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KingCo Conference

Return to Participation Guidelines

2020-2021 School Year – Seasons 1, 2, and 3

KingCo Conference Board of Directors and Athletic Director Board
2-12-2021

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1. INTRODUCTION AND PURPOSE

This document is created to provide key stakeholders with a clear understanding of the shared responsibility of all member schools that implement school-based athletics during the 2020-2021 school year to minimize the risks associated with the transmission and perpetuation of the coronavirus.

The following safety guidelines were developed collaboratively by all KingCo Conference schools to prepare for the 2020-2021 sports seasons, pursuant to information and recommendations provided by the Governor's office, the Department of Health and the WIAA. Each school district commits to implement these guidelines when offering school-based athletics to their student-athletes.

Should conditions change and more relevant information be provided by local, state, and federal health agencies this document and associated plans will be updated.

2. SCOPE OF THE GUIDELINES

The scope of this plan includes safety measures considered essential to providing such opportunities during the 2020-2021 school year.

Program keys will be prioritizing safety and the social-emotional wellness of their participating athletes. Over many months, the adjustment to virtual learning and separation from regularly scheduled organized activities have led to challenges for participants. It is well documented that positive experiences affiliated with athletics provides one avenue to increase feelings of self-confidence, belonging, and community.

3. SAFETY MEASURES AND OTHER MITIGATION STRATEGIES

A. TRANSMISSION RISK FACTORS: The [Center for Disease Control details on their website](#) that the risk of transmitting the SARS CoV-2 virus that causes COVID-19 depends on multiple factors including the number of people in a location, the type of location/facility, the distance between people/participants, the length of time at location, and the level of protective equipment used (e.g. face coverings).

The following general guidance has been applied to other safety measures in this document: smaller groups are safer than larger ones; outdoor locations are safer than indoor locations; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer.

B. RISK CATEGORIES: these categories were released by the Department of Health and all associated restrictions with each risk category must be followed by all KingCo schools.

<u>Low Risk Sports</u>	<u>Moderate Risk Sports</u>	<u>High Risk Sports</u>
Cross Country	Baseball	Basketball
Golf	Bowling	Football
Gymnastics	Soccer	Wrestling
Tennis	Softball - Fastpitch and Slow-pitch	Cheerleading w/contact
Track and Field	Volleyball	Dance w/ contact
Sideline (No-Contact) Cheer and Dance	**7 on 7 Without Linemen Flag Football	
Swim and Dive	Badminton	

** Although 7 on 7 and Flag Football are not WIAA sanctioned, they may be conducted by member school teams.

4. ALLOWABLE ACTIVITIES:

Movement between phases in the “Healthy Washington — Roadmap to Recovery” Plan will be tied to four metrics. Metrics for each region are updated every Friday with an effective date of the following Monday. The Department of Health publishes a weekly “Roadmap to Recovery Report” which has been posted under the “reports” [section of its COVID-19 Page](#). The Puget Sound Region *moved from Phase 1 to Phase 2 on February 1, 2021*. To remain in Phase 2, the Puget Sound Region must now meet at least 3 of the following metrics every two (2) weeks:

- a. Decreasing or flat trend in two-week rate of COVID-19 cases per 100K population
- b. Decreasing trend or flat trend in two-week rate new COVID-19 hospital admission rates per 100K population
- c. ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90%
- d. COVID-19 test positivity rate of <10%

Activities allowed in each Phase are as follows:

