**Winter Dance Team 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:
  + Avoid participation and attendance if sick (fever and/or symptoms) – always discuss with your primary care provider if questions or concerns.
  + 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 or playing. Cloth masks are safe with exercise, they do not decrease oxygen levels, increase carbon dioxide levels, significantly restrict airflow, or cause heat illness. They will take time to get used to, as they can be uncomfortable and increase the perceived effort of exercise.
* Athletes must wear a mask while participating in exertion. Athletes not participating must also wear a mask.
* Coaches and sideline personnel should wear masks at all times.
  + Social distancing of at least 6 feet when not participating (sideline, waiting for turn, etc.)
* “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.
  + Continue to emphasize hygiene.
* Hand sanitization/cleaning frequently (every time on and off field) – each athlete is required to have their own bottle.
* Do not share water or food/snacks.
* Minimize shared equipment as much as possible and sanitize that equipment frequently.

**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.

**GENERAL CONSIDERATIONS FOR PRACTICES**

**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 an 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:
  + Daily attendance of all athletes
  + Isolates any student with symptomes
  + Contacts parents for ASAP pickup
  + Follows up with athlete/parents on whether their symptoms remain and/or if a positive COVID test occurred
  + Helps with contact tracing through “close contact” identification if a positive COVID case has been discovered
  + 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.
  + 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.
  + Water cows, water trough, water fountains, etc. should not be utilized.
  + Water refill stations should be cleaned/disinfected frequently.

**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

**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
* Spectators at away events will be determined by that event producer.

**General Dance Team Specific Guidelines**

See [WACPC Sport Specific Guidelines](https://docs.google.com/document/d/1aJHnM0aX3_fdqmBmxNt0gSLLxxVVbDJpJZSUzy9g0Wk/edit):

The CDC has released guidelines outlying the methods in which to prevent the spread of COVID-19. These include avoiding exposures, hand washing hygiene, social distancing, the use of face coverings, and adequate cleaning. As a result of these recommendations the following modifications have been made.

**AVOIDING EXPOSURES**

* Recommendations
  + WACPC recommends screening temperatures on all athletes prior to practice/game day activities/local events not hosted by WACPC
  + WACPC recommends symptom screening on all athletes prior to practice/game day activities/Iocal events not hosted by WACPC
* Requirements
  + WACPC will require screening temperatures on all athletes prior to WACPC sponsored competitions
  + WACPC will require symptom screening on all athletes prior to WACPC sponsored competitions

**HAND WASHING/SOCIAL DISTANCING**

* Recommendations
  + WACPC recommends avoiding any contact between athletes at practice/game day activities/local events not hosted by WACPC
    - Exception: WACPC recognizes that the “kickline” concept in the genre of kick is central to the style therefore in that situation recommendations to allow contact while mitigating risk have been made below. See section on “Kick Risk Mitigation Strategy.”
  + WACPC recommends maintaining 6 feet of social distancing between athletes at practice/game day activities/local events not hosted by WACPC
    - Exception: WACPC recognizes that the “kickline” concept in the genre of kick is central to the style therefore in that situation recommendations to allow closer proximity while mitigating risk have been made below. See section on “Kick Risk Mitigation Strategy.”
    - Exception: WACPC recognizes that there may be times when transitioning through formations an athlete may be close than 6 feet to another athlete. In this situation a distance of less than 6 feet will be allowed.
* Requirements
  + WACPC will require NO contact between athletes at WACPC sponsored competitions. Lifts, partner tricks, or situations where athletes would be in contact with another athlete will not be allowed.
    - Exception: WACPC recognizes that the “kickline” concept in the genre of kick is central to the style therefore in that situation recommendations to allow contact while mitigating risk have been made below. See section on “Kick Risk Mitigation Strategy.”
  + WACPC will require athletes maintain 6 feet of social distancing at WACPC sponsored competitions
    - Exception: WACPC recognizes that the “kickline” concept in the genre of kick is central to the style therefore in that situation recommendations to allow closer proximity while mitigating risk have been made below. See section on “Kick Risk Mitigation Strategy.”
    - Exception: WACPC recognizes that there may be times when transitioning through formations an athlete may be close than 6 feet to another athlete. In this situation a distance of less than 6 feet will be allowed.

**FACE COVERINGS**

* Recommendations
  + WACPC recommends face coverings on all athletes during practice/game day activities/local events not hosted by WACPC
* Requirements
  + WACPC will require face coverings on all athletes at WACPC sponsored competitions. Face coverings will be required on a “Enter/Exit” policy meaning when the athlete enters the competition venue until they exit they will be required to wear a face covering. We understand in certain situations of physical exertion an athlete may need to temporarily remove their face covering. In that situation a distance of greater than 6 feet will be required.

**ADEQUATE SANITATION**

WACPC will work with host sites to ensure the site is adequately cleaned prior to, during, and after the competition. WACPC recommends that coaches work with their district administrators and cleaning staff to ensure that practice areas are disinfected prior to and after use.

