



**Verona Area High School
Athletic Department
COVID-19 Guidelines for Winter Athletics 2020-2021**

Updated 1/5/2021 - This is a living document; changes will be made in accordance to NFHSA, WIAA, PHMDC and the Verona Area School District

The following are guidelines for the start of Winter Athletics and Co-curricular activities on January 4th, 2021 . The resources for this reopening come from the National Federation of State High School Association (NFSHA), the Wisconsin Interscholastic Athletic Association (WIAA), the Department of Health (DHS), and Public Health of Madison & Dane County (PHMDC). This protocol will be followed until further notice.

Table of Contents:

Student-Athlete and Coach/Advisor Screening	2
All Sports and Activities Requirements	2
Athletic Facilities	4
Strength and Fitness Center Procedures	5
Athletic Training Room Procedures	5
PHMDC Sports Classification by Risk	5
Mass Gathering Capacities	5
Sport-Specific Procedures and Requirements	5
COVID-19 Protocol for Positive Test, Exposure, or COVID-like Symptoms: Student-Athletes	7
Appendices	8
References	8

Student-Athlete and Coach/Advisor Screening

- Athletes and coaches will not be allowed to attend if they have exhibited any of the possible COVID-19 symptoms (see next section) or, have had direct exposure to someone else who tested positive to COVID-19 within the last 10 days.
- Each athlete will need to be screened and must present a signed [VASD COVID-19 Screening Checklist Form](#) (Appx. #1) and parent signature to participate in that day's practice or competition.
- If an athlete becomes symptomatic during an activity, practice, or competition, they will be taken to a designated isolation area and their parents will immediately be contacted.
- Attendance will be taken by coaches and advisors. A record will be kept of all students that are present at each activity. Those records will be kept by the Athletics and Activities Department for one calendar year.
- Any individual that has one or more of the symptoms should contact their medical provider or local health department for guidance on testing and possible quarantine.
- [VASD COVID-19 Screening Checklist Form](#) (Appx. #1)

Symptoms of COVID-19

All will be screened for any following new or unexplained symptoms:

1. Chills
2. Cough
3. Shortness of breath / chest tightness
4. Runny Nose
5. Sore Throat
6. Nasal Congestion
7. Severe fatigue/exhaustion
8. Muscle pain
9. Loss of taste and/or smell
10. Headache
11. A temperature of 100.4° F or above
12. Nausea, vomiting, or diarrhea
13. Direct contact with someone who has tested positive for COVID-19 within the past 10 days.

All Sports and Activities Requirements

Compliance

- All athletes will commit to participating in their winter sports season. All non-school sport participation must be authorized by the Athletic Director using the [WIAA Non-School Competition During the School Sports Season Form](#) (Appx. #6) before participation in the non-school event. Athletes that choose and are permitted to participate in any non-school competition will be subjected to a mandatory 10-day quarantine away from all VAHS sports activities. The intent of this is to minimize outside exposure.

- Suppose an athlete fails to comply with this rule or participates in a non-school event without authorization. In that case, they will be subject to a WIAA violation and a mandatory 10-day quarantine for the first offense and possible suspension or removal from the team after a second offense.
- All eligibility requirements in the [VAHS Student Activities Code of Conduct Handbook](#) (Appx. #7) still applies for student participation in VAHS athletic programs.

Attestment of Health from Opposing Schools

- See Appx. #2 and #3 required documentation from the WIAA.
- One week after the competition, a follow-up with Verona Area Athletics and the opposing school will be conducted to determine if there were any positive cases or asymptomatic individuals.

Hygiene Habits

- Everyone will thoroughly wash hands with soap and water for 20 seconds before and after participating. Frequent hand washing or use of hand sanitizer is strongly recommended.
- Locations will have hand sanitizer (alcohol-based and has at least 60% alcohol) easily available for use.
- Everyone MUST follow physical distancing guidelines at all times (6-feet apart).
- No physical contact of any, such as high fives, fist bumps, handshakes, hugs, etc.
- Individuals will not share any personal items with others (towels, clothing, shoes, equipment, etc.).
- Coaches will promote personal hygiene following sessions/practices - All should shower immediately when they get home, and wash workout clothes (separate from others) after each session/practice.

