

# WAPSIE VALLEY

## Community School District

Brett Bergman

Activities/Transportation Director

319-638-6711

bbergman@wapsievalleyschools.org



### HS Girls Basketball

1. <https://www.ighsau.org/news/basketball-covid-19-winter-guidance/>
2. Athletes/Coaches should take temperature and evaluate any other symptoms they may have before arriving for practices and games.
  - a. Anything 100.0 and over they shouldn't come to school and practice/games.
  - b. Any other symptoms they should not be there until those symptoms are gone.
  - c. If an athlete/coach shows up with either of these please send home and report to Coach Davie. He will then communicate that immediately with Mr. Bergman & Mrs. Bellis.
  - d. If an athlete or coach has COVID-19 symptoms, is getting tested, has tested, and/or has come into contact with a positive that should be communicated with Mr. Bellis and Mr. Bergman immediately. Further action will be determined by the Bremer County Public Health.
3. Attendance:
  - a. Must be taken every single day of practice and games. If an athlete or coach is gone that must be noted.
4. Practices:
  - a. Keep athletes and/or teams in pods or separated as much as possible. Keep track of this for possible contact tracing if necessary.
  - b. Have a general practice plan written out so we can contact trace if need arises.
  - c. Close contact should be less than 15 minutes at a time.
  - d. Team meetings, if longer than 15 minutes, should institute a break to separate.
5. Masks:
  - a. The use of masks is permissible during practices/games.
  - b. The use of gaiters is prohibited.
  - c. Masks are required when in the school building, in the weightroom, in the locker room, and when in team meetings.
6. Locker rooms:
  - a. HS Girls Basketball will use the varsity girls locker room. No other personal belongings may be left in the locker room.
  - b. Athletes should get in the habit of taking their personal belongings with them each time.
  - c. Masks are required in the locker room before and after practices/games while changing.
7. Training Room:
  - a. Use of masks when in or around the training room are required.
  - b. Limit to 1 athlete per time.
  - c. Coaches should contact Erin Johnson the school trainer if an athlete needs to see her.

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8. Transportation:
  - a. Try and sit 1 person per seat unless from the same household.
  - b. Masks are required per Wapsie Valley policy.
  - c. Athletes are able to travel to and from events with pre-approval from the Athletic Office.
9. Water:
  - a. Athletes should bring their own water for practices and games and/or have a school Gatorade bottle with their name on it.
  - b. Parents are able to provide water bottles if it is clearly marked with the athletes name on it.
10. Sanitizer
  - a. Athletes and coaches should bring and use their own hand sanitizer.
11. Weightroom:
  - a. Masks are required when you can not socially distance. May lift as a team.
  - b. Sanitize main areas before and after each group.
  - c. Times can be assigned by the athletic office in consultation with the head coach and the other winter sports.
12. Equipment:
  - a. Equipment that is shared must be sanitized at much as possible.
  - b. Be prepared to bring your own basketballs on the road.
13. Team Meals:
  - a. Team meals are currently suspended on school grounds at this time. Will be evaluated as we move through the fall/winter.
14. Road Game Meals:
  - a. Prepackaged food and drink only.
  - b. Food cannot be eaten on the bus.
15. Game Personnel
  - a. Essential Staff: Players, coaches, managers, and the Athletic Trainer are the only personnel allowed in the locker room or bench area.
  - b. Non Essential: Must be approved by Mr. Bergman
16. Fans:
  - a. Fans are required to wear masks when at all home games. Road games will have the same requirements as well.

