

WSU Sport Club Federation Return to Play

In response to the COVID-19 pandemic, the following “return to play” protocols were established to clearly outline the specific roles, responsibilities, and accountabilities of sport club officers, participants, and coaches. The guidelines in this document are designed in accordance with WSU, National Federation of High Schools (NFHS), and national, state, and local recommendations. University guidelines supersede all other recommendations.

Sport Club Fall Safety Checklist

- Clubs must submit a Return to Play plan prior to team conditioning, on-site practices, and/or competitions. This plan will need to be based on the Return to Play protocol in this document and be approved by UREC staff. Plans can be submitted by completed this [Qualtrics questionnaire](#).
 - Topics includes:
 - Preferred Fall Practice Schedule – Days/Times/Start Date/End Date
 - Preferred Practice Location or General Practice Need (i.e. 1 gym with 1 net)
 - Practices will not be held in Bohler, PEB, or Smith buildings during Fall Semester.
 - Proper social distancing plan in practice area
 - Sanitation plan of equipment and uniforms
 - Team’s response to a team member testing positive for COVID-19
 - Tentative competition plan for 2020-2021
 - Recommendations from National Governing Body (i.e. USA Rugby, US Rowing, etc.) regarding COVID-19 safety
- Clubs are required to hold all meetings virtually and make at least 50% of practice content accessible by members not in Pullman.
 - Strength and conditioning opportunities are available via UREC personal trainers, both online and in person
 - Club officers and coaches are encouraged to develop in-person skill-based practices as well as skill development activities that can be practiced at home
- All coaches and club officers must attend a Return to Play meeting with their club coordinator before practices begin.
- All club members must register on Sport Club Manager before participating in club activities.
- All club members view the WSU Sport Club Return to Play Webinar prior to any in person club activities.
- Travel is only allowed to practice locations for clubs who practice off-campus and can safely travel alone or with members of the same household.
 - Motor Pool vehicles cannot be used.
- No competitions, either home or away, are allowed during Fall 2020 semester.
- All SCF Coaches and Safety Officers must complete the following trainings prior any in-person club activities:
 - [NFHS COVID-19 for Coaches and Administrators](#)
 - HRS Trainings
 - [HRS Safe Return to Work](#)
 - [Disinfecting the Workplace for COVID-19](#)

- All club members must complete a daily attestation through MyWSU prior to participating in any in-person club activities or entering any UREC facility.
- Cloth face coverings are required during all sport club practices.
- Temperature Check will be performed prior to entering any UREC facility

Recruitment of New Club Members

- Clubs are encouraged to recruit new participants. Clubs are encouraged to utilize Zoom and other virtual avenues for recruitment.
- There will not be cuts for the '20-'21 year. Evaluations for determining competitive/travel teams will be postponed to the spring. Clubs are required to allow all WSU students who remain in good standing with the club to participate throughout the year, even in only a practice capacity.
- Both new and returning club members will not be at a disadvantage if participating online during fall semester.
- Clubs can register to participate in daily club info sessions for new members during Week of Welcome.
 - These info sessions will be similar to the sessions that ran during ALIVE and will give clubs an opportunity to recruit potential members and answer any questions.

Sport Club Practice/Meeting Guidelines Specific to WA Safe Start Phases

Below are the guidelines for club activity as they relate to the state of Washington's Safe Start phases to reopening. Whitman County and WSU will likely begin the fall semester in Phase 3 of the WA Safe Start program, however that could change throughout the course of the semester, perhaps multiple times. Clubs will be notified if and when these changes occur. If there are any questions regarding what is and isn't allowed for your club in a particular phase, please contact your club coordinator.

- **Phase 2**
 - No gathering of more than 6 total people (5 students and 1 coach) at a time (inside or outside).
 - Workouts should be conducted in "pods" of club members with the same students always working out together. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The club members in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection. Coaches may work with multiple pods if they practice appropriate physical distancing from students.
 - There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur.
 - There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between club members.
 - Club members should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
 - All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.

- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
 - Examples (including but not limited to):
 - A rugby player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/sleds.
 - A volleyball player should not use a single ball that others touch or hit in any manner.
 - Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
 - Wrestlers may skill and drill while maintaining proper distancing from others.
 - Tennis players may do individual drills, wall volleys and serves.
- **Phase 3**
 - No gathering of more than 50 people at a time inside or outside. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
 - If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
 - Workouts should be conducted in “pods” of club members with the same 5-10 individuals always working out together. Pods should remain separate with a buffer zone. The individuals in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection.
 - There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur. Attendance should remain under 50% of capacity of the host venue. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Use tape, cones, or paint as a guide for players and coaches.
 - Lower risk sports practices may resume (Risk Ratings by Sport below).
 - Modified practices may begin for Moderate risk sports.
 - There should be no shared athletic towels, clothing or shoes between club members.
 - Club members should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
 - All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
 - Hand sanitizer should be plentiful and available at all events and practices.
 - Athletic equipment such as bats, batting helmets, and catchers gear should be cleaned between each use.
- **Phase 4**

- Gathering sizes over 50 individuals, indoors or outdoors. Indoors, there must be enough space for physical distancing (generally 35 square feet per person).
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of at least 6 feet between each individual. Consider using tape, cones, or paint as a guide for students and coaches.
- Moderate risk sports practices may begin. If spectators are allowed, physical distancing measures must be followed.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards, should be worn by only one individual and not shared.

Risk Ratings by Club

- Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
 - SCF Clubs: wrestling, rugby, crew, hockey, lacrosse
- Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
 - SCF Clubs: volleyball*, baseball*, softball*, soccer, tennis*, swim (relays), bowling*, tae kwon do, fencing, badminton, horse polo, ultimate, cricket, winter guard*

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants
- Lower Risk: Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
 - SCF Clubs: swim (individual), golf, equestrian, ski, cycling, esports