

# Baseball

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing chatting, changing drills so that players remain spaced out, and no congregating of players while waiting to bat. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Dugouts** – No dugouts should be used during practice. Players’ items should be lined up outside and against the fence at least six feet apart. Dugouts should be permitted only during games, and may be extended, by NFHS rule, down the foul lines outside the playing area to allow for social distancing. Additionally, bleachers can be placed directly behind the dugouts for additional seating for team personnel. Players should maintain social distancing unless they are actively participating in the game.
- **Field of Play** – Only essential personnel are permitted on the field of play. These are defined as players, coaches, athletic athletic trainers, and umpires. All others, i.e., ball/bat shaggers, managers, statisticians, pitch count designees, media photographers, etc. are considered non-essential personnel and are not to be in the dugout or extended dugout area.
- **Spectators** – Schools must limit the use of bleachers for fans. Schools should encourage fans to bring their own chairs or stand. Fans should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace.
- **Concession stands** – Concession stands are not recommended.
- **Umpire Interaction** – Coaches should consider social distancing guidelines (6 feet) when interacting with an umpire or any other individual on the field. Substitutions and a general rules interpretation conversation can occur at social distance. Pre-game – One coach from each team and 2 umpires at home plate may have a meeting with the players remaining in the team dugout. Normal line-up exchange can take place.
- **Coach conferences** – Encourage limiting the number of individuals in a defensive and offensive conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.

- **Team handshakes** – Teams shall NOT exchange handshakes following the contest – teams can acknowledge opponent with a tip of hat or a wave, or other appropriate non-contact measures.
- **Press box** – Local schools shall determine which personnel should be in the press box considering Wisconsin DHS guidelines.

#### Practice and Game Protocols:

- **Masks** – Players are not required to wear cloth face coverings, but may do so if they desire. Coaches and umpires are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the playing field, in the dugout, or in the stand, they may do so. A white mask is not allowed for pitchers. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.
- **Pitcher licking fingers** – If a pitcher touches their mouth, a dead ball is called and the pitcher must sanitize their hands. If they touch the ball after going to their mouth, call a dead ball, remove the ball from play to be sanitized and the pitcher sanitize their hands. Players may have 1 to 2 oz bottles of sanitizer in their baseball/softball pants and a 1 to 2 oz bottle of sanitizer may be left behind the pitchers' mound near a rosin bag.
- **Baseball habits** – Coaches should now work to create new habits including staying away from touching their face, not allowing sunflower seeds and not spitting.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and umpires are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at bat and when going out to, and coming in from, the field. Additionally, emphasize to all to avoid touching their face.
- **Admission or Ticket Selling** – Ticket sellers/takers should follow similar guidelines to that of check-out personnel at retail stores. Where possible, stand behind a shield. Wear a mask. Use hand sanitizer (at least 60% alcohol) frequently.

#### Equipment:

- **Batting helmet** – Players should use their own batting helmet.
- **Baseball bat** – Players should use their own baseball/softball bat and not share bats.
- **Catching equipment** – Players should use their own catching equipment.
- **Baseballs need to be sanitized** – Coaches must sanitize shared equipment before and after each game.
- **Maintenance equipment (rakes, bases, paint sprayer, tractor to drag field, etc.)** – Daily cleaning and disinfection are recommended.
- **Dugout cleaning** – Daily cleaning and disinfection is recommended.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Baseball Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Individual drills without sharing balls or equipment.
  - Individual tee work into a pop up net or in a batting cage where the individual is putting the ball on the tee himself.
  - Batting practice with the utilization of a pitching machine in a cage or on the field, one person dropping and retrieving baseballs.

- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Players playing catch.
  - Bunting drills with one coach/player and one batter.
  - Short toss/front toss where the coach/player is at least 10 feet away from the hitter.
  - Batting practice with one pitcher and one catcher using disinfected baseballs.
  - Relay drills/cutoff drills involving outfielders throwing to infielders.
  - 1<sup>st</sup> and 3<sup>rd</sup> defense practice where baserunners are executing a steal and defense must react with ball.
  - Catchers fielding bunts in front of home plate or dropped third strikes from a coach and throwing to first base.
  - Fungo with one coach hitting to fielders (fielders waiting their turn should be 6 feet apart from other fielders).
  - Pick-off plays at each base involving a pitcher throwing to infielders at their respective bases.
  - Catchers throwing to second.
  - Pop-ups.
  - Pitchers throwing “bullpen sessions” with a catcher and a coach instructing them (coach should maintain 6 foot distant from pitcher when instructing/demonstrating).
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Intra-squad scrimmage.
  - Game with consultation with health and school administration.
  - 1<sup>st</sup> and 3<sup>rd</sup> defense practice where baserunners are executing a steal and defense must react without ball.
  - Run Down practice where players are attempting to tag a runner after runner gets in a “pickle”.

# Basketball

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while stretching, warming up, chatting, changing drills, etc., so that players remain spaced out, and no congregating of players while waiting their turn for drills. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Practice Area/Court** – Only essential personnel are permitted on the practice/competition court. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others, (i.e., ball boys/girls, managers, video people, media photographers, etc.) are considered non-essential personnel and are not to be on the playing court.
- **Benches** – No benches should be used during practice. Players’ items should be separated as below for personal items, at least six feet apart. Benches should be permitted only during games.
- **Locker Rooms** – Should not be used during higher risk levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes, and clean equipment at the end of every workout.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving.
- **Coach/Captain/Officials Meeting** – Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice or game

### Practice and Game Protocols:

- **Masks** – Athletes are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear

a mask on the court or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **National Anthem** – Athletes must maintain a 6 ft distance from others.
- **Player habits** – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Using spit to clean hands, or the bottoms of shoes should be eliminated. If an athlete engages in this routine, practice must stop so that the hands can be sanitized, as well as the ball (if touched) or any other piece of equipment the athlete contacted. The habit of minimizing any touching of their face, and covering their cough should be instilled.
- **Hand sanitizer and/or sanitizing wipes** - Players, coaches, and umpires are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at round and when going out to, and coming in from, the course. Additionally, emphasize to all to avoid touching their face.
- **Officials** – Consider using an alternative to a whistle (electronic whistles, air horns, etc.)

#### Equipment:

- **General Equipment** - There should be no shared athletic equipment. Any equipment that is used for practice or warm-ups/stretching (i.e. cones, ladders, mini hurdles, foam rollers, resistance bands, toss backs, practice dummies, etc.) should be cleaned and disinfected prior to and immediately following each practice.
- **Basketballs** - During High Risk Levels, each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. As risk levels decline, balls must be sanitized before and after each practice/game.
- **Personal Items** – Shoes, clothing, towels and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing EPA-registered disinfectants. Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.

#### Basketball Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Conditioning
  - Speed/agility
  - Individual ball skills
  - Individual offensive/defensive work.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Drills that include passing the ball, offensive work, etc.
  - Weight room usage – see Weight Room document
  - Contact drills within pods
    - Boxing out/Rebounding Drills
    - Offense vs. Defensive drills in smaller number: 1 vs. 1, 2 vs. 2, 3 vs. 3.
    - Station work

- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Full team practices.
  - Competitions
    - Single games vs. single opponents
      - Recommended plan for disinfecting of ball during significant breaks in play
    - Multi-team tournaments are discouraged
    - Out of area opponents are discouraged
    - Double Headers
      - Allow time for disinfection of bench area, basketballs
      - Plan in place for clearing first teams out and bringing second teams in.

