



**Edgewood High School of the Sacred Heart
Athletic Department
COVID-19 Guidelines for Fall Athletics 2020**

Updated 8/31/20 - This is a living document; changes will be made in accordance to NFHSA, WIAA, PHMDC and the Edgewood High School Board of Trustees and Administration

The following are guidelines for the start of Fall Athletics and Co-curricular activities on Monday, August 24, 2020. The resources for this reopening come from the National Federation of State High School Association (NFSHA), the Wisconsin Interscholastic Athletic Association (WIAA), the Wisconsin Department of Health, and Public Health of Madison & Dane County (PHMDC). This protocol will be followed until further notice.

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Waiver Requirements

- Prior to entering the facility, each athlete must have a signed and dated "[Assumption of Risk, Waiver, and Release of Liability Agreement Relating to COVID-19](#)" form submitted to the Athletic Department. Each athlete will need to have a form signed by a parent/guardian unless they are 18 or older. One form will cover all sports and activities for the athlete.

Athlete and Coach 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 14 days.
- Each athlete and coach will need to be screened and have their temperature taken daily before participation. Coaches will screen athletes.
- Prior to arriving at school or practice, athletes should screen themselves and take their temperature at home. If athletes have one or more of any of the symptoms, they will go home immediately and contact their medical provider.
- If an athlete becomes symptomatic during an activity, practice, or game they will be taken to a designated isolation room or outdoor area.
- Attendance will be taken by coaches and advisors. A record will be kept of all students that are present at each activity.
- 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.
- **Return to participation will require a note from a medical provider indicating clearance.**
- [Screening forms](#)
 - Research is being done into an app to use for screening.
 - [How to Screen](#)

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 100.0° F or above

12. Nausea, vomiting, or diarrhea
13. Direct contact with someone who has tested positive for COVID-19 within the past 14 days.

All Sports and Activities Requirements

Compliance

- All athletes will commit to only participating in their fall sports season. No other/outside sports or side workouts will be allowed. The intent of this is to minimize outside exposure.
 - If an athlete fails to comply with this rule, they will be subjected to a 14 day quarantine for the first offense and possible suspension or removal from the team after a second offense.

Attestment of Health from Opposing Schools

- One day prior to competition, Edgewood and the opposing school must attest to the health of their athletes, coaches, and game workers in writing. Included must include no positive cases and all athletes are asymptomatic.
- One week after the competition, a follow up with EHS Athletics and the opposing school will be conducted to determine if there were any positive cases or symptomatic 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 social distancing guidelines at all times.
- No physical contact of any kind, 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 ft social distance 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.

Sanitation

- Coaches will be responsible for cleaning and disinfecting frequently touched surfaces and equipment before, during/in-between, and after a session/practice. Shared equipment should always be cleaned after individual uses.
- Edgewood Athletics is currently using the product: TB Quat
 - EPA Code: 1839-83-2230
 - Any future disinfectants will be approved by the CDC
- Follow the directions of the disinfectant. Supplies will be provided.
- Examples of surfaces to clean:
 - All sports equipment (balls, bats, pads, cones, etc)
 - Door handles and the area above where people may push or pull
 - Chairs, bleachers, benches
 - Weight room benches, bars, dumbbells, plates, kettlebells, cardio equipment, machines, bands, etc

Transportation

- There will be no bussing to and from competitions. Parents/guardians should be prepared to transport their athlete(s) to and from all practices and competitions.
 - Athletes who have a drivers license will be allowed to drive themselves to the following: Schools with Madison, Middleton High School, Monona Grove High School and Verona Area High School
 - No ride sharing unless it is members of the same household.
- [Volunteer Driver Form](#)
- Parents should remain in their car and not come into the building or the practice area.
 - A coach will alert the athletes when it is ok to enter the facility.
- All families are highly encouraged to only transport members of their household.
 - If carpooling is necessary, face coverings will be required for all passengers and no food or drink will be allowed.

Handling of Multiple Practice Sessions

- Subsequent practices/sessions should not be back-to-back. Allow at least a 15 min interval between groups to allow for cleaning and to prevent social mixing between groups.
 - 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

- No use of lockers rooms. All should come dressed ready to work out.
- 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 able, prop open the outside door to the building and gyms to decrease on touches.
- Athletes/campers may only enter and exit through the Commons doors.

