

Lakewood School District Return to Play Tier 2 Proposal

Lakewood Middle School

During the 2020-21 school year, Lakewood School District plans on providing activities and athletic experiences to our students within the district and state guidelines to keep our students and staff safe during the COVID-19 pandemic. As a district, we recognize the importance of athletics and activities in developing the physical, social and emotional growth of our students through participation in athletics. This document was created to provide guidance for implementing a return to play (RTP) framework within the Lakewood School District.

Proposal:

In accordance with WIAA, Washington State Department of Health, CDC, and Snohomish County Healthy guidelines; Lakewood Middle School athletics will engage student-athletes in athletic activities. This proposal is for outdoor conditioning/training.

Rationale:

- Provide opportunity for community connection
- Allow for mitigated risk of transmission student (compliant with SnoCo Health)
- Increase in physical, social, and emotional health
- Mitigate the risk for injury upon return to competition
- Generalization of skills learned in Zoom classes, and put to practice when engaging in activities of mutual interest
- Allow for increased rapport opportunities
- Potential to reach 84 + student athletes per week
- Maintain competitive edge

Ratios:

In accordance with current guidelines, student-athletes will participate in pods no larger than six. A hired coach from the Lakewood School District will monitor the activity. Coaches will wear masks at all times, and only infringe upon the six-foot separation recommendation in instances of emergency. Each coach can supervise more than one pod (maximum of 3) while never entering a skill space.

These ratios will vary based on recommendations from the health organizations mentioned in the "proposal" section.

Facilities (Skill Space):

LMS will have access to Softball Field, northwest soccer field, LMS school grounds, LMS baseball field and upper grass field.

Each skill space will have a coach supervising the activities. Cones will separate “skill space” areas. Grids will be separated by a minimum of 5 yards to ensure a six-foot separation between pod groups.

Schedule for In-Season Sports: 3:00 – 4:15 *

- First Season (Boys’ Soccer, Cross Country and Girls’ Volleyball) January 4 – February 6
- Second Season (Girls’ Soccer, Boys’ Basketball) February 8 – March 13
- Third Season (Wrestling and Girls’ Basketball) March 15 – April 23 (this includes Spring Break)
- Fourth Season (Track and Field) April 26 – May 28

*LWSD Return to Play Program is dependent on Snohomish County COVID numbers and recommendations; in-season schedule will continue whether on-site or virtual.

Schedule for Off-Season Sports: Each off-season sport will continue to meet \geq twice per month via zoom

- First Season sports:
 - Meeting 1: First Friday of the month 2:30 – 3:30
 - Meeting 2: Third Friday of the month 3:30 – 4:30
- Second Season sports:
 - Meeting 1: Second Friday of the month 2:30 – 3:30
 - Meeting 2: Fourth Friday of the month 3:30 – 4:30
- Third Season sports:
 - Meeting 1: Third Friday of the month 2:30 – 4:30
 - Meeting 2: First Friday of the month 3:30 – 4:30
- Fourth Season sports:
 - Meeting 1: Fourth Friday of the month 2:30 – 3:30
 - Meeting 2: Second Friday of the month 3:30 – 4:30

Each “skill space” will have 60-minute workouts. The schedule will allow pods to condition and train using our outdoor facilities at the same time.

An additional 15 minutes has been included to allow for staggered routes to/from practice areas to avoid potential social distancing challenges.

Transportation to/from Practice:

Students should arrive to practice between 3:00 and 3:15. Practices begin at 3:15 but students will need to go through an attestation protocol, cleanse hands, etc. before practice.

Practice will end at 4:15 and students should be picked up at designated locations by 4:30.

For students needing transportation, buses will be provided to/from practice. Please contact Patti Buchanan or Tammy Haugstad at (360) 652-4510 for more information.

Sample Model: 3:00 – 4:15

Before on-site practice, student athletes will be informed as to which location they will be practicing per pod and his/her entry/exiting routes for getting to/returning from practice and parking lot.

