



Puyallup School District 2020-21

Return to Athletics and Activities Playbook

Updated 10/13/20

PUYALLUP SCHOOL DISTRICT ATHLETIC BELIEF STATEMENT

The Puyallup School District believes that interscholastic athletics must provide the opportunity for students to develop physically, socially, and emotionally throughout their secondary school career. Athletics and participation in athletics is one of the primary reasons that students feel a kinship with their schools and is a contributing factor in both student classroom success and the desire to stay in school.

During this time of constant change due to the global COVID-19 pandemic the Puyallup SD will partner with the Tacoma-Pierce County Health Department (TPCHD), the Washington Interscholastic Activities Association (WIAA) and the Washington Schools Risk Management Pool (WSRMP) in a return to activities as soon as safely possible. Continued monitoring of changing requirements or guidelines will take place with these organizations.

It is important that coaches and student-athletes follow the guidelines established by these organizations to safely practice and compete while COVID-19 is prevalent. Following these guidelines will protect others from the virus and will help ensure that athletics and activities continue to take place.

References Used – Parts of the guidelines outlined below are taken directly from these sources

- A. [Puyallup School District Return to School Playbook](#)
- B. [WIAA COVID-19 Return to Activity web page](#)
 - a. [WIAA Return to Play Guidelines \(10/6/20\)](#)
[Printable PDF version from \(10/7/20\)](#)
 - b. [WIAA Guidance for Opening Up High School Athletics and Activities](#)
- C. [OSPI Decision Tree for Provision of In Person Learning among K-12 Students at Public and Private Schools during the COVID-19 Pandemic](#)
- D. [WSRMP Guidance Statement No. 42 \(9/18/20\)](#)
- E. [WIAA/WSRMP Combined Statement \(9/19/20\)](#)
- F. [Tacoma-Pierce County Department of Health COVID-19 web page](#)

Some points of emphasis from these resources:

- Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings.
- Conduct of conditioning, practice sessions, and contests are dependent on the WIAA Return to Play Guidelines as well as statistical benchmarks of COVID-19 cases in our county.
- Members (school districts) are reminded that aligning their programs with the local health authority recommendations optimizes the districts chance to maximize coverage.
(note: this is our insurance provider instructing us to follow the guidelines!)

When athletic activities resume, the following conditions are required:

Fall Training Period

Coaching is allowed from September 28, 2020 to ~~November 30, 2020~~ December 19, 2020 including sport-specific activities. While similar to activities that are allowed during summer practices, there are some further restrictions due to COVID-19 safety modifications.

Fall Training – Virtual Environment

Virtual coaching connections are allowed during this time until the TPCHD and the Puyallup SD determine we can move to in-person training. Sport specific coaching IS allowed.

School work is the priority for students during this time and there may be students participating in multiple sport sessions. Limit virtual sessions to 60 minutes of screen time, no more than twice each week per sport. Individual conditioning activities could take place outside of screen time.

Clearance: All student-athletes will be fully cleared with the building athletic director.

Fall Training – In Person

Coaches: Coaches holding **in person** extracurricular activities must complete all training requirements and be approved to coach by Human Resources and/or the district athletic director. This includes COVID safety and sanitation/cleaning training that will be provided. Building coaching staff will collaborate with the athletic director on a schedule of opportunities for students Monday-Saturday.

Clearance: All student-athletes will be fully cleared with the building athletic director prior to participating in any in-person practices – just as they are required to do for summer activities.

Puyallup SD Fall Training Session Limitations: School work is the priority for students during this time and there will be students participating in multiple sport sessions. Limit in-person training sessions to a maximum of **two hours**, no more than twice each week per sport. Students must not be on-site more than 15 minutes prior to the session for screening on entry, and all participants must leave immediately following training. Schools will develop a plan to accommodate participation in various sport sessions.

Refer to the [WIAA RETURN TO PLAY GUIDELINES](#) for complete information

- **Transmission Factors:** Number of people, type of location, distancing, time, protection
- **Risk Categories:** Low, Moderate, High Risk Activities
- **Exposure Protocol:** Stay home, do not participate if sick or in close contact with COVID-19
- **Masks:** Worn by everyone unless engaged in strenuous activity.
- **Physical Distancing:** 6 feet at all times with listed exceptions, distance between pods
- **Hygiene:** Wash/sanitize hands frequently, restrooms and locker rooms are for handwashing and restroom use only.
- **Cleaning:** Clean high touch surfaces before and after each use.
- **Ventilation:** Indoor ventilation is important
- **Transportation:** If not in same household, encouraged to travel to/from sessions separately
- **Records and Contact Tracing:** Document everyone at sessions for potential case contact tracing.
- **Employees:** Follow L&I COVID-19 requirements
- **COVID-19 Activity Level:** Training sessions activities determined by this level in Pierce County.