SEASON	SPORT		LEVEL OF RISK	PHASE 1	PHASE 2
Season 1	CHEER/ DANCE, SIDELINE	GIRLS / BOYS	Indoor, Low Risk	<ol style="list-style-type: none"> 1. Competitions allowed. 2. No spectators. 	<ol style="list-style-type: none"> 1. Competitions allowed. 2. Maximum of 200 people including spectators.
Season 1	CROSS COUNTRY	GIRLS / BOYS	Outdoor, Low Risk	<ol style="list-style-type: none"> 1. Competitions allowed. 2. No spectators. 	<ol style="list-style-type: none"> 1. Competitions allowed. 2. Maximum of 200 people including spectators.
Season 1	FOOTBALL	BOYS / GIRLS	Outdoor, High Risk	<ol style="list-style-type: none"> 1. Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone. 2. Brief close contact (ex: 3 on 3 drills) is permitted 	<ol style="list-style-type: none"> 1. Competitions allowed (no tournaments). 2. Maximum of 200 people including spectators.
Season 1	SLOWPITCH	GIRLS	Outdoor, Mod Risk	<ol style="list-style-type: none"> 1. Practice and training only. 2. Intra-team scrimmages allowed. 	<ol style="list-style-type: none"> 1. Competitions allowed (no tournaments). 2. Maximum of 200 people including spectators
Season 1	GOLF	BOYS	Outdoor, Low Risk	<ol style="list-style-type: none"> 1. Competitions allowed. 2. No spectators. 	<ol style="list-style-type: none"> 1. Competitions allowed. 2. Maximum of 200 people including spectators.
Season 1	SOCCER	GIRLS	Outdoor, Mod Risk	<ol style="list-style-type: none"> 2. Practice and training only. 3. Intra-team scrimmages allowed. 	<ol style="list-style-type: none"> 2. Competitions allowed (no tournaments). 3. Maximum of 200 people including spectators.
Season 1	SWIM AND DIVE	GIRLS	Indoor, Low Risk	<ol style="list-style-type: none"> 1. Practice in pool per Water Facility Regulations. 2. Maintain physical distancing. 	<ol style="list-style-type: none"> 1. Competitions allowed (no tournaments). 2. Venues at 25% capacity or 200 individuals, whichever is less.
Season 1	TENNIS	BOYS	Outdoor, Low Risk	<ol style="list-style-type: none"> 1. Competitions allowed. 2. No spectators. 	<ol style="list-style-type: none"> 1. Competitions allowed. 2. Maximum of 200 people including spectators.
Season 1	VOLLEYBALL	GIRLS	Indoor, Mod Risk	<ol style="list-style-type: none"> 1. Occupancy of 500 square feet/person. 2. Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone. 3. Brief close contact (ex: 3 on 3 drills) is permitted 	<ol style="list-style-type: none"> 1. Competitions allowed (no tournaments); 2. venues at 25% capacity or 200 individuals, whichever is less.

Season 2	BASKETBALL	BOYS	Indoor, High Risk	<ol style="list-style-type: none"> Occupancy of 500 square feet/person, separated by a buffer zone. Individual training and practice allowed for athletes. 	<ol style="list-style-type: none"> Practice and training only. Intra-team scrimmages allowed.
		GIRLS			
Season 2	CHEER/ DANCE, COMPETITION	GIRLS / BOYS	Indoor, High Risk	<ol style="list-style-type: none"> Occupancy of 500 square feet/person, separated by a buffer zone. Individual training and practice allowed for athletes. 	<ol style="list-style-type: none"> Practice and training only. Intra-team scrimmages allowed.
Season 2	GYMNASTICS	GIRLS	Indoor Low Risk	<ol style="list-style-type: none"> Competitions allowed. No spectators. 	<ol style="list-style-type: none"> Competitions allowed. Maximum of 200 people including spectators.
Season 2	SWIM AND DIVE	BOYS	Indoor, Low Risk	<ol style="list-style-type: none"> Practice in pool per Water Facility Regulations. Maintain physical distancing. 	<ol style="list-style-type: none"> Competitions allowed (no tournaments). Venues at 25% capacity or 200 individuals, whichever is less.
Season 2	WRESTLING	BOYS / GIRLS	Indoor, High Risk	<ol style="list-style-type: none"> Occupancy of 500 square feet/person, separated by a buffer zone. Individual training and practice allowed for athletes. 	<ol style="list-style-type: none"> Practice and training only. Intra-team scrimmages allowed.
Season 3	BADMINTON	GIRLS	Indoor, Mod Risk	<ol style="list-style-type: none"> Occupancy of 500 square feet/person. Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted 	<ol style="list-style-type: none"> Competitions allowed (no tournaments); Venues at 25% capacity or 200 individuals, whichever is less.
Season 3	BASEBALL,	BOYS	Outdoor, Mod Risk	<ol style="list-style-type: none"> Practice and training only. Intra-team scrimmages allowed. 	<ol style="list-style-type: none"> Competitions allowed (no tournaments). Maximum of 200 people including spectators
Season 3	FASTPITCH	GIRLS	Outdoor, Mod Risk	<ol style="list-style-type: none"> Practice and training only. Intra-team scrimmages allowed. 	<ol style="list-style-type: none"> Competitions allowed (no tournaments). Maximum of 200 people including spectators
Season 3	GOLF	GIRLS	Outdoor, Low Risk	<ol style="list-style-type: none"> Competitions allowed. No spectators. 	<ol style="list-style-type: none"> Competitions allowed. Maximum of 200 people including spectators.
Season 3	SOCCER	BOYS	Outdoor, Mod Risk	<ol style="list-style-type: none"> Practice and training only. Intra-team scrimmages allowed. 	<ol style="list-style-type: none"> Competitions allowed (no tournaments). Maximum of 200 people including spectators.
Season 3	TENNIS	GIRLS	Outdoor, Low Risk	<ol style="list-style-type: none"> Competitions allowed. No spectators. 	<ol style="list-style-type: none"> Competitions allowed. Maximum of 200 people including spectators.
Season 3	TRACK AND FIELD	BOYS / GIRLS	Outdoor, Low Risk	<ol style="list-style-type: none"> Competitions allowed. No spectators. 	<ol style="list-style-type: none"> Competitions allowed. Maximum of 200 people including spectators.

