



LMHS Athletics
Return to Play Guidelines
July 1, 2020

Lake Mills School Area District and Athletic Department understands the grave situation that CoVID-19 has presented. It is important that as we return to play being allowed the WIAA Contact Days that we take the utmost care and direction to make sure that our athletes are able to prepare in organized activities safely. While CoVID-19 has made our preparations different, we understand the need for our students to participate in controlled environments that are being overseen by adults.

Below is a table that shows guidelines laid out by Jefferson County, the Nation Federation of High School Sports, and the Center for Disease Control (CDC). It should be noted that Jefferson County(JC) guidelines are for “youth sports” which fall under the category of Recreation. High School sports do not specifically fall under “youth sports”, but we feel it is important to have a strenuous safety protocol in place and make sure we are consistent in Lake Mills.

<u>BluePrint for Reopening Jefferson County</u>	<u>National Federation of High School Sports</u>	<u>Center for Disease Control and Prevention (CDC)</u>
<p style="text-align: center;"><u>Youth Sports</u></p> <ul style="list-style-type: none"> - Cancel contact sports for Spring and Summer 2020. - <u>Contact sports</u> <u>include:</u> basketball, football, soccer, hockey, lacrosse, rugby, boxing, some martial arts, wrestling, etc. - Low contact sports are permitted if there is the ability to disinfect equipment between uses. - <u>Low contact sports</u> <u>include:</u> baseball, volleyball, tennis, golf, swim, weight lifting/strength training, 	<p style="text-align: center;"><u>High School Sports</u></p> <ul style="list-style-type: none"> - State, local or school district guidelines for cloth face coverings should be strictly followed. - Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity. - Any student who prefers to wear a cloth face covering during a contest should be allowed to do so. - Any person who has had a fever or cold 	<p style="text-align: center;"><u>Youth Sports</u></p> <ul style="list-style-type: none"> - Hand Hygiene and Respiratory Etiquette - Teach and reinforce handwashing with soap and water for at least 20 seconds - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer). - Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their



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<p>distance running, breakdancing, bowling, badminton, pickleball, ladder golf, cornhole, gymnastics, multi-person dance, cheerleading, competition ice skating, track and field, etc.</p> <ul style="list-style-type: none"> - Cancel tournaments for Spring and Summer 2020. - Practice physical distancing. In spaces where physical distancing is difficult, staff and participants should wear cloth face masks as safety permits. - Clean and disinfect often per CDC guidelines. - Limit the sharing of equipment. - Considerations should be made for staff, youth, and caregivers with underlying health conditions, as some are at higher-risk. - Considerations should be made for young children as physical distancing may pose a challenge. <p><u>Disinfection:</u></p> <ul style="list-style-type: none"> - Clean and disinfect regularly, particularly high-touch surfaces such as faucets, toilets, doorknobs and light 	<p>symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.</p> <ul style="list-style-type: none"> - A record should be kept of all individuals present. - Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed. <p><u>Limitations on Gatherings:</u></p> <ul style="list-style-type: none"> - 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. Consider using tape or paint as a guide for students and coaches. <p><u>Hydration:</u></p> <ul style="list-style-type: none"> - All students shall bring their own water bottle. Water bottles must not be shared. - Hydration stations 	<p>elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.</p> <ul style="list-style-type: none"> - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used. - Cloth Face Coverings <p><u>Signs and Messages</u></p> <ul style="list-style-type: none"> - Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures <ul style="list-style-type: none"> pdf icon and describe how to stop the spread pdf icon of germs such as by properly washing hands and properly wearing a cloth face covering image icon - Broadcast regular announcements on public announcement (PA) system <ul style="list-style-type: none"> Include COVID-19 prevention messages (for example, videos) about behaviors that prevent spread of COVID-19 when communicating with staff, volunteers, officials, and families.
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<ul style="list-style-type: none"> switches. - Regularly stock supplies for handwashing, including soap and materials for drying hands. - Clean portable toilets often and restock with hand hygiene products. Encourage visitors to bring their own hand sanitizer for use in these facilities. Limit guests to 50% capacity. - Practice physical distancing. In spaces where physical distancing is difficult, wear cloth face masks. - Limit to 50% capacity or 4 people per 1,000 square feet. - Practice physical distancing. In spaces where physical distancing is difficult, staff and residents should wear cloth face masks as safety permits. - Clean and disinfect often per CDC guidelines. 	<p>(water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.</p> <p>Contests</p> <ul style="list-style-type: none"> - Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations) - <u>Higher Risk:</u> Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. - <u>Examples:</u> Wrestling, football, boys lacrosse, competitive cheer, dance - <u>Moderate Risk:</u> 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. 	<p>This could include links, videos, and prevention messages in emails, on organization websites, and through the team and league's social media accounts.</p>
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	<ul style="list-style-type: none">- <u>Examples:</u> Basketball, volleyball*, baseball*, softball*, soccer, 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- <u>Lower Risk:</u> 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.- <u>Examples:</u> 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)	
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Lake Mills High School Sport Specific Plan:

Important Notes for ALL Sports:

The protocols in the Return to Play Plan are designed only to mitigate participant, staff or volunteer exposure to and spread of COVID-19. The protocols contained herein should not be relied upon or construed as a way to completely prevent a participant, staff or volunteer from becoming infected with COVID-19.

