing is required between parties.
- Cheer and Dance - 2 tickets for each participant's/Coach's household family. Cheer and Dance can only attend home varsity basketball games at this time. Masks are required at all times and 6' social distancing is required.
- No band or pep bands at this time
- No student body attendance at this time
- Individual venues or tournaments may reduce the number of tickets.
- Streaming of contests will be done as much as possible and highest priority for events when no spectators are allowed.
- **When multiple level teams play - families are expected to only attend the contest their family member is participating in.**

### Masks

- Students will not be expected to wear masks during actual competition or when engaged in rigorous, physical activity. Students and officials will be expected to wear masks when not engaged in rigorous activity - i.e. when on the sidelines, on the bench, etc. Coaches will wear masks at all times.

- Practices - Masks will be worn by athletes any time they are not going up and down the court or on the mat in rigorous, physical activity.
- **Masks will be required for all coaches, non-participants, and spectators at indoor events at all times.**
- Event management personnel will be required to wear masks.

### Concessions

- Concessions are suspended indefinitely at this time. We will communicate any updates through the weekly communication provided by the district.

### Miscellaneous

- Disinfecting Protocols will be in place for ALL practices and contests.
- Transportation - students riding buses will be masked and sit in assigned seats. Coaches will keep seating charts.
  - Food must be eaten before or after getting on the bus/van and not consumed while traveling on the bus/van.
- Water fountains will not be available. Bottle fillers will be open at certain venues.
- We are asking fans not to arrive before admission gates open and to exit the facilities immediately after the contest and avoid waiting and gathering. Coaches and players will report directly to the locker room following the contest and players will exit the building from there.
- Virtual opportunities should be presented as options to in person gatherings to protect the students in activities experience.
- Additional measures can be enacted based on the specific nature of the activity.

### Pre Screening

- Parents will screen their children at home for fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- Students and coaches must complete a self-screening prior to coming onto school sites or participating in athletics.
  - Do you have a fever higher than 100.4 F or, have you had to use fever-reducing medications (i.e. Tylenol®, Acetaminophen, Advil®, Ibuprofen) in the last 24 hours to control a fever higher than 100.4 F?
  - Do you have unresolved or new onset shortness of breath or difficulty breathing?
  - Do you have new onset of sustained persistent nonproductive cough (a dry cough lasting longer than 24 hours)?
  - Do you have new onset of loss of taste or smell?
  - Do you have **two or more** of the following prolonged (symptom(s) lasting for longer than 24 hours) and unexplained (no other reasonable cause) symptoms?
    - a) Sore throat
    - b) Sustained (longer than 2 hours) chills or repeated shaking with chills
    - c) Headache
    - d) Muscle pain
    - e) Congestion and/or runny nose
    - f) Nausea, vomiting, or diarrhea
- If symptomatic, students will not report to school/practice/contest and parents will consult a medical professional

### **Program Norms: Apply to all Sports**

- Practices and contests are permitted.
- Participation is strictly voluntary.
- A daily attendance record must be kept and along with practice plans including grouping information.
- Temperatures will be taken of coaches and participant's prior to entering the building, before practices or contests.
- Participants and coaches/sponsors are encouraged to wash hands frequently, at a minimum before and after practice. Use hand sanitizer if handwashing is not feasible. Hand sanitizer will be readily available for use.
- Numbers in the locker room should be determined by the ability to physically distance in the space. Students will have a maximum of five minutes to change and exit the locker room. Coaches and sponsors are required to supervise the locker room and facilitate transition of groups through the locker room. If it is possible, have separate entrances and exits.
  - Whenever possible, students should bring belongings to the practice facility and not be allowed in the locker room following practice
  - Students will be required to shower and daily wash their workout clothing immediately upon returning to home. No personal items should be left in the locker room.
  - All locker rooms will be disinfected daily
- Whenever possible athletes should come dressed to practices and contests.
- Coaches are responsible for ensuring physical distancing as much as possible. This means that activities and training must be designed to limit and minimize student to student contact.
- Team members should maintain 6 feet of appropriate physical distance as much as possible.
- Avoid making contact with others including hand shaking, high fives and in team huddles.
- Coaches should utilize smaller training groupings as appropriate and as much as possible working in groups of 6 to 8 participants. Limit your group sizes as much and as often as possible.
- Team groupings should be kept consistent throughout the season as much as possible.
- Coaches are responsible for ensuring that cleaning/disinfecting of equipment is completed daily and whenever possible within training sessions. Athletes will be asked to assist with cleaning duties.
- Shared equipment will be disinfected whenever possible and at the conclusion of practices and contests.
- Participants must have their own individual water bottle, and shall not share bottles with others. Participants shall also not share their towel with other participants.
- Teams will have designated areas for their personal belongings at practice and competitions.
- Students and parents will be instructed not to carpool with other students and parents unless wearing face coverings.
- Students will travel with the team to out of district contests, but have the options to choose to travel with their parent/guardian if preferred. An "[Alternative Parental Transportation Permission Form](#)" must be completed and given to the Athletic Director, Head Coach or sponsor no later than 1 day prior to the event.
- Travel parties will be essential personnel only - Competitors and coaches.
- There will not be shared food, beverages or buffets among team members or parents.
- There should not be any social activity or congregating at the conclusion of events and practices.
- All Team functions, excluding team meetings, must be completed virtually or cancelled at this time.
- All spectators, media and event personnel will wear face coverings and maintain an appropriate physical distance at all venues.