5. EXPOSURE PROTOCOL

- All participants in athletic programs (athlete, Coach, support staff) are advised to self-isolate at home when sick or if they are or have been in close contact with someone with COVID-19.
- Those who are excluded from training or contests due to [COVID-19 symptoms](#) or because they are [close](#)

[contacts](#) must follow their school district's guidance for isolation, quarantine, and

- **COVID-19 ACTIVITY LEVEL:** before returning to training or contests.
- This information should be traced and reported through the school district's designated health liaison with King County DOH.
- CLOSE CONTACT is defined as:
 - anyone who has been within 6 feet (2 meters) of a person infected with COVID-19 for a combined total of 15 minutes or more within a 24-hour period.
 - anyone who has had unprotected direct contact with infectious secretions or excretions.
 - use of cloth masks or face shields by the COVID-19 positive person or contact does not change the close contact definition.

6. FACE COVERING / MASKS:

The Governor's [COVID-19 Sporting Activities Guidance Document](#) clearly states that face coverings or masks are always required for participants. Coaches, referees/umpires, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings. Face coverings must also be worn during captains' meetings by athletes, coaches, and officials.

The WIAA provided member schools with further updates related to this requirement. In the WIAA's [Healthy Washington Sport and Activities Guidelines](#), they provide a clear explanation that an athlete may seek a medical exemption to the mask requirement by obtaining a physician's note. The guidance also clearly states that each school has the authority to determine whether to grant the exemption based on approved school district policy. While recognizing this authority, KingCo Conference Schools agree that the only exemptions to the masking policy for competitions that will be granted are those detailed in the WIAA's February 9, 2021 press release.

The February 9, 2021 press release details [a change to the Governor's masking policy](#) that allows participants to drop their masks once a race (cross country and track) begins and for gymnasts to remove their masks only when competing or practicing on equipment. The updated guidance is summarized in the Governor's [Races, Non-Motorized and Motorized Guidelines](#). No other exemptions will be accepted for KingCo competitions.

7. PHYSICAL DISTANCING:

Physical distance of 6 feet must be maintained between participants and officials with exceptions for training and medical personnel and volunteers performing their medical duties. The six feet of distance includes when participants are not engaged in sporting activities and during huddles or team meetings.

When possible, necessary markings should be placed on the floor or bleachers to indicate 6 feet spacing to assist in providing physical distancing for participants. Chairs or bleachers with proper physical distancing should be used for athletes and coaches who are on the sidelines during a contest rather than traditional benches.

Plans for [SPECTATORS](#): are detailed in section 18 in this document.

8. HYGIENE:

The King County Department of Health and the Center for Disease Control advocate for heightened adherence of proper hygiene. Standards for all participants and officials include but are not limited to:

- Requiring frequent hand washing and covering any sneeze and/or cough.
- Handwashing or hand sanitizing stations at training and contest locations for participants and officials. Away teams will be responsible for their own hand sanitizer and medical kit.

