

WIAA Summer Activities Guidelines

These procedures and guidelines should be used in conjunction with state, local and tribal health departments.

	High Risk Level - no gathering of more than 10 people at a time (inside or outside)	Moderate Risk Level - No gathering of more than 10 people at a time inside. Up to 50 may gather outdoors.	Low Risk Level - Gatherings of up to 50 people (inside or outside)	Lowest Risk - No limitations on gatherings
Pre-practice screening	All participants should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Participants should check their temperature at home before attending workouts. If any individual has a temperature of 100.4 or above, they should not attend workouts.	All participants should check their temperature at home before attending workouts. If any individual has a temperature of 100.4 or above, they should not attend workouts.	All participants should check their temperature at home before workouts. If any individual has a temperature of 100.4 or above, they should not attend workouts.	All participants should check their temperature at home before workouts. If any individual has a temperature of 100.4 or above, they should not attend workouts.
	Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix I for sample Monitoring Form).	Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix I for sample Monitoring Form).	A record should be kept of all individuals present.	A record should be kept of all individuals present.
	Any person with symptoms of respiratory illness reported over the previous 24 hours should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.	Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.	Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.	Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact his or her primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.
	Vulnerable individuals should not oversee or participate in any workouts.	Vulnerable individuals should not oversee or participate in any workouts.	Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.	Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

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Limitations on Gatherings	Groups or pods are restricted to 10 people or less at a time (inside or outside). Inside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized within a building, they must be separated by walls, a solid curtain, or other impermeable barrier. Outside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized outside, they must be kept separate with as much distance between groups or pods as the setting allows.	Groups or pods are restricted to 10 people or less at a time (inside or outside). Inside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized within a building, they must be separated by walls, a solid curtain, or other impermeable barrier. Outside spaces must provide for social distancing within the group or pod. If multiple groups or pods are utilized outside, they must be kept separate with as much distance between groups or pods as the setting allows.	Gathering sizes of up to 50 individuals, indoors or outdoors.	Gathering sizes are unlimited.
	Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout. Locker rooms are closed.	If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.	When not directly participating in workouts, care should be taken to maintain a minimum distance of 6 feet between each individual.	When not directly participating in workouts, care should be taken to maintain a minimum distance of 6 feet between each individual.
	Workouts should be conducted in “pods” of students with the same 5-10 students always together. There should be no interaction or mixing of students or staff between the pods. Best practice is that the pods remain with the same students throughout the High Risk Level.	Workouts should be conducted in “pods” of students with the same 5-10 students always together. There should be no interaction or mixing of students or staff between the pods. Best practice is that the pods remain with the same students throughout the Moderate Risk Level.		
	There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.	There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.		

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Facilities Cleaning and Disinfection	Adequate cleaning and disinfection schedules should be created and implemented for all workout facilities to mitigate any communicable diseases.	Adequate cleaning and disinfection schedules should be created and implemented for all workout facilities to mitigate any communicable diseases.	Adequate cleaning and disinfection schedules should be created and implemented for all workout facilities to mitigate any communicable diseases.	Adequate cleaning and disinfection schedules should be created and implemented for all workout facilities to mitigate any communicable diseases.
	Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, equipment, bathrooms, doors, etc.).	Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, equipment, bathrooms, doors, etc.).	Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, equipment, bathrooms, doors, etc.).	Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be cleaned and disinfected (chairs, equipment, bathrooms, doors, etc.).
	Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.	Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.	Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.	Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
	Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.	Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.	Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.	Hand sanitizer (at least 60% alcohol) should be plentiful and available to individuals as they transfer from place to place.
	Equipment should be wiped down thoroughly with an EPA-registered disinfectant before and after an individual's use of equipment.	Equipment should be wiped down thoroughly with an EPA-registered disinfectant before and after an individual's use of equipment.	Equipment should be wiped down thoroughly with an EPA-registered disinfectant before and after an individual's use of equipment.	Equipment should be wiped down thoroughly with an EPA-registered disinfectant before and after an individual's use of equipment.
	Equipment such as weight benches, athletic pads, etc., having holes with exposed foam should be covered.	Equipment such as weight benches, athletic pads, etc., having holes with exposed foam should be covered.	Equipment such as weight benches, athletic pads, etc., having holes with exposed foam should be covered.	Equipment such as weight benches, athletic pads, etc., having holes with exposed foam should be covered.
	Students should report to workouts with their gear in hand, and take them home with them at the end. Storage and locker rooms should not be utilized, except for equipment that cannot be taken home.	Students should report to workouts with their gear in hand, and take them home with them at the end. Storage and locker rooms should not be utilized, except for equipment that cannot be taken home.	Students should report to workouts with their gear in hand, and take them home with them at the end. Storage and locker rooms should not be utilized, except for equipment that cannot be taken home.	Students should report to workouts with their gear in hand, and take them home with them at the end. Storage and locker rooms should not be utilized, except for equipment that cannot be taken home.
	Appropriate clothing should be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Students must be encouraged to shower and wash their clothing immediately upon returning to home.	Appropriate clothing should be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Students must be encouraged to shower and wash their clothing immediately upon returning to home.	Appropriate clothing should be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Students must be encouraged to shower and wash their clothing immediately upon returning to home.	Appropriate clothing should be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Students must be encouraged to shower and wash their clothing immediately upon returning to home.