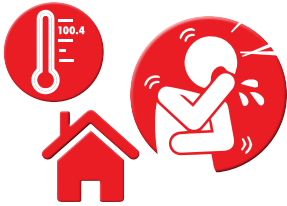




# WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION'S SUMMER ACTIVITY GUIDANCE

## IF YOU FEEL SICK, DON'T GO TO PRACTICE, CAMP, CONTEST, WORK OR SCHOOL - **STAY HOME...**



If your **temperature is 100.4 or higher.**

If you have any of the following symptoms, with or without fever: **chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.**

Contact and follow **your** medical provider's advice.

### RETURNING TO PHYSICAL ACTIVITY

1. **Acclimatization practices must be utilized**
2. **Follow a heat acclimatization program**
  - a) Slow progression in activity level, in both duration & intensity
  - b) Adjust workouts as heat & humidity increase
  - c) Monitor & immediately respond to developing problems
3. **Maintain proper hydration**
  - a) Use your own water bottle only
  - b) Do not use hydration stations such as troughs, fountains, etc.



### PRACTICE GOOD HYGIENE

1. Wash hands with soap & warm water or use hand sanitizer (at least 60% alcohol)
2. Avoid touching your face
3. Avoid touching frequently used items/surfaces
4. Sneeze/cough into a tissue or inside your elbow
5. No handshakes/high-fives/fist bumps
6. Use face coverings in public
7. Shower & wash workout clothing at home



### ISOLATE AND TRANSPORT THE SICK

1. Inform coaches, staff, officials, players & families that sick individuals should not attend activities
2. Notify coaches & school administration (e.g., the COVID-19 point of contact) if anyone in contact becomes sick with symptoms, tests positive or has been exposed to COVID-19
3. Immediately separate any symptomatic individuals at team activities
4. Follow CDC guidance for caring for oneself & others
5. Follow CDC guidance for community-related exposure
6. Establish procedures for safely transporting the sick to their home to a healthcare facility
7. When transporting or requesting help, inform first responders and hospital to alert them of possible COVID-19 case



### VENUES & EQUIPMENT

1. Hand sanitizer available (at least 60% alcohol) at all contests & practices
2. Disinfect all balls, equipment & other used items/surfaces between uses with an EPA-registered disinfectant
3. Limit use of shared equipment



### FACE COVERINGS

Decreases potential exposure to respiratory droplets. As state & local COVID-19 prevalence decreases, the need for strict social distancing & the use of face coverings may decrease. Look to guidance from your state & local health departments.



### IMPLEMENTING WIAA GUIDANCE

It is the decision of each local school district administrator, in compliance with state, local & tribal health departments to determine if they can safely conduct summer athletic contact days. It is the responsibility of the member school to provide proper administrative supervision (not the coach) at contests to assure compliance with these guidelines. It is strongly encouraged to designate a single point of contact with the local/tribal health department & direct coaches and others to only work through that primary point of contact to prevent inundating the local/tribal health department.

The WIAA is working with the Department of Public Instruction & the Department of Health Services to provide guidance for increasing summer activities. Prioritizing the health & safety of all students & staff remains the focus of all WIAA member schools.