- Not sharing water bottles, uniforms, equipment (unless properly sanitized), towels, or snacks and will not spit (saliva, sunflower seeds, etc.).
- No pre- or post-game handshakes, high-fives, or fist bumps.
- Locker room usage will be limited to handwashing and restroom use. If the use of locker rooms for changing is necessary, the school authorizing the locker room use will maximize ventilation and use tape, spots, or cones to signal six feet of distance for athletes who need to change as well as implementing the following:
 - Staggered entry to any changing area and limit use of these facilities as appropriate to members of the same team or training cohort only.
 - Established, clear occupancy limits in locker rooms designed to avoid crowding. In every possible instance, participants and officials should come dressed appropriately for the contest.
 - Established, clear, proactive communication with officials to determine their need for a dedicated area to prepare for any scheduled contest. Any room scheduled for use by officials must be included in the cleaning rotation for that site.
- Posting signs in highly visible locations (e.g., at entrances and exits, in restrooms) that [promote everyday protective measures pdf icon\[PDF – 269 KB\]](#) and describe how to [stop the spread pdf icon\[PDF – 486 KB\]](#) of germs such as by [properly washing hands](#), [properly wearing a mask](#), and [physical distancing](#). Posting signs in multiple languages is encouraged.
- Broadcasting mandatory [regular COVID Safety announcements](#) on the public announcement system.

It is essential for all participants and officials to follow these guidelines to decrease risk to participants and increase the ability of member schools to operate safe programs.

9. CLEANING:

KingCo Conference schools are committed to the creation of practice and competition schedules that provide adequate time for cleaning between all scheduled activities. Athletic Directors will work with their coaches and colleagues and will consider the following items when developing such schedules:

- Clean/disinfect all high-touch surfaces and shared equipment before and after each use.
- Clean/disinfect all restrooms prior to and after any activity. Utilize disinfectants included in current CDC guidance for cleaning disinfection for COVID-19. ([List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\).](#)) Should spectators be present at a contest, schools will need to clean/disinfect at a midway (Halftime, end of quarters etc.) point when spectators are present.
- Individual drills requiring the use of athletic equipment are permissible. Therefore, schools will develop and retain a cleaning schedule for the equipment used during each practice and/or competition.
- Bring towels to away contests to wipe up sweat from the floor; host schools will provide paper towels at scoring tables.
- Sanitize shared equipment during competitions at regular intervals. Any cleaning schedules will be sport dependent (when to clean - in between quarters, during timeouts, between sets, etc.).
- Clean/disinfect after scheduled competitions as detailed by the National Federation of High Schools in their [Guidance for Opening up High School Athletics and Activities](#). Schools will also clean and disinfect between games at any site when multiple games are stacked, as facilities must be cleared between games. This includes cleaning and disinfecting all indoor and outdoor facilities and, will include but not be limited to, restrooms, press box, scorer's table, microphones, bleachers and/or chairs, and additional high touch points.

10. VENTILATION:

Proper ventilation requires maximizing outside air and reducing air recirculation by lowering airborne transmission of viruses to decrease the number of viral particles that accumulate in indoor air. The goal is to increase the intake of outdoor air as much as possible and/or through effective air filtration by ventilation systems or portable ventilation systems.

Each facility and school will be different and vary in design and their ability to provide adequate ventilation and air filtration. Consult your custodian or district professional to determine the best way to provide and maximize ventilation and air filtration capabilities in your gyms and facilities.

General considerations

- Ventilation and air filtration are not effective alone – they are tools that must be used along with other measures such as: health screenings ([ATTESTATION:](#)), physical distancing, reducing building occupancy, frequent hand washing, wearing face coverings, and implementing appropriate cleaning and disinfection protocols.
- Bring in outside air two hours prior to occupancy and two hours after occupancy, especially while cleaning and disinfecting is happening.
- Inspect and maintain local exhaust ventilation in restrooms and locker rooms; set ventilation above code minimums.
- Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.

