**Holmen Gymnastics**

**COVID-19 Program Plan**

Holmen School District and the Co-curricular Department understands the difficult situation that COVID-19 has presented to our students and families. It is important that when we return to athletics that we take the utmost care and direction to make sure that our athletes are able to participate in organized activities safely. While COVID-19 has made our preparations vastly different than in years past, we understand the need for our students to participate in a safe and controlled environment that is being overseen by adults. This document is intended to provide student program participants and their parents/guardians with information that will assist in making an informed decision regarding the choice to voluntarily participate in our school sponsored co-curricular activities. While our objective is to provide the safest possible co-curricular options for students, the District warns student participants and their parents/guardians that the risk of being exposed and/or contracting COVID-19/Coronavirus or other communicable diseases cannot be eliminated.

* Parents/guardians who chose to allow their child(ren) to participate in these voluntary programs are asked to:
  + consult their personal family physician(s) for health guidance including social/emotional wellbeing and maturity level,
  + inform coaches in writing of any health concerns and physician recommendation for participation,
  + review with their child(ren) CDC and local health department guidelines, as well as the contents of this document,
  + and discuss with their child the importance of following all safety directives given by coaches/advisors, as well as assess if their child(ren) will comply with directives given by coaches/advisors in consideration if the choice to participate is appropriate for their child(ren).

Program participants should note that guidance may result in the closing of any or all of the programs based on changing community health status, directives from the La Crosse County Health Department or other government authorities, or as directed by District administration.

**COVID Basics**

• The foundations of reducing risk should always be kept in mind:

o Avoid participation and attendance if sick (fever and/or symptoms) – always discuss with your primary care provider if questions or concerns.

o Wear a cloth mask or buff to reduce spread of your aerosol to others (the mask captures some of your aerosol and reduces transmission to other people).

▪ Masks must be worn indoors according to the governor’s mandate while practicing, but not while taking your turn on the equipment.

▪ Athletes may wear a mask while participating in exertion, but it is not required. Athletes not participating should wear a mask.

▪ Coaches and sideline personnel should wear masks at all times.

o Social distancing of at least 6 feet when not participating (sideline, waiting for turn, etc.)

▪ Continue to train in smaller “pods” of athletes to reduce exposure risk.

▪ “Close contact” is based on the World Health Organization (WHO) recommendation that 15+ minutes of close (within 6 feet) exposure to another increases risk of transmission.

o Continue to emphasize hygiene.

▪ Hand sanitizer will be available next to each event.

▪ Do not share water or food/snacks.

▪ Minimize shared equipment as much as possible and sanitize that equipment frequently. We will be cleaning mats thoroughly before each practice, to reduce the spread.

**WHAT IF AN ATHLETE IS SICK OR EXPOSED**

1. Any student-athlete that has symptoms and/or fever should not participate in any activity (meetings, practice,competition) and begin self-quarantine immediately.
   1. Ensure that student-athletes with a **positive COVID test** (even if no symptoms) do not return to participation in training or competition until:
      1. At least 10 days have passed since positive test; AND
      2. No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
      3. COVID symptoms (for example, cough, shortness of breath, etc.) have improved;
      4. Athletes may not return earlier if negative follow-up testing (cannot test out of isolation).
   2. Ensure that student-athletes with **probable COVID** (symptoms of COVID – refer to symptom chart – but not tested), not be allowed to participate in any training or event until:
      1. At least 10 days have passed since onset of symptoms; AND
      2. No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
      3. COVID symptoms (for example, cough, shortness of breath, etc.) have improved.
2. Any student-athlete that has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend –someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately.
   1. If the student-athlete that was exposed previously had COVID (with a hard copy positive test) in the last 3 months,then there is no need to continue self-quarantine restrictions.
   2. If the student-athlete that was exposed previously had probable COVID (illness but not tested) in the last 3 months, then must continue with self-quarantine restrictions described below.
   3. “Close contact” to an individual with a positive COVID test, student-athletes should not return until:
      1. They have waited 14 days from last exposure to the infected person; AND
         1. This is a longer period of time than positive COVID test time due to the combination of exposure, virus incubation and elimination from the body. This is similar to influenza, which is why if influenza is caught early enough flu medications may be helpful, but if influenza is caught too late in the course then flu medications are not helpful.
      2. Have no fever without use of fever-reducing medications; AND
      3. No COVID symptoms (for example, cough, shortness of breath, etc.)
      4. Athletes may not return earlier if negative follow-up testing (cannot test out of quarantine).
         1. In rare instances where the infected positive exposure is a family member with prolonged illness, then discussion and medical clearance with health care providers can be individually obtained and reviewed.
3. Athletes may decondition during their quarantine and may require additional time to get back to full speed.

