

January 25, 2021

Good Afternoon La Conner High School Families,

I have some great news about La Conner High School sports! We have been given the green light from WIAA to begin sports practices anytime after February 1st. WIAA has categorized sports according to their risk with contact. The color coding for the sports is shown below. Each league around the state is able to determine the order of their season and the dates they will begin. Our league has chosen to go with the following seasons:

	High risk
	Moderate risk
	Low risk

2/22	3/1	3/8	3/15	3/22	3/29	4/5	4/12	4/19	4/26	5/3	5/10	5/17	5/24	5/31	6/7
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2/28	3/7	3/14	3/21	3/28	4/4	4/11	4/18	4/25	5/2	5/9	5/16	5/23	5/30	6/6	6/13
WIAA Season 1															
Baseball															
Cross Country (run with MVHS)															
Golf															
Softball															
Track & Field															
					WIAA Season 2										
					Cheer (without stunting)										
					Football										
					Soccer (girls' and boys')										
					Volleyball										
										WIAA Season 3					
										Basketball (girls' and boys')					
										Cheer (without stunting)					
										Wrestling					

WIAA is constantly updating their website with information on their Return-To-Play Guidelines. Within the guidelines, WIAA updates information on a weekly basis. Here is the website to access this information.
<https://wiaa.com/ConDocs/Con1911/Sport-Specific%20Return%20to%20Play%20Guidelines.pdf>

Our League will meet weekly to monitor COVID numbers and phase for our region. If the numbers begin to rise, we will adjust the calendar. We want to ensure that all of our sports have an opportunity to take the field and court this year. As of right now, we will begin our Season One practices on February 22nd and follow WIAA's Return-To-Play Guidelines. **Spectators at competitions will depend on the Phase and the sport being played.** If we are not allowed to have spectators at the competitions, we will do our best to try and live stream the games.

In order to keep our facilities clean and our athletes and coaches safe, the following protocols are being done at La Conner High School.

FACILITY CLEANING:

- All student bags / equipment should be laid out in spaces with 6 feet between and not on team benches or bleachers.
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- 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 is a sufficient replacement for hand washing and should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing and shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Suggestion to provide a disinfectant plan for inside facilities (applies to coaches as well as participants).
- Any equipment having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

PRE-WORKOUT SCREENING:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout.
 - All coaches and athletes must go through our Health Screening booth and receive a wristband.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

PHYSICAL ACTIVITY & ATHLETIC EQUIPMENT:

- There should be no shared athletic equipment (towels, clothing, shoes, or specific equipment) between students. Each student shall have their own hand held item. *Exception in some sports as listed in the WIAA guidelines per sport.*
 - *Suggested, if feasible, to use a different set of balls per day. Also, wash/sanitize hands before and after use. [See WIAA Suggestions for cleaning Balls.](#)*
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Lost and found items should be discarded or placed in an individual plastic bag until claimed by the owner.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- **MASKS:**
 - **MASKS ARE REQUIRED FOR EVERYONE DURING ALL ACTIVITY.**
 - Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the WIAA, NFHS and SMAC recommends the following:
 - State, local or school district guidelines for cloth face coverings should be strictly followed.
 - Multi-Layer Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for athletic activity.
 - For staff, cloth facial coverings must be worn by every individual not working alone at the location unless their exposure dictates a higher level of protection under Department of Labor & Industries safety and health rules and guidance.
 - Athletes, Coaches, officials and other contest personnel must wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).

HYDRATION:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) are not to be utilized.
- A touchless water refill station would be permissible.

BATHROOMS:

- The facility will be sanitized after each sports practice.
- Only one athlete in the bathroom at a time.
- *WEIGHT ROOM/GYM/STADIUM:*
 - *Use Spray/Towels to clean equipment between each student/coach use.*
 - *Use Spray/Towels to clean all touch points (doors, handles, etc)*
 - *Prior to leaving (at the end of workout):*
 - *Wet down all equipment, benches, etc and to air dry/sit for at least 15 minutes for next groups use.*

If you have any questions, please feel free to contact me. I know our athletes are eager to get back to participating in their sports and I am looking forward to getting them back on the field and court in a safe environment.

Sincerely,

Kathy Herrera

Kathy Herrera
La Conner Middle and High School
Principal and Athletic Director