



Des Moines Public Schools COVID-19 Guidance Winter Sports Athletic Guidelines

Purpose

This resource was created from information provided by the National Federation of High Schools (NFHS), Centers for Disease Control and Prevention (CDC), Iowa Department of Education (IDOE), Iowa Department of Public Health (IDPH), Polk County Public Health (PCPH), Iowa High School Athletic Association (IHSA), and Iowa Girls High School Athletic Union (IGHSAU) for the purpose of engaging in school activities while keeping participants safe.

Who is most at-risk?

Those most at-risk for contracting the coronavirus disease (COVID-19) are older adults and people of any age who have serious underlying medical conditions. Vulnerable individuals to this disease should not oversee, participate, or attend practices or competitions.

General Safety Guidelines

1. All student-athletes will be required to complete the informed consent agreement to voluntarily participate in DMPS athletics and activities. This is in addition to all regular rules and requirements.
2. All coaches and student-athletes should be aware of the health [symptoms of COVID-19](#) to identify signs/symptoms of COVID-19 prior to participation in activities. If a student or club sponsor has a temperature of 100.4 or above, they should not participate in practices or competitions. Please feel free to reference the pre-screen tracker located in the resource section of this document as a voluntary monitoring tool.
3. If a student-athlete or coach/sponsor has a temperature of 100.4 or above, they should not attend practices or competitions.
4. Coaches should be knowledgeable of their student-athletes with pre-existing health conditions and work with athletic trainers, health care professionals and parents/guardians to take additional precautions as needed.
5. Coaches must record attendance at practices and games, so that there is a record of everyone present in case a student-athlete develops signs and symptoms of COVID-19.
6. Any person with positive symptoms reported will not be allowed to take part in sessions based on the current public health guidance and will be asked to leave the site. If a

student has symptoms of illness, their parent/guardian will be notified, and they will be expected to go home.

7. Designate a coach to be responsible for responding to COVID-19 concerns.
8. If the Head Coach is notified of a positive case of COVID-19 within the team they will alert the Activity Director and Trainer, who will then inform the school nurse.
9. All coaches are required to wear face coverings when they are not instructing. Student-athletes are required to wear face coverings when they are not actively engaged or in-play. Coaches and student-athletes with underlying health conditions such as asthma, anxiety, etc. whose health may be inversely impacted by wearing a mask, should take personal responsibility to ensure that they do not put themselves at risk.

General Winter Practice Guidelines

1. Maximum occupancy rules will be posted or communicated based on the size of the facility. The capacity plan will support physical distancing and limit the number of students and staff allowed in the facility at a given time.
2. Parents must remain in their cars for drop off and pick up.
3. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, athletic training room tables, etc.).
4. Students should wear their own appropriate workout clothing (do not share clothing).
5. The use of shared athletic equipment (towels, shoes, or sports specific equipment) between student-athletes is discouraged. If a student-athlete uses either the school's equipment or another player's equipment, the student-athlete must use hand sanitizer before and after each use.
6. Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection. Coaches should keep a record of who is in each pod to facilitate contact-tracing if necessary.
7. When not directly participating in practices or sessions, care should be taken to maintain a minimum distance of 6 feet between each individual.
8. Sports and activities that require frequent closeness between student-athletes may make it more difficult to maintain social distancing, compared to sports or activities where players or students are not close to each other. For close-contact sports play may be modified to safely increase distance between players.
9. Designated equipment by the head coach should be disinfected at the beginning and at the conclusion of each session. Only coaches or staff approved by the Activity Director's office can disinfect equipment. Students are not allowed to use the disinfectant spray.
10. Players should bring their own water/beverage to consume during and after games. If a hydration station (e.g. cooler) is provided, one person should be assigned to fill water bottles and that person should wear a mask and protective gloves.
11. Student-athletes are expected to provide their own hand sanitizer. However, the district will also have hand sanitizer available.
12. Adequate cleaning schedules will be created and implemented for all facilities to mitigate any communicable diseases.

13. Schools must also implement any other reasonable measures under the circumstances of each school to ensure social distancing, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19 consistent with guidance issued by the IDPH.
14. Student-athletes will be required to leave school grounds immediately after finishing their practice.

