



HEALTHY WASHINGTON SPORT AND ACTIVITY GUIDELINES

Washington Interscholastic Activities Association

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(January 12, 2021) - The following is a summary of guidelines for school-based activities issued by the Washington State Department of Health on January 5 with further details added to the Governor's website on January 11. Please note that this document is intended to highlight key policies and add clarity to the DOH policies, it does not reflect WIAA policies. The full language issued on the Governor's website can be accessed [here](#).

The Governor's Office has declared school districts and organizations must follow these guidelines, unlike the recommendations issued in the Decision-Making Tree for schools to return to in-person learning. It is not mandated that schools return to in-person learning before taking part in extracurricular activities given the phase requirements are met. WIAA staff strongly encourages each school to work with their risk manager while planning for a return to participation.

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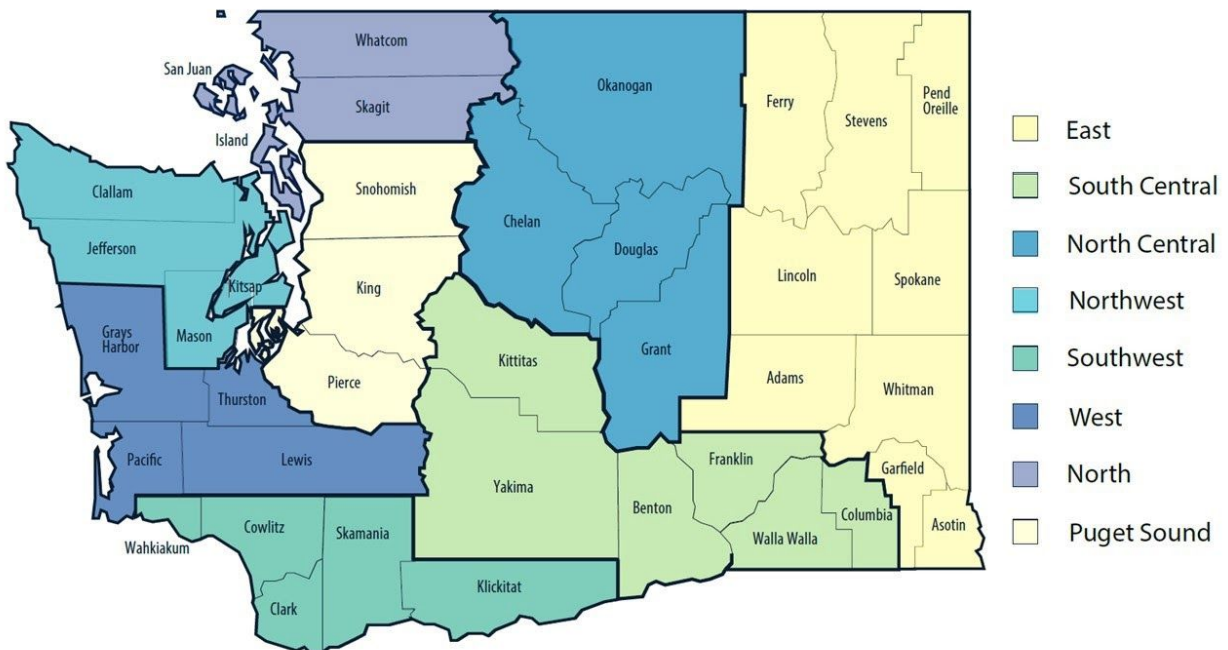
HEALTHY WASHINGTON SPORT AND ACTIVITY GUIDELINES

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DEPARTMENT OF HEALTH: REGIONS

The plan separates the state's counties into eight regions based mostly on Emergency Medical Services (EMS) regions used for evaluating healthcare services. The eight regions are as follows:

- **CENTRAL:** King, Pierce, Snohomish
- **EAST:** Adams, Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Whitman
- **NORTH:** Island, San Juan, Skagit, Whatcom
- **NORTH CENTRAL:** Chelan, Douglas, Grant, Okanogan
- **NORTHWEST:** Clallam, Jefferson, Kitsap, Mason
- **SOUTH CENTRAL:** Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima
- **SOUTHWEST:** Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
- **WEST:** Grays Harbor, Lewis, Pacific, Thurston



DEPARTMENT OF HEALTH: PHASES

New metrics have been adopted by the Department of Health as well, to divide regions into either Phase 1 or Phase 2. Sports will maintain their previously assigned risk levels with the exception of gymnastics which now moved to low risk. The level of participation for each sport will now be assigned to the phasing below.

LOW RISK SPORTS: Cross Country, Golf, Gymnastics, Tennis, Track & Field, Sideline/No-Contact Cheerleading and Dance, Swimming & Diving (*Follow Pool and [Water Recreation Facility Guidelines](#)*)

MODERATE RISK SPORTS: Baseball, Bowling, Soccer, Softball, Volleyball

HIGH RISK SPORTS: Basketball, Football, Wrestling, Cheerleading w/ Contact, Dance w/ Contact

PHASE 1	PHASE 2
FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2	
LOW RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • No Spectators 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
MODERATE RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
HIGH RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
LOW RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted • Competitions allowed for Swimming & Diving only 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
MODERATE RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
HIGH RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person, separated by a buffer zone • Individual training and practice allowed for athletes 	<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed

DEPARTMENT OF HEALTH: METRICS

The previous guidelines for participation in athletics and activities were tied to county metrics of cases per 100,000 population. Movement between phases in the “Healthy Washington — Roadmap to Recovery” Plan will be tied to four new metrics.