If a building does not have existing HVAC systems

- Reduce occupancy in areas where outdoor ventilation cannot be increased to the optimal amount.
- Increase circulation of outdoor air as much as possible, for example by opening windows and doors.
- If portable ventilation equipment like fans are used, take steps to minimize air blowing from one person directly at another person to reduce the potential spread of any airborne or aerosolized viruses. Fans should be used to push air outside, not across the room.

11. TRANSPORTATION:

KingCo schools are committed to developing transportation plans that will balance participant safety and community need and will develop a plan that best serves their students who are scheduled to participate in KingCo activities. Plans will be built considering:

- Limited exposure for participants to those outside their household unit during travel. We encourage only those in the same household to travel together, and if not in the same household, to travel in separate vehicles if possible.
- That travel groups (defined as groups that include more than one household in the same vehicle), all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. In their plans, schools will limit travel groups to those who have been in regular contact (i.e. team members). In their plans, schools will encourage family members to sit together.
- In a carpool or bus, it is essential to maximize ventilation in the vehicle by opening windows.
- School districts have worked to install safety measures in their buses including, but not limited to:
 - Safety barriers (such as plexiglass shields) between the driver and passengers
 - Closed (blocked off/leave empty) the seats nearest the driver to ensure 6 feet of distance between the driver and passengers.
 - Buses have improved air filtration where possible.
 - Buses are cleaned and disinfected daily after use with attention to frequently touched services (doors, rails, seat backs).

12. RECORDS AND CONTACT TRACING:

Each KingCo Conference school commits to maintaining accurate attendance/participation records for each program. Additionally, each district has developed processes for contact tracing and determination of individuals who are considered to have been in close contact with an individual who tested positive for COVID-19. If a participant is identified as a close contact to a positive COVID-19 case during the infectious period, they must quarantine for 14 days. Plans for record keeping and contact tracing will include, but not be limited to:

- Keeping a roster of every participant (athlete, coach, event staff, official and volunteer) present at each practice, training session, and/or contest
- Keeping a roster and seating chart for each travel group
- Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.
- Should there be a need to initiate contact tracing, Athletic Directors will connect with each other by phone within 24 hours of awareness or of being made aware of an issue.
- All member schools should consider following the KCDOH Toolkit regarding contact tracing, records, isolation, and quarantine.

13. EMPLOYEES:

Schools within the KingCo conference must specifically ensure operations follow the main L&I COVID-19 requirements to protect workers, including:

- Educate workers in the language(s) they understand best about the coronavirus and how to prevent transmission, and the employer's COVID-19 policies.
- Always maintain minimum six-foot separation between any employees (and customers) in all interactions. When strict physical distancing is not feasible for a specific task, other prevention measures are required, such as: use of barriers, minimizing staff or customers in narrow or enclosed areas, and staggering breaks and work shift starts.
- Provide and require the wearing of personal protective equipment (PPE) such as gloves, goggles, face shields and face masks as appropriate or required for the work activity being performed. *Cloth face coverings must be worn by every employee working in any common area unless their exposure dictates a higher level of protection under L&I safety and health rules and guidance.*
 - **Exceptions to the cloth face covering requirement include:** when working alone in an office or vehicle; if the individual is deaf or hard of hearing and is communicating with someone who relies on language cues such as facial markers and expression and mouth movements as a part of communication; if the individual has a medical condition or disability that makes wearing a facial covering inappropriate; or when the job has no in-person interaction.
- Ensure frequent and adequate hand washing with adequate maintenance of supplies. Use disposable gloves where safe and applicable to prevent virus transmission on tools or other items that are shared.
- Establish a schedule that includes frequent cleaning and sanitizing with a particular emphasis on commonly touched surfaces.
- Screen employees (**ATTESTATION:**) for signs/symptoms of COVID-19 at the start of their shift. Make sure sick employees stay home or immediately go home if they feel or appear sick. Cordon off any areas where an employee with probable or confirmed COVID-19 illness worked, touched surfaces, etc. until the area and equipment is cleaned and sanitized. Follow the cleaning guidelines (www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html) set by the Centers for Disease Control to deep clean and sanitize.
- Post a sign at entrances that everyone in the building is required to wear a face covering.

Each school has named a site-specific COVID-19 supervisor to monitor the health of employees and ensure the COVID-19 job site safety plan is followed. KingCo Conference COVID-19 supervisors are listed below. KingCo Conference schools commit to following Washington Department of Labor & Industry guidelines for employees when implementing seasonal athletic plans.

