

PWSD 44 ATHLETICS & ACTIVITIES

Guidelines and Procedures for the 2020-2021 School Year



OBJECTIVE: Pursue options to convene athletic events and participation in activities in ways that minimize the risk of COVID-19 transmission to participants/athletes, families, coaches and communities at the Plummer/Worley School District. For more information: <https://www.pwsd44.com/content/covid19/>



GUIDELINES FOR ALL COACHES AND PARTICIPANTS/ATHLETES

- Ensure that hand sanitizer is available at all contests and practices. Participants/athletes, coaches and officials clean hands frequently
- Equipment wiped down as frequently as possible
- Coaches are required to wear masks at all times during practices and contests when social distancing guidelines cannot be followed
- All athletes/participants will be required to wear masks when not physically participating (i.e. locker rooms, warm-ups, etc.)
- Adequate cleaning schedules have been created and implemented for all athletic facilities to mitigate any communicable diseases, as designated
- No shared water bottles, towels or other personal equipment
- Stagger games and practices if possible (cleaning in between)
- Emphasize the importance for individuals to stay home if feeling ill. Encourage parents to carefully monitor the health of their children
- Coaches have access to thermometers if a participant/athlete is symptomatic. If any individual presents with a fever of 100.4 or higher, send home. When available, call for School Nurse to check athlete's temperature and make recommendations
- No pre-game and post-game contact, such as handshakes/high-fives/fist bumps. Practice limited contact among athletes
- Any coach or student athlete who has had a positive COVID-19 test must be cleared by a doctor's note or release note from the Panhandle Health District before they return to participate. Notes should be given to Athletic Director. Coaches will follow [IHSAA athlete re-entry guidelines](#).



GUIDELINES FOR EVENTS

- All persons, including fans, coaches, and other contest personnel required to wear face masks during the events. *Student athletes are not required to wear face masks while competing*
- Marked spacing and/or limit spectators to allow for appropriate physical distancing
- Entrance and exit flow-paths established and marked for each athletic facility
- All persons entering the facility required to take their temperature before an event
- If any individual from either team tests at 100.4 or higher, the game will be canceled
- Live streaming of games will provided by the NFHS Network at <https://www.nfhsnetwork.com/>
- Coaches will follow specific sport guidelines of the Plummer/Worley School District and the IHSAA
- All bus passengers will be required to wear face masks and use hand sanitizer prior to boarding. Passengers will be expected to space out to the greatest extent possible. Adequate precautions will be taken to ensure proper air flow while on the bus
- Temperatures of all athletes and coaches will be taken before boarding the bus. Should a member of the team (including coaching staff) test at 100.4 or above, the event will be canceled and district protocols will be adhered to
- Visiting fans will **NOT** be allowed at home events



ILLNESS REPORTING

- If the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event, follow public health notification process for all event participants/athletes, coaches, event staff, media, spectators and vendors.

For up-to-date information visit <https://www.pwsd44.com/content/covid19/>



RESPONSE

Any individuals that may have had direct exposure to the virus are expected to self-quarantine for 14 days and monitor symptoms, which may appear 2-14 days after exposure. Call your medical provider if you:

- Are concerned you might have been exposed; and
- Have a cough or shortness of breath or difficulty breathing; or
- At least two of the following symptoms:
 - :: Fever
 - :: Chills
 - :: Repeated shaking with chills
 - :: Muscle pain
 - :: Headache
 - :: Sore throat
 - :: New loss of taste or smell
 - :: Diarrhea
 - :: Nausea
 - :: Vomiting

If you do not have a medical provider call 2-1-1 for assistance.



RESOURCES

- Governor's Stages of Reopening: <https://rebound.idaho.gov/stages-of-reopening/>
- [Idaho High School Activities Association \(IHSAA\) Guide](http://www.idhsaa.org) (www.idhsaa.org)
- [IHSAA Resource links](#)
- Panhandle Health District COVID-19 Guidelines: <https://panhandlehealthdistrict.org/covid-19/>
- CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [NFHS Guidelines](#)



ARE YOU EXPERIENCING SYMPTOMS OF COVID-19?

- Stay home if sick.
- Practice physical distancing.
- Practice good hand hygiene.
- Cover cough and sneezes.
- Wear cloth face coverings in public places.
- Disinfect surfaces and objects regularly.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

YOU MAY DISCONTINUE SELF-ISOLATION:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); and
- At least 10 days have passed since symptoms first appeared.

If you believe you have been exposed, make sure to self-isolate. If you need medical attention, please call your healthcare provider in advance of a visit to discuss your symptoms and next steps.