Daily Screening

- All coaches, student-athletes and approved school personnel are required to complete an in-person COVID-19 Screening **PRIOR** to entrance to the training session. Coaches will conduct the screenings and document DAILY the results of these screenings, which will also serve as attendance if contact tracing needs to occur. Coaches will prepare a check-in station at the facility entrance with the monitoring form, pens, thermometer, gloves, masks, sanitizer. These supplies will be provided to each school. No one enters that facility without this screening.
- Temperature will be taken of each person attending the training session with a no-touch digital thermometer.
- Screening questions will be asked of each person attending the training session. While the questions are the same, this is a different screening process than the digital form that will be used for entering school buildings and allows coaches to interact directly with the student-athlete.
- Any coach or student-athlete answering yes will not be allowed to enter the facility or practice. Contact parent/guardian immediately about next steps and pick-up from practice.
- No parents or spectators will be allowed at Fall Training in-person practices. Only coaches, student-athletes cleared for practice, athletic trainers, and approved school personnel will be permitted. Others are welcome to wait in their vehicle or return after practice for student pick-up.
- Coaches will distribute and collect the 2020-21 PSD Covid-19 Pledge that students and parents are required to sign agreeing to be accountable for DAILY screenings of students.

Other Requirements

- DOH approved masks will be properly worn by ALL adults while on-site, and by student-athletes any time they are not participating in drills: Entering and exiting the facility, moving around the facility, etc. Strongly encouraged for students whenever not engaged in strenuous activity.
- Students will bring their own clothing, towels, and other personal equipment. Sharing of any personal equipment is NOT allowed.
- Everyone will bring their own container of water to drink. Sharing is NOT allowed. Water faucets will not be available to use.
- Gathering size meets TPCHD and Governor guidelines. This number will depend on multiple criteria such as metric status, WIAA guidelines for each sport, indoor/outdoor training, facility capacity.
- Maintain physical distancing protocols per WIAA and TPCHD guidelines. Practicing physical distancing of more than 6 feet is required of all participants except when allowed by the WIAA guidelines as brief contact. Coaches and team leaders must stress the importance of this with everyone in order to continue to be able to conduct in-person training.
- See note in WIAA guidance regarding small amounts of contact in certain sports during training.
- Size of groups and pods will start small and gradually increase as allowed by TPCHD and WIAA guidelines. These pods of student-athletes should stay together at all times during training, not switching to other pods, and should be consistent day to day. Refer to WIAA Return to Play Guidelines. Coaches will track pods in the event contact tracing is necessary.
- Coaches should not move between pods. Either maintain physical distance at all times or stay with a pod consistently day to day. Coaches can provide instruction from an appropriate distance.
- All participants will wash hands with soap or use hand sanitizer after completing check-in, during the training session, especially after using frequently used items or surfaces, and as they leave training.

- Equipment will be cleaned and wiped before and after the training session. Equipment that is used frequently will receive intermittent cleaning during training.
- To the extent possible, hold as much practice and conditioning outside. Try to limit time spent indoors in a group to the extent practical.
- Use of the indoor facilities will require a physical distancing analysis to determine capacity. Gyms, pools and weight rooms in our schools each have unique size limitations and DOH requirements.
- Restrooms and locker rooms can be open for handwashing and restroom use only.

Out-of-Season

There are no changes regarding the WIAA out-of-season rules. [See article 17.5 of the WIAA Handbook.](#)

2020-21 out-of-season periods are from December 1, 2020 to the first day of your season, and the day after the culminating event in your sport to the last day of culminating events in the spring. WIAA is considering how to address the summer 2021 session and will provide more information.

No sport-specific coaching can take place during the out-of-season period.

In-Season <<WORKING DOCUMENT – FINAL VERSION TBD>>

This section is in-progress and will be finalized after consultation with the various groups involved.

Practices and competitions during the scheduled season may have many of the same safety requirements as in-person Fall Training.

Refer to the [WIAA RETURN TO PLAY GUIDELINES](#) for sport specific information

Minimum practice requirements prior to competition have been adjusted by the WIAA for the 2020-21 school year. These adjustments are based on recommendations from the WIAA Sports Medicine Advisory Committee (SMAC).

- 0 practices: Bowling, Golf
- 5 practices: Baseball, Basketball, Cheerleading, Cross Country, Dance/Drill, Soccer, Softball, Swim and Dive, Tennis, Track and Field, Volleyball
- 6 practices: Wrestling
- 10 practices: Football, Gymnastics

Check individual sport information to clarify the number of allowed outings which have been modified by the WIAA for the 2020-21 school year.

Items to be determined by school district, league, WIAA or Department of Health

- Travel outside of the immediate area or league
- Participation in large group events (tournaments, invitational meets)
- *Many more items are still TBD*