**Gym Bag** – Supplies recommended for your personal gym bag:

1. A reusable facial mask – The mask should be worn when entering the practice/competition site and anytime you are not competing. Once warm-ups and practice/competition have begun on the court, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6' apart rule at all times while unmasked.
2. Warm-ups and electronics and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
3. Personal bottle of hand sanitizer - less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
4. Disinfectant wipes for personal use. When using a restroom area, you should disinfect any surface that you will be touching, before and after using the facilities.
5. Athletic braces, tape, inhalers, or any other sports-medical item you may use before, during or after practice/meets should be stored in your gym bag when not in use.
6. Personal water bottles for drinking – the water fountains will not be in use because of CDC guidelines.
7. Additional shoes should also be stored in a separate compartment or bag inside your gym bag - preventing possible cross contamination with other items in the gym bag.
8. Any other item that you deem necessary for practice or competition must be stored in your gym bag when you are not using it.

**\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.**

# Cross Country

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between athletes as much as possible. This means additional spacing between players while stretching, warming up, chatting, changing drills, etc., so that players remain spaced out, and no congregating of players while waiting their turn for drills. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Practice Area/Course** – Only essential personnel are permitted on the practice area and competition area each day. These are defined as athletes, coaches, medical personnel/athletic trainer, officials (competition), and timers (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be in the starting box or finish chute, or in the practice area.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- **Coaches Meeting** – Encourage limiting the number of individuals in a conference/meeting to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask. If information can be thoroughly discussed in a pre-meet document, that is encouraged.
- **Team Handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice or meet.

### Practice and Game Protocols:

- **Masks** – Athletes are not required to wear cloth face coverings, but may do so if they desire. Coaches and officials are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the course, or on the sideline, they may do so. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines

- **Player habits** – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Spitting/nose clearing during practice/competition should be eliminated. The habit of minimizing any touching of their face, and covering their cough should be instilled.
- **Team Camps** – Should not be used as a place for athletes to congregate. They may be set up as an area for gym bags to be located during competition (6 ft apart)
- **Set-up and Breakdown of Practice Equipment** – Any equipment used for practice or competition should be disinfected prior to and immediately following practice. Only one individual should handle the equipment on any given day (i.e. resistance bands, mats, cones/flags, etc.).
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently.

#### Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice (i.e. cones, resistance bands, mats, flags, etc.) should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the equipment on any given day.
- **Watches** – Athletes should bring their own watch, or be issued a watch from the school that can be worn only by that athlete for the summer or the season. Watches should be disinfected by athletes every day.
- **Personal Items** – Shoes, clothing, towels and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.
- **Foam Rollers, etc.** – Must not be shared among athletes.
- **What kinds or brands of sanitizer should we be using** - The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). All equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Cross Country Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Conditioning
  - Speed/agility
  - Track work should utilize every other lane (spacing)
  - Athletes must refrain from running in groups, or following directly behind a runner (6 ft.).
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Working with/running with a partner in training drills.
  - Maintain the same partners/no switching partners.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Training may happen in groups (pods) - recommend that the pods consist of the same athletes for every workout.
  - Track work can utilize every lane
  - Race Preparation/Competition Structure
    - Competitions between 2 teams - following maximum number guidelines

- Competitions with multiple teams, following maximum number guidelines (including workers, officials, timers, etc.)
- Consider wave starts – top 2 runners from each school in first wave, 3<sup>rd</sup> and 4<sup>th</sup> in second wave, etc. Leave 2 min between each wave start.
- Out of area opponents, discouraged
- **Start Line** – No common bins should be available at the starting line for personal items. All personal items, including warm-ups, headphones, etc., should not be taken to the starting area.
- **Finish Line** – Recommend that lanes are created for the finish. Runners are designated to finish in a specific lane to avoid contact.

**Gym Bag** – Supplies recommended for your personal gym bag:

1. A reusable facial mask – The mask should be worn when entering the practice/competition site and anytime you are not competing. Once warm-ups and practice/meets have begun in the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6’ distancing rule at all times while in the workout area.
2. Warm-ups and electronics that are used by the athlete, prior to competition, must be placed back in the gym bag before proceeding to the starting line.
3. Personal bottle of hand sanitizer – less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
4. Disinfectant wipes for personal use. When using a restroom area, you should disinfect any surface that you will be touching, before and after using the facilities.
5. Athletic braces, tape, inhalers, or any other sports-medical item you may use before, during or after practice/meets should be stored in your gym bag when not in use.
6. Personal water bottles for drinking – the water fountains will not be in use because of CDC guidelines.
7. Additional shoes should also be stored in a separate compartment or bag – inside your gym bag – preventing possible cross contamination with other items in the gym bag.
8. Any other item that you deem necessary for practice or competition must be stored in your gym bag when you are not using it.

**\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone’s protection, we don’t want to take a chance of carrying any potential virus back and forth.**

# Football

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

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- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, or changing drills so that players remain spaced out, and no congregating of players while waiting during drills. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Sidelines** – Players’ items should be lined up outside at least six feet apart. Players should maintain social distancing unless they are actively participating in the practice.
- **Field of Play** – Only essential personnel are permitted on the field of play. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., ball shaggers, managers, video people, media photographers, etc. are considered non-essential personnel and are to be on the sideline, maintaining social distance of 6 feet apart.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving.
- **Concession stands** – Concession stands are not recommended.
- **Coach conferences/Coin toss** – Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask. Pre-game coin toss at mid-field may consist of the referee, umpire and not more than four team captains from each team, maintaining social distancing.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice.
- **Press box** – Local schools shall determine which personnel should be in the press box considering Wisconsin DHS guidelines.

### Practice and Game Protocols:

- **Masks** – Players are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the playing field or in a meeting, they may do so. There is no prohibition on the color of the mask.

Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Players licking fingers** – If a quarterback touches their mouth, practice is stopped and the quarterback must sanitize their hands. If they touch the ball after going to their mouth, stop practice, remove the ball from play to be sanitized and the quarterback/player sanitize their hands. Mouthguards should remain in their mouth. If a player touches their mouthguard, they must immediately sanitize their hands. Players are encouraged to bring their own hand sanitizer (at least 60% alcohol).
- **Player habits** – Coaches should now work to create new habits including staying away from touching their face, not allowing sunflower seeds and not spitting.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at play or series of plays and when going out to, and coming in from, the field. Additionally, emphasize to all to avoid touching their face.

#### Equipment:

- **Football helmet** – Players should use their own helmet.
- **Football equipment** – Players should use their own equipment such as shoulder pads.
- **Footballs need to be sanitized** – Coaches must sanitize shared equipment before and after each practice.
- **Maintenance equipment (tackling dummies, sleds, shields, etc.)** – Daily cleaning and disinfection are recommended.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Considerations for Football Practice:

Note: The focus here should be getting back to normal football while still maintaining social distancing when not playing. Sanitation guidelines must also be followed to maintain consistent cleanliness for all. The use of equipment and footballs are allowed but they must be cleaned at an adequate schedule. All drills from High and Moderate Risk Levels can be conducted at this level.

