



WAUKESHA CATHOLIC 2021 TRACK & FIELD SEASON COVID MITIGATION PLAN

Updated 3.30.2021

This is the current COVID mitigation plan established by Waukesha Catholic. It is designed to allow student-athletes to compete this spring while maintaining an acceptable plan to prevent the spread of COVID that may affect academic operations. This plan will supersede any less-restrictive protocols given by meet coordinators or the Archdiocese and must be followed by all of the Waukesha Catholic athletes, coaches, and parents. Failure to adhere to these protocols may result in the suspension or cancellation of our track season.

Introduction Due to COVID-19 restrictions and safety mitigation practices, Waukesha Catholic Athletics will follow these guidelines. All student athletes, coaches, spectators, volunteers and officials must perform a self-screening for close contact or symptoms which could be related to COVID-19. Before arriving at practices or competitions, athletes must complete the daily health screen checklist (see attached page):

- Fever/temperature of 100.4 or greater
- New or worsening cough/shortness of breath
- Diarrhea and/or vomiting
- Fatigue/muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat/congestion
- Runny nose/nasal congestion

Please follow the attached checklist to see if your child should stay home. Families must notify the school and the Track Covid Coordinator (POC) if they have symptoms, or anyone in the immediate family is exhibiting symptoms commonly associated with COVID-19, to allow for contact tracing. The participant will not attend practice or competitions under the Waukesha Catholic School and CDC recommended timeline for return to school/participation. Each coach, parent, and athlete will be required to sign a COVID waiver and commitment to these protocols.

The Waukesha Catholic Athletic Association will assign a specific individual as the COVID mitigation Point of Contact (POC) to ensure these guidelines are followed, provide training to coaches, answer questions for participants, and to be a liaison to the school. This person will also be responsible to work with the Athletic Director, Track Coordinator, and school to contact trace any athletes or coaches who have tested positive for COVID or who are suspected contacts in need of quarantine. Waukesha Catholic Athletics will follow the applicable guidelines, protocols, and mandates from:

- Center for Disease Control
- State of Wisconsin
- Waukesha County Health Department

- Archdiocese of Milwaukee
- Waukesha Catholic School

Practice and Competition Operations and Strategies: Practices will be held outside at Waukesha South High School. Each practice includes 8 teams (5th-8th grade with boys and girls each). Practices will be limited to athletes and coaches. No non-essential attendees will be permitted. It is estimated that less than 100 attendees will be at practices (estimated 60-80 athletes plus 16 coaches). All attendees are affiliated with Waukesha Catholic School and therefore reside locally.

The following strategies shall be followed for all practices and competitions:

- Athletes and coaches are required to properly wear masks at all times from the time they enter the facility until after they leave with the following exceptions listed below:
 - Coaches shall wear masks at all times, unless participating (running) with the team.
 - Students may remove their masks when they are actively running or briefly distanced from others after completing an event, but masks should remain around their necks so that they can be replaced easily after running and will not be left on the track.
 - Coaches and athletes may remove masks to drink during water breaks when properly social distanced.

Neck gaiters or elastic straps connecting ear loops on cloth masks are required. Failure of a coach or athlete to comply with the mask rule will be referred to the Athletic Director and school administration and may result in removal from the team.

- Athletes and coaches shall practice safe social distancing of at least 6-feet from others when possible. Chalk, cones, or other distancing aides may be provided to coaches on request. Teams will be separated into cohorts for each date of participation to manage cross contact and promote social distancing. Team tents will not be allowed in an effort to promote social distancing.
- Athletes and coaches will sanitize their hands before practice and at the end of practice. Athletes should also use sanitizer before and after handling any shared equipment. Sanitizer will be provided at practices and competitions, but athletes may also bring their own sanitizer (at least 60% alcohol).
- Attendance will be tracked for each date of participation for contact tracing purposes.
- Each athlete and coach shall bring their own water bottle.

Coaches will be responsible to complete a daily attendance record and submit it to the Track Coordinator the day of each practice and meet. Coaches will also identify any cohorts/groups working together (relay group, etc.) and practice plans identifying time groups are gathered that would be needed if contact tracing is necessary. A list of athletes will be provided to the coach by the Athletic Director or Track Coordinator.