<u>Member School</u>	<u>Name/Position</u>	<u>Member School</u>	<u>Name/Position</u>
Bellevue High School	Vic Anderson, Principal	Liberty High School	Loren Krogstad, Asst Principal
Bothell High School	Elizabeth Cano, Asst. Principal	Lindbergh High School	Thomas Caudle, Principal Susan Borst, School Nurse
Eastlake High School	Todd Apple, Associate Principal	Mercer Island High School	<u>Nick Wold Associate Principal</u>
Evergreen High School	Simon Iniguez – A.P. Tiffany Spencer	Mount Si High School	Greg Hart, Assistant Principal
Foster High School		Newport High School	Keith Altenhof, Asst. Principal Tom O’Connor, Asst. Principal Dion Yahoudy, Principal
Hazen High School	Kate O’Brien, Principal Kristin Freer, School Nurse	North Creek High School	Greg Cox, Asst Principal
Highline High School	Keegan Ryan, Success Dean Shane Updike, Testing Coordinator	Redmond High School	Colette Roche, Assoc. Principal Andrew Hosford, Assoc. Principal Gia San Martin, Principal
Inglemoor High School	Shawn Rainwater, Assistant Principal	Renton High School	Aleta Konkol, Assistant Principal Celeste Dillard, Nurse
Interlake High School	Bret Cochrun, Principal Marylee Allan, School Nurse	Sammamish High School	Kim Taniguchi
Issaquah High School	Doug Wolff, Asst Principal	Skyline High School	Will Buker, Asst Principal
Juanita High School	Kelly Konicki, Associate Principal	Tyee High School	Norma Barrineau A.P. Amalia Gonzalez-Kahn co-Prin.
Lake Wash. High School	Tim Schultz, Associate Principal	Woodinville High School	Matt Wallace, Assistant Principal

14. COVID-19 ACTIVITY LEVEL:

Activity levels are determined by the metrics released by the DEPARTMENT OF HEALTH. What is allowed under these metrics is detailed in the chart in section 3: Allowable Activities.

If a student athlete, or someone in the student athlete’s family or someone the student athlete has been in close contact with is showing signs of COVID-19, the student athlete or family will notify the program’s head coach and athletic director.

- If a participant attends an athletic activity and is found to have any symptom, **the participant will be sent home and the parent/guardian, athletic director and (if applicable) District Athletic and Activities Director will be contacted.**
- If a coach/advisor attends an athletic activity and is found to have any symptom, **the coach/advisor will be sent home and the athletic director and (if applicable) District Athletic and Activities Director will be contacted.**

If someone in the coach/advisor’s family or someone the coach/advisor has been in close contact with is showing signs of COVID-19, the coach will notify (if applicable) the head coach and athletic director.

- If a participant has been exposed to individuals with symptoms, **the participant is required to stay home, and the athletic director and (if applicable) District Athletic and Activities Director contacted.**
- If a coach/advisor has been exposed to individuals with symptoms, **the coach/advisor is required to stay home, and the athletic director and (if applicable) District Athletic and Activities Director contacted.**

Additional Program Agreements:

- Schools follow the King County DOH guidelines outlining a participant’s return when there is a positive COVID case.
- Schools agree that should a specific sports program at a school have a **COVID outbreak as defined in OSPI’s [K-12 Schools Guidance 2020-2021](#)**, in the section titled “If the school is grouping or cohorting students,” it is recommended that the affected program stop all activities for 14 calendar days.
- KingCo schools adopted a [Return to Participation protocol](#) developed by Seattle Children’s Hospital that will be followed once an athlete is cleared to return after contracting COVID-19.
- Should a program be unable to field a team due to COVID-19 activity, the school will communicate as follows:
 - The affected school’s AD will provide documentation to the KingCo Athletic Director Board President of the necessary quarantine period so affected schools can be contacted.
 - The affected school’s AD will provide documentation to the KingCo Athletic Director Board President and/or Board Designee from Athletic Trainer or the school’s COVID Supervisor or designee that the quarantined team has been cleared to return to participation.
 - The affected school’s AD will communicate with officials of the change in schedule.
- KingCo schools will not mandate participants quarantine or limit participation in activities after travelling, unless the travel falls within the parameters of current state or federal proclamations. KingCo schools will continue to emphasize the importance for participants to follow all established health and safety measures and will apply all these measures to determine the eligibility of participants and coaches. Current travel proclamations include:
 - [COVID-19 Travel Advisory](#) issued on November 13, 2020
 - [Proclamation 20-83](#) issued on December 21, 2020
 - [President Biden’s Proclamation](#) of January 25, 2021