General Winter Meet and Game Competition Guidelines

1. Maximum occupancy rules will be communicated based on the size of the facility. The capacity plan will support physical distancing and limit the number of spectators allowed in the facility at a given time.
2. Post signage prominently in multiple locations indicating no one should attend or participate in competitions if they currently have symptoms or have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days.
3. Spectators are expected to follow the public health guidelines for social distancing and face coverings for all competitions. Fans are required to wear a mask unless an underlying health condition such as asthma or anxiety prevents this. Fans with underlying health conditions such as asthma, anxiety, etc. whose health may be inversely impacted by wearing a mask, should take personal responsibility to ensure that they do not put themselves at risk.
4. Schools will limit the use of bleachers for fans. Areas will be marked off to show fans where they can and cannot sit or stand.
5. Social distancing should be practiced when using team benches. Limit the number of bench personnel to observe social distancing of six feet or greater.
6. The opposing team will be provided with general guidelines and expectations for support by the Activities department prior to each competition.
7. The ticket taker will be provided a mask, gloves, sanitizer, and potentially a barrier when collecting funds.
8. Players should bring their own water/beverage to consume during and after competition. If a hydration station (e.g. cooler) is provided, one person should be assigned to fill water bottles and that person should wear a mask and protective gloves. Host schools may provide a water source for visitors, but visitors should bring their own hydration station (cooler).
9. Officials are NOT responsible for monitoring activities on the sidelines, such as social distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring remains with the coaching staff and school personnel.
10. Schools must also implement any other reasonable measures under the circumstances of each school to ensure social distancing of staff, students, and community members, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19 consistent with guidance issued by the IDPH.
11. No pre-game and post-game handshakes/high-fives/fist bumps.

12. Maintain a thankful and respectful disposition toward athletes, coaches, officials, and school personnel and helpers who are making the event possible!
13. Locker rooms may be used. *See locker room guidance.*
14. Concessions stands are permitted. *Review concession stand guidance.*

Locker Room Guidelines

1. Maximum occupancy rules will be communicated based on the size of the facility. The capacity plan will support physical distancing and limit the number of students and staff allowed in the facility at a given time.
2. Entering and exiting the locker room before and after practices should be staggered to minimize student contact and maintain social distancing guidelines.
3. Locker rooms should be sanitized every day and after use by each and every group. Schools should coordinate with their maintenance departments regarding sanitizing.
4. All school-issued and personal clothing should be washed directly after practice. Otherwise, minimize locker room usage as a storage area for clothing and/or equipment.
5. Student-athletes, coaches and others using locker rooms should maintain 6 feet of social distancing. This may require a rotating schedule for use of locker rooms to avoid congestion.
6. Players, coaches, and others using locker rooms must wear masks while in the locker room.
7. Visitor locker room should be identified and should be sanitized prior to arrival of team and after departure of team.

Concession Stand Guidelines

Concession stands can operate under the following conditions:

1. Maximum occupancy rules will be communicated based on the size of the facility. The capacity plan will support physical distancing and limit the number of students and staff allowed in the facility at a given time. Consider using primarily people living in the same household for each shift.
2. At the start of each shift, new workers should wipe down and sanitize all hard surfaces within the facility/workstation. This includes counter tops, tables, etc. This should also be done every hour and at the conclusion of the night.
3. Each staff member must use hand sanitizer and/or wash hands frequently, including upon entering the facility/workstation, and throughout their shift. Staff members should wash hands and change gloves frequently, including in between each task.
4. All staff will have to wear face masks while serving. If a mask break is needed, individual must leave the area. Upon return, must wash hands and use a new pair of gloves.
5. Staff should refrain from touching their mask with the hand even while wearing gloves. If there is a need, hands must be washed, and gloves replaced.
6. It is recommended that one person be responsible for handling money.

7. Only prepackaged items will be allowed for sale; this includes bottled drinks, candy, chips, etc.
8. Cannot sell hot foods or hot drinks; this includes popcorn, hot dogs, nachos, hot chocolate, coffee, etc.
9. Condiments will not be available.
10. If concession stands are open, patrons should practice 6 feet of social distancing.

Winter Sports Specific Athletic Guidance

Bowling

1. Seating capacity will be determined by the bowling venue.
2. Clean and disinfect frequently touched surfaces and equipment. The use of Isopropyl Alcohol (rubbing alcohol) is permitted to disinfect your bowling ball.
3. Do not touch or handle any supplies or equipment that are not yours—Bowling balls, towels, and other needed items for play.
4. Individuals should never share towels. Each individual should bring or be issued his/her own clean towel at the beginning of practice or competition. Towels should be laundered after each practice and game.
5. Each individual student-athlete should have their own water container.
6. Student-athletes should tell coaches immediately when they are not feeling well.
7. Specific guidance around meet procedures and safety precautions can be found at <https://ighsau.org/news/bowling-covid-19-winter-guidance/>, <https://www.iahsaa.org/bowling-covid-19-guidance-2020-21/> and in the 2020 Winter CIML press release. This guidance does not supersede the specific requirements for coaches and students-athletes to wear face coverings as outlined by Des Moines Public Schools.