Each individual team will remain distanced from the other practice groups. It will be the responsibility of the Track Coordinator and the COVID POC person to ensure this is being followed.

Some drills may require athletes to rotate among stations with coaches or participate in the same area, but each group should keep adequate space and distancing from other teams. Coaches will supervise athletes to prevent groups from intermixing. *If for a meet one additional runner is needed for a relay, an athlete may run with an older grade provided he/she remain with their normal grade/coach until the event is run and return to their coach/grade after the race.*

Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the practice/event. No shared clothing/shoes.

- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

Equipment – There should be no shared athletic equipment.[remove previous] Any shared equipment that is used should be cleaned and disinfected prior to and immediately following use at the practice or meet. Be responsible for your own supplies.

Additional Reminders –

- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

Competitions –

For competitions, athletes will remain in a separate area with their coaches. If teams are large additional assistant coaches (Safeguarded and on file with the Athletic Director) may be needed as supervisors.

The type of competitions may vary with the following alternatives. As of 9/3/20, Waukesha County provide Large Gathering Recommendations which allows indoor gatherings at 50% capacity or 250 people, whichever is less. Outdoor events, such as track meets, may exceed 250 individuals when proper outdoor space, separation of groups, social distancing, and other CDC guidelines are followed.

1. *Intra-squad meet* – This competition will include Waukesha Catholic participants only. Spectators and volunteers will be limited to two people per athlete. Total attendance would be restricted to approximately 200 people. Spectators are not allowed within the area of competition or the track infield and shall maintain social distancing protocols.

2. *Dual Meet* – This competition includes an additional parochial school track program. Spectators and volunteers will be limited to one person per athlete. Total attendance would be restricted to approximately 250 people. Spectators are not allowed within the area of competition or the track infield and shall maintain social distancing protocols.

3. *Traditional Meet* – This competition would include more than two teams. If an event is held with more than two teams, a separate COVID plan will be submitted for that event.

The following strategies shall be followed for **all practices and competitions**:

See above strategies. In addition:

- Spectators will be limited to a pre-determined threshold. Spectators are not allowed within the area of competition or the track infield and shall maintain social distancing protocols from other spectators. Spectators must wear masks properly at all times on the grounds of any venue.
- Event specific actions include:
 - o Long Distance (800 m, 1600 m)
 - Masks must be worn until 1 minute prior to the race beginning
 - Restrictions on the number of athletes in shared lane events may be implemented
 - o Sprints (100 m, 200 m, 400 m)
 - Masks must be worn until 1 minute prior to the race beginning
 - Additional heats may be considered for alternating lanes
 - o Relays
 - Masks must be worn until 1 minute prior to the race beginning for the first runner, and until the next runner is within 100m for the handoff. Masks must be worn in staging areas
 - Shared batons shall be cleaned after each race
 - Athletes shall use hand sanitizer before and after each relay race
 - Each team shall supply their own baton
 - o Throwing (Shot put, discuss, softball toss)
 - Masks must be worn during throwing events
 - Throwing events will be evaluated closer to the season for potential elimination
 - Athletes shall use hand sanitizer before and after each competing in throwing events
 - Shared implements will be cleaned between users
 - Social distancing will be enforced
 - o High Jump
 - High jump will be eliminated due to challenges in cleaning the pit between uses
 - o Long Jump
 - Masks must be worn prior to the athlete's turn during long jump events, may be removed to jump, and should be replaced prior to exiting the pit
 - Mask policies and social distancing will be enforced



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I acknowledge by signing below that I have read and agree to follow the Waukesha Catholic Track COVID Mitigation Plan. I understand that as a coach it is my responsibility to the students to help promote and support this plan. The Covid POC people (Dan Fodrocy and Jennifer Denten) will help ensure that plans are followed at practice and meets and will report violations to the Athletic Director and Administration.

Coach Name (print): _____

Coach Signature: _____ Date: _____

Please return this signature page to Bill Serb, Athletic Director, at the St. Mary's Campus Office or scan and email the form to: athleticdirector@waukeshacatholic.org no later than noon on Monday April 12, 2021. Failure to return a signed form will prevent students from participating in track until it is completed and signed.