Students will have 15 minutes between 3:00 – 3:15 to arrive to practice and go through attestation process (see Student Expectations below for more information). Student athletes will follow expectations throughout practice and before leaving practice field, will sanitize hands before getting onto buses or family vehicles.

Pods:

- Maximum of 6 kids to a pod.
- MS Coaches limited to 3 pods.
- Each pod will have their own bag of PPE, equipment, etc. There will be no sharing of any items between pods.
- Once a student is assigned to a pod, he/she cannot move between or change pods for the duration of in-season practice.
- Coaches must stay with his/her pod(s).
- At no time should there be any student-to-student contact such as blocking, huddling, high fiving, etc.
- After practice, all materials/equipment belonging to the school will be left on the field within pod area. Coaches will gather items and sanitize using protocol before returning items to pod bag.

Athlete Expectations:

- All student athletes must be cleared to participate in outdoor conditioning and training. This includes an annual update including parent and student electronic signatures. Paperwork can also be brought to office.
- Student athletes and his/her family must not attend practice if they are experiencing any of the following:

- Common symptoms of COVID-19 are: fever, cough, shortness of breath/difficulty breathing. Other symptoms may include chills, muscle or body aches, nausea/vomiting, diarrhea, fatigue, congestion or runny nose, headache, sore throat and new loss of taste or smell.
- If a student arrives to practice with any of these symptoms, they will be sent to a quarantine room at LMS and remain until family can pick them up.
- In order to return, the student must:
 - Receive a **positive** Covid-19 test result **and** remain a home at least 10 days since symptoms first began and at least 24 hours have passed since recovery (no fever without use of medications and improvement in respiratory signs like cough and shortness of breath).
 - Receive a **negative** COVID-19 test result **and** at least 24 hours after fever resolves and symptoms are improving.
 - If you do not have a COVID-19 test, student must remain home at least 10 days after symptom onset **and** at least 24 hours after fever has resolved and symptoms improved.
- Masks must be worn appropriately at all times and must be on as soon as student athlete exits their vehicle. Masks must cover both nose and mouth and be secured so that student does not need to adjust continuously.
- All student athletes will come to the facility dressed for practice with their own water bottle and staying six feet away from all other athletes and coaches.
- Athletes must sanitize hands once they have reached training area. Athletes will sanitize again at the conclusion of their workout prior to leaving the training area.
- Athletes will engage in drills and activities that may include brief close contact. Activities such as this are intended to allow for training purposes and should be brief.
- Athletes are expected to adhere to all guidelines and directions given during these conditioning and training opportunities. Failure to do so may and can result in losing the opportunity to take part in such activities.
- Student athletes will not be charged ASB or sport fees.
- Student athletes will register on Skyward up to one sport per season.

Coach Expectations:

- Coaches will take daily attendance and track attendance.

- Coaches must maintain records regarding which students are working together/sharing pods in order to ensure ability for contact tracing, if needed. All records for attendance/pods must be kept for a minimum of 28 days.
- While taking attendance, coaches will give each student a visible test making sure students are prepared and healthy to take part in that day's work out.
- Coaches are required to wear a mask at all times.
- Coaches may supervise more than one pod during a workout session if they are wearing a mask and remain at least six feet from the athletes.
- During any coaching instruction, student athletes shall return to a six-foot spacing with masks. At no time should practice plans include activities that initiate student-to-student contact such as blocking or wrestling drills.
- Except for emergencies, coaches will adhere to social distancing expectations when interacting with student athletes.
- The Head Coach will be given PPE supplies that are to be used ONLY in their sport specific pods.
- The Head Coach is responsible for all PPE supplies and will be trained in the use of these supplies in relation to COVID procedures prior to the first turnout for athletes.

Locker Rooms and Bathrooms:

- Locker rooms will not be available; athletes must come to practice ready to participate.
- Access to inside of the school will not be available.
- Bathrooms will be open in the courtyard.
- Bathroom facility use is limited to one person per bathroom. Those waiting for bathrooms will maintain a six-foot distance and will wash and sanitize hands before and after use of the bathroom facility.