

Dear EPS Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions about if and how COVID-19 will change this fall's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume sports in the fall while following CDC considerations and the Department of Health, NFHS and WIAA guidelines to protect players, families, and our community.

The health and safety of our athletes, coaches, and officials remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. You will also see our more detailed phased approach for returning to play.

- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by cleaning and disinfecting frequently touched surfaces on the field, court, or playing surface at least daily or between use as feasible, cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants.
- Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills (like dribbling, passing or throwing), rowing in singles boats, keeping athletes in small groups, putting signs and tape on floors or playing fields to ensure that coaches and players stay 6 feet apart and discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.
- Postponing travel outside of our community, competing only against league schools or schools in our local area. \*The risk level of each sport will dictate when we can resume competition outside of EPS. See phased approach below.
- Promoting healthy hygiene practices providing hand sanitizer before and after practices and games and encouraging athletes to cover coughs and sneezes with a tissue or to use the inside of their elbow. In addition, all coaches will be equipped with disinfectant spray to wipe off balls and other equipment regularly throughout practices and games.
- Requesting that coaches, officials, parents, and spectators wear a cloth face covering during practices and games. Players should wear a cloth face covering on the sidelines and on the bench, however this will be optional while competing.
- Limiting the sharing of equipment. We will number balls/discs so players will each have their own. Tennis players will use their own rackets and golfers will use their own clubs. In drills where there is shared equipment (\*Phase 2 below), the equipment will be sanitized along with the hands of each player. Players will also practice in small groups which are consistent throughout the season.
- Each athlete will go through a daily pre-practice screening with an EPS Athletic staff member before they are able to participate. This screening will consist of daily temperature checks as well as other symptoms such as fever, cough, sore throat and shortness of breath.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

Please see our EPS phased approach plan as we open up sports in the summer/fall.

### **Phase 1**

#### **Pre- workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19

#### **Limitations on Gatherings:**

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms will not be utilized. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts will 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.
- There will be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room will be decreased until proper social distancing can occur.

#### **Physical Activity and Athletic Equipment:**

- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual.

#### **Examples (including by limited to):**

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- An ultimate player should not use a single disc that others touch in any manner.
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals
- Rowers will only row in singles boats.

### **Phase 2**

#### **Pre- workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.

- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19

**Limitations on Gatherings:**

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there will be a minimum distance of 6 feet between each individual at all times.
- Workouts will 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.
- There will be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices.

**Physical Activity and Athletic Equipment:**

- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Hand sanitizer will be plentiful at all contests and practices.
- Athletic equipment will be cleaned between each use.
- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).

**Phase 3**

**Pre- workout Screening:**

- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and should contact their primary care provider or other appropriate healthcare professional.
- A record will be kept of all individuals present.

**Limitations on Gatherings:**

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.

**Physical Activity and Athletic Equipment:**

- Lower risk sports practices and competitions may resume
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment should be cleaned between each use.
- Moderate risk sports practices and competitions may begin.

**Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. **EPS currently does not offer any higher risk sports.**

*Examples: Wrestling, football, boys lacrosse, competitive cheer, dance*

**Moderate Risk:** Sports that 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 sports OR sports that use equipment that can't be cleaned between participants. **Sports EPS offers are highlighted in blue.**

*Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, ultimate frisbee, water polo, gymnastics\* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football \*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants*

**Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. **Sports EPS offers are highlighted in blue.**

*Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)*

If you have a specific question about this plan or COVID-19, please contact Director of Athletics, Kim Eng, for more information.

We look forward to seeing you in the fall! Now, let's play!

Thank you and stay healthy!

Kim

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