**Basketball:**

- Team benches and score tables will be isolated and located on the west side of the gyms. Only Essential personnel and Teams will be allowed in those areas.
- Separate score tables will be established for each team along with a separate table for the clock operator.
- The balcony bleachers will be designated for team personnel not playing in the game at that time.
- Spectator seating will be on the east side of the main gym.
- Teams will be allowed one film person and they will be required to have a face covering and physically distance in the designated filming location.
- Visiting teams will bring their own balls for warm ups.
- Visiting teams will be required to provide their own water bottles.
- Locker rooms will be designated for social distancing and teams will have separate entrance and exits to the competition floor.
- During pregame conferences the coach, captain and officials must maintain 6 feet physical distancing.
- Teams will not shake hands before or after the contest. Likewise, players will not fist pump with officials during starting lineups.

**Wrestling:**

- Will utilize multiple practice locations to limit group size, contact and allow for physical distancing within the wrestling training space.
- Training approach could include use of multiple spaces, station training in various locations at the same time - ie weight room/conditioning/mat time on a rotational basis.
- When possible, conditioning, mirror drills should be done with appropriate physical distancing, staying in small training groups and wrestling in the same area of the mat.
- Wrestling mats should be disinfected before and after all practices sessions.
- Headgear should only be worn by one individual and not shared.
- Anytime within a practice that face coverings can be worn it is strongly encouraged.

**Wrestling Contests:**

- Weigh-ins will be done by teams rather than shoulder to shoulder and done in singlets, in a large room or the competition area vs. locker room.
- Team areas will be restricted to essential personnel only. This includes competitors, coaches, team athletic trainers, team managers, and contest officials.
- Team members should have appropriate physical distancing on the team bench and designated team area.
- Face coverings will be required by all personnel and by athletes when not competing in their contest match.
- Sanitizer will be available at the scoring table and wrestlers must use hand sanitizer before they begin a match.
- Scoring bands will be wiped down with sanitizer after each use and before assigning to the next wrestler.
- Eliminate hand shaking with the opponent and referee.
- Wrestlers are not allowed mat side at any time except when they are on deck.
- Limit of 2 coaches on the corner with masks and physical distance between them.
- Wrestling mats should be disinfected regularly - double duals/Tri - between each dual match up, or between sessions/rounds if a bracketed format.
- Teams should be assigned designated team camp areas where athletes should be when not warming up or competing.

- A designated team warm up areas and schedule should be determined and could include the use of additional auxiliary locations.
- Food may only be in a team's assigned camp area with 6 feet physical distancing away from spectators and other teams.

**Officials:**

- Self check prior to coming to the contest. If you do not feel well and COVID-19 symptoms are present, stay home.
- Face coverings are required.
  - Wrestling officials must wear face coverings at all times.
  - Basketball officials must wear face coverings at all times other than when actively working within the contest.
- Officials should come dressed whenever possible.
- Officials locker rooms with physical distancing will be provided whenever possible
- Electronic whistles are an allowable option.
- Officials must follow physical distancing guidelines during pre- and post-game conferences and as much as possible during breaks in play - timeouts and at quarter and halftime breaks.
- There will be no hand shakes or fist bumps with players or coaches.
- Officials are not responsible for monitoring sideline and team bench COVID protocols. The coaching staff and school personnel are responsible for this monitoring.

We ask for your complete cooperation in implementing these protocols. Please DO NOT put our admission workers, or workers at other schools in a compromised position that creates negativity. Three weeks ago we all found out how quickly it can be taken away, and I don't think we want that to happen again. Therefore, let's continue to do our part.

\*\*These protocols and guidelines are subject to change at any time and may vary slightly by location and by type of event. Every effort will be made to communicate protocols on a regular basis through school messenger, social media, and at [www.waverlyactivities.com](http://www.waverlyactivities.com) \*\*