Basketball

1. Coaches are responsible for ensuring social distancing is maintained between players as much as possible.
2. Consider conducting workouts in “pods” of same students always training together in practice to ensure more limited exposure if someone develops an infection.
3. Basketballs should be disinfected according to manufacturer recommendations.
4. Avoid close congregating of players while receiving coaching instruction.
5. Schools should take steps to separate the different levels of their basketball programs into different areas so that potential contamination can be limited in case an individual tests positive.
6. Student-athletes are responsible for their own supplies (water bottle, hand sanitizer, face covering, towel, etc.)

7. Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing should be washed and cleaned after every workout immediately upon returning home.
8. Individuals should never share towels. Each individual should bring or be issued his/her own clean towel at the beginning of practice or competition. Towels should be laundered after each practice and game.
9. Athletes should tell coaches immediately when they are not feeling well.
10. Only essential personnel are allowed to be at practices and on the court for competitions to limit possible exposure to coaches and student athletes.
11. Locker rooms may be used. *See locker room guidance.*
12. Specific guidance around game procedures and safety precautions can be found at <https://ighsau.org/news/basketball-covid-19-winter-guidance/>, <https://www.iahsaa.org/basketball-covid-19-guidance-2020-21/> and in the 2020 Winter CIML press release. This guidance does not supersede the specific requirements for coaches and students-athletes to wear face coverings as outlined by Des Moines Public Schools.

Wrestling

1. Maximum occupancy rules will be communicated based on the size of the facility. The capacity plan will support physical distancing and limit the number of students and staff allowed in the facility at a given time.
2. Based on maximum occupancy limits, coaches will be encouraged to have multiple practices to separate teams into smaller groups.
3. Consider conducting workouts in “pods” of the same 4-5 students always training together in practice to ensure more limited exposure if someone develops an infection.
4. Student-athletes must take breaks every 14-minute period in order to sanitize/handwash, social distance.
5. Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
6. Students should not touch or handle any supplies or equipment that is not theirs –towels, practice gear, headgear, and other needed items for participation.
7. Student-athletes are responsible for their own supplies (water bottle, hand sanitizer, face covering, towel, etc.)
8. There should be daily cleaning of any item that is frequently touched or that comes in contact with the body (i.e. scales, throwing dummies or weights)
9. Mandatory cleaning of mats and surfaces must occur before and after every practice.
10. Only essential personnel are allowed to be at practices and in the wrestling room/gyms for competitions to limit possible exposure to coaches and student athletes.
11. Athletes should tell coaches immediately when they are not feeling well.
12. Specific guidance around meet procedures and safety precautions can be found at <https://www.iahsaa.org/wrestling-covid-19-guidance-2020-21/> and in the 2020 Winter

CIML press release. This guidance does not supersede the specific requirements for coaches and students-athletes to wear face coverings as outlined by Des Moines Public Schools.

Swimming/Diving Practice and Meet Guidelines

1. Reference the DMPS Swimming Pools Guidance (7.13.20)
2. Disinfect pool area before and after practice.
3. Locker rooms may be used. *See locker room guidance.*
4. Leave the facility as soon as reasonably possible after practice, no congregation after swimming.
5. Suggest increasing chlorine levels to 2.0 (CDC FAQ: *There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, or water playgrounds. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate the virus*)
6. Encourage athletes to use their own training equipment or state that equipment is not to be shared.
7. Student-athletes are responsible for their own supplies (water bottle, hand sanitizer, face covering, towel, etc.)
8. Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
9. Athletes should tell coaches immediately when they are not feeling well.
10. Locker rooms may be used. *See locker room guidance.*
11. Specific guidance around meet procedures and safety precautions can be found at <https://www.iahsaa.org/swimming-covid-19-guidance-2020-21/> and in the 2020 Winter CIML press release. This guidance does not supersede the specific requirements for coaches and students-athletes to wear face coverings as outlined by Des Moines Public Schools.

DMPS and Polk County Health Department Athletic/Activity Guidance

All persons participating in athletics or activities with DMPS will be expected to follow the guidance set forth by Polk Co. Health Department (PCHD) for Athletes Engaging in Sports (revision date 7.23.2020), the Iowa athletic associations—IHSAA and IGHSAU, and the Iowa Department of Public Health (IDPH). All individuals should familiarize themselves with this information and consult it often.

