Track/XC COVID-19 Protocol

Based on King County being in Phase 2

**Core protocol and guidelines**

1. The NFHS and WIAA SMACs believe it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition.
2. **Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings.**
3. When a school, schools, or district are closed due to COVID-19, all training, practice, and contests for the school(s) or district should also be canceled.
4. For staff, cloth facial coverings must be worn by every individual not working alone at the location
5. To the extent possible, hold as much practice, conditioning, and contests outside. Try to limit time spent indoors in a group to the extent practical.
6. Screening for signs of COVID-19:
   * All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and completion of the health questionnaire
   * Responses to screening questions for each person should be recorded and stored securely and in compliance with privacy laws so that there is a record of everyone present in case a student develops COVID-19
   * Any person with symptoms of COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional
   * People at risk for severe COVID-19 should consult with their medical provider regarding participation in athletic activities.
7. Do not go to work, school, workouts, or competitions if you do not feel well or if you have been informed you have been in close contact of someone with COVID-19 (A close exposure is defined as having a household member diagnosed with COVID-19 or prolonged exposure (>15 minutes) within 6 feet of an individual diagnosed with COVID-19)
8. It is important to be aware of symptoms that may suggest COVID-19 illness:
   * Fever (100 or higher)
   * Cough
   * Shortness of breath or difficulty breathing
   * Shaking chills
   * Persistent muscle aches/pains
   * Sore throat
   * Loss of taste or smell
   * Persistent pain/pressure in the chest
   * Painful discoloration of the fingertips or toes
9. Practice good hygiene:
   * Athletes, coaches, officials, and staff should wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
   * Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts or contests
   * Avoid touching your face
   * Sneeze or cough into a tissue, or the inside of your elbow
   * Disinfect frequently used items and surfaces as much as possible
   * Wear face coverings while in public, and particularly when using mass transit.
   * Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
   * No pre-game and post-game handshakes/high-fives/fist bumps
   * Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
10. All students shall bring their own water bottle. Water bottles must not be shared.

**Phase 2 - Protocols**

1. Workouts should be conducted in “pods” of students with the same students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day.
2. Students should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
3. Resistance training should be emphasized as body weight
4. Free weight exercises that require a spotter cannot be conducted unless honoring physical distancing
5. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

**Workout start protocols**

1. Players need to wear masks at all times when not working out
2. Players need to socially distance themselves from each other by at least 6 feet once they leave their vehicles and until they return to their vehicles at the end of practice
3. Players should stay in their vehicles until protocol testing is ready to go
4. Protocol testing:
   1. Players will be asked to answer the workout QR code questionnaire, see below example
   2. Players will have their temperatures taken
   3. Records will be maintained of each player’s protocol testing for each workout
   4. Any players not passing the health questionnaire or temperature test will be asked to return home and will not be allowed to workout
5. Players should be ready to start the workout once they have passed COVID-19 testing, (e.g. cleats on, water bottles filled, etc.)
6. Once players have passed protocol testing, they should go directly to their position on the workout field
7. Players can bring gym bags onto the workout field, but they must stay at least 6 feet from another player’s gear
8. Players not abiding by the COVID-19 protocols will be asked to leave the workout

**Workout Questionnaire**

The purpose of this questionnaire is for every workout participant to review our football COVID-19 protocols prior to every practice and verbally accept them.

1. **I agree,** **I do not** **have any of the following**:
   1. Fever
   2. Cough
   3. Shortness of breath or difficulty breathing
   4. Shaking chills
   5. Persistent muscle aches/pains
   6. Sore throat
   7. Loss of taste or smell
   8. Persistent pain/pressure in the chest
   9. Painful discoloration of the fingertips or toes
2. **I agree,** within the last 7 days, **I have not had close contact**, without the use of appropriate PPE, with someone who is currently sick with suspected or confirmed COVID-19?