



North Fond du Lac - Return to Play Guidelines - July 6, 2020



Dear Oriole Nation Families,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume athletic activities with the following considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by cleaning and disinfecting frequently touched surfaces on the field, court, or play surface at least daily or between use as feasible, cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants.
- Reducing physical closeness or contact between players when possible [insert examples, by allowing players to focus on building individual skills (like dribbling or kicking), keeping children in small groups, and staggering arrival and drop off times, putting signs and tape on floors or playing fields to ensure that coaches and players stay 6 feet apart, discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs
- Postponing travel outside of our community. When appropriate we will compete against teams in our local area.
- Promoting healthy hygiene practices such as handwashing (preferable) and/or hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit.
- Requesting that coaches, youth sports staff, officials, parents, and spectators wear a cloth face covering and/or face shield during practices and games. Players are strongly encouraged to wear a cloth face covering and/or face shield on the sidelines and the dugouts, and during play if feasible. As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- Limiting the sharing of equipment. We encourage that you bring your own equipment whenever possible.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.



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Risk Level by Sport

While the risk of infection transmission from athletic participation is difficult to determine, we have categorized sports based on low, moderate and high in alignment with the United States Olympic and Paralympic Committee (USOPC) and the National Federation of High School Associations (NFHS) stratification. Moderate and high-risk sports may modify training to reduce risk.

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling and football

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks and/or face shields by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running

Important Notes for ALL Sports:

The protocols in the Return to Play Plan are designed only to mitigate participant, staff or volunteer exposure to and spread of COVID-19. The protocols contained herein should not be relied upon or construed as a way to completely prevent a participant, staff or volunteer from becoming infected with COVID-19.

The protocols contained within this plan were created with consultation with the Fond du Lac County Health Department as well as a review of the WIAA/National Federation of High School Sports (NFHS), and the Center for Disease Control and Prevention (CDC). The most recent guidelines have been incorporated.

References:

NFHS
CDC

The School District of North Fond du Lac reserves the right to close the facilities and/or modify these protocols at any time at the direction of the Fond du Lac County Health Department or other authorizing agency including the Board of Education.



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Highlights for all Sports and Activities:

- Contact days are **voluntary**. Athletes should discuss their participation with their family and consider their own specific family health, needs, and concerns
- Athletes and staff should refrain from participation if they exhibit any symptoms associated with Covid-19. **There is no penalty for non-participation.**
- All coaches and athletes will be screened for signs and symptoms of COVID-19 prior to participating in any athletic activity. Upon arrival to train, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19 and take their temperature. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their health care provider.
- A log will be kept to record screening responses of all.
- Any person with positive symptoms reported, including temperature ≥ 100.0 °F, should not be allowed to engage in any athletic activity and should contact his or her primary care provider or other appropriate health-care professional for further guidance.
- All athletes will provide their own hydration
- No locker rooms will be provided
- Enter and exit through designated areas
- Social/Physical distancing will be strictly monitored
- Masks and/or face shields are recommended and encouraged if social/physical distancing of at least 6 feet cannot be maintained
- Student/Athletes should wear face masks and/or face shields when entering and leaving school district facilities
- Athletes may not congregate even in small groups.
- Limit unnecessary contact – No high fives, fist bumps, etc.
- No spectators or parents in any of the spaces
- Hand washing/sanitizing often is encouraged
- All personal clothes and equipment must be taken home each day for sanitizing
- Athletes who do not follow the guidelines within may be asked to leave the practice at the coach's discretion
- Families who may need specific accommodations should contact their coach to begin discussing individual needs. These guidelines should be shared and followed with all who intend to participate but we should focus also on students that we know are at higher risk (students with diabetes, asthma, or heart conditions)



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Area Specific Regulations:

Locker Rooms:

- Locker Rooms will not be available. Designated restrooms will be made available.

Weight Room:

- Phase 1 Maximum 12 AND Phase 2 Maximum TBA
- 1700 Square ft of space
- Students will enter by Door #8 (Doors located between weight room and gym)
- Hand Sanitizer will be available at the entrance to the room.
- Attendance will be taken and screening completed outside.
- Students will be issued a face shield to use while in the weight room.
- Restrooms outside the gym by high school elevators will be available for handwashing
- Students will abide by the social distance regulations
- All equipment and high touch areas will be disinfected after each session
- Students will exit through the emergency exit of the weight room.
- No Spectators will be allowed

High School Gym (Possible Activities – Basketball and Volleyball)