Face Coverings

- All individuals are required to wear a face-covering when indoors, including when exercising.
- When outdoors, a face covering is required by all individuals on the sidelines and when 6-foot physical distancing is not possible.

Hydration and Food

- There will be absolutely no sharing of water bottles or food. Individuals will need to bring their own water bottles and their own snacks.
- Team snacks should not be provided by a family.
- No use of water stations (coolers, fountains, troughs, etc.) until further notice.

Transportation

- Bussing will be provided for those who do not have transportation.
- Parents/guardians should be prepared to transport their athlete(s) to and from all practices and competitions.
 - No ride sharing unless it is members of the same household.
 - [VAHS Extracurricular Transportation Release Form](#) (Appx. #5)

Handling of Multiple Practice Sessions

- Subsequent practices/sessions should not be back-to-back.
 - Teams will need to coordinate so multiple teams are not in the same space at the same time.
- Do not let athletes linger and socialize with others in the previous or next group.
- Individuals should arrive at their specific time, not more than 5 minutes early, and not hang around when their session/practice is over.

Facility

- Only one person is allowed in the bathroom at a time. Bathroom doors (not stall doors) should be kept open to allow for increased ventilation and to decrease touches.
- If possible, prop open the outside door to the building and gyms to decrease on touches.
- Activities in the Fieldhouse, Gymnastics Room, Strength and Fitness Center, or Wrestling Room shall enter and exit through Door #17.
- Swimmers shall enter and exit through the Aquatic Center doors.

Locker Rooms

- Locker Room usage will be very limited and capacity limits will be adjusted for all shared spaces. Coaches will monitor to make sure capacity limits are maintained.
 - Student-athletes are expected to come dressed for practice/competition.
 - Boys/Girls Basketball, Gymnastics, Hockey, and Wrestling = **NO USE OF LOCKER ROOMS.**
 - Boys Swim = Locker room will be available before practice for a state mandated shower.
 - **Equipment** and **Clothing** must be brought home every day to be washed and cleaned before the next use/participation.
 - Loitering in the locker rooms is NOT allowed.

Inclement Weather

- If there is a high probability of threatening weather conditions, the event shall be cancelled.
 - This will eliminate the likelihood of trying to find safe locations indoors where all participants can be physically distant.

Concessions

- There will be no concessions in operation at any sporting event or activity until further notice.

Athletic Facilities (VAHS Athletic Facilities, All District Gyms, Pool)

- All indoor facility capacities are currently set at 10 student-athletes per group, not including coaches.
 - Face coverings are to be worn at all times, even during exercise (excluding while in the pool).
 - No group should cross over into another space for any reason.
- Athletic teams will need to be conscious of who is using these facilities and at what times, so capacity limits are not exceeded.

- Groups should not cross paths or stop to socialize with other groups.
- Parents should remain in their car and not come into the building or the practice area.
 - A coach will alert the student-athletes once they are authorized to enter the facility.

Strength and Fitness Center Procedures

- Capacity is set at 10 student-athletes, not including coaches.
- Equipment will be disinfected after each use, especially between uses if it is being shared.
- Face coverings are to be worn at all times, even during exercise.

Athletic Training Room Procedures

- Availability and hours are to be determined. Please reach out directly to our Athletic Trainer, Dren Gashi, with questions - gashid@verona.k12.wi.us
- When in-person sessions are available, they will be limited to the number of student-athletes at one time in the training room to ensure physical distancing is maintained.
- Face coverings will be required at all times.
- Virtual sessions will be available.

PHMDC Sports Classification by Risk

- **Low Risk *+:** Individual Gymnastics, Individual Swim, Ski and Snowboard
- **Medium Risk #+:** Basketball, Group Gymnastics, Swim Relays
- **High Risk #+:** Hockey, Wrestling, Group Dance

**Current PHMDC restrictions only allow low-risk sports to compete within Dane County.*

+VASD permits scheduling out-of-county competitions and events.

#Medium- and High-Risk sports may practice, drill, catch, with 6 feet physical distancing. No contact is allowed.

Mass Gathering Capacities

Indoors - groups of 10 or fewer athletes are allowed per space. *#

Outdoors - groups of 25 or less are allowed per space. *#

**Coaches and district employees do not count towards group sizes.*

#This may be adjusted based on the most recent information from PHMDC

Groups should remain the same, and not change or switch individuals, to avoid added exposure within groups.