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.  
Note: The focus here is on individual skill development such as stance, footwork, first steps, ball handling with own ball, football conditioning, non-contact with other players, no football exchanges or use of shared equipment, and follow social distancing with continuous sanitation.
  - Positional Groups: Quarterbacks, Running Backs, Wide Receivers
    - Footwork drills for all positions. Individual ball security drills without sharing a ball (ball disinfected before anyone else uses)
    - Individual cutting drills using cones, stationary dummies, or lines (WR – route running, RB – running paths and routes, QB – drop backs, sprint outs, and option paths)
    - QB can work on footwork progression for handoffs and for passing game route progression
    - QB can throw to stationary dummy for warm up and retrieve own ball
    - WR/RB work on blocking footwork and steps
    - RB agilities for footwork drills, cuts, and step-overs
  - Positional Group: Offensive Lineman
    - Stance and start with cadence work
    - Run blocking steps/handsets
    - Pass blocking steps/handsets

- Footwork drills
  - Run blocking drills with chutes
- Positional Group: Defensive Lineman
  - Stance and start with get off drills
  - Footwork drills (ex: Circle Drill)
  - Hand and arm work drills with no player contact (ex: Speed Ladder)
  - Run stopping drills with chutes
  - Full movement drills (ex: Pursuit Drill or Directional Bear Crawling)
- Positional Group: Linebackers, Defensive Backs
  - Stance and footwork drills (ex: backpedal, weave, breaks/cuts, etc.)
  - Footwork and read step drills (ex: Shuffle and Alley Run Drills)
  - Partner tackle tracking and mirror steps drills with no player contact
  - Pass drop drills
  - Run/Reaction drills (ex: Battle Chute Movement Drills)
- Advanced Detail Drill Examples in High Risk Level (Positional Group: Linebackers)
  - Stance and footwork drills (ex: Read Steps, Shuffle, Alley runs). Go two or three at a time spaced out by 10 yards using field lines. Respond to verbal or visual cues of coach to work on movement skills. Coach is in front of the group.
  - Stagger width starting point so that players can see.
  - Partner tackle tracking and mirror steps drills. Players align on yard lines 10 yards apart – one is designate as O scout, the other D. Offensive player players runs, jogs, changes direction on his line. D player mirror staying on his line. If coach wants to close the vertical distance have players move 10 yards apart and O player stays on his line while D players closes to the next 5-yard line.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Positional Groups: Quarterbacks, Running Backs, Wide Receivers
    - Mesh or shell drills vs. air (ex: QB-RB practice exchanges)
    - Passing and catching drills (ex: Route Running; QBs throws to same WRs)
    - Throwing progression and passing techniques drills with one partner
    - Offense can be run against air or stationary dummies not held by another player or coach)
  - Positional Group: Offensive Lineman
    - Run blocking drills with sleds
    - Run/Pass blocking assignment drills (ex: individually or in small group; keep consistent pods)
    - Run/Pass blocking drills with use of pads, chutes, etc.
    - Positional Group: Defensive Lineman
    - Run stopping drills (ex: use of pad or sled)
    - Pass rush drills with partner handwork
    - Movement drills (ex: Twist, Slant, Angle Drills with partner and pad)
    - Stunt Drill with obstacle in front
  - Positional Group: Linebackers, Defensive Backs
    - Pass drop drills (ex: include ball but clean after each use)
    - Battle chute movement drills (ex: Key Read Drills)
    - Delivery of blow on a sled/pad
    - Tackle drills with bag/donuts (note: not held at time of contact by another athlete)
    - Defeat block/pass drills (ex: Rush vs. Pop Up Drills)
  - Advanced Detail Drill Examples in Moderate Risk Level (Positional Group: Defensive Backs)
    - Run/Pass read and react drill (ex: Crack, Stalk, Route Recognition Drills). Set up scout players using cones on yard line to ensure social distancing. DB aligns on yard line 10 yards depth, 5 yards width. Scout executes blocking pattern or route designated by coach but stays 5 yards width away. LB reacts to offensive movement and gain ground to the 5-yard mark between the groups.
    - Partner tackle tracking drill (ex: backpedal tempo, and cushion drill). Players align on yard lines 10 yards apart – one is designate as O scout, the other D. Offensive player players runs, jogs, changes direction on his line. D

player mirror staying on his line. If coach wants to close the vertical distance have players move 10 yards apart and O player stays on his line while D players closes to the next 5-yard line.

- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Positional Groups: Quarterbacks, Running Backs, Wide Receivers, Offensive Lineman, Defensive Lineman, Linebackers, Defensive Backs
    - All drills previously stated from High Risk Level and Moderate Risk Level
    - One-on-one, small group, and large group development allowed (Inside and Outside)
    - No use of close huddle (ex: must be spaced out or “loose”)
    - Maintain social distancing when not in a drill (ex: use cones, tape, or paint for markings)

# Golf

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice Range and Greens** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, or changing drills so that players remain spaced out, and no congregating of players while waiting to hit. Workouts should be conducted in 'pods' of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **On Course Play** – Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., managers, video people, media photographers, etc. are considered non-essential personnel and are to be in the gallery remaining by the cart path (when present) or remaining at least 15 yards from the players.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines and remain at least 15 yards from the players.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- **Concession stands** – Concession stands are not recommended.
- **Coach conferences** – Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams and individuals shall NOT exchange handshakes before, during, or following the practice or meet.
- **Press area** – Local schools shall determine which personnel should be in the designated press area considering Wisconsin DHS guidelines.

### Practice and Game Protocols:

- **Masks** – Players are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the playing course or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Players licking fingers** – If a golfer touches their mouth, practice is stopped and the player must sanitize their hands. Players should only touch and use their own golf ball and not touch other players golf ball or equipment. Players are encouraged to bring their own hand sanitizer (at least 60% alcohol).
- **Player habits** – Coaches should now work to create new habits including staying away from touching their face, not allowing sunflower seeds and not spitting. Do not touch the flagstick or bunker rakes, nor other player’s equipment or golf balls.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at round and when going out to, and coming in from, the course. Additionally, emphasize to all to avoid touching their face.

#### Equipment:

- **Golf equipment** – Players should use their own equipment and golf balls. Players should not touch other players equipment or golf balls.
- **Course equipment** – Players should not touch the flagstick, bunker rakes or ball cleaning devices on the course.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Golf Practice Risk Levels:

- **High Risk Level** – Range, practice green work and course play, without competitions, that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Individual play can be permitted with no more than four players per group. All league, clinic, camps and organized activities will remain suspended.
  - Holes will be filled or adapted to allow for easy ball retrieval, no bunker rakes; trash removed by individual players. Flags should not be touched for any reason. The player should bring their own water and remove trash upon leaving.
  - Practice facilities may be open but are restricted to 10 or less people practicing strict social distancing. Enhanced practice ball sanitation protocol.
  - Golf instruction and club fitting in person may be conducted on an individual basis while practicing strict social distancing. Cloth facial covering recommended for instructors and students. Group teaching and coaching programming is conducted virtually.
  - Outdoor workout activities allowed with proper social distancing and no more than 10 people.
  - Virtual events are permitted based on appropriately spaced tee times. No staff administration of events and no pre or post gatherings. All scoring is done digitally. Individual play only. No shotguns.
  - Follow the USGA Back2Golf Operations Playbook and PGA Jr. League Guidelines: [https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf\\_operations\\_playbook-version4-0-june10-2020.pdf](https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf_operations_playbook-version4-0-june10-2020.pdf)  
[https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVlBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segySi\\_zfF4MchVfVpFxFxNx51D/pub](https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVlBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segySi_zfF4MchVfVpFxFxNx51D/pub).
- **Moderate Risk Level** – Range, practice green work and course play that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.