The guidance from these organizations includes information on face coverings, physical distancing, limiting shared items, and other steps to minimize risk. The guidance also clearly states when someone must isolate (positive test or signs of illness) or quarantine (exposure to a family/household member who tests positive or a close contact of a positive). IDPH (added 9.29.2020) may not require quarantine if face coverings were worn consistently and correctly by all persons in all situations. Please follow-up with the School Nurse to determine when quarantine is required; this determination is made by the School Nurse or PCHD, not by the affected persons.

All students and Coaches/Sponsors should self-screen daily at home before attending any school activity. If they are experiencing [symptoms of COVID-19](#) or illness, they should stay home. If a student or staff member is found to be symptomatic during a practice or activity, they should be sent home immediately. If any uncertainty exists, consult the School Nurse and advise the individual to stay home until a decision is reached.

All Coaches/Sponsors are required to record daily attendance (may be needed for contact tracing) and turn it in to the AD. It may also be helpful to keep a list of daily activities, drills, games, etc.

DMPS Process:

1. **Any concerns (exposure, illness symptoms, or positive result) will be promptly reported to the Coach/Sponsor. The information will be recorded and communicated with the School Nurse and the Activities Director (AD) the same day.**
2. The School Nurse (Health Services Supervisor is the back-up during non-contract days) may contact the individual and Coach/Sponsor to gather more information and encourage testing as appropriate.
3. The individual should contact their healthcare provider for specific questions/concerns and to arrange testing if appropriate. Testing may occur through a healthcare provider or Testlowa.
4. Instructions for isolation (positive test or signs of illness) or required quarantine (exposure to a family/household member who tests positive or a close contact of a

positive) will be determined by the School Nurse and/or the PCHD Communicable Disease Team. Any dates provided by the School Nurse or PCHD are tentative and subject to change if the individual does not meet the requirements below:

a. Isolation requirements:

- i. 10 days since symptom onset or positive test AND
- ii. Symptoms improving AND
- iii. At least 24hrs without fever

b. Quarantine requirements:

IDPH (added 9.29.2020) may not require quarantine if face coverings were worn consistently and correctly by all persons in all situations. Please follow-up with the School Nurse to determine when quarantine is required.

- i. 14 days since last exposure AND
- ii. No symptom development during the 14 days (symptom monitoring should occur daily during this period)

c. Other key points:

- i. Close contact defined: family/household member or someone who is less than 6 feet for more than 15 minutes
- ii. Infectious period begins 48hrs prior to symptom onset or positive test (if asymptomatic)
- iii. During isolation or required quarantine, all affected individuals must remain at home. For more information on isolation and quarantine and potential special circumstances, see the CDC's website.
- iv. A negative test does NOT shorten quarantine, and family/household close contacts may have a quarantine that lasts longer than 14 days due to ongoing exposure

5. The daily attendance will help determine possible close contacts at the activity during the 48hrs prior to symptom onset or positive test. These individuals will be contacted by the Coach/Sponsor, School Nurse, and/or PCHD.

- a. Given the dynamic nature of activities, it is possible many students and the Coach/Sponsor will be identified as close contacts and placed in required quarantine if an individual member tests positive. That determination will be made by the School Nurse and/or PCHD; the AD will be notified. Adherence to physical distancing (at least 6 feet) and the use of face covers may reduce the number placed in quarantine.

- b. If the affected team/club had interactions with other teams/clubs, the AD will notify administration, other schools, and any other entity deemed appropriate for the activity.
6. Recommended: maintain a log of DMPS individuals instructed to isolate or quarantine.

If a question exists, please contact the School Nurse. For matters falling outside of contract days, please contact Diane Gladson, Health Services Supervisor, (515) 380-2784 and/or PCHD Communicable Disease Team (515) 286-3890.

Resources:

[PCHD Guidance for Athletes Engaging in Sports \(7.23.2020\)](#)

[IDPH COVID-19: When to Quarantine \(9.29.2020\)](#)

[IHSAA](#) and [IGHSAU](#)

Pre-screen Tracker

[https://livedmpsk12ia.sharepoint.com/sites/resources/ActivitiesDocuments/Athletics-Activities%20Pre-Screen%20Tracker%2007-29-2020%20\(Voluntary\).pdf](https://livedmpsk12ia.sharepoint.com/sites/resources/ActivitiesDocuments/Athletics-Activities%20Pre-Screen%20Tracker%2007-29-2020%20(Voluntary).pdf)