



## **Return to Play Guidelines**

### **School Sponsored High School Athletics**

**(These guidelines apply to all school sponsored and co-sponsored school athletics)**

#### **Introduction and Purpose**

During the 2020-21 school year, Bellingham Public Schools plans on providing activities and athletic experiences to our students within the district and state guidelines to keep our students and staff safe during the COVID-19 pandemic. As a district we recognize the importance of high school athletics and activities in developing the physical, social and emotional growth of our students through participation in athletics.

Our plan for return to play began on September 28 and allows coaches to work with student athletes. Initially, we started in a 100% remote/online environment and then moved to in-person outside training/conditioning and skill development through January or two days prior to the start of Season 1. The ASB fee for students participating in athletics this year has been waived and therefore will not be a requirement for any participation during the 20-21 school year.

The following is a summary of guidelines for school-based activities issued by the Washington State Department of Health on January 5 with further details added to the governor's website on January 11. Please note that this document is intended to highlight key policies and add clarity to the Department of Health policies; it does not reflect WIAA policies. The full language issued on the governor's website can be accessed [here](#).

The governor's office has declared school districts and organizations must follow these guidelines for athletics, unlike the recommendations issued in the Decision-Making Tree for schools to return to in-person learning.

On March 11, 2021, Governor Inslee announced that the state of Washington will be moving to Phase 3 in all counties of the state on March 22, 2021. The district has included new Phase 3 guidance from [WIAA](#) starting with Season 2. Guidelines for Season 3 sports are being finalized and will be communicated when complete.

Additional updates, information and sports specific guidelines will be communicated through school websites and FinalForms.

## Department of Health: Metrics

Under the updated plan, counties will be individually evaluated every three weeks. The evaluations will occur on Mondays with any possible changes taking effect Friday, with the first evaluation scheduled for April 12.

In addition to being individually evaluated, large and small counties will have different sets of criteria. If any county fails one or more of the metrics below, that county will move down one Phase in the Healthy Washington plan.

If at any point the statewide ICU capacity reaches greater than 90%, all counties will move down one Phase. The Department of Health always maintains the ability to move a county forward or backward at their discretion.

COUNTY SIZE	INDICATOR	PHASE 1	PHASE 2	PHASE 3
Large County (> 50,000 people)	New Cases per 100,000 population over 14 days	> 350	350-200	< 200
	New COVID hospitalizations per 100,000 population over 7 days	> 10	9.9-5	< 5
Small County (< 50,000 people)	New Covid cases over 14 days	> 60	59-30	< 30
	New COVID hospitalizations over 7 days	> 5	4.9-3	< 3

# Sports Season Specific Guidance

## Season 1: February 1 to March 20

<p><b>Cheer – Sideline</b> <b>Cross Country</b> <b>Dance</b> <b>Girls Swim</b> <b>Football</b></p>
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## Season 1: February 8 to March 20

<p><b>Girls Soccer</b> <b>Slowpitch Softball</b> <b>Volleyball</b></p>
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## Season 2: March 22 to May 7

<p><b>Baseball</b> <b>Boys &amp; Girls Golf</b> <b>Boys &amp; Girls Track and Field</b> <b>Boys Soccer</b> <b>Cheer – Sideline</b> <b>Dance</b> <b>Fastpitch Softball</b> <b>Girls Tennis</b> <b>Sailing</b> <b>Unified Soccer</b></p>
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## Season 3: May 10 to June 11

<p><b>Boys &amp; Girls Basketball</b> <b>Boys &amp; Girls Wrestling</b> <b>Boys Swim</b> <b>Boys Tennis</b> <b>Cheer – Sideline</b> <b>Dance</b> <b>Girls Bowling</b> <b>Gymnastics</b> <b>Lacrosse</b> <b>Unified Basketball</b></p>
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The following pages provide sports specific guidance for individual sports by season. Below is a color key which corresponds to the risk level of each sport shown.