- Normal golf groups are permitted; walking or riding in golf carts is permitted. Restrictions apply and will vary by locality.
- Practice facilities may be open but are restricted to 50 or less people practicing strict social distancing. Enhanced practice ball sanitation protocol.
- Golf instruction and club fitting conducted with adherence to strict social distancing guidelines. Small group clinics may be resumed based upon the practice facility space available to abide by the social distancing guidelines.
  - Smaller group play allowed at the facility.
  - Shotguns allowed with strict social distancing and staging that eliminates the potential for large gatherings.
  - Groups no larger than 50 players may be held. It is important to note that the 50 player limitation refers to gatherings (ex. scoreboard area, clubhouse, registration, etc.). As long as an event organizer can have protocols in place to ensure that people do not have gatherings of 50 or more, then these groups can conduct a golf event with a larger field size as long as it via tee times.
  - No gathering points for registration or awards ceremony. Functions may be held with social distancing protocol and local F&B guidelines adhered to. Any awards presentation should follow the local government guidelines at that time.
  - Practice facility follows local guidelines and strict social distancing that must be monitored by a staff member.
  - Arrivals of participants are not be prior to 30 minutes before tee time (limit practice time).
- Follow the USGA Back2Golf Operations Playbook and PGA Jr. League Guidelines:
  - [https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf\\_operations\\_playbook-version4-0-june10-2020.pdf](https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf_operations_playbook-version4-0-june10-2020.pdf)
  - [https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVIBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segvSi\\_zfF4MchVFVpFxFxNx51D/pub](https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVIBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segvSi_zfF4MchVFVpFxFxNx51D/pub).
- **Low Risk Level** – Range, practice green work and course play that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Facility is fully operational. No restrictions.
  - On course water available.
  - New normal trash operations may occur.
  - All groups allowed. No restrictions.
  - Follow the USGA Back2Golf Operations Playbook and PGA Jr. League Guidelines:
    - [https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf\\_operations\\_playbook-version4-0-june10-2020.pdf](https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf_operations_playbook-version4-0-june10-2020.pdf)
    - [https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVIBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segvSi\\_zfF4MchVFVpFxFxNx51D/pub](https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVIBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segvSi_zfF4MchVFVpFxFxNx51D/pub).

# Gymnastics

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between gymnasts as much as possible. This means additional spacing between gymnasts while practicing or changing drills. No congregating of gymnasts while waiting to enter a drill or waiting in line to use the apparatus. Workouts should be conducted in ‘pods’ of athletes, with the same 5-10 gymnasts always working out together. When working out with partners, the partners should be the same until the risk level becomes lowest. This ensures more limited exposure if someone develops an infection.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Sidelines** – Gymnasts’ items should be lined up against the wall or in the hallway at least six feet apart. (see Gym Bag below) Athletes should maintain social distancing unless they are actively participating in the practice.
- **Competition Floor** – Only essential personnel are permitted in the competitive area. These are defined as gymnasts, coaches, athletic trainers, and judges. All others, i.e., managers, video personnel, media personnel, etc. are considered non-essential personnel and are to be outside of the competition area.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend events. Media members should contact host school administrators prior to arriving.
- **Coach conferences/Team Huddles** – Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask. Team huddles should be conducted using social distancing guidelines.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice.

### Practice and Meet Protocols:

- **Masks** – Gymnasts are not required to wear cloth face coverings but may do so if they desire. They should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury. Coaches and others are encouraged to wear masks especially when not able to maintain social distancing. If an individual would like to wear a mask on the floor or in a meeting, they may do so. There is no prohibition on the color of the

mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Gymnast habits** – If an athlete puts their hands/fingers in their mouth or spits on their hands, practice is stopped, and the gymnast must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.
- **Hand sanitizer and/or sanitizing wipes** – Gymnasts, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each session, drill, or rotation. Additionally, emphasize to all to avoid touching their face. (See Gym Bag below).
- **Disinfectant wipes** – Gymnasts are encouraged to provide their own disinfectant wipes to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
- **Coach Whistles** – Use hand-held whistles or air horns as opposed to regular whistles when possible.
- **Chalk Bowls** – Remove common chalk bowls. Chalk bowls frequently become talking places for athletes. Issue each athlete their own piece(s) of chalk for personal use (See Gym Bag below).

#### **Equipment** (see Gym Bag below):

- **Grips/Wristbands/Braces** – Gymnasts should use their own grips/wristbands/braces.
- **Towels** – Gymnasts should use their own towel.
- **Athletic tape** – Gymnasts should have their own roll of athletic tape for hands and for marking.
- **Equipment needs to be sanitized** – Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). All equipment may be wiped with listed disinfectants and a damp cloth.

#### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### **COVID-19 Coach:**

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### **Considerations for Gymnastics Practice:**

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Gymnasts may do drills without partners, but may use a spotter for safety
  - Solo cardio conditioning (i.e. single person calisthenics)
  - Weight lifting
  - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Gymnasts may drill with a partner, and may use a spotter for safety
  - Remain with one practice partner/one spotter/no switching partners
  - Solo cardio conditioning (i.e. single person calisthenics)
  - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Gymnasts may practice and drill with teammates
- Gymnasts may use multiple partners and spotters during practice
- Team cardio conditioning
- Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.

**Gym Bag – Supplies needed for your personal gym bag:**

1. A reusable **cloth facial covering** – The mask, must be worn when entering and exiting the venue. Once you have entered the workout area, you can put your mask into a resealable plastic bag inside your gym bag. However, you must abide by the at least 6' distancing rule at all times while in the workout area.
2. **Grips, wristbands** and any **braces** that are normally used during practices will stay in your gym bag.
3. Include a **travel size spray bottle** filled with water to spray your grips. Be sure to keep the spray bottle inside a **Ziploc bag** in case it leaks.
4. **Personal bottle of hand sanitizer** – less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a **Ziploc bag**, in case it leaks. This will be used before each event and when exiting the building.
5. **Disinfectant wipes** for personal use to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
6. **1 ½" white athletic tape** and any other tape you normally use during practice.
7. **Fingernail clippers** – flat edge instead of round because they are for cutting rips.
8. **Personal water bottles** for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water.
9. Your **shoes** will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Prevent possible cross contamination with other items in the gym bag.
10. A **Gallon-size freezer Ziploc bag** or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.
11. **Towels** that are normally used during practices will stay in your gym bag.

Everything inside the gym bag must be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.