**EQUIPMENT CONSIDERATIONS**

**Apparatus**

• Coaches must sanitize shared equipment before and after each event. Please check with your equipment manufacturers on proper cleaning protocols for their equipment. The WIAA SMAC recommends referencing and utilizing disinfectants listed by the United States Environmental Protection Agency. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.

• Equipment must be wiped with listed disinfectants and a damp cloth.

• USA Gymnastics recommendations will be posted throughout the gym to help with apparatus cleaning reminders.

**Chalk Bowls**

• Each gymnast will have their own chalk bag including a block of chalk, a brush, and a spray bottle.

**Disinfectant Wipes**

• Gymnasts are encouraged to provide their own disinfectant wipes (at least 60% alcohol) to disinfect your feet. These will be used when entering and exiting each event. Athletes MUST disinfect before and after each rotation.

**Masks**

• Masks must be worn according to the governor’s mandate upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible.

o Coaches, team personnel and other meet personnel should wear masks at all times, and should be encouraged to follow social distancing guidelines.

o Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.

o Athletes may use “buffs” or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground. Other Equipment

• Grips/Wristbands/Braces – Gymnasts should use their own grips/wristbands/braces.

• Spray Bottle – Include a travel size spray bottle filled with water to spray your grips.

• Towels – Gymnasts should use their own towel and should be washed after each meet.

• Athletic Tape – Gymnasts should have their own roll of athletic tape for hands and for marking. • Equipment Sanitization – Coaches must sanitize shared equipment before and after each event. (USA Gymnastics recommends disinfecting all equipment after each rotation. Team A uses bars for all athletes, then disinfect prior to team B.) Please check with your equipment manufacturers. The NFHS SMAC recommends referencing and utilizing disinfectants listed by the United States Environmental Protection Agency.

• Equipment may be wiped with listed disinfectants and a damp cloth.

• We will make sure to sanitize in between all practices and rotations if people outside our cohort uses any apparatus. I.e. before we start practice after the middle school uses the gym on Mon/Thur.

**Other Hygiene Considerations**

• There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies. • Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.

• Emphasize to avoid touching the face throughout practice and competition.

• Spitting/nose clearing/coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.

• If a gymnast puts their hands/fingers in their mouth or spits on their hands, the event must be stopped and the gymnast must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.

• Athletes, coaches and staff should avoid touching doors, benches or other schools’ equipment.

• The gymnasts will be encouraged to wash their hands after each event, and also after chalk is used.

**General Reminders for Athletes**

• Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.

• Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently – before and after each event or rotation and when entering into or leaving the competition area.

• Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared. • Tell coaches immediately when you are not feeling well.

**PRACTICE CONSIDERATIONS**

**Pre-Workout/Pre-Contest Screening:**

• Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.

• What if the athlete is sick or exposed? – See above section.

• A record should be kept of all individuals present at team activities.

• Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

**COVID-19 Coach:**

• Designate a coach to be responsible for responding to COVID-19 concerns.

• COVID-19 Coach Responsibilities:

* 1. Daily attendance of all athletes
  2. Isolates any student with symptomes
  3. Contacts parents for ASAP pickup
  4. Follows up with athlete/parents on whether their symptoms remain and/or if a positive COVID test occurred
  5. Helps with contact tracing through “close contact” identification if a positive COVID case has been discovered
  6. Maintains communication with athlete and parents on when the student can return and be a resource for questions they may have

• All coaches, staff, officials, and families should know who this person is and how to contact them.

• Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.

**Social distancing:**

• Practice – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting a turn. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.

• Hydration – All students shall bring their own water bottle. Water bottles must not be shared.

o Due to the importance of hydration during practice, athletes should not be allowed to work out if they do not have access to their own water bottle.

o Water cows, water trough, water fountains, etc. should not be utilized.

○ Water refill stations should be cleaned/disinfected frequently.

