



ATHLETICS

“Building a community that inspires excellence in character, athletics, and academic achievement.”

Fall Sports & Organized Team Activities

August 11, 2021

Updated August 18, 2021

GUIDING PRINCIPLES

- The health and safety of WCPS student-athletes, coaches and all athletic stakeholders will remain our top priority
- Activities may be modified, delayed or cancelled based on what is in the best interest of our student-athletes, coaches and other athletic stakeholders

SPORTS PHYSICALS

- Students will need to provide documentation of an updated preparticipation physical evaluation (sports physical) before participating in any summer conditioning and re-acclimatization activities
 - Returning Student-Athletes: the sports physical are good for one calendar year from the date of the physical examination.
 - Schools have these on file
 - **Incoming Freshmen and New Students:** the sports physical must be dated by **July 15, 2021** or within the calendar year of an examination or a new physical examination form must be submitted.
 - [Physical Examination Form](#)
 - [Evaluación física](#)
 - New students will need to turn in a hard copy of their sports physical to the athletic trainer upon arrival at their first conditioning and re-acclimatization session

COVID-19 AWARENESS & PLEDGE FORM

- Students and parents/guardians must sign the [WCPS Parent/Student-Athlete Participation Acknowledgement Statements](#) form prior to any participation in summer conditioning and re-acclimatization activities
- All students will need to turn in a hard copy of this form to the athletic trainer upon arrival at their first conditioning and re-acclimatization session

CONDITIONING ACTIVITY GUIDELINES AND RULES

- The only activities permitted will be those focused on conditioning and strength training
- Conditioning and re-acclimatization activities may only be conducted if approved by the Athletic Director and school administration

- [WCPS HEAT AND HUMIDITY PROCEDURES](#) will be monitored and enforced by our Athletic Trainers

- Activities will be limited to one two hour session per day (per student group/pod)
- Students must bring their own hydration bottles labeled with their names. The sharing of water bottles is not permitted.
- Coaches may provide pre-packaged hydration and recovery drinks
- Students will remain in the same workout group for the day and if possible from their first to last day of participation.
- Maximum athletes allowed in weight rooms at one time is determined by size of the room and being able to maintain social distancing.
- Capacities are;
 - Boonsboro High 39
 - Clear Spring 15
 - Hancock 15
 - North Hagerstown 25
 - Smithsburg 21
 - South Hagerstown 27
 - Williamsport 33

PRACTICE GUIDANCE

- Students and coaches should practice social distancing to the extent possible in every aspect of a practice.
- Students should make every effort to remain with the same group during practice to the extent possible.
 - Ex: Varsity and JV practices should be conducted separately.
 - Don't move athletes up and down on the roster or for practice.
- No team meetings in classroom (Virtual Meetings are preferred)
- No close quarters, in person coach's meetings. Meet virtually or where social distancing can occur.
- Keep coaches separated during practice sessions and games.
- Locker room use is on a limited basis.

Face Coverings (Updated protocols take effect on August 9, 2021) (for discussion)

**Rules apply to WCPS teams competing inside and outside of Washington County. Non-WCPS visiting teams must also comply with these rules.*

- **Indoors:** All student-athletes, coaches, officials, game management staff and spectators will wear face coverings. The exceptions include student-athletes actively participating in athletic contests and athletic practices, face coverings are optional during these activities. Face coverings must be worn on the sidelines/bench and in locker rooms at all times.
- **Outdoors:** All student-athletes, coaches, officials, game management staff and spectators are recommended to wear face coverings when physical distancing cannot be maintained. The exceptions include student-athletes

actively participating in athletic contests, and athletic practices. Face coverings must be worn on the sidelines at all times. Officials may also remove face coverings when competitions begin. All individuals are encouraged to wear face coverings in any setting whenever they would feel more safe.

- **Buses:** All student-athletes and coaches are required to wear face coverings when students are on the bus as outlined in section 361 of the Public Health Service Act (42 U.S.C. 264).
- CDC Guidance: Use of Face Masks

HYGIENE PRACTICES

- Hand sanitizing stations will be made available
- Students are encouraged to bring their own hand sanitizer
- The sharing of personal property (towels, water bottles, etc.) will not be permitted
- Team huddles, handshakes, fist bumps, spitting, chewing of sunflower seeds, and other activities that promote transmission of illness will not be permitted

ENTRANCE/EXIT STRATEGIES

- Use entrances and exits designated by the school

CHECK-IN PROCEDURES

- Participants and coaches will report to the designated workout areas. Students should come dressed for conditioning activities. Locker rooms will be available on a limited basis.
- Coaches must take attendance and maintain an attendance record for every practice and workout session.
- Coaches must share attendance records with Athletic Trainers for each session.

Transportation

- Transportation is not provided to WCPS extracurricular and athletic activity practices.
- Carpooling is not recommended for practices or competitions.
- WCPS can transport at full capacity on a bus to athletic contests.
- Masks must be worn on the bus at all times.
- No food or drinks allowed on a bus at any time.
 - Note: This would require removal of face covering which is not permitted.
- Coaches/ADs will be required to keep a copy of the WCPS_Social Distance Bus Seating Chart ([link](#)) for each trip.
 - Student-athletes and coaches should sit in the same seat for each trip.

COVID-19 Exposure

- Once activities begin, if any participant/coach within a team/group is identified as potentially having exposure to COVID-19 they may be asked to:
 - Not return to school;
 - Self-quarantine/self-monitor; and,
 - Seek a professional medical assessment.
- An isolation/quarantine period of up to 14 days and a release note from a medical professional may be

required to return to school.

- If any participant/coach within a group is diagnosed with and/or receives a positive notice of COVID-19,
 - The participant/coach is to remain isolated at home until they submit a release note from a medical professional allowing his/her return to school.
 - An isolation/quarantine period of up to 14 days and a release note from a medical professional may be required to return to school.
- *WCPS cannot disclose the identities of individuals who test positive or are suspected of being positive for COVID19 because of privacy laws. WCPS will conduct contact tracing and collaborate with health officials as needed to gather names and contact information of individuals, including students, that may have been exposed to limit the risk of exposure to others.*