The protocols contained within this plan were created with consultation with the Jefferson County Health Department as well as review of the WIAA/National Federation of High School Sports (NFHS), and the Center for Disease Control and Prevention (CDC). The most recent guidelines have been incorporated.

References:

[Blueprint for Reopening Jefferson County](#)

[NFHS](#)

[CDC](#)

The Lake Mills Area School District reserves the right to close the facilities and/or modify these protocols at any time at the direction of the Jefferson County Health Department or other authorizing agency including the Board of Education.

For all:

- Contact days are voluntary. Athletes should discuss their participation with their family's and their own specific family health, needs, and concerns*
- Athletes and staff should refrain from participation if they exhibit any symptoms associated with CoVID-19. There is no penalty for non-participation*
- All athletes will provide their own hydration*
- No locker rooms will be provided*
- Enter and exit through designated areas*
- Social/Physical distancing will be strictly monitored.*



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- Masks are recommended if social/physical distancing of at least 6 feet cannot be maintained*
- Athletes may not congregate even in small groups.*
- No touching other students, e.g., high fives, fist bumps, etc.*
- No spectators or parents in any of the spaces*
- Hand washing/sanitizing often is encouraged*
- All personal clothes and equipment must be taken home each day for sanitizing*
- Athletes who do not follow the guidelines within may be asked to leave the practice at the coach's discretion*
- Families who may need specific accommodations should contact their coach to begin discussing individual needs*

Fitness Center: (Considered low risk by JC and NFHS)

- The Fitness Center will be staffed by two adults at all times.
- Ten athletes will be allowed in at a time. (12 people per 3100')
- One adult will be making sure student-athletes are performing correct form while adhering to social/physical distancing practices.
- Students will be on a rotational based workout with designated areas and weights that they will use.
- The second adult will be working to sanitize before and after the stations.
- Athletes can wear face coverings as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft. We will have masks available if they do not have their own.
- Attendance will be taken every day and entry point will be from the outside of the weight room
- Students will exit at a staggered time as others, so not to cross paths.

Volleyball: (Low Risk - JC and NFHS)

- Volleyball will adhere to keeping the gym to under 30 people at all times. This will fit into the max capacity and square footage recommendations (NFHS and JC).



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- There will be a designated cart for balls to use on specific days. It will be sanitized and a new cart will be used the following day.

Baseball/Softball: (Low Risk - JC Moderate Risk - NFHS)

- Competition will be limited to local areas that are following the same guidelines.
- Travel will happen independently with parents providing transportation for those in their family ONLY
- Multiple team members may not travel together.
- No spitting, sunflower seeds, or gum will be allowed.

Soccer: (High Risk - JC Moderate Risk - NFHS)

- Students will be on turf field which does not allow gum, sunflower seeds, or spitting.
- Balls will be rotated and not be used for 72 hours after use.
- Pinnies will not be shared and athletes will bring their own uniforms.

Basketball: (High Risk - JC Moderate Risk - NFHS)

- Gym occupancy will remain under 30 total people.
- Basketballs will be sanitized and rotated.

Track and Field: (Low Risk - JC Low Risk - NFHS)

- Any equipment will be immediately sanitized by coaches after practice.
- No equipment will be shared.

Wrestling: (High Risk - JC High Risk - NFHS)

- We will be practicing social distancing in the wrestling room with circles that keep athletes six feet away from others.
- Athletes will be given a mask to wear instead of a camp t-shirt.
- The mask will be worn at all times while in the room.
- There will be no greater than 10 people in the wrestling room at a time.
- Athletes will not be allowed to change or take off clothing in the wrestling room. They must change outside of the room.
- Attached is the Wrestling Federation's "Return to Mat Guidelines"
<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>



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Football: (High Risk - JC High Risk - NFHS)

7 on 7 Football: (Low Risk)

- All activities will be outside
- Our football team will be in full protective gear.
- There will be no contact during the contact days. Coaches will monitor.
- Practices will be run in a **7 on 7** format where there is no contact and athletes are spread out around the field.
- Players will wear gloves, helmets, and shoulder pads.
- Stretching and conditioning will all take place 6 feet (3 yards apart)
- Coaches will continue to monitor that no physical contact is made with players.
- For every 8 student-athletes there will be one coach overseeing that all precautions are being followed

Tennis: (Low Risk)

- Tennis balls will be rotated
- Social Distancing practices will be in place