**\*\*These are subject to change at any time during the season.\*\***

**HS Boys Basketball**

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1. <https://www.iahsaa.org/basketball-covid-19-guidance-2020-21/>
2. Athletes/Coaches should take temperature and evaluate any other symptoms they may have before arriving for practices and games.
  - a. Anything 100.0 and over they shouldn't come to school and practice/games.
  - b. Any other symptoms they should not be there until those symptoms are gone.
  - c. If an athlete/coach shows up with either of these please send home and report to Coach McKowen. He will then communicate that immediately with Mr. Bergman & Mrs. Bellis.
  - d. If an athlete or coach has COVID-19 symptoms, is getting tested, has tested, and/or has come into contact with a positive that should be communicated with Mr. Bellis and Mr. Bergman immediately. Further action will be determined by the Bremer County Public Health.
3. Attendance:
  - a. Must be taken every single day of practice and games. If an athlete or coach is gone that must be noted.
4. Practices:
  - a. Keep athletes and/or teams in pods or separated as much as possible. Keep track of this for possible contact tracing if necessary.
  - b. Have a general practice plan written out so we can contact trace if need arises.
  - c. Close contact should be less than 15 minutes at a time.
  - d. Team meetings, if longer than 15 minutes, should institute a break to separate.
5. Masks:
  - a. The use of masks is permissible during practices/games.
  - b. The use of gaiters is prohibited.
  - c. Masks are required when in the school building, in the weightroom, in the locker room, and when in team meetings.
6. Locker rooms:
  - a. HS Boys Basketball will use the varsity locker room. No other personal belongings may be left in the locker room.
  - b. Athletes should get in the habit of taking their personal belongings with them each time.
  - c. Masks are required in the locker room before and after practices/games while changing.
7. Training Room:
  - a. Use of masks when in or around the training room are required.
  - b. Limit to 1 athlete per time.
  - c. Coaches should contact Erin Johnson the school trainer if an athlete needs to see her.
8. Transportation:
  - a. Try and sit 1 person per seat unless from the same household.

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- b. Masks are required per Wapsie Valley policy.
  - c. Athletes are able to travel to and from events with pre-approval from the Athletic Office.
9. Water:
  - a. Athletes should bring their own water for practices and games and/or have a school Gatorade bottle with their name on it.
  - b. Parents are able to provide water bottles if it is clearly marked with the athletes name on it.
10. Sanitizer
  - a. Athletes and coaches should bring and use their own hand sanitizer.
11. Weightroom:
  - a. Masks are required when you can not socially distance. May lift as a team.
  - b. Sanitize main areas before and after each group.
  - c. Times can be assigned by the athletic office in consultation with the head coach and the other winter sports.
12. Equipment:
  - a. Equipment that is shared must be sanitized at much as possible.
  - b. Be prepared to bring your own basketballs on the road.
13. Team Meals:
  - a. Team meals are currently suspended on school grounds at this time. Will be evaluated as we move through the fall/winter.
14. Road Game Meals:
  - a. Prepackaged food and drink only.
  - b. Food cannot be eaten on the bus.
15. Game Personnel
  - a. Essential Staff: Players, coaches, managers, and the Athletic Trainer are the only personnel allowed in the locker room or bench area.
  - b. Non Essential: Must be approved by Mr. Bergman
16. Fans:
  - a. Fans are required to wear masks when at all home games. Road games will have the same requirements as well.
  - b. \*\*These are subject to change at any time during the season.\*\*

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### MS/HS Wrestling

1. <https://www.iahsaa.org/wrestling-covid-19-guidance-2020-21/>
2. Athletes/Coaches should take temperature and evaluate any other symptoms they may have before arriving for practices and games.
  - a. Anything 100.0 and over they shouldn't come to school and practice/games.
  - b. Any other symptoms they should not be there until those symptoms are gone.
  - c. If an athlete/coach shows up with either of these please send home and report to Coach Adams. He will then communicate that immediately with Mr. Bergman & Mrs. Bellis.
  - d. If an athlete or coach has COVID-19 symptoms, is getting tested, has tested, and/or has come into contact with a positive that should be communicated with Mrs. Bellis and Mr. Bergman immediately. Further action will be determined by the Bremer County Public Health.
3. Attendance:
  - a. Must be taken every single day of practice and games. If an athlete or coach is gone that must be noted.
4. Practices:
  - a. MS and HS should remain separate as much as possible.
  - b. Keep athletes in the same pods and separated as much as possible. Keep track of this for possible contact tracing if necessary.
  - c. Have a general practice plan written out so we can contact trace if need arises.
  - d. Close contact should be less than 15 minutes at a time.
  - e. Team meetings, if longer than 15 minutes, should institute a break to separate.
  - f. Coaches should have masks on if they are demonstrating on another wrestler.
5. Masks:
  - a. The use of masks is permissible during practice/matches.
  - b. The use of gaiters is prohibited.
  - c. Masks are required when in the school building, in the weightroom, in the locker room, and when in team meetings (not during competition or practice).
6. Locker rooms:
  - a. MS Wrestling will use the back half of the boys locker room. HS Wrestling will use the varsity portion of the boys locker room. No other personal belongings may be left in the locker room.
  - b. Athletes should get in the habit of taking their personal belongings with them each time.
  - c. Masks are required in the locker room before and after practices/meets while changing.
7. Training Room:
  - a. Use of masks when in or around the training room are required.