# Hockey

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing chatting, changing drills so that players remain spaced out, and no congregating of players while waiting to enter the ice. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Benches** – No benches should be used during practice. Benches should be permitted only during games. Players’ items should be kept in a personal bag (except for their hockey stick) outside the ice rink and stadium area, maintaining at least six feet spacing between each player’s bag. Players should maintain social distancing unless they are actively participating in the game.
- **Rink area** – Only essential personnel are permitted on the rink. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., managers, statisticians, media photographers, etc. are considered non-essential personnel and are not to be in the rink or bench area.
- **Spectators** – Schools must limit the use of bleachers for fans. Fans should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace.
- **Concession stands** – Concession stands are not recommended.
- **Official’s Interaction** – Coaches should consider social distancing guidelines (6 feet) when interacting with an official or any other individual on the rink. Substitutions and a general rules interpretation conversation can occur at social distance. Pre-game – One coach from each team, the officials and one captain can meet around center ice.
- **Coach conferences** – Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams shall NOT exchange handshakes following the contest. Teams can acknowledge opponent with a tip of hat or a wave, or other appropriate non-contact measures.
- **Press box** – Local schools shall determine which personnel should be in the press box considering Wisconsin DHS guidelines.

### Practice and Game Protocols:

- **Masks** – Players are not required to wear cloth face coverings while playing, but may do so if they desire. At all other times, players are encouraged to wear masks. Coaches and officials are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the ice, on the bench, or in the stands, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.
- **Hockey habits** – Coaches should now work to create new habits including staying away from touching their face, keeping a player’s mouthguard in their mouth and not spitting. If a player touches their mouthguard, they must immediately sanitize their hands.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and umpires are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before going on and after coming off the ice. Additionally, emphasize to all to avoid touching their face.
- **Admission or Ticket Selling** – Ticket sellers/takers should follow similar guidelines to that of check-out personnel at retail stores. Where possible, stand behind a shield. Wear a mask. Use hand sanitizer (at least 60% alcohol) frequently.

#### Equipment:

- **Hockey Helmet** – Players should use their own helmet and sanitize it regularly.
- **Hockey Stick and other equipment** – Players should use their own hockey stick and not share sticks nor share any of their equipment.
- **Goalie equipment** – Players should use their own goalie equipment.
- **Pucks need to be sanitized** – Coaches must sanitize shared equipment before and after each practice and game.
- **Maintenance equipment (Zamboni, goals, minor officials’ area, etc.)** – Daily cleaning and disinfection are recommended.
- **Bench cleaning** – Daily cleaning and disinfection is recommended.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Pucks and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Hockey Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Players may do drill work without partners. This includes individual puck/stick work.
  - Single conditioning (i.e. sprints, other single-person calisthenics).
  - Individual Dryland training: <https://www.usahockey.com/agespecifictraining>.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Players may do drill work with a partner with short bursts.
  - Light drills with partner. This includes individual puck/stick drills with passing puck between partners.
  - Contact drills within pods.
    - Boxing out/puck rebounding drills.
    - Offense vs. defensive drills in smaller number (1 v.1, 2 v. 2, 3 v. 3)
    - Station work.
  - Weightlifting allowed.
  - Stay with one practice partner/no switching partners.

- Single conditioning (i.e. sprints, other single-person calisthenics).
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Players may live scrimmage.
  - Live drills/Live hockey.
  - Live Situation drills.
  - Partner conditioning/Team conditioning.
  - Work with multiple partners in practice).

Please review USA Hockey Practice Drills for COVID-19: [https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early\\_Return\\_On-Ice\\_Activity\\_Samples.pdf#\\_ga=2.242561290.901793840.1593022119-822819387.1593022118](https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early_Return_On-Ice_Activity_Samples.pdf#_ga=2.242561290.901793840.1593022119-822819387.1593022118)

# Soccer

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in ‘pods’ of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Keep records of who is in each group, each day.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Benches** – No benches should be used during practice. Players’ items should be separated as below for personal items, at least six feet apart. Benches should be permitted only during games.
- **Practice Field** – Only essential personnel are permitted on the practice/competition field. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace.
- **Huddles** – It is recommended that social distancing be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions.

### Practice and Game Protocols:

- **Masks** – Athletes are not required to wear cloth face coverings, but may do so if they desire. Coaches and officials are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the playing field, or on the sideline, they may do so. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Spitting and nose clearing on the field, and goal keepers spitting on their gloves during practices and competitions should be eliminated. The habit of minimizing any touching of the face, and covering the cough should be instilled.
- **Interaction with Officials** – Coaches should consider social distancing guidelines (6 feet) when interacting with an official or any other individual on the in the area. Conversations can occur at a distance.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including before prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.

#### Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, flags, cones, etc.).
- **Balls** – During High Risk Levels, each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. As Risk Levels decline, balls must be sanitized before and after each practice/game.
- **Personal Items** – Shoes, clothing, towels and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.
- **Foam Rollers, etc.** – Must not be shared among athletes.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Soccer Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Conditioning
  - Speed/agility
  - Individual ball skills
  - Individual offensive/defensive work
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Players may do drill work within a pod (1-6). Keep same pods together/no switching.
  - May do short bursts of contact such as offense vs. defense with a partner.
  - Weight room usage – see Weight Room document
  - Contact drills within pods
    - Offense vs. Defensive drills in smaller number: 1 vs. 1, 2 vs. 2, 3 vs. 3
    - Skill work within stations
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Live scrimmages.
- Drills with sustained physical contact
- Competitions
  - Single games vs. single opponents
    - Recommended plan for disinfecting of ball during significant breaks in play
  - Multi-team tournaments are discouraged
  - Out of area opponents are discouraged
  - Double Headers
    - Allow time for disinfection of bench area, soccer balls
    - Plan in place for clearing first teams out and bringing second teams in.

**Gym Bag** – Supplies recommended for your personal gym bag:

1. A reusable facial mask – The mask should be worn when entering the practice/competition site and anytime you are not competing. Once warm-ups and practice/competition have begun on the field of play, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6’ apart rule at all times while unmasked.
2. Warm-ups and electronics and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
3. Personal bottle of hand sanitizer – less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
4. Disinfectant wipes for personal use. When using a restroom area, you should disinfect any surface that you will be touching, before and after using the facilities.
5. Athletic braces, tape, inhalers, or any other sports-medical item you may use before, during or after practice/meets should be stored in your gym bag when not in use.
6. Personal water bottles for drinking – the water fountains will not be in use because of CDC guidelines.
7. Additional shoes should also be stored in a separate compartment or bag inside your gym bag – preventing possible cross contamination with other items in the gym bag.
8. Any other item that you deem necessary for practice or competition must be stored in your gym bag when you are not using it.