Metrics for each region will be updated every Friday with an effective date of the following Monday. To date, the Department of Health has published a weekly “Roadmap to Recovery Report” on Fridays which have been posted under the “reports” [section of its COVID-19 Page](#).

To move forward from Phase 1 to Phase 2, regions must meet all four metrics:

1. Decreasing trend in two-week rate of COVID-19 cases per 100K population (decrease >10%)
2. Decreasing trend in two-week rate new COVID-19 hospital admission rates per 100K population (decrease >10%)
3. ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90%
4. COVID-19 test positivity rate of <10%

To remain in Phase 2, regions must meet at least 3 metrics:

1. Decreasing or flat trend in two-week rate of COVID-19 cases per 100K population
2. Decreasing or flat trend in two-week rate new COVID-19 hospital admission rates per 100K population
3. ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90%
4. COVID-19 test positivity rate of <10%.

QUESTIONS & ANSWERS

Q: Are face coverings required during practices and competition for all sports?

A: *Yes. Cloth face coverings that cover the mouth and nose are required for all sports. Football face shields may be attached to the face mask, but cannot be the only covering. A cloth covering must be worn along with the face shield if being used. Face coverings are also not required for swimmers and divers while in the water during practice and competition.*

Q: What constitutes a permissible face covering?

A: *Per the DOH, cloth masks are recommended. Gaiters are an approved mask for use but they are not preferred. The WIAA does not have recommendations for the exact kind of mask besides a cloth mask. For football, splash guards or facemask guards do not take the place of a mask under the helmet. So players would need to wear a mask or gaiter and can additionally use a splash shield if they wish.*

Q: Can a school hold practices for traditional indoor sports, outside?

A: *Yes, if a traditional indoor sport is moved outdoors it would then follow the outdoor guidelines for that sport's assigned risk level. Ex. If a volleyball team (moderate risk) was to practice outdoors, they would adhere to the moderate risk outdoor policies.*

Q: Can the traditional format or location of a sport or activity be modified to meet certain guidelines?

A: *It is highly recommended that schools consult their risk manager if any modifications are being considered. WIAA approval is also required.*

Q: If a school were to follow the WIAA schedule with traditional fall activities beginning on February 1, can practices held prior to February 1 count toward pre-contest practice requirements?

A: *Practices held prior to the beginning of a school's season (ie. "Summer 2.0") may not count toward the pre-contest requirement.*

Q: Do practices conducted in pods of 6 during Phase 1 count toward pre-contest practice requirements?

A: *Yes, once the season has begun, practices in either phase would count toward the pre-contest practice requirement. *Football will still need to conduct three non-padded practices before contact can begin, regardless of phase.*

Q: Are schools able to waive pre-contest practice requirements if seasons overlap?

A: *If students have participated in a sport prior to the next season and there is overlap between the seasons, up to five practices may still be waived. *Football will still need to conduct three non-padded practices before contact can begin.*

Q: Can any competitions be played in Phase 1?

A: *Yes, low risk sports can be played outdoors in Phase 1.*

Q: What football drills and equipment are acceptable in Phase 1?

A: *All equipment and drills are permitted, given they are limited to no more than six-person pods and brief close contact. The WIAA encourages schools to work with their risk management departments to determine the acceptable threshold for brief close contact.*

Q: What is considered “individual training” for high risk sports conducted indoors?

A: *A student doing individual training/drills in his/her own 500 square feet of space.*

Q: If the local county/region has updated stats, can those be used instead of the state dashboard?

A: *No*

Q: Where can we find what phase each region is in?

A: *Metrics and phase information will be maintained on the Department of Health website. To date, the DOH has published a weekly report with updates which can be found under the “reports” section [here](#).*

Q: Are the pod requirements still in place as they were with the old guidelines?

A: *Pods of 6 or fewer are required in Phase 1 for high risk outdoor sports as well as low and moderate risk indoor sports.*

Q: Can a school modify a sanctioned sport to fall under a different risk category (i.e. flag football, sand volleyball)?

A: *Any sport not sanctioned by the WIAA would need to follow the appropriate guidelines issued by the Department of Health. Those guidelines and risk categories can be [found here](#).*

Q: Can a school travel out of our DOH Region for a scheduled contest?

A: *Yes, given that both regions are in the appropriate phase for competition to begin.*

Q: Are there rules about cleaning protocols, athlete spacing, equipment sharing and other logistics?

A: *Full guidance for hygiene, cleaning, ventilation, etc. can be found in the document issued by the Department of Health. The WIAA strongly encourages each school to work with its risk manager when putting plans in place.*

Q: Are face coverings required during practices and competition for all sports?

A: *Yes. Cloth face coverings that cover the mouth and nose are required for all sports. Football face shields may be attached to the face mask, but cannot be the only covering - a cloth covering must be worn along with the face shield. Face coverings are not required for swimmers and divers while in the water during practice and competition.*