Locker Rooms

- Locker Room usage will be very limited and capacity limits will be adjusted for all shared paces. Coaches will monitor to make sure capacity limits are maintained.
 - Locker rooms will strictly be limited to changing into practice/competition gear only. Student-athletes are expected to come dressed for practice/competition.
 - Lockers will be very limited and usage will be allowed in extenuating circumstances only.
 - **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 will be postponed.
 - This will eliminate the likelihood of trying to find safe locations indoors where all participants can be socially distant.

Concessions

- There will be no concessions in operation at any sporting event or activity until further notice.
 - Fans will be allowed to carry in water bottles but no food in spectator areas.

Athletic Facilities (Wilke Gym, Krantz Center, Pool, Goodman Complex)

- Wilke, Krantz, and Pool capacities are currently set at 10 athletes per group (indoor).
 - Face coverings are to be worn at all times, even during exercise.
- The turf Field and Track considered separate facilities and may have up to 25, not including coaches (outdoor).
 - No group should cross over into another space for any reason.
 - Face covering should be worn when social distance cannot be maintained.

- Athletic teams will need to be conscious of who is using these facilities at what time so we do not go over the capacity limits.
 - Groups should not cross paths or stop to socialize with other groups.
- If possible, entrances and exits should be different and clearly marked.
 - A group that is waiting to use the facility will need to wait in a separate area. Examples are: the parking lot, shot put area, Commons, outside area, etc

Strength and Conditioning Center Procedures

- Capacity is set at 10 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

- The ATR will be limited to 6 people or less.
- Face coverings will be required at all times.
- More specific rules and procedures can be found in the [Athletic Training Room COVID-19 Procedures](#)

Sports Classification by Risk (Fall Only)

- **Low Risk:** Cross Country, individual Swimming, Diving, Golf, Weightlifting, and Singles Tennis
- **Medium Risk:** Doubles Tennis, Swimming Relays, Volleyball, Soccer, and Dance.
- **High Risk:** Football

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

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

Capacity

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

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

**Coaches and employees do not count.*

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

Sport-Specific Procedures and Requirements

Boys and Girls Cross Country

- Mostly dual meet competitions, some small school regional invitationals will be considered if appropriate race accommodations have been put in place.
- Staggered start of runners - Each school will start together in order to separate teams
- Leave a minimum of 10-15 min in between each wave start
- Athletes, coaches, officials, and fans will wear face coverings when social distancing is not possible
- Spectator capacity will be TBD by the host school/facility.

Dance

- All athletes and coaches will be required to wear a face covering at all times when indoors.
- Limited to 10 Dancers at a practice and performance.

Football

- Currently unable to host.
- When applicable, individual and group drills will be conducted using smaller groups of athletes in practices.
- Contact during practices will be indicated by PHMDC guidelines.
- Balls are frequently sanitized during practices, and balls will be frequently sanitized and rotated during games.
- Hand held bags and dummies are sanitized after each use.
- Helmets and shoulder pads will be sanitized after each practice and game.
- Coaches will be required to wear a face covering when outside and social distancing is not possible. Players will be encouraged to wear a face covering while outside and not involved in an exertional activity.
- Face shields are recommended if in compliance with the NFHS and do not void NOCSAE Standards for Helmets.
- Spectator capacity will be TBD by the host school/facility.

Girls Golf

- Mostly dual competitions, small invites are possible if reasonable measures are in place to ensure physical distancing.
- Meet setups are encouraged to be modified to have all players from the same school play together, starting on the same hole with the coach verifying the score, and that invitationals will be a shotgun start.
- Athletes and coaches will wear face coverings when social distancing is not possible.
- Players will use only their own equipment (WIAA and USGA regulations are already in place).
- Spectator capacity will be TBD by the host school/facility.

- The flagstick will remain in the hole at all times.
- Increased proactivity of course evacuation in the event of approaching threatening weather.

Girls Swim and Dive

- Girls swim and dive will be moved to the alternate spring season.
- Hosting will be TBD by PHMDC guidelines and restrictions
- 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.
- There will be only 1 timer per lane (usually there are 2)
- Spectator capacity will be TBD by the host school/facility.
- Locker Usage will be limited. Only 3 people will be allowed in the locker room at one time and only when necessary.
- 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.

Boys Soccer

- Hosting will be TBD by PHMDC guidelines and restrictions
- Spectator capacity will be TBD by the host school/facility.
- Drill modifications in practice include decreased contact drills and a focus on smaller groups.

