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The goal of reopening contact with athletic teams for the 2020 fall season is to do so in a safe and responsible manner. We will follow the recommendations that are currently in place on August 17th, 2020 and will continue to adapt. The recommendations below reflect the current recommendations for Phase 4 by the City of Milwaukee Health Department "Moving MKE Forward Safely". Additional sources consulted include [CDC Considerations for Youth Sports](#), [NFHS Guidance for Opening High School Athletics](#) and Activities, the [WIAA's guidelines](#) and in conjunction with our new conference, Lake City.

Stages of Return: The Lake City Conference will consult with the local health department to determine when to progress to the next risk level safely. Continued consultation with the local health department should be used to determine when progression to the next risk level can be initiated.

Throughout the Phases all athletes must have completed the Consent Form and have it signed by a parent/guardian and have a completed Daily Participation Form with a temperature reading from the COVID-19 Athletic Administrator or Coach that day to participate.

High Risk Level - Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by teammates.

- Strength and conditioning
- Speed, Balance and agility drills
- Nutrition Education
- Individual Drills without sharing a ball
- Stretching and Flexibility

Moderate Risk Level - Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.

- Strength and conditioning
- Speed, Balance and agility drills
- Nutrition Education
- Drills sharing a ball with maximum of 3 athletes with sanitizing breaks for athletes and equipment
- Walking through Defensive and offensive scenarios in group of 10
- Station Work
- Stretching and Flexibility

Low Risk Level - Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Strength and conditioning

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- Speed, Balance and agility drills
- Nutrition Education
- Full team Practice 10 in a group for Station Work
- Walking through Defensive and offensive scenarios
- Up to 5 v 5 scrimmages
- Stretching and Flexibility
- **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration

Due to widely conflicting social barometers measuring levels of risk, the Lake City Conference will move forward with a Pre-Workout /Pre-Contest Screening program that will then move to Workouts for Specific Sports using the High Risk Level Guidelines and then move to a Moderate Risk Level for the program.

August 9th - August 17th

- *No activities Per WIAA, dead period.*

Week of Dates TBD (Phase 1) FIRST DAY of FALL ATHLETICS * Cross Country Aug. 17th

- *All protocols, processes, and procedures below are pending guidance from City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and Specific Member school procedures*
- **Prior to arrival: All Athletes sign release form :**
[#1 & #2](#)
- **ArrivalScreening:**
 - Complete Google Form prior to arrival
 - All coaches and students will be screened for signs/symptoms of COVID-19 prior to each workout.
 - If anyone answers "YES" to any of the questions or has a temperature over 100.4 they will not be permitted on campus
 - Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - Athletes that have a temperature of 100.4 degrees or higher will need to leave campus and talk to their doctor. The group of Athletes and Coaches with that Pod will need to leave campus and be symptom free for 3 consecutive days before returning to play or training.
 - Athletes will wear face covering when being checked into workouts and at the conclusion of workouts
- **Indoor facilities**
 - **Rules and Procedures**
 - Students will be placed in pods of 5-10 or less and rotate through various stations.**(the same 5-10 students always working out together)**
 - Maintain six feet of distance between persons
 - One point of entry and exit

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- Only one coach per session encouraged
 - No congregating in pairs/groups
 - No Locker Rooms (Athletes should arrive ready for activity with proper workout attire)
 - All students shall bring their own water bottle. Water bottles must not be shared.
 - There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
 - Face coverings are recommended when not engaged in vigorous activities
- **Outdoor facilities**
 - **Rules and Procedures**
 - Follow Phase # 1 rules and procedures
- **Sanitation and Prevention**
 - Athletes will use the provided CDC-approved hand sanitizer upon entry and exiting to any facility.
 - Staff will disinfect before, during, and after all training sessions and deep cleaning and sanitizing after hours.
 - Athletes will clean all weight room surfaces touched immediately after usage and before the next athlete uses the same piece of equipment.