- Phase 1 Maximum 24 students (12 on each side of the divider) AND Phase 2 Maximum TBA
- Students will enter using Door #10 (Athletic/Events Entrance) and exit through the doors by storage area of the gym.
- 12,000 Square ft of space
- Attendance will be taken and screening completed outside of the gym in Horace Mann Commons
- Hand Sanitizer will be available
- Restrooms in high school commons by elevator will be available for handwashing
- Students will abide by the social distance regulations
- All equipment and high touch areas will be disinfected after each session
- Students will exit through the North End of the gym to the grass area by water tower.
- No Water Carts / Each student will provide their own water
- Gym will be divided into 2 sections which would allow for 12 total people per court
- Masks and/or face shields are recommended to be worn whenever physical distancing is not possible
- No Spectators will be allowed

Baseball and Softball Fields (Baseball and Softball)

****District fields are not available because of renovations****

If fields become available during the summer to use regulations for use will be shared. In the meantime, teams would need to contact the Village of North Fond du Lac to for use and availability of Village Park. Participants would need to follow village guidelines for use.



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Football and Soccer Practice Fields (Football, Soccer, and Strength and Conditioning)

- Phase 1 and Phase 2 - 50 person Maximum
- Students will park in the appropriate parking lots
- Students will socially distance themselves in bench areas.
- Equipment and high touch areas will be disinfected after each session
- No spitting, gum chewing, or handshakes / high fives / fist bumps
- No Water Carts / Each student will provide their own water
- Masks and/or face shields are recommended to be worn whenever physical distancing is not possible
- No Spectators will be allowed

Wrestling Room (Wrestling)

- Phase 1 Maximum - 8 and Phase 2 Maximum - TBD
- Students will enter and exit through Door #7
- Attendance will be taken outside of the room
- Restrooms will be available for handwashing
- The mat, equipment and high touch areas will be disinfected after each session
- Masks and/or face shields are recommended to be worn whenever physical distancing is not possible
- No Spectators will be allowed

Track (Track and Cross Country)

- Phase 1 and Phase 2 - 50 person Maximum
- Students will park in the appropriate parking lots
- Students will socially distance themselves in the dugouts and bench areas.
- Restrooms will be available for handwashing
- Equipment and high touch areas will be disinfected after each session
- No spitting, gum chewing, or handshakes / high fives / fist bumps
- No Water Carts / Each student will provide their own water
- Masks and/or face shields are recommended to be worn whenever physical distancing is not possible
- No Spectators will be allowed



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Specific Sport and Activity Regulations:

Weight Room Strength and Conditioning: (Considered low risk by NFHS) - Movement between phases based on county data.

Phase 1

- The Weight room will be staffed by 3 number of adults at all time
- 12 number of athletes will be allowed in at a time.
- 1 adult will be making sure student-athletes are performing correct form while adhering to social/physical distancing practices.
- Students will be on a rotational based workout with designated areas and weights that they will use.
- Workouts should be conducted in “pods” of 12 students with the same 3 students always working out together. This ensures more limited exposure if someone develops an infection.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- 2 adults will be working to sanitize before and after the stations.
- Spotters should stand at each end of the bar wearing a mask.
- Athletes are encouraged to wear face coverings as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- Attendance will be taken and screening completed every day by the entry point at Door #8
- Students will exit and enter at a staggered time as others, so not to cross paths.

Phase 2

- The Weight room will be staffed by 3 number of adults at all time
- TBA number of athletes will be allowed in at a time.
- 1 adult will be making sure student-athletes are performing correct form while adhering to social/physical distancing practices.
- Students will be on a rotational based workout with designated areas and weights that they will use.
- Workouts should be conducted in “pods” of students with the same 12 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- 2 adults will be working to sanitize before and after the stations.
- Spotters should stand at each end of the bar wearing a mask.
- Athletes are encouraged to wear face coverings as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- Attendance will be taken and screening done every day by the entry point at Door #8
- Students will exit and enter at a staggered time as others, so not to cross paths.



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Volleyball: (Low Risk - NFHS) - Movement between phases based on county data.

Phase 1 -

- Volleyball will adhere to Phase 1 Maximum. 24 students maximum in the gym (12 on each side). This will fit into the max capacity and square footage recommendations (NFHS)
- Workouts should be conducted in “pods” of students with the same 12 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There will be a designated cart for balls to use on specific days. It will be sanitized and a new cart will be used the following day.
- The high school gym will be divided into 2 sections which would allow for 12 total people per full court
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout
- Poles and high touch areas will be disinfected after each use.