Girls Tennis

- Only singles tennis can be played at home
- Competition at home will need to be dual meets only; Varsity and JV competitions on different days or each school will split hosting (Varsity home, JV away or vice versa).
- Use 2 cans of balls and give each player a different number ball.
- Only touch a ball with your assigned number on it. Use the racquet or feet to advance the to the other side of the net.
- Face coverings will be encouraged. Players, coaches, officials, and fans will face covering when social distancing is not possible.
- Spectator capacity will be TBD by the host school/facility.

Boys and Girls Volleyball

- Girls will play in the traditional fall season, the Boys will play in the alternate spring season.
- Currently unable to host competition
- Drill work for individual skills in practice will take place in smaller groups that will remain the same throughout the season.
- Spectator capacity will be TBD by the host school/facility.

- All athletes, coaches, officials, game workers, and fans will be required to wear a face covering at all times.
- Frequent game ball rotation and sanitation during games; recommended a clean ball for each point.

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

- Parents/guardians will be instructed to notify the Coach, Athletic Director, Athletic Trainer or School Nurse within 24 hours if their student-athlete is positive for COVID-19. This allows us to keep all students as safe as possible through early notification.
- The coach or designee will notify the school, student-athletes, and coaches of exposure and communicate return to the activity date.
- In case of a positive test for COVID
 - The affected athlete, coaches, and staff will quarantine for 14 days.
 - Any close contacts (as determined by public health during contact tracing), ie coaches or athletes in the affected athlete's cohort will follow exposure protocol listed below.
 - Quarantine for contacts will be imposed whether there are negative tests or positive tests on those exposed athletes/coaches.
 - The quarantine will continue from the positive test for 14 days and until 24 hours after symptoms end, whichever is longer.
 - School Nurse/designee will be notified. They will notify PHMDC for contact tracing purposes, per PHMDC recommendations.
- In case of exposure to someone who has tested positive for COVID-19
 - Athletes, coaches, and staff who have been exposed to a positive case of COVID-19, and have no symptoms, will quarantine for 14 days after exposure, regardless of a negative test or if no test was taken.
 - i. If symptoms occur after exposure, students must be tested for COVID-19. If positive, refer to procedures for a Positive Test. If negative, a second test must be completed 12 days after symptom onset to confirm the negative test.
 - If testing, testing should be twice, per Public Health Madison and Dane County (PHMDC), the first check should be at least 3-5 days after initial exposure and the second 12 days after initial exposure.
 - i. If either test is positive, refer to the Positive Test directions above.
 - ii. If both tests are negative, continue quarantine for 14 days from exposure as directed by PHMDC
 - iii. May return after 2 negative tests, AND 14 days of quarantine, AND at least 24 hours symptom-free without the use of medication.

- All athletes in the cohort with the athlete exposed to a positive COVID case, and any coaches, will be notified of the possible exposure by the Head Coach.
- Any sport related to athletic practices the student attended will be suspended until a test result is received.
 - i. If the test is positive, all practices for that sport will be suspended for 14 days from the last day the athlete attended, and all athletes/coaches in their cohort will be notified of their possible exposure to a positive case of COVID-19.
 - ii. If the test is negative, practices may resume, but cohorts must remain static for 14 days after the exposed athlete last attended practice.
 - iii. If the athlete is not tested, then practices will be suspended for 14 days after the exposed athlete last attended practice, as a precaution for safety.
- To return to athletics, an athlete must provide a letter from their medical provider, or public health designee, with a release date to return to activities.
- When in-person education resumes, the Coach/Athletic Director will ensure the school nurse of any positive tests or exposure incidents, so that the Administration or School Nurse may inform any teachers or classroom cohorts of the possible exposure as well.
- All Athletes will self-screen and report self-screening results to coaches, or be screened for COVID-like symptoms prior to any athletic event/practice.
- Any athlete presenting with COVID-like symptoms at home prior to any athletic event/practice, or in the course of an athletic event/practice, must not participate until evaluated by a Medical Professional.
- *Any athlete with COVID-like symptoms will provide documentation from a Medical Professional or Public Health designee clearing athlete to return to activity.*
- COVID-19 symptoms include:
 - Fever (greater than 100.0°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

- Appendix A. Assumption of Risk, Waiver, and Release of Liability Agreement Relating to COVID-19 Form
- Appendix B. Screening for Symptoms Sheet
- Appendix C. "How to Screen"
- Appendix D. Volunteer Driver Form
- Appendix E. Athletic Training Room Procedures

References

- [Public Health of Madison Dane County, Emergency Order #9](#)
- [Phase 2 Sports Guidance \(PHMDC\) - updated 6/12/20](#)
- [WIAA Return to Fall Sports Considerations](#)