**\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone’s protection, we don’t want to take a chance of carrying any potential virus back and forth.**

# Softball

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing chatting, changing drills so that players remain spaced out, and no congregating of players while waiting to bat. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Dugouts** – No dugouts should be used during practice. Player’s items should be lined up outside and against the fence at least six feet apart. Dugouts should be permitted only during games, and may be extended, by NFHS rule, down the foul lines outside the playing area to allow for social distancing. Additionally, bleachers can be placed directly behind the dugouts for additional seating for team personnel. Players should maintain social distancing unless they are actively participating in the game.
- **Field of Play** – Only essential personnel are permitted on the field of play. These are defined as players, coaches, athletic trainers, and umpires. All others, i.e., ball/bat shaggers, managers, statisticians, media photographers, etc. are considered non-essential personnel and are not to be in the dugout or extended dugout area.
- **Spectators** – Schools must limit the use of bleachers for fans. Schools should encourage fans to bring their own chairs or stand. Fans should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace.
- **Concession stands** – Concession stands are not recommended.
- **Umpire Interaction** – Coaches should consider social distancing guidelines (6 feet) when interacting with an umpire or any other individual on the field. Substitutions and a general rules interpretation conversation can occur at social distance. Pre-game: One coach from each team and 2 umpires at home plate may have a meeting with the players remaining in the team dugout. Normal line-up exchange can take place.
- **Coach conferences** – Encourage limiting the number of individuals in a defensive and offensive conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams shall NOT exchange handshakes following the contest – teams can acknowledge opponent with a tip of hat or a wave, or other appropriate non-contact measures.

- **Press box** - Local schools shall determine which personnel should be in the press box considering Wisconsin DHS guidelines.

#### **Practice and Game Protocols:**

- **Masks** - Players are not required to wear cloth face coverings, but may do so if they desire. Coaches and umpires are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the playing field, in the dugout, or in the bleachers, they may do so. An optic yellow mask is not allowed. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.
- **Pitcher licking fingers** – If a pitcher touches their mouth, a dead ball is called and the pitcher must sanitize their hands. If they touch the ball after going to their mouth, call a dead ball, remove the ball from play to be sanitized and the pitcher sanitize their hands. Players may have 1 to 2 oz bottles of sanitizer in their softball pants and a 1 to 2 oz bottle of sanitizer may be left behind the pitchers’ mound near a rosin bag.
- **Softball habits** – Coaches should now work to create new habits including staying away from touching their face, not allowing sunflower seeds and not spitting.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and umpires are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at bat and when going out to, and coming in from, the field. Additionally, emphasize to all to avoid touching their face.
- **Admission or Ticket Selling** – Ticket sellers/takers should follow similar guidelines to that of check-out personnel at retail stores. Where possible, stand behind a shield. Wear a mask. Use hand sanitizer (at least 60% alcohol) frequently.

#### **Equipment:**

- **Batting helmet** –Players should use their own batting helmet.
- **Softball bat** – Players should use their own softball bat and not share bats.
- **Catching equipment** – Players should use their own catching equipment.
- **Softballs need to be sanitized** – Coaches must sanitize shared equipment before and after each game.
- **Maintenance equipment (rakes, bases, paint sprayer, tractor to drag field, etc.)** – Daily cleaning and disinfection are recommended.
- **Dugout cleaning** –Daily cleaning and disinfection is recommended.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### **COVID-19 Coach:**

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### **Softball Practice Risk Levels:**

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Individual drills without sharing balls or equipment.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Players playing catch.
  - Batting practice with one pitcher and one catcher.
  - Fungo with one coach hitting to fielders.
  - Catchers throwing to second.

- Pop-ups/fly balls.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Intra-squad scrimmage.
  - Game with consultation with health and school administration.

**Gym Bag** – Supplies recommended for your personal gym bag:

1. A reusable facial mask should be worn when entering and exiting the facility. Once you have entered the facility, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6’ apart rule at all times while at the venue.
2. Towels or other items that are normally used during practices will stay in your gym bag.
3. Personal bottle of hand sanitizer creates a smaller possibility of cross contamination and less time standing around waiting to use a shared bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used before each event and when entering and exiting the venue.
4. Athletic tape and any other tape you normally use during practice.
5. Personal water bottles for drinking – water fountains/water jugs will not be in use because of CDC guidelines.
6. Your outside shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.

**\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone’s protection, we don’t want to take a chance of carrying any potential virus back and forth.**

# Swimming & Diving

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between athletes and team personnel as much as possible. This means additional spacing between swimmers/divers while in the pool or on dry land, warming up, cooling down, when receiving instructions, in locker rooms or shower area or chatting. Coaches should execute practices or drills so that players remain spaced out and eliminate the congregating of athletes while waiting to swim/dive. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection. Utilize spacing in pool lanes and on deck. The use of markers or cones on deck will expedite spacing (see USA Swimming/Diving Charts). Consider moving dryland training outside.
- **On deck during meets** – Only essential personnel are permitted on the deck. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards and officials. Authorized timers, recorders, runners, computer operators necessary to conduct competition are essential. All others, i.e., team managers, video people, media photographers, family members, non-competing students, etc. are considered non-essential personnel and are to be in the gallery remaining in the seating area (when present) or remaining outside the deck area.
- **Swimming Suits** – Should be worn to practice and competitions by swimmers and divers.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines while remaining in the designated spectator seating area. Schools should know the capacity of your spectator seating area. Place visible markers on the floor and bleachers for spacing.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- **Concession stands** – Concession stands are not recommended.
- **Coach conferences** – Coaches should limit the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice, match or meet.
- **Press area** – Local schools shall determine which personnel should be in the designated press area considering Wisconsin DHS guidelines.

### Practice and Game Protocols:

- **Masks** – Swimmers and divers are not required to wear cloth face coverings, but when out of the water may do so if they desire. Coaches, team personnel and others are encouraged to wear masks, especially when not able to

maintain social distancing. If an individual would like to wear a mask in the pool area, on the swim deck or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Athletes and team personnel habits** – Coaches and staff should work to create new habits including staying away from touching their face and not spitting. Avoid touching doors, gates, fences, benches, etc. if you can, or other schools' equipment.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, officials and workers at swimming/diving events are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after practice and competition and when going to and leaving the pool area. Additionally, emphasize to all to avoid touching their face.

#### Equipment:

- **Pool facilities** – Increase water sanitation level, i.e., keep chlorine closer to 2.0 PPM. Eliminate the use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms. Eliminate the use of locker rooms whenever reasonable.
- **Training Equipment** – Swimmers/Divers should use their own training equipment. Sanitize after each use.
- **Meet Equipment** – Watches, clip boards and lap-counters should be sanitized after each use. Touchpads should be sanitized periodically while out of the water. Diving boards and backstroke flags should be sanitized periodically.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Swimming/Diving Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - No competitions may be held
  - Swimmers & Divers may do drill work on their own.
  - Single conditioning (i.e. sprints, other single-person calisthenics, yoga, etc.), low impact & low risk.
  - Dryland training
  - Virtual individual training
  - Creative Individual Swimming training video: <https://www.runnersworld.com/training/g31981398/swimming-during-coronavirus/>
  - See USA Swimming & Diving Guidelines: [https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32\\_2](https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2).
- **Moderate Risk Level** – Drills and competitions at outdoor venues that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Swimmers and divers can practice with a maximum of 10 people indoors using Social Distancing Practice Layout as found in the USA Swimming & Diving Guidelines. A maximum of 50 people outdoors using Social Distancing Practice Layout as found in the USA Swimming & Diving Guidelines: [https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32\\_2](https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2)
  - Outdoor competitions, camps and clinics only that follow local guidelines
  - Dryland training
  - Light drill work

- Weight training allowed
- Stay with one practice partner/no switching partners.
- Single conditioning (i.e. sprints, other single-person calisthenics, yoga, etc.)
- Any extending partner workouts should not include extensive workouts.
- **Low Risk Level** – Drills and competitive meets that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Competitions may resume with proper Social Distancing as found in the USA Swimming & Diving Guidelines: [https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32\\_2](https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2)
  - Live drills and activities allowed with proper social distancing.
  - Partner conditioning/Team conditioning allowed.
  - Swim and dive with multiple partners in practice.

