

WSHS Girls Tennis Covid plan

We are excited to begin our tennis season. We will rely on our coaches, players, and parents to adhere to the guidelines. These guidelines are in accordance with the Minnesota Department of Health and WAPS. These are not all inclusive. We will continue to rely on Governor Walz and our school administration for direction as we move forward and remain vigilant in creating a safe environment for our players.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student participants, it is imperative that students and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

*Parents/participants must read the following protocol. **After reading the TennisCovid-19 protocol procedures for social distancing guidelines, screening procedures, hygiene expectations and class procedures, sign-off that you have read them and gone over them with your child. Everyone must comply with the program requirements so optimum safety can be reached for all!

*First and foremost – if a participant/coach/parent thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of taste or smell, or been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements). *** If a coach or administrator has a concern about a player's health, they have the ability to send the player home.**

All participants and coaches should use MDH's Self-Screening tool before every training session: <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/>.

Screening: Coaches/Instructors must have a mask and gloves on for this!

Before practice begins:

- Players should gather, while respecting social distancing, in the marked area behind the 1st Northeast Tennis Court (Big Winona Winhawk Tennis Sign on it!) next to the WAPS Red Maintenance Building on Bundy boulevard while waiting for practice to begin.
- Coaches will meet players in the marked area next to the 1st Northeast Tennis court next to the WAPS Red Maintenance Building to have their temperatures checked before beginning practice. Players will stand and wait at orange paint marked areas on the grass 6 feet apart until it is their turn to be checked in! Participant will be asked the following:
 - **Forehead temperature check:** A temperature of 100.4 or greater is considered a fever. Anyone with a fever will be sent home immediately.
 - **New onset or worsening of a cough**
 - **Shortness of breath, hard time breathing**
 - Two of the following symptoms: **Chills; Muscle pain; Headache; Sore Throat new Loss of Taste or Smell**

Social Distancing:

- Training will consist of no more than 10 people (including a coach).
- Training will have proper social distancing for each player and coach.
- Training will be limited to non-contact activities.
- No physical contact including huddles, high-fives, handshakes, or hugging.
- Warmups and Drills conducted so participants will be with same partners the majority of the time!

People:

- Only players listed and enrolled in tennis may train together. No scrimmages or guest playing will be permitted.
- Parents and spectators must follow government social distancing guidelines at all times while watching practice. You must be far enough away from the group so you are not counted as part of the gathering. If you need to watch please do this through the fence from the Bundy Boulevard road side at an adequate social distance of 6 ft or more away from all participants and other parents. Remember to pickup your child in the Winona Middle School parking lot off of Bundy Boulevard and Homer Road.

Equipment:

- Players equipment (rackets, water bottles, sunscreen, snacks etc..) should not be shared and should be placed at least 6 feet apart to ensure breaks are also properly distanced.
- It is essential that players bring their own water and sunscreen to practice each day.
- Hand sanitizer should be used by each player before, during breaks, and after daily lessons supplied by the player.
- Equipment will be disinfected before and after training. When possible, communal equipment will only be handled by the coaches.
- Masks/gloves will be required for coaches during temperature checks and injury checks when needed!!

Plan in Case of Exposure will be handled by Casey Indra WAPS Athletic Director and will be communicated to the Mn Department of Health, WAPS Administration, families and participants.

In the event of Severe Weather during practice the WMS Auditorium will be used as our Safety Zone: WAPS safety protocols will be followed. Parents will pick up their child from the WMS in person. Parents should use the Southeast WMS main entrance on Homer Road to pick up their child!

MSHSL Tennis Guidance and Information

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| Required | <ul style="list-style-type: none"> • <i>Pods shall not exceed 25</i> |
| Recommendations and Considerations: | <ul style="list-style-type: none"> • <i>All athletic equipment should be cleaned intermittently during practices and contests.</i> • <i>Hand sanitizer should be used by participants and coaches as they enter and leave practice.</i> • <i>Sweat should not be wiped with the tennis ball.</i> |
| Equipment | |
| Required | <p><i>Uniforms may not be shared or exchanged and must be school issued.</i></p> <ul style="list-style-type: none"> • <i>Uniforms do not need to match.</i> |
| Recommendations and Considerations: | Clean frequently touched objects and areas and provide ample hand sanitizer for athletes and coaches. |
| Competition | |
| Mask/Face Coverings | |
| Required | <p>Indoor Courts</p> <ul style="list-style-type: none"> • Student-athletes and coaches must wear face masks at all time when not actively participating in the contest. <p>Outdoor Courts</p> |

