

**Windsor Southeast Supervisory Union
COVID Athletic Handbook**

Subject to Change: These guidelines will be reviewed frequently and adjusted based on the most up to date information from the state.

General Guidelines

Physical evaluation and Health	<ul style="list-style-type: none">- All coaches and athletes must pass a COVID screening and temperature check before participation. If the child was screened for school that day, they will not be required to be screened again. There are instances when an additional screening may be required at the discretion of the coach or Athletic Director.- Those athletes who are medically at risk are encouraged to consult with their primary care physician prior to joining any school athletic team.- Coaches will be required to maintain a list of participants for each athletic event (including practices) for a minimum of 30 days.
Physical Distancing and Facial Coverings	<ul style="list-style-type: none">- All players, coaches and fans must wear masks (except cross country athletes when social distancing can be maintained).- Cross country athletes will be required to carry a face covering with them while competing in case social distancing is not able to be maintained.- When not competing all team meetings should be structured to limit congregation and ensure social distancing of at least 6 feet between each participant.- Athletes will not be allowed to wear face shields while competing.- Facial coverings must be double layered (2-ply or greater) and washed daily.- If an athlete shows up to practice or athletic event without a face covering, a disposable one will be provided to them.- An athlete with a pre-existing medical condition may be exempt from using a facial covering if they have a note from their doctor which indicates the reason for exemption. A copy of this note must be accessible to the coach. Prior to a competition, the coach or Athletic Director will notify the opposing team's coach and the officials of the exemption.
Cancelations	<ul style="list-style-type: none">- In the event of a school closure, all athletic events, including practices will be canceled.- Athletic events and practices may continue on scheduled remote learning days unless otherwise determined by the Athletic Director.

<p>Coaches and Referees</p>	<ul style="list-style-type: none"> - All coaching staff are required to be contracted coaches at all age levels. Volunteers are not permitted. - All coaching staff and referees are required to wear facial coverings for the duration of the event - Handheld, electronic whistles or air horns will be used in place of whistles requiring the holder to put them in their mouth.
<p>Cleaning</p>	<ul style="list-style-type: none"> - All school facilities will be closed for athletic events including practices except for in the event of an emergency. Entrance to athletic facilities in the event of an emergency will be determined by the Athletic Director or their designee. Any entrance into the facilities will be reported to the maintenance staff to ensure that the area is properly sanitized. - Port-a-potties will be available on site for athletes only and will be cleaned and sanitized per state guidelines. - The use of benches or chairs will be limited during practices and games. - Coaches are required to disinfect all equipment and seating before and after use. - All indoor weight rooms and training facilities will be closed. - Athletes should come prepared with a full water bottle. Athletes are not allowed to share water bottles. - Spitting is prohibited.
<p>Personal Hygiene</p>	<ul style="list-style-type: none"> - Each athlete will have their own gear. Sharing of personal gear is not permitted. - Athletes and coaches will be required to wash their hands for 20 seconds with soap and water prior to and after participating in an athletic event or practice. If the athlete's hands are not visibly dirty, hand sanitizer may be used. - Hand sanitizing stations will be established at each event and participants are encouraged to use hand sanitizer frequently. - Athletes are encouraged to shower and wash clothing immediately after getting home. - Facial coverings are to be washed daily.
<p>Concessions</p>	<ul style="list-style-type: none"> - There will be no concession stands permitted at practices, scrimmages or games.
<p>Administrative Considerations</p>	<ul style="list-style-type: none"> - When applicable, trainers should be present at games and practices when possible and are allowed to help support the enforcement of safety and health protocols. - Schools will not encourage or permit captains practices. - In addition to standard AED/CPR, first aid and concussion training, coaches must complete the

	<p>VOSHA (COVID) training. Online versions are permitted.</p> <ul style="list-style-type: none"> - If transportation is required for a game or scrimmage, parents are encouraged to transport as often as possible to help with social distancing on the bus. Facial coverings are required on the bus for the duration and a coach will ride the bus to enforce safety rules. - If a student from another school district or a child participating in a home school program or full remote learning option is permitted to join a team within the WSESU, they will need to pass the COVID health screening and temperature check before participating each day.
<p>Presumptive COVID Case</p>	<ul style="list-style-type: none"> - In the event that a coach or player demonstrates COVID symptoms or has tested positive for COVID 19 they will have to follow the Vermont Department of Health quarantine regulations which includes up to 7 days of quarantine with a negative test or 14 days without a test. No player or coach will be allowed to return if they remain symptomatic. - The district will follow the recommendation of the Vermont Department of Health and CDC regarding whether to cancel games or practices for any team that has an athlete or coach on it who tests positive for COVID 19.

<p>Elementary and Middle School</p>	
<ul style="list-style-type: none"> - For the first several weeks of school, all teams will be allowed to do conditioning and skill building activities as well as intrasquad scrimmages. This will be reviewed as restrictions are lifted to possibly allow for competitions between teams within our SU. - Spectators are not permitted at practices or scrimmages at this time unless they remain in their vehicle (to be revisited after the first few weeks of school). - Students on school teams will not be allowed to play on other recreational or AAU teams during the regular season. 	
<p>High School</p>	
<p>General Guidelines For High School</p> <p>Gatherings/Spectators:</p> <ul style="list-style-type: none"> - No more than 150 spectators are allowed to attend an athletic event. - Spectators are required to wear a facial covering and maintain 6 feet distance from other spectators not in their household. 	

Spectors not following these guidelines will be asked to leave.

- NOTE: some VT high schools are choosing to not allow any spectators, or are limiting attendance to two people per athlete involved in the competition. Schools might also require spectators to provide names and contact info when attending contests. If you are hoping to travel to an “away” contest, you are advised to check with that school or the athletic administration before making definitive plans. WHS athletics office will attempt to share this information with coaches several days in advance of contests, but we can not guarantee admission.

Bussing:

- Parents/guardians are encouraged to transport their child to all off campus athletic events. A permission slip will be required if a parent transports a child from another family. Bussing will be available for those who cannot provide transportation.
- All bussing restrictions apply including masks and spacing.
- Symptomatic health checks will be conducted at the coaches request.
- One coach is required to ride the bus to support safety guidelines.

Travel Restriction:

- Travel for competitions is restricted to 70 miles one way.
- Games, meets and contests may only occur between or involve Vermont based teams.

<p>Football</p>	<p>Practices/Training:</p> <ul style="list-style-type: none"> - Practice sessions are limited to no and low contact physical conditioning and skill building. - Full contact scrimmages are not permitted. <p>Competitions</p> <ul style="list-style-type: none"> - Full contact games are not permitted. - Intrasquad and intersquad 7-on-7 touch football is permitted.
<p>Soccer / Field Hockey</p>	<p>Practices/Training:</p> <ul style="list-style-type: none"> - Team practice sessions and intrasquad scrimmages (within the school team) will be held. <p>Competitions:</p> <ul style="list-style-type: none"> - Interscholastic games are allowed. - Tournament- style play or “Jamboree” is not permitted.
<p>Cross Country Running/ Bass Fishing/ Golf</p>	<p>Practices/Training:</p> <ul style="list-style-type: none"> - Team practices are allowed with 6 ft social distancing between participants whenever possible. <p>Competitions</p> <ul style="list-style-type: none"> - The number of participants in any meet or competition shall not exceed 150 people.

Last Updated August 17th, 2020

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| | <ul style="list-style-type: none">- A meet may involve multiple groupings throughout the day as long as the groups do not interact.- Staggered start may be necessary and will be determined by the Athletic Director. |
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