



MS 2021 SPRING SPORTS FAQ's

Which Middle School sports will be offered this spring?

- Basketball
- Ultimate
- Cross Country
- Tennis

Which activities are allowed by phases? (Note information on phasing located below)

PHASE 1	PHASE 2
FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2	
LOW RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Competitions allowed • No Spectators 	<ul style="list-style-type: none"> • Competitions allowed • Maximum of 200 people including spectators
MODERATE RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
HIGH RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
LOW RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
MODERATE RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
HIGH RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person, separated by a buffer zone • Individual training and practice allowed for athletes 	<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed

What are the risk levels of the various middle school sports we are offering this spring?

- **Low Risk:** Tennis, Cross Country
- **Moderate Risk:** Ultimate
- **High Risk:** Basketball

Where can we find what phase our Puget Sound Region is in?

Metrics and phase information will be maintained on the Department of Health website. To date, the DOH has published a weekly report with updates which can be found under the “reports” section [here](#).

Will students be able to play Middle School sports and attend in-person classes when we are back to in-person learning?

Yes!

Can a student participate on more than one team?

Yes, but only if the practice days do not conflict.

Will EPS play games?

Currently we have no games on our schedule. We are, however, reaching out to league schools so this may be subject to change. Stay tuned!

Will participating in Middle School sports affect EBC week?

No. EBC week will take priority. We currently have practices scheduled over EBC week, but if we find there are too many conflicts, we will reevaluate.

Will EPS have practices over Spring Break?

No, we will not hold practices over spring break. Enjoy your time off!

If a student travels over spring break, can they still participate?

Yes. Please be aware that any student who travels outside of the state (by any transportation mode – plane, car, etc.) must quarantine for 14 days before resuming any EPS athletic activity.

Will EPS provide transportation?

EPS will not provide transportation to and from practices.

Will athletes need to fill out the pre-screen app even if they aren't coming to campus?

Yes! All participants will need to complete a **daily health check** prior to participation regardless if practicing in the gym or on a local field.

Will masks be worn during practices?

Yes, facial coverings are required by all participants **at all times**.

What should our family do if our athlete tests positive for COVID?

The health and safety of our entire community depends on the actions of our families related to self-reporting of positive COVID cases. Families should inform the school immediately on learning of a positive COVID diagnosis. Respect for the privacy of the person who tested positive and their family will be of utmost importance. Proper steps as outlined by the State of Washington Department of Health will be followed and all athlete and their families will be informed if a positive COVID diagnosis is received by a member of their team.

What is the process if someone on the team tests positive for Covid?

Eastside Prep will inform all members of a team if someone associated with that team tests positive for COVID and will initiate all necessary safety protocols. Respect for the privacy of the person who has tested positive and their family will be of utmost importance.