Week of Dates TBD (Phase 2)

- *All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures .*
- **All Athletes sign release form (See Phase 1)**
- **ArrivalScreening (See Phase 1)**
- **Indoor facilities**
 - **Rules and Procedures**
 - Students will be placed in pods of 10 (increased from phase 1) or less and rotate through various stations.
 - Partner based and equipment can be shared (Max number in each group is 3).
 - When not directly participating in practices or partner activity, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual
 - One point of entry and exit
 - Only one coach per session encouraged
 - No congregating in pairs/groups
 - No Locker Rooms (Athletes should arrive ready for activity with proper workout attire)
 - All students shall bring their own water bottle. Water bottles must not be shared.
 - All equipment must be sanitized after each session.

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- **Outdoor facilities**
 - **Rules and Procedures**
 - Students will be placed in pods of 10 (increased from phase 1) or less and rotate through various stations.
 - Same as **phase 1** but will allow numbers to increase to 25. (NFHS allows 50. Max participants)

- **Sanitation and Prevention**
 - See Phase 1

Week of Dates TBD (Phase 3)

- *All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures .*
- **All Athletes sign release form (See Phase 1)**
- **ArrivalScreening (See Phase 1)**
- **Indoor facilities**
 - **Rules and Procedures**
 - Same as **phase 2** but will allow numbers to increase to 45.

- **Outdoor facilities**
 - **Rules and Procedures**
 - Gathering sizes of up to 45 individuals,(NFHS allows 50. Max participants)
 - When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.(Consider using tape or paint as a guide for students and coaches.)
 - **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration

- **Sanitation and Prevention**
 - See Phase 1 & 2

Week of Dates TBD (Phase 3) * If Necessary

- *All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures .*
- **All Athletes sign release form (See Phase 1)**
- **ArrivalScreening (See Phase 1)**

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- **Indoor facilities**
 - **Rules and Procedures**
 - Same as **phase 2** but will allow numbers to increase to 45.
- **Outdoor facilities**
 - **Rules and Procedures**
 - Gathering sizes of up to 45 individuals,(NFHS allows 50. Max participants
 - When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.(Consider using tape or paint as a guide for students and coaches.)
 - **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration
- **Sanitation and Prevention**
 - See Phase 1 & 2

Week of Dates TBD- Potential Competition Begins

- *All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures .*
- **All Athletes sign release form (See Phase 1)**
- **Arrival Screening (See Phase 1)**
 - **Rules and Procedures**
 - Gathering sizes of up to 45 individuals,(NFHS allows 50. Max participants
 - When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.(Consider using tape or paint as a guide for students and coaches.)
 - **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration
- **Sanitation and Prevention**
 - See Phase 1 & 2
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Potential Competition Format: At the time the Health Department deems it safe to move to a Low Risk Level of competition the Lake City Conference will continue to follow pre-participation and pre-game check-in protocols for each athlete for Phasing Protocols for COVID-19 and explore competition opportunities. For tracking purposes, and the acknowledgement and understanding that we CAN NOT eliminate the risk of COVID-19, we will follow the following guidelines for competitions. Each team will play the same team, home and away in the same week. Ex. Team A vs Team B and Team B vs Team A.

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Competition Facilities

1. Players and coaches should abide by all pre screening protocols (see arrival screening above),
2. Players and coaches should use hand sanitizer as they enter and leave the competition facilities, and as athletes sub in and out of game situations.
3. Coaches will be required to wear masks at all times indoor and outdoor; athletes will need to wear masks on their way into and out of facilities and on the bench - masks are encouraged, but not required for athletes while playing (currently)
4. No locker rooms will be available.
5. All athletes, inside or out, will leave any bags, water bottles in a designated area with 6 feet between areas and may not go into anyone else's area. There are no longer bench areas for teams during breaks or rest time. These areas are all now 6ft apart spaces that are designated specified markings throughout the facility for athletes to place water bottles and gym bags.
6. All athletes (indoor) will bring a personal filled water bottle and will only have access to touchless water bottle fillers located in the central lobbies. Athletes (outdoors) will have access to a touchless water trough and access to refill water bottles.

Social distancing during Contests/Events/Activities:

Sidelines/benches

1. Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.
2. Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
 - a. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
 - b. Tier 2 (Preferred): Media
 - c. Tier 3 (Non-essential): Spectators, vendors *Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

Transportation to events

Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

Coach will be responsible for:

- Tracking data; screening all assistant coaches and student-athletes in their program.

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- overseeing social distancing.
- sanitizing equipment before, during and after all activities, as well as commonly touched areas.