Phase 2

- Volleyball will adhere to keeping the gym to under 50 people at all times. This will fit into the max capacity and square footage recommendations (NFHS)
- There will be a designated cart for balls to use on specific days. It will be sanitized and a new cart will be used the following day.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- Poles and high touch areas will be disinfected after each use

Baseball/Softball: (Moderate Risk - NFHS) - Movement between phases based on county data.

- Competition will be limited to local areas that are following the same guidelines.
- Travel will happen independently with parents providing transportation for those in their family ONLY
- Multiple team members may not travel together.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- No spitting, sunflower seeds, or gum will be allowed.
- Social distancing will be used in dugout and bench areas.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- Spectators will use social distancing practices
- All equipment will be disinfected after each use.



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Soccer: (Moderate Risk - NFHS) - Movement between phases based on county data.

Phase 1 and 2

- Up to 50 Individuals may gather
 - Physical Distancing space will be marked for student/athletes
- No spitting, sunflower seeds, or gum will be allowed.
- Balls will be rotated and all equipment will be disinfected after each use.
- Pinnies will not be shared and athletes will bring their own uniforms.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.

Basketball: (Moderate Risk - NFHS) - Movement between phases based on county data.

Phase 1

- Phase 1 Maximum of 24 (12 on each side of the gym)
- Individual skill work and Team Drills
- 10 Total Hoops
- Basketballs will be sanitized and rotated.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.

Phase 2

- Maximum Participants 50 per section
- Individual skill work and competitions
- Basketballs will be sanitized and rotated.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.



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Track and Field: (Low Risk - NFHS) - Movement between phases based on county data.

Phase 1 and 2

- Maximum Participants 50
- Any equipment will be immediately sanitized by coaches after practice.
- Staggered starts will be used to provide social/physical distancing
- Runners should maintain the recommended 6 feet of distancing between individuals.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- No equipment will be shared.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.

Wrestling: (High Risk - NFHS) - Movement between phases based on county data.

Phase 1

- Maximum Participants 8
- We will be practicing social distancing in the wrestling room with circles that keep athletes six feet away from others.
- Non-contact drilling is allowed
- Athletes will not be allowed to change or take off clothing in the wrestling room. They must change outside of the room.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- Students will provide their own water
- The website below is the Wrestling Federation's "Return to Mat Guidelines"

<https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf>



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Football: (High Risk - NFHS) **7 on 7 Football:** (Low Risk) - Movement between phases based on county data.

Phase 1

- Up to 50 Individuals may gather
 - Physical Distancing space will be marked for student/athletes
- All activities will be outside
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.
- A **7 on 7** format where there is little to no contact and athletes are spread out around the field will be acceptable
- A football player can participate in team drills. Players who sanitized their hands prior to sharing a sanitized ball and equipment are allowed to hand off or pass the sanitized ball to other teammates. Contact with other players is not allowed. There can be sharing of tackling dummies/donuts/sleds which shall be cleaned after use.
- Stretching and conditioning will all take place 6 feet (3 yards apart)
- Coaches will continue to monitor that no physical contact is made with players.
- For every X student-athletes there will be one coach overseeing that all precautions are being followed
- Students will provide their own water

Phase 2

- Maximum number of Participants - 50
- All activities will be outside
- Our football team will be in full protective gear.
- Players will wear gloves, helmets, and shoulder pads.
- Stretching and conditioning will all take place 6 feet (3 yards apart)
- Coaches will continue to monitor that no physical contact is made with players.
- For every 8 student-athletes there will be one coach overseeing that all precautions are being followed

Cross Country - Movement between phases based on county data.

Phase 1 and 2

- Maximum number of participants - 50
- Staggered starts will be used to provide social/physical distancing
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Runners should maintain the recommended 6 feet of distancing between individuals.
- Athletes are encouraged to wear masks and or face shields as they feel necessary especially if it becomes apparent that social/physical distancing creates incidental need to be within 6 ft.



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Staff Safety Protocols:

- Any staff member should refrain from participation if they exhibit any symptoms associated with Covid-19
- **Any person with positive symptoms reported, including temperature ≥ 100.0 °F, should not be allowed to engage in any athletic activity and should contact his or her primary care provider or other appropriate health-care professional for further guidance.**

Plan of Action in event a person is found to have been on School District of North Fond du Lac property and tests positive for COVID-19:

- Contact Athletic Director (Matthew Bertram) immediately, who will communicate with the school nurse and district administration.
- County Public Health will then provide guidance as the district goes through the following steps:
 - Use attendance logs to determine days, times, and people who they may have come into contact with
 - Based on amount of time present and contact with other individuals, assess need to shut down all facilities to clean and stop potential spread
 - Contact individuals who were potentially in direct contact with individual along with mass communication to all participants without sharing name of person who tested positive