15. SPORT SPECIFIC GUIDELINES:

The WIAA has provided member schools and coaches with a supplemental document titled [Sport-Specific Return to Play Guidelines](#). This document provides agreed upon standards to implement during competitions.

As part of these sport specific language, KingCo Conference schools will collect individual program plans for each of their school’s programs prior to the beginning of the season. These Return to Participation plans will provide participants with clearly stated information that highlight standard safety protocols and other important information for coaches and participants that will help mitigate the transmission of COVID-19 in the school building and in our communities.

16. SCHEDULES:

Traditionally KingCo schools have built schedules based on WIAA classifications. For the 2020-2021 sports seasons, schools will be grouped into geographic divisions. These divisions will assist athletic directors and other school personnel in the planning of safe competitions for all participants. Schedules will be built in five divisions for all sports, except football:

<u>North Division 1</u>	<u>North Division 2</u>	<u>Central Division 3</u>	<u>Central Division 4</u>	<u>South Division 5</u>
Bothell	Eastlake	Issaquah	Bellevue	Evergreen
Inglemoor	Juanita	Liberty	Newport	Highline
North Creek	Lake Washington	Skyline	Mercer Island	Tyee
Woodinville	Redmond	Mount Si	Sammamish	Foster
		Hazen	Interlake	Lindbergh
				Renton

<u>Football Division 1</u>	<u>Football Division 2</u>	<u>Football Division 3</u>	<u>Football Division 4</u>	<u>Football Division 5</u>
Bothell	Eastlake	Bellevue	Hazen	Evergreen
Inglemoor	Juanita	Issaquah	Liberty	Highline
North Creek	Lake Washington	Skyline	Mercer Island	Foster
Woodinville	Redmond	Mount Si	Newport	Lindbergh
				Renton
				Interlake
				Sammamish

Schedules will also be built with the following maximum contest limitation for 2020-2021:

Season 1 - March 1 - April 3 (5 wks)	Contest Limit
Football (2/24 - 4/3)	4
Cross Country	4
Volleyball	8
Boys Tennis	8
Girls Swim and Dive	4
Slowpitch	8
Boys Golf	6
Girls Soccer	8
Season 2 - April 5 - May 8 (5 wks)	
Boys Basketball	8
Girls Basketball	8
Wrestling	4
Gymnastics (3/29 - 5/8)	4
Boys Swim	4
Bowling	4
Competitive Dance	4
Competitive Cheer	4
Season 3 - May 3 - June 12 (6 wks)	
Baseball	10
Fastpitch	10
Girls Golf	6
Boys Soccer	10
Girls Tennis	10
Track and Field	5
Badminton	10

For specific dates and times for all KingCo Conference games will be posted on each school's athletic page.

17. ARRIVAL PROCESS AT ANOTHER SCHOOL (for Competitions):

It is essential that there is a controlled flow into and out of athletic facilities. As such, each school's athletic director will communicate with visiting schools to ensure all participants are informed well ahead of a scheduled contest. Plans will include, but not be limited to the following:

a. School control of access/egress of a facility: Building athletic directors will need to identify the entry and

exit points from fields (and/or gyms) and communicate this to both home and away coaches and athletes. Additionally, building athletic directors will work to identify staff whose role will be to assist with the access/egress points in each facility. The identified staff will also assist with daily participant health screening ([ATTESTATION:](#)) during competitions.

