



HEALTHY WASHINGTON SPORT AND ACTIVITY GUIDELINES

Washington Interscholastic Activities Association

UPDATED: MARCH 23, 2021

(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 and updated as the plan has evolved over time . 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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DEPARTMENT OF HEALTH: PHASES

- **LOW CONTACT SPORTS:**
Cross Country, Golf, Gymnastics, Tennis, Track & Field, Sideline/No-Contact Cheerleading and Dance, Swimming & Diving
- **MODERATE CONTACT SPORTS:**
Baseball, Bowling, Soccer, Softball, Volleyball, 7 on 7 Without Linemen/Flag Football (Although 7 on 7 and Flag Football are not WIAA sanctioned, they may be conducted by member school teams)
- **HIGH CONTACT SPORTS:**
Basketball, Football, Wrestling, Cheerleading w/ Contact, Dance w/ Contact
- Specific guidelines from the Governor's Office for certain sports, facilities and spectators can be found [here](#)

DEPARTMENT OF HEALTH: PHASES

PHASE 1		PHASE 2		PHASE 3	
FACIAL COVERINGS REQUIRED AT ALL TIMES FOR ATHLETES, COACHES, STAFF, OFFICIALS AND SPECTATORS <i>*Exceptions apply to Low and Moderate contact outdoor, Low contact indoor and Cheer/Dance athletes in certain situations</i>					
LOW CONTACT, WHEN CONDUCTED OUTDOORS				ALL OUTDOOR ACTIVITIES	
<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people • No Spectators 		<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators 		<ul style="list-style-type: none"> • Competitions allowed (includes tournaments) • Low contact athletes may remove facial coverings when actively training/competing only • Moderate contact athletes may remove facial coverings when actively competing only • Spectators limited to 400 person maximum or 50% of permanent seating capacity, whichever is fewer • To surpass 400 spectators, permanent seating must be 1,600 or more and operate at 25% capacity, whichever is fewer • Distancing requirements of 6 ft. between groups (Max. 8 people) • Coaches, participants, officials and game personnel DO NOT count toward spectator capacity • Non-stadium event capacity guidelines outline in Q&A section 	
MODERATE CONTACT, 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 CONTACT, 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 		<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators 			
LOW CONTACT, WHEN CONDUCTED INDOORS				ALL INDOOR ACTIVITIES	
<ul style="list-style-type: none"> • Occupancy of 500 sq. ft./person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Competitions allowed for Swim & Dive only 		<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less 		<ul style="list-style-type: none"> • Competitions allowed (includes tournaments) • Wrestling may begin April 26, 2021 • Low contact athletes may remove facial coverings when actively competing only (Gymnastics when training on apparatuses) • Competitive Cheer/Dance may remove facial coverings when tumbling/stunting/flying • Spectators limited to 400 person maximum or 50% capacity, whichever is fewer • Distancing requirements of 6 ft. between groups (Max. 8 people) • Coaches, participants, officials and game personnel DO count toward spectator capacity • No concession sales 	
MODERATE CONTACT, 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 		<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less 			
HIGH CONTACT, WHEN CONDUCTED INDOORS					
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person, separated by a buffer • Individual training and practice allowed for athletes 		<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed • Venues at 25% capacity or 200 individuals, whichever is less 			

DEPARTMENT OF HEALTH: METRICS

Under the updated plan, counties will be individually evaluated every three weeks. The evaluations will occur on Mondays with any possible changes taking effect Friday, with the first evaluation scheduled for April 12.

In addition to being individually evaluated, large and small counties will have different sets of criteria. If any county fails one or more of the metrics below, that county will move down one Phase in the Healthy Washington plan.

If at any point the statewide ICU capacity reaches greater than 90%, all counties will move down one Phase. The Department of Health always maintains the ability to move a county forward or backward at their discretion.