<b>Sports Risk Level Color Key</b>
<b>Low Risk</b>
<b>Moderate Risk</b>
<b>High Risk</b>

## Season 1

<b>CHEER - SIDELINE</b>	
<b>PHASE 1</b>	<b>PHASE 2</b>
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Full practice allowed</li> <li>• No spectators</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• Stunting allowed</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<b>LOW RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Occupancy of 500 square feet/person</li> <li>• 4 pods of 6 and 2 coaches allowed in main gym at BHS and SQHS</li> <li>• 4 pods of 5 and 2 coaches allowed in main gym at SHS</li> <li>• Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>• No stunting allowed</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• No stunting allowed</li> <li>• Indoor facilities limited to student athletes and approved coaches</li> <li>• Practices can be moved to the mat room, commons or auxiliary gym</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>

### Important Reminders

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

<b>CROSS COUNTRY</b>	
<b>PHASE 1</b>	<b>PHASE 2</b>
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• Competitions allowed (no tournaments)</li> <li>• No spectators</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed – masks required during practice</li> <li>• Competitions allowed (no tournaments)</li> <li>• Runners may lower their masks after their race has started and must raise their masks after they cross the finish line</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<b>LOW RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>	<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>

**Important Reminders**

- Facial coverings are required for coaches and student athletes at all times (see exception noted above).
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

<b>DANCE</b>	
<b>PHASE 1</b>	<b>PHASE 2</b>
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Full practice allowed</li> <li>• No spectators</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<b>LOW RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Occupancy of 500 square feet/person</li> <li>• 4 pods of 6 and 2 coaches allowed in main gym at BHS and SQHS</li> <li>• 4 pods of 5 and 2 coaches allowed in main gym at SHS</li> <li>• Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• Indoor facilities limited to student athletes and approved coaches</li> <li>• Practices can be moved to the mat room, commons or auxiliary gym</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>

**Important Reminders**

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

<b>GIRLS SOCCER</b>	
PHASE 1	PHASE 2
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>MODERATE RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Practice and training only</li> <li>• Intra-team scrimmages allowed</li> <li>• No headers; no slide tackles</li> <li>• Drills shall not include activities that initiate student-to-student contact</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• Competitions allowed (no tournaments)</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<b>MODERATE RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>	<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>

**Important Reminders**

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

<b>GIRLS SWIM</b>	
<b>PHASE 1</b>	<b>PHASE 2</b>
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Not Applicable</li> </ul>	<ul style="list-style-type: none"> <li>• Not Applicable</li> </ul>
<b>LOW RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Pods of 6.</li> <li>• Occupancy of 500 square feet/person</li> <li>• Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>• Additional specific guidelines have been established with coaches and athletes</li> </ul>	<ul style="list-style-type: none"> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<p><b>To comply with the WA ST WATER RECREATION FACILITY REQUIREMENTS:</b>  <a href="https://www.governor.wa.gov/sites/default/files/COVID19%20Water%20Recreation%20Guidance.pdf">https://www.governor.wa.gov/sites/default/files/COVID19%20Water%20Recreation%20Guidance.pdf</a></p>	

**Important Reminders**

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.



<b>FOOTBALL</b>	
<b>PHASE 1</b>	<b>PHASE 2</b>
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>HIGH RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Pods of 6.</li> <li>• Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>• Brief close contact (ex: 3 on 3 drills) is permitted</li> <li>• Helmets issued and kept by student (no storage at facility for equipment)</li> <li>• Drills shall not include activities that initiate student-to-student contact</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed</li> <li>• Full gear issued and kept by student (no storage at facility for gear and equipment)</li> <li>• Competitions allowed (no tournaments)</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<b>HIGH RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>	<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>

**Important Reminders**

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

<b>SLOWPITCH SOFTBALL</b>	
<b>PHASE 1</b>	<b>PHASE 2</b>
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2</b>	
<b>MODERATE RISK, WHEN CONDUCTED OUTDOORS</b>	
<ul style="list-style-type: none"> <li>• Practice and training only</li> <li>• Intra-team scrimmages allowed</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed outdoors only</li> <li>• Competitions allowed (no tournaments)</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>
<b>MODERATE RISK, WHEN CONDUCTED INDOORS</b>	
<ul style="list-style-type: none"> <li>• Not Applicable</li> </ul>	<ul style="list-style-type: none"> <li>• Not Applicable</li> </ul>