• Gathering sizes up to 50 when inside or outside

• Examples of drills/activities that can be done to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants

* + 1. Since gymnastics is an individualized team sport, we will make sure there are plenty of stations and drills that are distanced to allow for no one to have to congregate. We will also make sure that while waiting in line that places are clearly marked six feet apart.

**Transportation Guidelines**

• We will travel to other areas not having a higher county 7-Day Rolling Average for Positive Case Rate per 100,000 than La Crosse County.

• Decisions to compete will also be made from the determination of the spread of the virus in the school and sports program we are planning on competing against.

• Students would need to sit a maximum of 2 students a seat when being transported (56 riders per bus)

• Windows should be allowed to be lowered when appropriate to allow fresh air to flow through the bus

• Masks must be worn by all riders

• The bus driver would be responsible for disinfecting the bus before students entered the bus

**COMPETITION CONSIDERATIONS**

•Gymnastics will have more normalized competitions. Upon entering the venue, we will make sure to stay within our cohort and socially distanced. While warming up, rotating, and competing we will travel as a team and not stray away. This will help to not expose the gymnasts to others.

* March-in will be more of an introduction of the team at their first event. This will allow all teams to socially distance
* Awards will also take place with teams spread out around the gym.
* Hand sanitizer will be available, but it is encouraged that your gymnast brings their own as well.

**WIAA Event Accountability**

• A [tracing sheet](https://www.wiaawi.org/Portals/0/PDF/Health/Covid/Contact-Symptom-Form.pdf) and [verification form](https://www.wiaawi.org/Portals/0/PDF/Health/Covid/WIAA-Fall-Culminating-Event-Req-Verification.pdf) shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day before departure.

• When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet’s accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

**Competition Schedule**

• Consider only local, single opponent, single day competitions (duals).

• Consider scheduling adjustments to reduce the number of events, duration and/or participants present.

• Consider dual or triangular meets only.

• All personnel and spectators should follow social distancing guidelines.

• Arrange apparatus and judge tables to ensure proper social distancing of all participants and event workers.

**Competition Floor**

• Only essential personnel are permitted in the competitive area. These are defined as gymnasts, coaches, trainers, and judges. All others, i.e., managers, video personnel, media personnel, etc., are considered non-essential personnel and are to be outside of the competition area.

**Sidelines**

• Gymnasts’ items should be lined up against the wall or in the hallway at least six feet apart. Judges’ Tables

• Space judges 3-6 feet apart at judging tables.

**Coach Conferences/Team Huddles**

• Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions.

• Team huddles should be conducted using mask mandate/guidelines and social distancing. **Social Distancing**

• Warm-ups/Stretching – Maintain social distance between athletes.

• Congregating of Gymnasts and/or Coaches – Discourage congregating upon arrival to the event, prior to warm-ups, and immediately following the meet. ○ No congregating of gymnasts while waiting in line to use the apparatus.

• Huddles – Social distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.

• Elimination of Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.

• National Anthem/March-In/March Out – Align team members in a manner that allows them to maintain social distance from others.

• Interaction with Judges – Coaches should maintain social distance when interacting with judges or any other event worker.

• Seating Capacity/Configuration – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.

**Pre- and Post-Match Procedure**

• Establish gymnastics-specific social distancing competition protocols, including the elimination of handshakes before and after the rotations, high fives, and huddles.

• Develop awards presentation procedures that maintain proper social distancing.

Hydration

• All team personnel shall bring their own water bottle. Water bottles must not be shared.

• Hydration stations (water cows, water trough, water refill stations, etc.) may be utilized but must be cleaned after every practice/meet.

**Spectators**

•Since the La Crosse County’s recommendation is to reduce the number of spectators to 25% of the capacity of the indoor facility or 50 people, whichever is less we will only be allowing immediate family of the home participants for the level competing

•Use each school district’s county 7 Day Rolling Average for Positive COVID-19 cases to determine in fans (if allowed) from the opposing team will be allowed to attend (must be equal to or lower than the La Crosse County

•Use of a contract tracing sheet for spectators

•Separate spectator flow patterns to minimize contact between home and away spectators

•Designate separate home and away spectator bathrooms

•All spectators are required to wear a face mask

•Limit the seating of spectators to one side of gym

•Social distance family groups by a minimum of 6 feet in the bleachers

•Sanitize commonly touched hard surfaces (door handles, handrails, ect.)

•Announcement reminders for spectators to wear mask and social distance