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| | <ul style="list-style-type: none"> • Coaches must wear a mask when conversing with student-athletes and when social distancing is not possible. • Student-athletes must wear a mask when social distancing is not possible. |
| Site Set Up | |
| Required | <ul style="list-style-type: none"> • No competitor chairs will be allowed on the court. • Spectators are not allowed inside of the fence or on the courts and surrounding court surface. • Benches and or bleachers may not be utilized by student-athletes, coaches, or spectators inside the fenced-in court space. • Visiting student-athletes are considered essential and may be given access to school restrooms. However, this availability may be limited. |
| Recommendations and considerations: | <ul style="list-style-type: none"> • Remove all bleachers and benches inside the fenced in court area. |
| PRE- COMPETITION | |
| required | <ul style="list-style-type: none"> • Student-athletes must use hand sanitizer prior to entering the court and when exiting. • Student-athletes bags/gear must be 3' from the net post to maintain social distancing. • Pre-match instructions will be provided by the home court coach. Student-athletes will be spaced, following social distancing guidelines, along the opposite baseline while instructions are provided. • Team huddles shall not take place prior to play unless students and coaches are wearing masks. |
| Recommended and Considerations | |
| competition | |
| Required | |

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| | <ul style="list-style-type: none"> • • Outdoor and indoor courts may all be utilized at full competition capacity if spectators are kept outside of the competition court area. • • Spectators are only allowed indoors per facility capacity kept at 25% and if kept outside of the competition area. • • JV and Varsity events may take place at the same venue or at separate venues. • • When the venue is shared, participation limits are set at 12 Varsity students and 12 JV students. • • When separate venues are utilized, participation limits are set at 15 varsity and 24 JV students. • • Maintain social distancing during play. Avoid fist bumps or handshakes prior to or following the contest. • • Home team will update the score. • • Coaches shall wear face coverings when communicating with competitors during breaks in the match as well as off court. • • When switching sides, student-athletes will go directly to their bag and should not cross paths with their opponent. • • Switch courtsides on opposite sides of the court. • • When returning balls to an adjacent court, players should use their racquet only. Student-athletes will not touch the ball with their hands. • • Each team is responsible for its own hand sanitizer and its own medical kit. • • Student-athletes may not wipe their sweat with the tennis ball. |
| <p>Recommendations and Considerations:</p> | <ul style="list-style-type: none"> • • When playing doubles, coordinate with your partner to maintain physical distancing. • • Avoid touching your face after handling a ball, racquet, or other equipment. Wash your hands promptly or use hand sanitizer if you have touched your eyes, nose, or mouth. • • Food, drinks, or towels should not be shared. |

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| | <ul style="list-style-type: none"> • Maintain physical distancing when changing ends of the court. • Remain apart from other student-athletes when taking a break. |
| Post Competition | |
| Recommendations & considerations | <ul style="list-style-type: none"> • Leave the court as soon as reasonably possible. • Wash your hands thoroughly or use a hand sanitizer after coming off the court. • Do not use the locker room or changing area. Shower at home. • No extra-curricular or social activity should take place. No congregation after playing. • All student-athletes should leave the facility immediately after the team has completed play. • At the conclusion of the match, the scoring device must be sanitized before it can be used for the next match. |
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Travel Component for Home and Away Meets

HOME

District bussing is provided to each site after school from the Middle School and High School. Varsity will be at the Middle School and JV will be at the Lake Courts. Players will meet at the site they are assigned. Coaches will give players the site the day prior

Opposing coaches will contact each other before the match day and set up numbers of players for each site.

Players will go through the above testing protocol before the match.
 * Winona players will bring the balls to the court and will be responsible for changing score cards.

After playing players will wash hands/use sanitizer and put masks back on before taking their assigned seat to watch the rest of the match.

At the completion of the match, all balls and scorecards will be sanitized before it can be used again.

Away Meets

Before getting on the bus players will be screened for Covid protocol.

They MUST wear mask on the bus

Players will sit 1 to a seat and if possible staggered seating.

Hand Sanitizer will be on the bus.

Bus will drop players and coaches off according to assigned area designed by the opposing coach (discussed the day prior).

Opposing players WILL NOT ride the Winona Bus to other sites.

After playing players will wash hands/use sanitizer and put masks back on before taking their assigned seat to watch the rest of the match.

When the match is completed, players will report to the same seat on the bus as they came on , with masks on.

Players will not have a shared drink or snack bucket- each person will be responsible for their own drinks and snacks this year.