### **Important Reminders**

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

## VOLLEYBALL

### PHASE 1

### PHASE 2

#### FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2

#### MODERATE RISK, WHEN CONDUCTED OUTDOORS

- Practice and training only
- Intra-team scrimmages allowed

- Full practice allowed
- Competitions allowed (no tournaments)
- Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)
- Pre-approved pass list for all spectator events required
- No visiting team spectators allowed per conference agreement

#### MODERATE RISK, WHEN CONDUCTED INDOORS

- Pods of 6
- Access to indoor facilities limited to student athletes and approved coaches
- 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
- Sehome (22 people in main gym) pods to reflect that number no greater than 6 in a pod in main gym and (12 people in auxiliary gym) pods to reflect that number no greater than 6
- Bellingham (27 people in gym) pods to reflect that number no greater than 6 in a pod in main gym
- Squalicum (36 people in gym) pods to reflect that number no greater than 6 in a pod in main gym

- For practice indoor facilities limited to student athletes and approved coaches
- Competitions allowed (no tournaments)
- Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)
- Pre-approved pass list for all spectator events required
- No visiting team spectators allowed per conference agreement

### Important Reminders

- Facial coverings are required for coaches and student athletes at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

**Season 2 - Currently our region is in Phase 3**

BASEBALL		
PHASE 1	PHASE 2	PHASE 3
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 &amp; 3 FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT</b>		
<b>MODERATE RISK, WHEN CONDUCTED OUTDOORS</b>		
<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Practice and training only</li> <li>• Intra-team scrimmages allowed</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed outdoors only</li> <li>• Competitions allowed (no tournaments)</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>• Competitions allowed (no tournaments)</li> <li>• Face coverings are not required when actively competing</li> <li>• Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer</li> <li>• To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer</li> <li>• Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>• Coaches, participants, officials and game personnel <b>DO NOT</b> count toward spectator capacity</li> <li>• Capacity guidelines effective March 18</li> <li>• Non-stadium event capacity guidelines outlined in Q &amp; A section</li> </ul>
<b>MODERATE RISK, WHEN CONDUCTED INDOORS</b>		
<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Occupancy of 500 square feet/person</li> <li>• Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>• Brief close contact (ex: 3 on 3 drills) is permitted</li> </ul>	<ul style="list-style-type: none"> <li>• No indoor practice allowed unless approved by school administration</li> </ul>	<ul style="list-style-type: none"> <li>• Competitions allowed (no tournaments)</li> <li>• Spectators limited to 400 person maximum or 50% capacity, whichever is fewer</li> <li>• Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>• Coaches, participants, officials and game personnel <b>DO</b> count toward spectator capacity</li> <li>• Capacity guidelines effective March 18</li> </ul>

**Important Reminders**

- Cloth face coverings that contact the face and cover the mouth and nose are required for all sports participants and spectators, with exceptions noted above.
- All student athletes must have the appropriate face covering readily available to “pull up” into place whenever the athlete is not competing as defined above.
- Coaches must wear face coverings at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use.
- One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

## BOYS & GIRLS GOLF

### PHASE 1

### PHASE 2

### PHASE 3

#### FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 & 3 FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT

#### LOW RISK, WHEN CONDUCTED OUTDOORS

- Pods of 6
- Full practice allowed
- Competitions allowed (no tournaments)

- Full practice allowed
- Competitions allowed (no tournaments)
- Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)
- Pre-approved pass list for all spectator events required
- No visiting team spectators allowed per conference agreement

- Competitions allowed (no tournaments)
- Face coverings are not required when actively training or competing
- Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer
- To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer
- Distancing requirements of 6 ft. between groups (Max. 8 people)
- Coaches, participants, officials and game personnel **DO NOT** count toward spectator capacity
- Capacity guidelines effective March 18
- Non-stadium event capacity guidelines outlined in Q & A section

