



CASCADE SCHOOLS ATHLETICS & ACTIVITIES

Guidelines and Procedures for the 2020-2021 School Year

Objective: Pursue options to convene athletic events and participation in activities in ways that minimize the risk of COVID-19 transmission to participants/athletes, families, coaches and communities. These guidelines are in alignment with CSD #422 Reopening Plan, Governor Little's Rebound Idaho Plan Stage 4, and the IHSAA Guidelines for Athletics for the 2020-2021 school year.

General Guidance: If the Cascade School District is in Category 1 (Green) or Category 2 (Yellow) of its Reopening Schools Plan (conducting classes), the activity/athletic programs will operate according to the following guidelines. These are subject to change as the COVID 19 situation in the school district and/or community change. (As of August 11th, 2020, Valley County has issued a MANDATORY Mask Order, until further notice.)

Categories:

Green: Low - No Spread/Normal Operations with COVID 19 Mitigations as recommended by CDH.

Yellow: Minimal – Moderate Spread: Hybrid Learning, Modified Athletics/Activities Events.

Red: Substantial Spread: No School Facilities in Use. Events Cancelled or Postponed.

Guidelines for all Coaches, Athletes, Participants, and Event Personnel

- Each activity program advisor/head coach and the Athletic Director should ensure that hand sanitizer is available at all contests and practices. Participants/athletes, coaches, and officials should clean and disinfect their hands frequently.
- Activity/athletic equipment should be disinfected as frequently as possible.
- It is HIGHLY RECOMMENDED that coaches wear masks at all times when near athletes.
- It is HIGHLY RECOMMENDED that all participants and athletes wear masks when not physically participating (i.e. locker rooms, warmups, training rooms, etc.)
- Adequate cleaning schedules should be created and followed for all athletic facilities to mitigate the spread of viruses.
- No shared water bottles, towels or other personal equipment.
- CSD #422 emphasizes the importance for individuals to stay home if they are feeling ill. Parents are encouraged to carefully monitor the health of their children and to not allow them to participate in activities if they are feeling ill. .

- Coaches will screen athletes using the guidelines found in the CSD reopening plan.
- No pre-game and post-game contact, such as handshakes, high-fives, or fist bumps. Teams will practice social distancing as much as possible before, during, and after competition.
- Any coach or student athlete who has had a positive COVID-19 test should be cleared by a doctor's note and/or released to participate by the Idaho Central District Health, (208) 634-7194. Notes should be turned in to AD/Nurse.
- Coaches will follow IHSAA athlete re-entry guidelines.

Guidelines for Events:

- **As of August 11th, 2020, Valley County has issued a MANDATORY Mask Order, until further notice.)**
- It is HIGHLY RECOMMENDED that coaches and other contest personnel wear facemasks during events.
- Cascade High School may choose to limit the number of spectators into any event as a precaution of social distancing.
- All spectators will be encouraged to take responsibility to socially distance to protect themselves and others attending the same activities/athletic events. Face Masks will be HIGHLY RECOMMENDED.
- The Visiting Side will be clearly marked to separate crowds from opposing towns.
- Additionally, Cascade High School will request that those with pre-existing conditions or who are highly sensitive not attend the games, but spectate via streaming broadcast.
- If CHS is in Yellow—Category 2, spectator capacity will be limited, and may not be allowed depending on the venue and the event.
- If Red—Category 3 is reached, games and events will be cancelled or postponed.
- Events will be streamed via <https://www.nfhsnetwork.com/>
- It is REQUIRED that all spectators wear face masks at all events, unless a physical condition prevents their ability to do so.
- No roaming will be tolerated. Children must sit with parents at events. Loitering in lobbies/halls will not be allowed.
- Only players, coaches, and officials will be allowed on the court/field at any time.
- Hand sanitizer will be available at all entrances for spectators.
- All Spectators will be subject to a Temperature scan. Spectators with a temperature over 100.4 degrees will be asked not to enter.
- Entrance and exit flow-paths will be established and marked for each athletic facility.
- Coaches will follow specific sport guidelines produced by IHSAA.

Guidelines for Travel:

- It is HIGHLY RECOMMENDED that all athletes and activity participants wear face masks on buses traveling to events and that they use hand sanitizer prior to boarding.
- Passengers will be expected to social distance on the bus to the greatest extent possible. Windows will be opened as much as possible to promote air-flow.
- ALL PASSENGERS will have temperatures taken prior to boarding bus and will complete a travel questionnaire. Anyone with symptoms will not be allowed to travel.
- Parents wishing to transport students by personal means must follow current school protocol. (48 hour notice to AD for travel request; parents may only transport their own children.)

Guidelines for Training Room Use:

- The training room will be entered only under CHS Faculty supervision.
- All people entering training room will properly sanitize their hands.
- It is HIGHLY RECOMMENDED that anyone entering and using the training room wear a face mask.
- Appropriate social distancing should be used throughout the training room. Only one student and one coach will be allowed in the training room at a time.
- Athletes are not allowed to get ice out of training room. (Ice machine is not a concessions ice.)

Guidelines for Visiting Teams:

- Visiting teams should enter via the main entry and utilize the North (Girls Locker Room)
 - Avoid bringing in outside food.
 - Athletes are responsible for bringing their own water. Coolers will not be provided.
 - Avoid using the shower area.
- Visiting spectators must sit in the designated Visitor Section.
- All participants and spectators will be scanned for Temperatures.
- It is expected that any individuals with symptoms of illness will not travel to CHS for an event.
- Visiting teams will be allowed only one seat at the score table. Additional statisticians must utilize the bench provided.
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Guidelines for Non-School Use of Facilities:

The use of school facilities by non-school organizations will be regulated by the risk category the school district is in according to the district's COVID 19 Operational Plan and by the Central District Public Health Department's Risk Level Assessment (updated weekly). When the status of the school district is in Category 2 (Yellow) or Category 3 (Red), no school facility will be available for non-school usage. When the district is in Category 1 (Green), any organization interested in using the school facilities will have to have a plan similar to the district's operational plan that includes providing for cleaning and disinfecting the facility and equipment used, social distancing by participants and spectators. Mask wearing will be HIGHLY RECOMMENDED.

RESPONSE AND RETURN TO PARTICIPATE

From the CSD Reopening Plan:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus that may indicate infection with COVID-19. Should an individual display symptoms, the following steps will be taken:

- Student-athlete or coach is respectfully asked to isolate in an appropriate area.
- Student-athlete or coach will be provided appropriate personal protective equipment, and any coach interacting with the confirmed or suspected case will be provided with a mask and gloves.

- For student-athletes, the coach or athletic director will call parents or legal guardians for pickup.
- For coaches, the front office will coordinate with school leadership to manage follow-up effects.
- Students who test positive for COVID-19 can return to school after the student is cleared to return to school by the student's physician.

Resources:

Governor's Stages of Reopening: <https://rebound.idaho.gov/stages-of-reopening/>

Idaho High School Activities Association (IHSAA) Guide (www.idhsaa.org)

Idaho Central District Health: <https://www.cdhd.idaho.gov/>

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NFHS Guidelines

***For up to date information visit the Cascade School District website at www.cascadeschools.org