

# NACHES VALLEY RANGER ATHLETICS



## NVSD Safe Return to Athletics

The following guidelines govern social distancing and safety procedures for school sponsored activity programs that practice or train during the fall coaching window of 2020 and for their respected seasons in Spring 2021. All of these activities must be performed in accordance with Washington State Department of Health (“DOH”) orders, Washington State Governor’s Office, WIAA guidance, and the procedures described below. These procedures are intended to adhere to DOH and WIAA requirements; if any of these procedures are in conflict with DOH orders or WIAA guidance as they currently exist or as they may be modified in the future, we will defer to those recommendations. This continues to be a fluid situation. As the Governor, DOH and WIAA change their guidelines, we will reevaluate our plan.

<p><b><u>OVERALL SUMMARY</u></b></p>	<p><b>NVHS athletic programs may begin workouts as directed by the Superintendent</b></p> <ul style="list-style-type: none"> <li>● All Fall workouts are voluntary</li> <li>● All Fall activities will be for Naches Valley School District Students only.</li> <li>● All coaches, moderators, and students must abide by School and DOH guidelines</li> <li>● School Equipment/uniforms MAY NOT be checked out to students to take home</li> <li>● Parents, Family members or friends cannot attend or participate in workouts</li> <li>● Team and/or coaches meetings should be virtual in nature</li> </ul>
<p><b><u>STUDENT INFORMATION</u></b></p>	<ul style="list-style-type: none"> <li>● All student-athletes and parents must have all of the athletic registration forms filled out online in Final Forms for the 2020-21 school year and approved by the Athletic Department.</li> <li>● Part of the new online registration process on Final Forms is the COVID-19 Screening form and the COVID-19 Waiver form. All student-athletes and parents must complete these new forms as part of the standard registration process online in Final Forms.</li> <li>● Any changes to student health status must be updated in Final Forms by the parent/guardian.</li> <li>● It is recommended that students who are riding together only come from the same household.</li> <li>● Please pay close attention to the end times so your student won’t be waiting around and possibly congregating with others. Please leave school grounds immediately once the activity is over and you have picked up your child.</li> </ul>

	<ul style="list-style-type: none"> <li>• Do not arrive more than 10 minutes prior to your child’s activity. Stay in your car when dropping off and picking up your child and wait until your child completes the screening process before you leave campus. If a student does not pass their screening, they will be sent home immediately.</li> <li>• It is Highly recommended that parents/guardians or an emergency contact are available by phone while their student is participating in onsite athletic programs.</li> </ul>
<p><b><u>Facilities</u></b></p>	<ul style="list-style-type: none"> <li>• Locker rooms will be closed. Participants should arrive in clothing appropriate for their activity and plan to shower at home afterwards.</li> <li>• Restrooms will be provided and cleaned each day.</li> <li>• No gathering before or after workouts with other students, this includes parking lots.</li> <li>• Weather emergencies- normal schedule will not be followed during this Fall time. Players will be taken into the building for safety, while maintaining social distancing guidelines. They will need to be picked up as soon as possible if there is an emergency. Workouts cannot be moved to another location.</li> <li>• Participants should leave school as soon as their activity is over.</li> <li>• Coaches will stay until the last student from their program is picked up.</li> </ul>
<p><b><u>Facemasks</u></b></p>	<ul style="list-style-type: none"> <li>• Masks are required for students and required for coaches, unless individuals are engaged in vigorous activity &amp; maintaining social distancing.</li> <li>• Students must provide their own cloth or approved mask and should clean masks daily. Plastic face shields are not permitted for athletics, per WIAA regulations</li> <li>• <b>Masks must be worn indoors and outdoors unless social distancing is maintained or during rigorous physical activity.</b></li> </ul>
<p><b><u>Health Screening &amp; Daily Check-in</u></b></p>	<ul style="list-style-type: none"> <li>• Coaches will complete their own health screening attestation prior to any student contact using the district employee screening process.</li> <li>• Athletes will check in on campus at the assigned location of their activity, wearing a mask and keeping 6ft minimum social distancing.</li> <li>• Coach will administer a temperature check and health screening and log this in Final Forms.</li> <li>• Any student flagged by screening process by answering yes on any screening questions will not be able to participate and will be sent home. Parents to be contacted by coach.</li> <li>• A temperature over 100.3 F will be considered flagged. The coach will contact parent/guardian and send the student home. The coach will then contact the Athletic Director, who will inform the District Nurse who will then follow District procedure.</li> </ul>
<p><b><u>Personal Hygiene</u></b></p>	<ul style="list-style-type: none"> <li>• Students will be required to bring their own water bottle, towel, etc. to workouts each day and will not be allowed to share items with other students.</li> <li>• Students will be required to clean their practice clothing and equipment after each use and wear clean clothes and masks daily.</li> <li>• All coaches &amp; students will be asked to wash their hands before &amp; after trainings.</li> <li>• Hand sanitation stations/restrooms will be available for student-athletes and staff.</li> <li>• No food will be allowed on campus during workouts or practices.</li> <li>• Coaches will enforce a “no touch rule” whenever possible. This includes no “high-fives”, hand-shaking, and group huddles before, during or after an activity.</li> </ul>

<b><u>Grouping</u></b>	<ul style="list-style-type: none"><li>● Students will work in pods of 6 or less (6 students plus one coach)<ul style="list-style-type: none"><li>○ Workouts/practices will be conducted in “pods” of students with the same 6 students and coaches each day. This ensures limited exposure.</li></ul></li></ul>
<b><u>Cleaning &amp; Sanitation</u></b>	<ul style="list-style-type: none"><li>● Coaches will be responsible for ensuring cleaning/sterilization of all equipment and area of use:<ul style="list-style-type: none"><li>○ Give time for kids to wash hands throughout sessions, especially before and after.</li></ul></li></ul>