#### LOW RISK, WHEN CONDUCTED INDOORS

- Pods of 6
- 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

- No indoor practice allowed

- Competitions allowed (no tournaments)
- Face coverings are not required when actively competing
- Spectators limited to 400 person maximum or 50% capacity, whichever is fewer
- Distancing requirements of 6 ft. between groups (Max. 8 people)
- Coaches, participants, officials and game personnel **DO** count toward spectator capacity
- Capacity guidelines effective March 18

### Important Reminders

- Cloth face coverings that contact the face and cover the mouth and nose are required for all sports participants and spectators, with exceptions noted above.
- All student athletes must have the appropriate face covering readily available to “pull up” into place whenever the athlete is not training or competing as defined above.
- Coaches must wear face coverings at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

## BOYS & GIRLS TRACK AND FIELD

PHASE 1	PHASE 2	PHASE 3
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 &amp; 3 FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT</b>		
<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>		
<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Full practice allowed</li> <li>Competitions allowed (no tournaments)</li> </ul>	<ul style="list-style-type: none"> <li>Full practice allowed</li> <li>Competitions allowed (no tournaments)</li> <li>Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>Pre-approved pass list for all spectator events required</li> <li>No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Face coverings are not required when actively training or competing</li> <li>Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer</li> <li>To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO NOT</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> <li>Non-stadium event capacity guidelines outlined in Q &amp; A section</li> </ul>
<b>LOW RISK, WHEN CONDUCTED INDOORS</b>		
<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Occupancy of 500 square feet/person</li> <li>Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>Brief close contact (ex: 3 on 3 drills) is permitted</li> </ul>	<ul style="list-style-type: none"> <li>No indoor practice allowed</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Face coverings are not required when actively competing</li> <li>Spectators limited to 400 person maximum or 50% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> </ul>

### Important Reminders

- Cloth face coverings that contact the face and cover the mouth and nose are required for all sports participants and spectators, with exceptions noted above.
- All student athletes must have the appropriate face covering readily available to “pull up” into place whenever the athlete is not training or competing as defined above.
- Coaches must wear face coverings at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

## BOYS SOCCER

### PHASE 1

### PHASE 2

### PHASE 3

**FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 & 3  
FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT**

#### MODERATE RISK, WHEN CONDUCTED OUTDOORS

- Pods of 6
- Practice and training only
- Intra-team scrimmages allowed

- Pods of 6
- Full practice allowed
- Competitions allowed (no tournaments)
- Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)
- Pre-approved pass list for all spectator events required
- No visiting team spectators allowed per conference agreement

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- Face coverings are not required when actively competing
- Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer
- To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer
- Distancing requirements of 6 ft. between groups (Max. 8 people)
- Coaches, participants, officials and game personnel **DO NOT** count toward spectator capacity
- Capacity guidelines effective March 18
- Non-stadium event capacity guidelines outlined in Q & A section

#### MODERATE RISK, WHEN CONDUCTED INDOORS

- Pods of 6
- 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

- No indoor practice allowed

- Competitions allowed (no tournaments)
- Spectators limited to 400 person maximum or 50% capacity, whichever is fewer
- Distancing requirements of 6 ft. between groups (Max. 8 people)
- Coaches, participants, officials and game personnel **DO** count toward spectator capacity
- Capacity guidelines effective March 18

## Important Reminders

- Cloth face coverings that contact the face and cover the mouth and nose are required for all sports participants and spectators, with exceptions noted above.
- All student athletes must have the appropriate face covering readily available to “pull up” into place whenever the athlete is not competing as defined above.
- Coaches must wear face coverings at all times.
- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
- Each school will have restrooms open for use. One athlete at a time is permitted in each restroom.
- Athletes will place individual bags in a designated area. All bags will be at least 8 feet apart within the designated space.
- Competition schedules are available on the school website.