- b. *Limiting the contact points in a facility (e.g., open doors, water bottles, equipment, etc.):* Student athletes will be required to bring their own water bottle and other equipment and the sharing of personal equipment is prohibited. There is no sharing of clothing (towels, shoes, or other specific equipment). Doors and other contact points in the facility must remain locked and have adequate signage communicating the open areas of the campus and the protocols for accessing those areas.
 - i. Each facility will provide access to restrooms/locker rooms so participants at minimum have access to a restroom. Any use of locker rooms for changing is the purview of each member school district.
 - ii. Each school will provide adequate space for athletes while at competitions so they may access their personal equipment while maintaining physical distance from other participants.

18. SPECTATORS:

Due to limits on the number of individuals allowed at a gathering, KingCo schools must carefully plan competitions for all athletic programs. Careful planning includes adhering to the strict limits on the number of individuals allowed in a facility during competitions. The limits on the number of individuals allowed in a facility for Phase 2 competitions are included in the table in this document in Section 3: [ALLOWABLE ACTIVITIES:](#)

It is the recommendation of the KingCo Conference that schools close their competitions to spectators. However, during the three KingCo Conference seasons, should a school determine that they are able to safely plan for spectators to attend a competition, all KingCo schools should only allow parents/guardians/students of the home school to attend a competition. Should a school make this determination, the school will include spectator attestation in their contest planning and it is recommended that the school keep a sign-in sheet where people have to print their names legibly and leave a phone or email contact to assist should contact tracing be necessary.

For planning purposes, Sideline Cheer and Drill Team members are considered *participants* when scheduled to be present during a competition. KingCo schools will not plan for musical performances (band, choir, or other groups) during athletic contests during 2020-2021.

The focus of all KingCo Conference Athletic Directors remains on providing athletes with safe opportunities to compete. KingCo Conference schools encourage all parents/guardians and community members to support their athletes by honoring spectator limitations.

To assist parents/guardians and other interested community members to watch events, KingCo Conference schools are working to secure means to stream events as an alternative to in-person viewing of athletic events. Any streaming platforms or plans will be communicated by individual school districts.

19. ATTESTATION:

All member schools will confirm, prior to contests, that their students and coaches have passed a district-approved Health Attestation / Wellness Screening. District plans for Health Attestation / Wellness Screening will be available upon request from member schools.

20. TESTING

The KingCo Conference will not mandate COVID testing for participants and coaches but recognizes and honors the authority of member school districts to implement such testing protocols at their discretion.

21. ADDITIONAL ITEMS

- a. Individual schools/districts have the authority to implement rules for their student athletes that are more restrictive than WIAA rules (WIAA 3.3.5). Should a KingCo school/district choose to delay participation in any of the agreed upon KingCo season, other member districts will honor that decision while lending support to the member district, focused on providing athletes opportunities to participate in the scheduled seasons.
- b. Messaging related to KingCo seasonal offerings this spring will be a central message developed by KingCo leadership, which will then be shared with member schools for distribution. Individual school districts will translate these messages as necessary for their communities. Central communications will include, but not be limited to:
 - i. Messaging for schools to use in the event a contest must be cancelled due to COVID related issues.
 - ii. Messaging for all schools to use should a season begin in Phase 2 and move to Phase 1 during the season.
- c. A clear and comprehensive RTP plan is an essential element of parent communication. This plan will include practice health and safety expectations, drop-off and pick-up patterns, activity groupings, etc. It will also be necessary to establish the means of communication from coach to parent(s)/guardian(s) and athletes. Communication **cannot** be left to a 'team parent' or volunteer.
- d. The most important element of program communication as an RTP is implemented is the health of athletes and coaches. As such, plans will be detailed so that all participants understand the need for and commit to complete honesty related to their health and any potential symptoms they may feel. Athletes must see a medical authority and be cleared for training after being diagnosed with or having accessed a medical authority with symptoms associated with COVID-19. Coaches and building athletic directors will not impose any penalty for missing activities due to symptoms and that if a participant, or any member of their family, does not feel well, they should stay home. Guidance from OSPI states that if students (athletes), staff (coaches, volunteers, etc.), or parent(s)/guardian(s) are showing symptoms of COVID-19, have been in close contact with someone who has confirmed or suspected COVID-19 in the last 14 days, they are not allowed on-site.
- e. Per WIAA Rule 17.11.4 an athlete must present to the school officials (athletic director and athletic trainer) a written release from a medical authority. For a suspected case of COVID-19, this written release must come from a medical authority, without exception.