Additionally WACPC recommends that coaches work with their district administrators and cleaning staff to ensure that the use of shared objects in practice is either eliminated or reduced to avoid fomite transmission of the virus. This includes weights, mats, poms and other objects that could potentially create a venue for viral transmission.

**KICK RISK MITIGATION STRATEGY**

WACPC recognizes that the “kickline” is central to the kick genre. As a result of this WACPC will be allowing the “kick contact exception” that allows athletes to hook up in a traditional kickline. WACPC makes the following recommendations for teams who wish to participate in the kick genre:

* WACPC recommends that contact time in practice for a kickline is limited to 10 minutes or less. The basis of this recommendation is CDC “close contact definition.”
* WACPC recommends that athletes practice hand hygiene PRIOR to and after any contact with another athlete.
* WACPC recommends connections from the elbow to elbow to increase distance between athletes. In doing so there is no hand to hand contact and a greater distance between athletes is maintained.
* WACPC will require the use of hand sanitizer in “the hole” prior to taking the floor.
* WACPC will require the application of clean gloves after hand sanitation AND prior to taking the floor. Athletes may not touch their face/eyes after application of gloves. Gloves should be removed immediately after exiting the competition floor and placed in individual baggies to be washed OR in the case of disposable gloves removed and discarded after exiting the floor. Coaches should provide hand sanitizer to be used after glove removal.

*These guidelines are meant to provide direction and leadership during these challenging times. Coaches/athletes should recognize that the pandemic is a fluid situation and thus the WACPC guidelines will remain fluid as well. WACPC will continue to stay abreast of updated CDC recommendations, state mandates, DHS recommendations, WIAA recommendations, and make changes when/if necessary, to these guidelines.*

**Further Dance Team Guidelines**

1. Training
   1. Masks & Face Coverings
      1. Required to be worn at all times
      2. Face covering should cover both the mouth and nose at all times when worn
      3. The purpose of the face coverings is to reduce respiratory particle transfer from one individual to another
   2. Facility Cleaning
      1. All hard surfaces should be disinfected before and after use in the area your program will be using - Coach/Advisor
      2. Cleaning and disinfecting on a regular schedule by the custodial staff
   3. Personal Equipment
      1. Personal equipment should not be shared (i.e poms, wrist weights, uniforms)
      2. Students should have their own water bottle and not share this with anyone else
      3. Personal equipment should be taken home by the athlete each night and be cleaned or disinfected
   4. Personal hygiene
      1. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before coming to practice and directly after ending practice
      2. Clothes should be taken home and cleaned daily (i.e.shorts, shirts, shoes, sweat clothes, ect)
      3. Clothing should not be shared between individuals (i.e. shirts, head bands, sweat clothes, colored pennies, ect.)
      4. Athletes should shower at home whenever possible. Limit the number of athletes in the shower room at a time so they are able to physically distance 6’.
      5. Sweat clothes should be kept separate and not “piled” with other athletes clothing
2. Practice Guidelines
   1. Entrances - Coaches/Advisors will create one way flow patterns
      1. Outside - If possible enter/exit an exterior door
      2. Inside - Designate an enter and exit door
   2. Attendance lists of participants will be maintained at all practices and competitions for contact tracing.
   3. Daily screening of students (Temperatures and [Questions](https://docs.google.com/document/d/1QB4GLSPSsXmGtHPRCzXi4a9BbhElX2QiYFaYekowf8Q/edit))
   4. Physical distancing of 6 feet or more required at all times.
   5. 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. Individual drills for conditioning, technique and flexibility.
      2. Group work within the team will not include any contact or closer than 6 feet distance
   6. Locker rooms
      1. When athletes are not able to shower at home, athletes will use the locker room/shower area in their cohorts
3. Shared Equipment Cleaning
   1. Dance team will not utilize any shared equipment.
4. Competition Guidelines
   1. The Activities Director would need to give approval for the competition to occur given the county health department guidelines the opponent lives within.
   2. Examining the contact level of each activity and the current Risk Environment to determine the acceptable number of teams competing at an event
   3. Requirements
      1. Personal water bottles, sport drink bottles or personal snacks should be used by each individual player. No team water jugs, team coolers or communal snacks will be allowed
      2. Social distancing should be utilized for spectators in attendance. Family households can sit together, but should also plan to social distance from other households in attendance. Spectators should bring their own chair. It is required all spectators wear a face covering at all times
         1. Spectator guidelines for away events will be determined by that event’s guidelines.
      3. At the conclusion of each event, teams can social distance to acknowledge their opponent along with utilizing a verbal “Good Game” in unison as a sign of sportsmanship *(i.e. visiting team announces “good game team name”, followed by home team announcing “good game team name”)*
      4. At the conclusion of events, no team meetings are recommended to allow time for each team to sanitize any areas utilized with packing up their equipment. Players, coaches & spectators can plan to return to their vehicles right after this process is complete to exit the facility.