## CHEER - SIDELINE

PHASE 1	PHASE 2	PHASE 3
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 &amp; 3 FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT</b>		
<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>		
<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Full practice allowed</li> <li>No spectators</li> </ul>	<ul style="list-style-type: none"> <li>Full practice allowed</li> <li>Stunting allowed</li> <li>Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>Pre-approved pass list for all spectator events required</li> <li>No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Stunting allowed</li> <li>Face coverings are not required when actively training or competing</li> <li>Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer</li> <li>To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO NOT</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> <li>Non-stadium event capacity guidelines outline in Q &amp; A section</li> </ul>
<b>LOW RISK, WHEN CONDUCTED INDOORS</b>		
<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Occupancy of 500 square feet/person</li> <li>4 pods of 6 and 2 coaches allowed in main gym at BHS and SQHS</li> <li>4 pods of 5 and 2 coaches allowed in main gym at SHS</li> <li>Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>No stunting allowed</li> </ul>	<ul style="list-style-type: none"> <li>Full practice allowed</li> <li>No stunting allowed</li> <li>Indoor facilities limited to student athletes and approved coaches</li> <li>Practices can be moved to the mat room, commons or auxiliary gym</li> <li>Pre-approved pass list for all spectator events required</li> <li>No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Face coverings are not required when actively competing</li> <li>May remove facial coverings when tumbling/stunting/flying</li> <li>Stunting allowed for 15 minutes or less per day (can be in multiple cohorts of 6); coaches required to track participants in each cohort</li> <li>Social distancing for other practice activities; masking at all times</li> <li>Spectators limited to 400 person maximum or 50% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> </ul>

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- Locker rooms will not be available and students will come dressed in workout gear.
- All students shall bring their own water bottles (no sharing) and touchless water refill stations are permissible.
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DANCE		
PHASE 1	PHASE 2	PHASE 3
<b>FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 &amp; 3 FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT</b>		
LOW RISK, WHEN CONDUCTED OUTDOORS		
<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Full practice allowed</li> <li>No spectators</li> </ul>	<ul style="list-style-type: none"> <li>Full practice allowed</li> <li>Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>Pre-approved pass list for all spectator events required</li> <li>No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Face coverings are not required when actively training or competing</li> <li>Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer</li> <li>To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO NOT</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> <li>Non-stadium event capacity guidelines outlined in Q &amp; A section</li> </ul>
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<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Occupancy of 500 square feet/person</li> <li>4 pods of 6 and 2 coaches allowed in main gym at BHS and SQHS</li> <li>4 pods of 5 and 2 coaches allowed in main gym at SHS</li> <li>Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> </ul>	<ul style="list-style-type: none"> <li>Full practice allowed</li> <li>Indoor facilities limited to student athletes and approved coaches</li> <li>Practices can be moved to the mat room, commons or auxiliary gym</li> <li>Pre-approved pass list for all spectator events required</li> <li>No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Face coverings are not required when actively competing</li> <li>Spectators limited to 400 person maximum or 50% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> </ul>

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- Competition schedules are available on the school website.

## FASTPITCH SOFTBALL

### PHASE 1

### PHASE 2

### PHASE 3

#### FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 & 3 FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT

#### MODERATE RISK, WHEN CONDUCTED OUTDOORS

<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Practice and training only</li> <li>• Intra-team scrimmages allowed</li> </ul>	<ul style="list-style-type: none"> <li>• Full practice allowed outdoors only</li> <li>• Competitions allowed (no tournaments)</li> <li>• Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>• Pre-approved pass list for all spectator events required</li> <li>• No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>• Competitions allowed (no tournaments)</li> <li>• Face coverings are not required when actively competing</li> <li>• Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer</li> <li>• To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer</li> <li>• Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>• Coaches, participants, officials and game personnel <b>DO NOT</b> count toward spectator capacity</li> <li>• Capacity guidelines effective March 18</li> <li>• Non-stadium event capacity guidelines outlined in Q &amp; A section</li> </ul>
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<ul style="list-style-type: none"> <li>• Pods of 6</li> <li>• Occupancy of 500 square feet/person</li> <li>• Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone</li> <li>• Brief close contact (ex: 3 on 3 drills) is permitted</li> </ul>	<ul style="list-style-type: none"> <li>• No indoor practice allowed unless approved by school administration</li> </ul>	<ul style="list-style-type: none"> <li>• Competitions allowed (no tournaments)</li> <li>• Spectators limited to 400 person maximum or 50% capacity, whichever is fewer</li> <li>• Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>• Coaches, participants, officials and game personnel <b>DO</b> count toward spectator capacity</li> <li>• Capacity guidelines effective March 18</li> </ul>
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- Facial coverings are required for coaches and student athletes at all times.
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## GIRLS TENNIS

