

Fall Practice Guidelines - YELLOW (50 or less) / GREEN (over 50) - where appropriate physical distancing and precautionary measures are observed can occur.

- *Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. It is also the basis of the stratification of risk by sport. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.*
- *To the extent possible, hold as much practice and conditioning outside. Try to limit time spent indoors in a group to the extent practical.*
- *When not directly participating in practices or contests, care should be taken to maintain a minimum distance of at least 6 feet between each individual. Consider using tape, cones, or paint as a guide for students and coaches.*

Locker Rooms/Practice Facilities (YELLOW / GREEN)

- If locker rooms or meeting rooms are used, there must be a minimum distance of six feet between each individual.
- Individual lockers will not be shared.
- Limit locker room time (team/game discussions, changing etc.)

Indoor/Outdoor Practice

- Practice conducted in pods. The same 5-10 athletes should be consistent day to day (YELLOW)
- When not directly participating, appropriate physical distancing should be observed in all aspects of practice and contests (sidelines, benches...)

Equipment (YELLOW / GREEN)

- All athletic equipment should be cleaned intermittently during practice and contests.
- There should be no shared towels, water bottles, clothing, or shoes between athletes.
- Individual/team equipment, towels and clothing should be washed and cleaned after every workout.
- When equipment is shared; handwashing should be enforced.

Health & Safety Measures (for all conditioning, practice, and contests regardless of category)

- All coaches and students may be screened for signs/symptoms of COVID-19 prior to a workout. Screening may include a temperature check.
- Responses to screening questions for each person should be recorded and stored securely and in compliance with privacy laws so that there is a record of everyone present in case a student develops COVID-19.
- Any person with symptoms of COVID-19 should NOT be allowed to participate and should contact his or her primary care provider or other appropriate health care provider.
- Athletes/coaches will be allowed (and highly encouraged) to wear cloth face coverings during practice and contests.
- Athletes/coaches should wash their hands with soap and water or use hand sanitizer after touching frequently used items or surfaces.
- MASKS/FACE COVERINGS should be worn during close proximity activities lasting over 10 minutes where physical distancing cannot be observed.

SPORT/ACTIVITY SPECIFIC GUIDELINES/EXPECTATIONS WILL BE DISCUSSED WITH TEAMS BY COACHES/AD AT THE BEGINNING OF SEASON

WPL Protocols Draft from August 4th Meeting

FANS

- Signs/Notifications to Communities - “The Whitepine League asks that you physically distance yourself from others when attending sporting events. If you cannot safely physically distance, you are strongly encouraged to please wear a face covering/mask for the safety of our players, coaches, and others in attendance. Thank You for your cooperation and understanding.”
- Individual schools may require the wearing of masks for their sporting events given different health requirements in their community. As the stages change, requirements will follow based on school protocols in conjunction with regional health.
- Fans are strongly encouraged to stay on their own side of the field or gym and limit interaction with people from other communities.
- Reminders to physically distance when using restrooms. Recommend additional restroom facilities at outside venues.
- No occupancy limits. Determined by host school.

CONCESSIONS

- All concession workers are required to wear masks and gloves.
- Recommendation that ONLY ONE person handles money (Encourage electronic payment where possible)
- Individual school policies

LOCKERROOMS

- Each school that is providing a locker room/meeting room will have that room cleaned and sanitized prior to the visiting school arriving. DISINFECT restrooms, sinks, benches or other touchable areas such as lockers, showers....

MISCELLANEOUS

- Schools that have an indoor mask requirement are to communicate with other league schools to help prepare teams and fans when traveling to other league schools.
- Schools will determine transportation protocols based on their own practices. It is again encouraged for drivers, players, and coaches to wear masks while on the bus.

Cross Country

- Smaller meet invites instead of opens
- Spectators spread out throughout the course, being aware of physical distancing, especially at the finish line.
- Recommended number of 35 runners per race (40 MAX)
- Varsity/JV/JH will be all separate meets this season
- Develop regional plans in the event LCSC does not want to help with XC districts

Football

- **Coaches/players** will not be required to wear a face covering.
- Limited non-coaching personnel (each team provides their own ball boy and keeps clean ball on their own side.
- Masks not required on the sideline, but encouraged when not wearing a helmet or keeping a physical distance of 6 feet.
- Protocols will be determined by individual school
- Team box on the sideline has been expanded to encourage physical distancing.
- Chain gang will operate on home side without masks or continue on the visitor side **with masks.**

- Photography/media are asked to physically distance themselves or wear a mask.
- Starting line-ups stay at the 40yd line for introductions, limitations of captains for coin toss.
- Locker rooms must be cleaned and sanitized prior to a visiting teams arrival.

Volleyball

- Locker rooms/changing areas must be cleaned and **sanitized** before the visiting team arrives.
- Teams will not switch sides before/after each set
- Open both sides of the gym, so there is a separate and designated visitor section and a home section
- No handshakes before matches
- Additional game balls available at the scorer's table. Will be cleaned/wiped between games/timeouts.
- Visiting scorebook will not sit at the scorer's table. Home staff only at the table and masks are encouraged when there is not room to physically distance.