# Tennis

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing chatting, changing drills so that players remain spaced out, and no congregating of players while waiting to practice or play. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **On Court Play** – Only essential personnel are permitted on the tennis courts. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., ball boys, managers, video people, media photographers, etc. are considered non-essential personnel and are to be in the gallery remaining in the seating area (when present) or remaining outside the court area (behind the fence).
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines and remain in the spectator seating area or remain outside the court area (behind the fence).
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving.
- **Concession stands** – Concession stands are not recommended.
- **Coach conferences** – Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team/Individual handshakes** – Teams/individuals shall NOT exchange handshakes before, during, or following the practice, match or meet.
- **Press area** – Local schools shall determine which personnel should be in the designated press area considering Wisconsin DHS guidelines.

### Practice and Game Protocols:

- **Masks** – Players are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the court or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.
- **Tennis balls** – Open and use two cans of balls—give each player different numbered tennis balls.
  - Don't touch a ball with another competitor's number.

- Use racquet/feet to advance the ball to other side.
- **Players licking fingers** – Players should only touch and use their own tennis ball and not touch other players’ tennis balls or equipment, and avoid touching court gates, fences, benches, etc. if you can. Players are encouraged to bring their own hand sanitizer (at least 60% alcohol).
- **Player habits** – Coaches should work to create new habits including staying away from touching their face, and not spitting. Avoid touching court gates, fences, benches, etc., if you can, and other players’ equipment or tennis balls.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and umpires are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each set and match and when going out to, and coming in from, the courts. Additionally, emphasize to all to avoid touching their face.

#### Equipment:

- **Tennis equipment** – Players should use their own equipment and tennis balls. Players should not touch other players equipment or tennis balls.
- **Court equipment** – Players should avoid touching court gates, fences, benches, etc. if you can.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Tennis Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - No league, camps, clinics, tournaments or organized events, individual play only.
  - Consider play with family members in household and/or with low-risk individuals.
  - Consider using every other court.
  - Consider not playing doubles—SINGLES ONLY.
  - Consider wearing gloves.
  - Consider having nine players with one coach on a bank of four courts.
  - Stagger practices—limiting the number of participants.
  - Open and use two cans of balls (four for doubles) – give each player a different numbered ball.
    - Don’t touch a ball with another competitor’s number.
    - Use racquet/feet to advance the ball to other side.
  - Remain apart when taking a break.
  - Follow USTA Guidelines: <https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html>.
- **Moderate Risk Level** – Drills and competitive play that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Smaller group play allowed if kept under 50 people outdoors with proper social distancing procedures and local level approvals.
  - Small group activity may begin if kept under 50 people outdoors with proper social distancing procedures and local level approvals.
  - Small group clinics if kept under 50 people outdoors may resume based on facility space and local level approvals.
  - Practice, within summertime regulations, is allowed, but restricted to 50 or less people with proper social distancing procedures and local level approvals.

- Singles and doubles play can be allowed with proper social distancing procedures.
- Open and use two cans of balls (four for doubles) – give each player a different numbered ball.
  - Don't touch a ball with another competitor's number.
  - Use racquet/feet to advance the ball to other side.
- Follow USTA Guidelines: <https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html>.
- **Low Risk Level** – Drills and competitive play that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Tournament and league play may resume with proper social distancing.
  - Activities allowed with proper social distancing.
  - Open and use two cans of balls (four for doubles) – give each player a different numbered ball.
    - Don't touch a ball with another competitor's number.
    - Use racquet/feet to advance the ball to other side.
  - Follow USTA Guidelines: <https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html>.

# Track & Field

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between athletes as much as possible. This means additional spacing between athletes while working out, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting for drills. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Practice Area/Track** – Only essential personnel are permitted on the practice/competition area. These are defined as athletes, coaches, medical personnel/athletic trainers, officials, curve judges, rakers, hurdle crew, timers (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the track.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving.
- **Coach conferences** – Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams shall **NOT** exchange handshakes before, during, or following the practice, match or meet.

### Practice and Game Protocols:

- **Masks** – Athletes are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask while competing or in a meeting, they may do so. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Spitting and nose clearing, licking of fingers during practice or competitions should be eliminated. The habit of minimizing any touching of the face, and covering the cough should be instilled.
- **Hand sanitizer and/or sanitizing wipes** - Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including before prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Team Tents/Tent Cities** – Should not be used as a place for athletes to congregate. They may be set up as an area for gym bags to be located during competition (6 ft apart), but gathering of athletes should be avoided.

#### Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. rakes, cones, resistance bands, warmup equipment, etc.).
- **Track and Field Equipment**
  - **Implements** – Athletes must provide (or be assigned) their own implements and athletes must retrieve their own implement after all throws.
  - **Mats** – Not to be used during Higher or Moderate risk levels, unless covered by a tarp that is removed and disinfected after each athlete. (multiple tarps would be needed)
  - **Blocks** – Must not be shared, or must be disinfected between athletes.
  - **Batons** – At high and moderate risk levels, should not be shared. At lower risk level, could be shared between a limited number of athletes at practice.
- **Personal Items** – Shoes, clothing, towels, inhalers, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.
- **Foam Rollers, Resistance Bands, etc.** – Must not be shared among athletes.
- **What kinds or brands of sanitizer should we be using** - The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Track & Field Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Conditioning.
  - Agility/speed drills (run entirely in lanes – with use of every other lane)
  - Form drills
  - No sharing of batons, blocks or resistance bands
  - No use of hurdles (mini hurdles are permissible – setup and takedown by one person, daily)
  - No use of mats (pole vault or high jump)
  - No use of pits (long jump or triple jump)
  - Throws – no shared implements. Must retrieve own implement after throwing.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.

- Use of hurdles may be added – If hurdles are contacted during practice, by an athlete, disinfecting should be done before the next athlete.
- Blocks can be shared if should be disinfected before being used by a second athlete.
- Use of long jump and triple jump may be added – Measuring instruments should be handled by only 2 individuals
- Weight room usage may be added (See Weight Room document).
- No use of mats (pole vault or high jump)
- Sprint and hurdles should be practiced entirely in lanes, and run in every other lane.
- Middle distance and distance runs should restrict the number of runners on the track.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Add use of batons, within pods (athletes should not change pods, batons should remain with the same pod during practice)
  - High jump and pole vault pits can be opened if mats are covered by a tarp that is removed and disinfected after each athlete.
  - Competitions
    - Meets vs. single opponents
      - Multi-team meets are discouraged
      - Out of area opponents are discouraged
    - Venue arrival and departure plan for teams.
    - Shot and discus throw
      - Athletes provide their own implements and retrieve their own implements after all throws.
    - Long jump and triple jump
      - Consider possible accommodations for video assistance with fair/foul calls at the board to maintain proper distance between official and athletes.
    - High jump and pole vault
      - See tarp information, above
    - Sprint and hurdle events
      - Run entirely in lanes – Run every other lane
      - Blocks must be disinfected after each heat/race.
    - Middle distance and distance races of 800m and longer.
      - Restrict the number of runners in each heat.
  - No baskets at start line for apparel.