PHASE 1	PHASE 2	PHASE 3
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<b>LOW RISK, WHEN CONDUCTED OUTDOORS</b>		
<ul style="list-style-type: none"> <li>Pods of 6</li> <li>Full practice allowed</li> <li>Competitions allowed (no tournaments)</li> </ul>	<ul style="list-style-type: none"> <li>Full practice allowed</li> <li>Competitions allowed (no tournaments)</li> <li>Venues at 25% capacity or 200 individuals, whichever is less (including staff and participants)</li> <li>Pre-approved pass list for all spectator events required</li> <li>No visiting team spectators allowed per conference agreement</li> </ul>	<ul style="list-style-type: none"> <li>Competitions allowed (no tournaments)</li> <li>Face coverings are not required when actively training or competing</li> <li>Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer</li> <li>To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer</li> <li>Distancing requirements of 6 ft. between groups (Max. 8 people)</li> <li>Coaches, participants, officials and game personnel <b>DO NOT</b> count toward spectator capacity</li> <li>Capacity guidelines effective March 18</li> <li>Non-stadium event capacity guidelines outlined in Q &amp; A section</li> </ul>
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## UNIFIED SOCCER

PHASE 1	PHASE 2	PHASE 3
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**FACIAL COVERINGS REQUIRED AT ALL TIMES FOR PHASES 1, 2 & 3  
FOR ALL PARTICIPANTS AND SPECTATORS WITH EXCEPTIONS NOTED PER INDIVIDUAL SPORT**

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## Additional Return to Play Guidelines

In accordance with National Federation of High School (NFHS), Washington Interscholastic Activities Association (WIAA), Bellingham Public Schools and Washington State Health Department, the following guidelines have been implemented to allow student athletes to return to participation for North Region High Schools.

### Sport Specific Guidelines

- Each sport has guidelines sent out by the WIAA and approved/adjusted by Bellingham Public Schools in order to limit the spread of the virus. Coaches will be expected to follow these sport specific guidelines listed for the Healthy Washington Roadmap to Recovery phases.
- The head coach for each sport will be trained by the athletic coordinator on the plan and procedures. Additional sport specific expectations/regulations will be communicated by the athletic coordinator to each head coach as applicable.

### Facility Cleaning

- All student bags/equipment shall be laid out in spaces with 8 feet in a designated space.
- Adequate cleaning schedules have been created and implemented for all athletic facilities to mitigate any communicable diseases.
- Hand sanitizers will be available at each sport practice location.
- Appropriate clothing and shoes shall be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment having holes with exposed foam shall be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### Pre-Workout Screening

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout.
- Final Forms has integrated our health screening. (<https://www.finalforms.com/blog/topic/athletic-forms>)
  - Responses to screening questions for each person shall be stored on Final Forms so there is a record of everyone present.
- Any person with positive symptoms reported **will not** be allowed to take part in workouts. A student athlete with positive symptoms will be isolated from the team and a parent/guardian will be contacted to transport the student home. The student will contact their primary care provider or other appropriate health-care professional.