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- b. Limit to 1 athlete per time.
  - c. Coaches should contact Erin Johnson if an athlete needs to see her.
8. Transportation:
  - a. Masks are required at all times.
  - b. Athletes should sit one to a seat as much as possible.
  - c. Athletes are able to travel to and from events with pre-approval from the Athletic Office.
9. Water:
  - a. Athletes should bring their own water for practices and games.
  - b. Parents are able to provide water bottles if it is clearly marked with the athletes name on it.
10. Sanitizer
  - a. Athletes and coaches should bring and use their own hand sanitizer.
11. Weightroom:
  - a. Masks are required when you can not socially distance. May lift as a team.
  - b. Sanitize main areas before and after each group.
  - c. Times can be assigned by the athletic office in consultation with the head coach and the other winter sports
12. Equipment:
  - a. Equipment that is shared must be sanitized before and after every practice and game.
13. Team Meals:
  - a. Team meals are currently suspended on school grounds at this time. Will be evaluated as we move through the fall/winter.
14. Road Game Meals:
  - a. Prepackaged food and drink only.
  - b. Food cannot be eaten on the bus.
15. Game Personnel
  - a. Essential Staff: Wrestlers, coaches, managers, and the Athletic Trainer are the only personnel allowed in the locker room or bench area.
  - b. Non Essential: Must be approved by Mr. Bergman.
16. Fans:
  - a. Fans are required to wear masks when at all home games. Road meets will have the same requirements as well.

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### MS Girls Basketball

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2. Athletes/Coaches should take temperature and evaluate any other symptoms they may have before arriving for practices and games.
  - a. Anything 100.0 and over they shouldn't come to school and practice/games.
  - b. Any other symptoms they should not be there until those symptoms are gone.
  - c. If an athlete/coach shows up with either of these please send home and report to Coach Bergman & Coach Rigdon. They will then communicate that immediately with Mr. Bergman and Mrs. Bellis.
  - d. If an athlete or coach has COVID-19 symptoms, is getting tested, has tested, and/or has come into contact with a positive that should be communicated with Mr. Bergman & Mrs. Bellis immediately. Further action will be determined by the Bremer County Public Health.
3. Attendance:
  - a. Must be taken every single day of practice and games. If an athlete or coach is gone that must be noted.
4. Practices:
  - a. Keep athletes and/or teams in pods or separated as much as possible. Keep track of this for possible contact tracing if necessary.
  - b. Have a general practice plan written out so we can contact trace if need arises.
  - c. Close contact should be less than 15 minutes at a time.
  - d. Team meetings, if longer than 15 minutes, should institute a break to separate.
5. Masks:
  - a. The use of masks is permissible during practices/games.
  - b. The use of gaiters is prohibited.
  - c. Masks are required when in the school building, in the weightroom, in the locker room, and when in team meetings.
6. Locker rooms:
  - a. MS Girls Basketball will use the multi purpose room womens locker room. No other personal belongings may be left in the locker room. Misuse of the locker room will be monitored by coaches
  - b. Athletes should get in the habit of taking their personal belongings with them each time.
  - c. Masks are required in the locker room before and after practices/games while changing.
7. Training Room:
  - a. Use of masks when in or around the training room are required.
  - b. Limit to 1 athlete per time.
  - c. Coaches should contact Erin Johnson if an athlete needs to see her.
8. Transportation:

