

High School Athletics Update -- WIAA's Most Recent Guidance

While the WIAA has issued guidance that has Season 1 starting on February 1st the new schedule does not really account for what districts and leagues are to do if they are still in Phase 1. They are quite understandably struggling to make a plan that works for a state with dramatically different population size, infection rates and hospitalizations.

As you may have learned from the Governor's most recent press conference and document called "Roadmap to Recovery" we are in the Puget Sound region and there are four criterion that must be met to get into and remain in Phase 2. We are not there yet. <https://kingcounty.gov/depts/health/covid-19/data.aspx>

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

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

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

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

And this is the guidance he issued in graphic form that pertains to athletics. Phase 1 is in the center column and Phase two on the far right.

K—12 athletics included	Phase 1	Phase 2
Indoor Recreation and Fitness Establishments <small>(includes gyms, fitness organizations, indoor recreational sports, indoor pools, indoor K-12 sports, indoor sports, indoor personal training, indoor dance, no-contact martial arts, gymnastics, climbing)</small>	Low risk sports (including dance, no-contact martial arts, gymnastics, and climbing) permitted for practice and training only in stable groups of no more than 5 athletes. Appointment based fitness/training: 45-minute max session, no more than 1 customer/athlete per room or per 500/sq. ft. for large facilities.	Low and moderate risk sports competitions permitted (no tournaments). Fitness and training maximum 25% capacity.
Outdoor Sports and Fitness Establishments <small>(outdoor fitness organizations, outdoor recreational sports, outdoor pools, outdoor parks and hiking trails, outdoor campsites, outdoor K-12 sports, outdoor sports, outdoor personal training, outdoor dance, outdoor motorsports)</small>	Low and moderate risk sports permitted for practice and training only (no tournaments). Outdoor guided activities, hunting, fishing, motorsports, parks, camping, hiking, biking, running, snow sports, permitted.	Low, moderate, and high-risk sports competitions allowed (no tournaments), maximum 200 including spectators.

What does this mean for HS Athletics?

- Conditioning/Practice pods can continue in the way that we are currently doing them up until the day before the first season begins.
- The WIAA released additional information on January 12th to assist schools in determining what activities may be offered in Phase 1 and Phase 2.
- Only low risk sports, when conducted outdoors may hold competitions in Phase 1. All other sports cannot start competitions UNTIL we are in Phase 2.
- We do not know when we will meet the 4 criterion to get into Phase 2. Here is the planning work we are doing in the meantime:
 - In order to plan for the next best steps to take, I will continue to meet with our KingCo League colleagues regularly.

- Meet with Coaches to ensure that we are ready for all sports to start or continue.
- Meet regularly with Snoqualmie Valley District and Mount Si Administration to ensure all safety plans and protocols are up to date.
 - We plan to start by updating our current practice plans to meet the new guidance and communicating those updates to our coaches.
- Thus far, the KingCo League Athletic Directors have agreed and voted on a draft schedule that would start Season 1 on March 1; the KingCo Board of Directors will be reviewing this proposal this week and soliciting input from their various district leadership teams. This plan shortens seasons to 5 weeks, but provides us more time to get into Phase 2. This plan is subject to change as conditions change.
- It is possible we may be able to structure some intra-league competitions, but we will have to be very confident that we can staff this work with officials and others, maintain student and staff safety, maintain our ability to conduct contact tracing in the event it becomes necessary, and more.

Thank you to the MSHS coaches and student athletes who have so diligently learned and followed our safety protocols for the past two months. The conscientiousness you all have demonstrated has been the reason we get to continue our conditioning/practices. We will continue to plan for the day our metrics qualify us for Phase 2.

Warm regards,
Mount Si Athletics Department