## Physical Activity and Athletic Equipment

- There should be no shared athletic equipment (towels, clothing, shoes, or specific equipment) between students. Each student shall have their own handheld item. *Exception in some sports as listed in the WIAA guidelines per sport.*
  - *Suggested, if feasible, to use a different set of balls per day. Also, wash/sanitize hands before and after use. [See WIAA suggestions for cleaning balls.](#)*
- Students should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Lost and found items should be placed in an individual plastic bag until claimed by the owner.
- **MASKS:**
  - **MASKS ARE REQUIRED FOR EVERYONE DURING ALL ACTIVITY.** Any exceptions to masking are addressed in individual sport guidance. Recognizing the benefits of the use of cloth face coverings during conditioning and physical activity, the WIAA, NFHS and DOH recommend the following:
    - State, local or school district guidelines for cloth face coverings should be strictly followed.
    - Cloth face coverings that contact the face and cover the mouth and nose are required for all sports. Football face shields may be attached to the face mask, but cannot be the only covering - a cloth covering must be worn along with the face shield if the face shield is being used. Face coverings are not required for swimmers and divers while in the water during practice and competition.
    - Multi-layer cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
    - Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use increases the risk of unintended injury to the person wearing the shield or teammates.
    - Gaiters are an approved mask for use but they are not preferred.
    - Athletes, coaches, officials and other contest personnel must wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).
    - Cloth face coverings must be worn indoors and on buses.

## Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) are not to be utilized.
- A touchless water refill station would be permissible.

## Bathrooms

- Each school will have restrooms open for use.
- Outdoor sport athletes shall only use the outside accessible restrooms.
- One athlete at a time is permitted in each restroom.

## Weight Room

- Weight rooms will follow physical education guidelines. Schedules for use are developed at each school site.

## Athletic Trainers

- Athletic trainers will be available during sports seasons.

## Spectators/Games

- The Northwest Conference has developed event parameters and schedules for interscholastic competitions.
- Spectators will not be allowed to watch practice. If you are dropping off or picking up a student athlete, we would ask you not to leave your vehicle.
- Visiting team spectators will not be allowed at away venues per Northwest Conference agreement.

## Banquets

- Virtual banquets only. Exceptions will be considered with principal/athletic coordinator approval.

## Frequently Asked Questions:

**Q:** Are face coverings required during practices and competition for all sports?

**A:** *Yes. Cloth face coverings that contact the face and cover the mouth and nose are required for all sports participants and spectators, with the following exceptions:*

- *Face coverings are not required for swimmers and divers while in the water during practice and competition*
- *Face coverings are not required for cross country once their race begins*
- *Face coverings are not required for gymnasts when competing or practicing on equipment*

*Football face shields and/or masks that cover only the cage of the helmet are allowed, but cannot be the only covering - a cloth covering that touches the nose and chin area must be worn along with the face shield and/or mask covering the cage of a helmet if being used.*

**Q:** What are the spectator guidelines for non-stadium events?

**A:** *Outdoor viewing areas without permanent seating (decks, grass berms, eating areas etc.) are limited to one seated group (1-6 people) per 100 square ft. Each group will be in a reserved space, only available to the group or pod who purchased a specific location. Groups of 1-6 should come from no more than two different households. Facility staff must monitor and restrict interactions between groups. Each outdoor viewing area limited to a maximum of 100 spectators.*

**Q:** Are social distancing requirements still in effect with the new spectator guidelines?

**A:** *Yes, physical distancing must be maintained throughout the facility*

**Q:** I have a stadium with a permanent seating capacity of 4,000. How many spectators (maximum) can attend an event?

**A:** *Because your stadium capacity is above 1,600, your maximum capacity may be 25% of permanent seating (1,000 spectators), however, physical distancing requirements may limit your capacity further.*

**Q:** I have a stadium with a permanent seating capacity of 1,000. How many spectators (maximum) can attend an event?

**A:** *Because your stadium capacity is below 1,600, your maximum capacity may be 50% of permanent seating or up to 400 spectators (whichever is fewer). In this case your maximum capacity is 400 spectators, however, physical distancing requirements may limit your capacity further.*

**Q:** What constitutes a permissible face covering?

**A:** *Per the DOH, cloth masks are recommended. Gaiters are an approved mask for use but they are not preferred. The WIAA does not have recommendations for the exact kind of mask besides a cloth mask. For football, splash guards or facemask guards do not take the place of a mask under the helmet. So players would need to wear a mask or gaiter that makes contact with the face, covering the nose and mouth and can additionally use a splash shield or cage covering if they wish.*