Sport-Specific Procedures and Requirements (See WIAA Winter Sport Guidelines for more information)

Boys and Girls Basketball

- [Currently unable to host competitions per PHMDC.](#)
- Drill work for individual skills in practice will take place in smaller groups that will remain the same throughout the season. Physical distancing (6 feet) must be maintained at all times during practice and workouts.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Spectator capacity will be determined by the host school/facility.

Dance

- [Currently unable to host competition per PHMDC.](#)
- Physical distancing (6 feet) must be maintained at all times during practice and workouts.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- No more than 10 dancers at practice at one time.
- Spectator capacity will be determined by the host school/facility.

Gymnastics

- Sanitize equipment between each use by an athlete.
- No common chalk bowls, all athletes will bring their own chalk.
- Physical distancing (6 feet) must be maintained at all times during competitions, practice, and workouts.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- No more than 10 athletes in the Gymnastics Room at one time.
- Spectator capacity will be determined by the host school/facility.

Hockey

- [Currently unable to host competitions per PHMDC.](#)
- Physical distancing (6 feet) must be maintained at all times during practice and workouts.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Players will use only their own equipment.
- Spectator capacity will be determined by the host school/facility.

Boys Swim

- Physical distancing (6 feet) must be maintained at all times during competitions, practice, and workouts.
- Swimmers and Divers will wear a face covering when not in the pool.
- Coaches, officials, and event workers will wear a face covering at all times.

- Locker rooms will be available to shower per the state health code.
- Starting blocks will be frequently sanitized.
- [Currently no relays are allowed, if hosting in Dane County](#). Relays can be modified by spacing of relay members and lane limitations.
- Spectator capacity will be determined by the host school/facility.

Wrestling

- [Currently unable to host competition per PHMDC](#).
- Physical distancing (6 feet) must be maintained at all times during practice and workouts.
- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Drill work for individual skills in practice will take place in smaller groups that will remain the same throughout the season.
- Equipment will be sanitized between each match.
- Per WIAA Regulations: 6 days between competitions; no tournaments.
- Spectator capacity will be determined by the host school/facility.

Ski & Snowboard

- Face coverings shall be worn near others and are encouraged at all other times.

COVID-19 Protocol for Positive Test, Exposure, or COVID-like Symptoms: Student-Athletes

- Parents/guardians will be instructed to notify The District within 24 hours if their student-athlete is positive for COVID-19 or has been in close contact with a COVID-19 positive individual. This allows us to keep all students as safe as possible through early detection and notification.
- The District will notify the school community, student-athletes, and coaches of exposure.
- The District will notify impacted individuals of quarantine protocols and return to play date.
- [WIAA Tournament Series Quarantine Requirement](#) (Appx. 4): During the WIAA tournament series the WIAA requires all team personnel (players, coaches, managers) that are COVID-19 positive or deemed a close contact to quarantine for 14-days.
- COVID-19 symptoms include:
 - Fever (greater than 100.4°F) or chills (sustained and uncontrollable)
 - New or worsening:
 - i. Cough
 - ii. Shortness of breath or difficulty breathing
 - iii. Fatigue
 - iv. Muscle or body aches
 - v. Headache
 - vi. New loss of taste or smell
 - vii. Sore throat
 - viii. Congestion or runny nose

- ix. Nausea or vomiting
 - x. Diarrhea
-

Appendices

1. [VASD COVID-19 Daily Screening Checklist Form](#)
2. [WIAA Verification Form](#)
3. [WIAA COVID-19 Coach/Athlete Symptom Checklist Form](#)
4. [WIAA Quarantine Requirement - Tournament Series](#)
5. [VAHS Extracurricular Transportation Release Form](#)
6. [WIAA Non-School Competition During the School Sports Season Form](#)
7. [VAHS Student Activities Code of Conduct Handbook](#)

References

- [Public Health of Madison Dane County, Emergency Order #11](#)
- [Phase 2 Sports Guidance \(PHMDC\) - updated 9/18/2020](#)
- [WIAA Return to Winter Sports Considerations](#)