



South Milwaukee School District Recreation Department Re-opening Guide COVID -19 Mitigation Plan for 2020

Cross Country League (September-October)

Grades	6 th -7 th - 8 th Grade Boys & Girls
Mon-Tue-Wed-Thu	Practice four (4) times per week in the Middle School Gym and Outdoors
Meets	Contests will be virtual meets
Location	Community roads and Grant Park

PROGRAM DESCRIPTION

We will emphasize outdoor running fundamentals and safety.

INTRODUCTION

Our community families are very important to us and safety has been our primary concern, and now with COVID-19 it is even more challenging than ever before. We will attempt to protect all who engage in our activities – participants, staff, volunteers, spectators etc.

SAFETY RECOMMENTATIONS

- Phase B less than 10 people
- **Phase C** Up to 50 individuals may gather outdoors.
- Phase D no capacity limit (Date to be determined)

The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity.

Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or meets. 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.
- Ensure that individual(s) with symptoms do not return to practice until:
 - o They are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
 - o Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate healthcare professional for guidance. Written medical clearance is required to return to activity.
- 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.
- **SOCIAL DISTANCING** [social distancing](#)
- **Practice** – Coaches are responsible for ensuring social distancing is maintained between participants as much as possible. This means additional spacing between runners while stretching, warming up, chatting, changing drills, etc., so that students remain spaced out, and no congregating of runners while waiting their turn for drills.



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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.

- **Practice Area/Course** – Only essential personnel are permitted on the practice/competition court each day. This means additional spacing between players while stretching, warming up, chatting, changing drills, etc., so that players remain spaced out, and no congregating of players while waiting their turn for drills.
- **Locker Rooms** – Should not be used during higher risk levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes, and clean equipment at the end of every workout.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.
- **Team handshakes** – Teams shall NOT exchange handshakes before, during, or following the practice or meet.

Practice and Game Protocols:

- **Masks** – Athletes are not required to wear cloth face coverings running, but may do so if they desire. Coaches and others must wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask on the course or on the sidelines, they may do so. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.
- **Player habits** – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Spitting/nose clearing during practice/competition should be eliminated. The habit of minimizing any touching of their face, and covering their cough should be instilled.
- **Team Camps** – Should not be used as a place for athletes to congregate. They may be set up as an area for gym bags to be located during competition (6 ft apart)
- **Set-up and Breakdown of Practice Equipment** – Any equipment used for practice or competition should be disinfected prior to and immediately following practice. Only one individual should handle the equipment on any given day (i.e. resistance bands, mats, cones/flags, etc.).
- **Hand sanitizer and/or sanitizing wipes** - Players, coaches, and umpires are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after each at round and when going out to, and coming in from, the course. Additionally, emphasize to all to avoid touching their face.
- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice (i.e. cones, resistance bands, mats, flags, etc.) should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the equipment on any given day.
- **Watches** – Athletes should bring their own watch, or be issued a watch from the school that can be worn only by that athlete for the summer or the season. Watches should be disinfected by athletes every day.
- **Personal Items** – Shoes, clothing, towels and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.



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COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- 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.
- **Gym Bag** – Supplies recommended for your personal gym bag:
 1. A reusable facial mask – The mask should be worn when entering the practice/competition site and anytime you are not competing. Once warm-ups and practice/competition have begun on the court, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6’ apart rule at all times while unmasked.
 2. Warm-ups and electronics and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
 3. Personal bottle of hand sanitizer.
 4. Disinfectant wipes for personal use. When using a restroom area, you should disinfect any surface that you will be touching, before and after using the facilities.
 5. Athletic braces, tape, inhalers, or any other sports-medical item you may use before, during or after practice/meets should be stored in your gym bag when not in use.
 6. Personal water bottles for drinking – the water fountains will not be in use because of CDC guidelines
 7. Additional shoes should also be stored in a separate compartment or bag inside your gym bag - preventing possible cross contamination with other items in the gym bag.
 8. Any other item that you deem necessary for practice or competition must be stored in your gym bag when you are not using it.

**Everything inside a player’s gym bag must be disinfected after every practice – before you return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone’s protection.

RESOURCES

We have been following local and national health communications and attending webinars to become as knowledgeable as possible about best practices for re-opening. Here are some of the resources we will use for guidance:

[SMSF Department reopening plan.](#)

[Considerations for Youth Sports & Child Care](#)

[Local Health Plan for Milwaukee County & Phased Re-opening Plan for Milwaukee County](#)

[CDC Childcare, Schools, and Youth Programs](#)

[Public Health Considerations for Reopening Youth Programs and Camps During the COVID-19 Pandemic](#)

[WIAA Guidance for Summer Activities](#)

[NFHS Guidance For Opening Up High School Athletics and Activities](#)

The South Milwaukee Recreation Department will consult with our local health department to determine which risk level to start this program safely. Continued consultation with our local health department will be used to determine when progression to the next risk level can be initiated.

This plan is dependent upon SMSD, SMSF Health Department and WIAA recommendations!