**Q:** Are there mask exemptions?

**A:** *Per the DOH and Governor's Office, if a student requests a mask exemption for medical reasons, the student would need a medical note from their primary physician that states the need for the exemption. Each school district has the authority to allow the exemption based on district policies. As always, we encourage districts to check with their risk managers for guidance.*

**Q:** Can schools cross state borders for competition?

**A:** *Competitions between league opponents that require teams to cross state borders has been deemed essential. Non-league competitions requiring schools to travel across state borders has been deemed non-essential.*

**Q:** Can a school hold practices for traditional indoor sports, outside?

**A:** *Yes, if a traditional indoor sport is moved outdoors it would then follow the outdoor guidelines for that sport's assigned risk level. Ex. If a volleyball team (moderate risk) was to practice outdoors, they would adhere to the moderate risk outdoor policies.*

**Q:** Can the traditional format or location of a sport or activity be modified to meet certain guidelines?

**A:** *It is highly recommended that schools consult their risk manager if any modifications are being considered. WIAA approval is also required.*

**Q:** If a school were to follow the WIAA schedule with traditional fall activities beginning on February 1, can practices held prior to February 1 count toward pre-contest practice requirements?

**A:** *Practices held prior to the beginning of a school's season (i.e., "Summer 2.0") may not count toward the pre-contest requirement.*

**Q:** What are the rules surrounding "Summer 2.0"?

**A:** *With the first day of practice during the first season at that school, "Summer 2.0" would conclude for all sports played during the subsequent season(s), but would continue for the remaining sports scheduled to be held during the first season until that sport begins.*

**Q:** Are schools able to waive pre-contest practice requirements if seasons overlap?

**A:** *If students have participated in a sport prior to the next season and there is overlap between the seasons, up to five practices may still be waived. \*Football will still need to conduct three non-padded practices before contact can begin.*

**Q:** Is 7-on-7 football considered moderate risk like flag football?

**A:** *Yes, 7-on-7 has been classified as a moderate risk outdoor activity as long as there is no line play.*

**Q:** What is considered "individual training" for high-risk sports conducted indoors?

**A:** *A student doing individual training/drills in their own 500 square feet of space.*



**Q:** If the local county/region has updated stats, can those be used instead of the state dashboard?

**A:** *No*

**Q:** Where can we find what phase each region is in?

**A:** *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](#).*

**Q:** Can a school modify a sanctioned sport to fall under a different risk category (i.e., flag football, and volleyball)?

**A:** *Any sport not sanctioned by the WIAA would need to follow the appropriate guidelines issued by the Department of Health. Those guidelines and risk categories can be [found here](#).*

**Q:** Can a school travel out of our DOH region for a scheduled contest?

**A:** *Yes, given that both regions are in the appropriate phase for competition to begin.*

**Q:** Are there rules about cleaning protocols, athlete spacing, equipment sharing and other logistics?

**A:** *Full guidance for hygiene, cleaning, ventilation, etc. can be found in the document issued by the Department of Health. The WIAA strongly encourages each school to work with its risk manager when putting plans in place.*

**Q:** What are the guidelines for weight room activities?

**A:** *Weight rooms should follow the indoor fitness guidelines issued by the DOH. Those can be found [here](#).*

**Q:** If our school has outdoor facilities that are grouped together, is the entire complex subject to the maximum capacity?

**A:** *For facilities or complexes with more than one field or area of play a maximum of 75 people allowed per field or area of play, including spectators. All spectators of different households are to remain physically distant, six feet or more, as much as possible. For an outdoor location that has multiple fields, a field with ticketed seating and controlled entrance and exits may have 200 people allowed at competitions, including spectators, and is not subject to the 75 people maximum for multiple field locations/complexes.*

**Q:** Are dance performances with contact allowed?

**A:** *Yes. Dance with contact performances and competitions are allowed only if no more than one studio/team is on stage at a time, and the team leaves after their performance is completed. For all indoor sports the occupancy of the facility may not exceed 25% of the fire code occupancy rating, or 200 people including spectators, whichever is lower as per the Miscellaneous Venues guidance.*