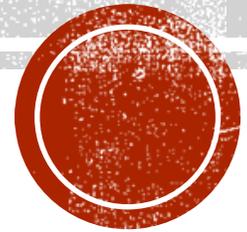


MAC WINTER 1 SPORTS

2021 – 2022 School Year



WINTER 1 STAFF

Andrew Traver – Assistant Principal & Athletic Director

Heidi Whitt – Event Coordinator

Karen Evans – Athletic Secretary

Bernard Daos – Co-Head Basketball Coach

Ryan Mattson – Co- Head Basketball Coach

Dominique Wright-Jackson – Head Dance Coach



COVID-19 UPDATES

Sports Classifications

Low Contact – No Low Contact sports during Winter 1 Season

Moderate Contact – Dance

High Contact - Basketball

Source: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-201-SportsFitnessGuidance.pdf>



INDOORS

- Masks are not required for fully vaccinated athletes practicing or competing in high-risk indoor sports.
- Masks are not required for unvaccinated athletes practicing or competing in high-risk indoor sports when they participate in screening testing.
- Masks are strongly encouraged when practicing indoors, regardless of vaccination status. Universal masking is required indoors, at all times when not actively practicing or competing.
- All coaches, athletic trainers, and other support personnel involved with sporting activities must wear face coverings indoors in K-12 settings, regardless of vaccination status.



ALL ATHLETES

- All athletes, including unvaccinated people, are not required to wear face coverings while engaged in indoor training or competition for low and moderate contact sports.
 - All youth athletes should resume wearing face coverings when not actively training or competing.
 - Unvaccinated adult athletes should resume wearing face coverings when not actively training or competing. Vaccinated adult athletes should resume wearing face coverings when not actively training or competing if children are present or expected to be present in a youth setting.
- Unvaccinated athletes are required to wear face coverings indoors for high contact sports and in all indoor setting where children are/may be present.



COMPETITION

At competitions, the following protocols are recommended to maintain physical distancing:

- No handshakes or high fives (e.g., congratulatory team lines) before or after games.
- Player line-ups and introductions are done while physically distanced at all times.
- No team huddles.
- Coaches, trainers, and other team personnel should maintain physical distancing at all times and wear face coverings indoors unless fully vaccinated.
- Unvaccinated athletes should maintain physical distancing except when physical distancing is unfeasible during competition.



LOCKER ROOMS AND SHOWERS

Locker room and shower usage should be limited to vaccinated persons as much as possible. In locker rooms, maximize ventilation. Ensure that exhaust fans are working at the maximum level. See the ventilation section for details. Visual cues can be helpful for unvaccinated persons to maintain physical distancing. Stagger entry to the changing area and use these facilities as appropriate with members of the same group/cohort.



SPECTATORS

All outdoor and indoor sports spectators are required to follow the Governor's Spectator Events Guidance.

As guidance changes, we will update via website



COVID-19 TESTING

- Screening testing is recommended for all unvaccinated participants (e.g., athletes, coaches, trainers) in moderate and high contact sports. The frequency of testing should be based on the level of disease transmission, the contact level, and venue (indoors vs. outdoors).
- Vaccinated participants without symptoms do not have to undergo routine screening testing. COVID-19 Coordinators should consult with their local health jurisdiction to identify a testing protocol.
- If your student athlete is vaccinated, please bring a copy of the card to the school office.

Sport (Contact)	Venue	Test Frequency	Test Type
High	Indoor & Outdoor	Twice Weekly	Molecular/Antigen
Moderate	Outdoor	Once Weekly	Molecular/Antigen
Moderate	Indoor	Twice Weekly	Molecular/Antigen



COVID-19 TESTING CONTINUED...

- A rapid antigen test should be performed on all unvaccinated athletes the day of competition; testing before entering the physical match venue should be considered. In a multi-day event, testing should occur before each competition. Testing should be performed the morning of the competition to avoid travel to the competition if an athlete tests positive. If another test is being performed each week (e.g., in high contact sports or moderate contact indoor sports), this test should be performed 3-4 days prior to any competition and may be a molecular or antigen test. If a molecular test is performed, the athlete does not need to isolate while awaiting screening test results.
- Any athlete with a positive test should be excluded from the event and removed from the venue. See Responding to Cases or Suspected Cases of COVID-19 for more information. Positive test results should be reported to the local health jurisdiction (see Reporting). Contact tracing should be performed (see What to do if someone is a close contact with someone with COVID19). The team should work with local public health to determine how to approach isolation, quarantine, and further testing.



COVID-19 TESTING CONTINUED...

- Unvaccinated athletes identified as close contacts should quarantine immediately, even if they have recently had a negative test, and follow DOH's guidance on What to do if you were potentially exposed to someone with COVID-19.
- All point of care test results should be reported to the Department of Health in accordance with guidance available at the Reporting COVID-19 Test Results for Point-of-Care Testing Facilities site. Teams are required to cooperate with case investigation and contact tracing by their local public health agency.



TRANSPORTATION

- For travel groups (groups that include more than one household in the same vehicle whether in a carpool or on a bus), all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle unless everyone is fully vaccinated and not using public transportation. Limit travel groups to those who have been in regular contact (e.g. team members). Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