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- a. Try and sit 1 person per seat unless from the same household.
  - b. Masks are required at all times.
  - c. Athletes are able to travel to and from events with pre-approval from the Athletic Office.
9. Water:
- a. Athletes should bring their own water for practices and games and/or have a school Gatorade bottle with their name on it.
  - b. Parents are able to provide water bottles if it is clearly marked with the athletes name on it.
10. Sanitizer
- a. Athletes and coaches should bring and use their own hand sanitizer.
11. Weightroom:
- a. Masks are required when you can not socially distance. May lift as a team.
  - b. Sanitize main areas before and after each group.
  - c. Times can be assigned by the athletic office in consultation with the head coach and the other winter sports.
12. Equipment:
- a. Equipment that is shared must be sanitized at much as possible.
  - b. Be prepared to bring our own basketballs to road games.
13. Team Meals:
- a. Team meals are currently suspended on school grounds at this time. Will be evaluated as we move through the fall/winter.
14. Road Game Meals:
- a. Prepackaged food and drink only.
  - b. Food cannot be eaten on the bus.
15. Game Personnel
- a. Essential Staff: Players, coaches, managers, and the Athletic Trainer are the only personnel allowed in the locker room or bench area.
  - b. Non Essential: Must be approved by Mr. Bergman.
16. Fans:
- a. Fans are required to wear masks when at all home games. Road games will have the same requirements as well.

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2. Athletes/Coaches should take temperature and evaluate any other symptoms they may have before arriving for practices and games.
  - a. Anything 100.0 and over they shouldn't come to school and practice/games.
  - b. Any other symptoms they should not be there until those symptoms are gone.
  - c. If an athlete/coach shows up with either of these please send home and report to Coach Lien & Coach O'Donnell. They will then communicate that immediately with Mr. Bergman and Mrs. Bellis.
  - d. If an athlete or coach has COVID-19 symptoms, is getting tested, has tested, and/or has come into contact with a positive that should be communicated with Mr. Bergman and Mrs. Bellis immediately. Further action will be determined by the Bremer County Public Health.
3. Attendance:
  - a. Must be taken every single day of practice and games. If an athlete or coach is gone that must be noted.
4. Practices:
  - a. Keep athletes and/or teams in pods or separated as much as possible. Keep track of this for possible contact tracing if necessary.
  - b. Have a general practice plan written out so we can contact trace if need arises.
  - c. Close contact should be less than 15 minutes at a time.
  - d. Team meetings, if longer than 15 minutes, should institute a break to separate.
5. Masks:
  - a. The use of masks is permissible during practices/games.
  - b. The use of gaiters is prohibited.
  - c. Masks are required when in the school building, in the weightroom, in the locker room, and when in team meetings.
6. Locker rooms:
  - a. MS Boys Basketball will use the boys locker room in the multi purpose. No other personal belongings may be left in the locker room. Coaches will monitor locker room misuse.
  - b. Athletes should get in the habit of taking their personal belongings with them each time.
  - c. Masks are required in the locker room before and after practices/games while changing.
7. Training Room:
  - a. Use of masks when in or around the training room are required.
  - b. Limit to 1 athlete per time.
  - c. Coaches should contact Minela if an athlete needs to see her.

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8. Transportation:
  - a. Try and sit 1 person per seat unless from the same household.
  - b. Masks are required per Wapsie Valley policy.
  - c. Athletes are able to travel to and from events with pre-approval from the Athletic Office.
9. Water:
  - a. Athletes should bring their own water for practices and games and/or have a school Gatorade bottle with their name on it.
  - b. Parents are able to provide water bottles if it is clearly marked with the athletes name on it.
10. Sanitizer
  - a. Athletes and coaches should bring and use their own hand sanitizer.
11. Weightroom:
  - a. Masks are required when you can not socially distance. May lift as a team.
  - b. Sanitize main areas before and after each group.
  - c. Times can be assigned by the athletic office in consultation with the head coach and the other winter sports
12. Equipment:
  - a. Equipment that is shared must be sanitized at much as possible.
  - b. Be prepared to bring your own basketballs to road games.
13. Team Meals:
  - a. Team meals are currently suspended on school grounds at this time. Will be evaluated as we move through the fall/winter.
14. Road Game Meals:
  - a. Prepackaged food and drink only.
  - b. Food cannot be eaten on the bus.
15. Game Personnel
  - a. Essential Staff: Players, coaches, manager, and the Athletic Trainer are the only personnel allowed in the locker room or bench area.
  - b. Non Essential: Must be approved by Mr. Bergman.
16. Fans:
  - a. Fans are required to wear masks when at all home games. Road games will have the same requirements as well.

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