COUNTY SIZE	INDICATOR	PHASE 1	PHASE 2	PHASE 3
Large County (> 50,000 people)	New Cases per 100,000 population over 14 days	> 350	350-200	< 200
	New COVID hospitalizations per 100,000 population over 7 days	> 10	9.9-5	< 5
Small County (< 50,000 people)	New Covid cases over 14 days	> 60	59-30	< 30
	New COVID hospitalizations over 7 days	> 5	4.9-3	< 3

QUESTIONS & ANSWERS

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

A: *Yes with exceptions. Cloth face coverings that contact the face and cover the mouth and nose are required for all sports participants and spectators, with the following exceptions:*

- *Face coverings are not required for swimmers and divers while in the water during practice and competition*
- *Low contact outdoor face coverings are not required when actively training or competing*
- *Moderate contact outdoor face covering are not required when actively competing*
- *Low contact indoor face coverings are not required when actively competing*
 - *Additional exception for gymnasts training while on an apparatus or tumbling*
- *Competitive Cheer/Dance may remove face coverings when tumbling/stunting/flying*

Football face shields and/or masks that cover only the cage of the helmet are allowed, but cannot be the only covering - a cloth covering that touches the nose and chin area must be worn along with the face shield and/or mask covering the cage of a helmet if being used.

Q: What are the spectator guidelines for non-stadium events?

A: *Outdoor viewing areas without permanent seating (decks, grass berms, eating areas etc.) are limited to one seated group (1-6 people) per 100 square ft. Each group will be in a reserved space, only available to the group or pod who purchased a specific location. Groups of 1-6 should come from no more than two different households. Facility staff must monitor and restrict interactions between groups. Each outdoor viewing area limited to a maximum of 100 spectators.*

Q: Are social distancing requirements still in effect with the new spectator guidelines?

A: *Yes, physical distancing must be maintained throughout the facility*

Q: I have a stadium with a permanent seating capacity of 4,000. How many spectators (maximum) can attend an event?

A: *Because your stadium capacity is above 1,600, your maximum capacity may be 25% of permanent seating (1,000 spectators), however, physical distancing requirements may limit your capacity further.*

Q: I have a stadium with a permanent seating capacity of 1,000. How many spectators (maximum) can attend an event?

A: *Because your stadium capacity is below 1,600, your maximum capacity may be 50% of permanent seating or up to 400 spectators (whichever is fewer). In this case your maximum capacity is 400 spectators, however, physical distancing requirements may limit your capacity further.*

Q: Can I have a tournament of any size in Phase 3?

A: *Tournaments would still be restricted to all capacity limitations in outdoor and indoor facilities which may affect the size of the tournament.*

Q: Is track and field required to have staggered lanes for running events?

A: *No, running events may take place in all lanes and are not restricted. All competitors in running and field events must wear masks when not actively competing during the meet.*

Q: Are there restrictions on dugouts and physical distancing?

A: *No, athletes are not required to be distanced by 6 ft throughout the dugout due to size restrictions, but athletes are required to wear a mask inside the dugout.*

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 that makes contact with the face, covering the nose and mouth and can additionally use a splash shield or cage covering if they wish.*

Q: Are there mask exemptions?

A: *Per the DOH and Governor's Office, if a student requests a mask exemption for medical reasons, the student would need a medical note from their primary physician that states the need for the exemption. Each school district has the authority to allow the exemption based on district policies. As always, we encourage districts to check with their risk managers for guidance.*

Q: Can schools cross state borders for competition?

A: *Competitions between league opponents that require teams to cross state borders has been deemed essential. Non-league competitions requiring schools to travel across state borders has been deemed non-essential.*

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: What are the rules surrounding "Summer 2.0"?

A: *Specific guidelines for Summer 2.0 can be found [here](#) under Approved Rule Waivers.*

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: Is 7-on-7 Football considered Moderate risk like Flag Football?

A: *Yes, 7-on-7 has been classified as a moderate risk outdoor activity as long as there is no line play.*

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: 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: What are the guidelines for weight room activities?

A: *Weight rooms should follow the indoor fitness guidelines issued by the DOH. Those can be found [here](#).*

Q: If our school has outdoor facilities that are grouped together, is the entire complex subject to the maximum capacity?

A: *For facilities or complexes with more than one field or area of play a maximum of 75 people allowed per field or area of play, including spectators. All spectators of different households are to remain physically distant, six feet or more, as much as possible. For an outdoor location that has multiple fields, a field with ticketed seating and controlled entrance and exits may have 200 people allowed at competitions, including spectators, and is not subject to the 75 people maximum for multiple field locations/complexes.*