**Gym Bag** – Supplies recommended for your personal gym bag:

1. A reusable facial mask – The mask should be worn when entering the practice/competition site and anytime you are not competing. Once warm-ups and practice/competition have begun on the field of play, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6’ apart rule at all times while unmasked.
2. Warm-ups and electronics and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
3. Personal bottle of hand sanitizer - less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
4. Disinfectant wipes for personal use. When using a restroom area, you should disinfect any surface that you will be touching, before and after using the facilities.
5. Athletic braces, tape, inhalers, or any other sports-medical item you may use before, during or after practice/meets should be stored in your gym bag when not in use.
6. Personal water bottles for drinking– the water fountains will not be in use because of CDC guidelines.
7. Additional shoes should also be stored in a separate compartment or bag inside your gym bag - preventing possible cross contamination with other items in the gym bag.
8. Any other item that you deem necessary for practice or competition must be stored in your gym bag when you are not using it.

**\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone’s protection, we don’t want to take a chance of carrying any potential virus back and forth**

# Volleyball

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while practicing and changing drills. No congregating of players while waiting to enter a drill. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. When working out with partners, the partners should be the same until the risk level becomes lowest. This ensures more limited exposure if someone develops an infection.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Sidelines** – Player’s items should be lined up against the wall or in the hallway at least six feet apart. Players should maintain social distancing unless they are actively participating in the practice.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Competition Floor** – Only essential personnel are permitted on the court. These are defined as players, coaches, athletic trainers, line judges, ball shaggers and officials. All others, i.e., managers, video personnel, media personnel, etc. are considered non-essential personnel and are to be outside of the playing area.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving.
- **Coach conferences/Team Huddles** – Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask. Team huddles should be conducted using social distancing guidelines.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice.

### Practice and Game Protocols:

- **Masks** - Players are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the court or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

- **Player habits** – If a player puts their hands/fingers in their mouth or spits on their hands, practice is stopped and the player must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.
- **Hand sanitizer and/or sanitizing wipes** – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at play or series of plays and when going out to and coming off the court. Additionally, emphasize to all to avoid touching their face.
- **Coach Whistles** – Use hand-held whistles or air horns as opposed to regular whistles when possible.

#### Equipment:

- **Volleyball Kneepads** – Players should use their own kneepads.
- **Towels** – Players should use their own towel.
- **Equipment need to be sanitized** – Coaches must sanitize shared equipment **before and after** each practice. Daily cleaning and disinfection are recommended.  
Molten USA has provided the following information: The use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus. When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface. Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use. Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed. **Alcohol wipes have resulted in damage to the product and are not recommended at this time.**
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Balls and equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Volleyball Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Players may do form drills and ball handling work without partners
  - Solo cardio conditioning (i.e. single-person calisthenics)
  - Weight lifting
  - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Players may do drills and ball handling work with a partner
  - Stay with one practice partner/no switching partners
  - Solo cardio conditioning (i.e. single-person calisthenics)
  - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Players may live drill and scrimmage with teammates
  - Players may live drill with multiple partners in practice

- Team cardio conditioning
- Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.

**Gym Bag** – Supplies recommended for your personal gym bag:

1. A reusable facial mask should be worn when entering and exiting the venue. Once you have entered the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6' apart rule at all times while at the venue.
2. Towels or other items that are normally used during practices will stay in your gym bag.
3. Personal bottle of hand sanitizer creates a smaller possibility of cross contamination and less time standing around waiting to use a shared bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used before each event and when entering and exiting the venue.
4. Athletic tape and any other tape you normally use during practice.
5. Personal water bottles for drinking – water fountains will not be in use because of CDC guidelines.
6. Your outside shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.

\*\*Everything inside the gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.

# Wrestling

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

## Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
  - They are free of fever (less than 100.4°F) **AND** respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; **AND**
  - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. **Written medical clearance is required to return to activity.**
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## Sport Specific Information

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between wrestlers as much as possible. This means additional spacing between wrestlers while practicing, chatting, changing drills so that wrestlers remain spaced out, and there is no congregating of wrestlers while waiting to workout. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. When working out with partners, the partners should be the same until the risk level becomes lowest. This ensures more limited exposure if someone develops an infection.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Bench Area** – Wrestlers’ items should be lined up against the wall or in the hallway at least six feet apart. Wrestlers should maintain social distancing unless they are actively participating in the practice.
- **Wrestling Mat** – Only essential personnel are permitted on the mat. These are defined as wrestlers, coaches, athletic trainers, and officials. All others, i.e., managers, video people, media photographers, etc. are considered non-essential personnel and are to be off the mat.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- **Coach conferences** – Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice.

### Practice and Game Protocols:

- **Masks** – Wrestlers are not required to wear cloth face coverings, but may do so if they desire. Coaches and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the mat or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.
- **Wrestlers licking fingers** – If any wrestler touches their mouth, practice is stopped and the wrestler must sanitize their hands. If they touch any equipment after going to their mouth, stop practice, remove the equipment to be

sanitized and the wrestler sanitize their hands. Wrestlers are encouraged to bring their own hand sanitizer (at least 60% alcohol).

- **Player habits** – Coaches should work to create new habits including staying away from touching their face and not spitting. Mouthguards should remain in their mouth. If a wrestler touches their mouthguard, they must immediately sanitize their hands.
- **Hand sanitizer and/or sanitizing wipes** - Wrestlers, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at session on the mat and when going in on out of the wrestling room. Additionally, emphasize to all to avoid touching their face.

#### Equipment:

- **Wrestling headgear** – Wrestlers should use their own headgear.
- **Wrestling equipment** – Wrestlers should use their own equipment such as knee pads.
- **Equipment need to be sanitized** – Coaches must sanitize shared equipment before and after each practice. Daily cleaning and disinfection are recommended.
- **Wrestling Mat** – Coaches must sanitize shared equipment before and after each practice. Daily cleaning and disinfection are recommended.
- **What kinds or brands of sanitizer should we be using** –The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Equipment may be wiped with listed disinfectants and a damp cloth.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

#### COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

#### Wrestling Practice Risk Levels:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Wrestlers may do drill work against the air without partners.
  - Single conditioning (i.e. sprints, other single-person calisthenics)
  - Weightlifting
  - Shadow wrestle
  - Shadow progression wrestling video: <https://youtu.be/KlkqLB46J90>
  - A sample workout that programs could use without touching a partner, and following social distancing guidelines. <https://youtu.be/bAxrlr4XF8o>
  - This video progresses off of the previous video: <https://youtu.be/ngXackOBL44>
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
  - Wrestlers may do drill work with a partner with short bursts while wearing a mask such as: stand ups, reversals, takedowns.
  - Light drill takedowns with partner
  - Stay with one practice partner/no switching partners
  - Light drill escapes and reversals
  - Single conditioning (i.e. sprints, other single-person calisthenics)
  - Any extending partner workouts should not include pinning or collar tie ups.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Wrestlers may live scrimmage, work on pinning combinations, etc.
- Live drills/live wrestle
- Live situation drills
- Partner conditioning/team conditioning
- Pinning combination drills
- Wrestle with multiple partners in practice