

Athletic Department  
COVID-19 Return to Play  
Frequently Asked Questions and Reminders



Q: What is the benefit to participating this year?

***A: There are many benefits to being involved in high school athletics. A student athlete may find improved physical fitness, social and emotional development, personal and team goal attainment, leadership development, teamwork, time management skills, and improved academics. In the current environment, these benefits become heightened because student athletes have not been able to participate in educational based athletics for nearly a year.***

Q: What health and safety protocols/measures will be in place for student athletes to participate?

***A: The Governor, Department of Health and the WIAA collectively gathered information from health experts locally and nationally to provide guidance to conduct each sport in a phased approach. The school district and Metro League will strictly follow these guidelines to provide our students a valued experience.***

***In conjunction with Seattle Public Schools, the Athletic Department developed a COVID Safety Plan. Some key areas within this document include:***

General Protocols

- *Daily health screening (attestation)*
- *Physical distancing, as recommended by the Department of Health*
- *Face masks must be worn at all times by all participants – including athletes, coaches, and essential event personnel (i.e. officials)*
- *Frequent hand washing as outlined in Department of Health guidelines*
- *Disinfectant cleaning of frequently touched surfaces, as outlined in Department of Health guidelines*
- *Training, supervision, and reinforcement of protocols*

Student-Athlete and Family Expectations

- *Participate on a voluntary basis*
- *Complete registration including COVID-19 participation waiver form*
- *Stay at home if not feeling well or exhibiting any symptoms*
- *Notify coach of any symptoms or possible contact with someone exposed to COVID-19*
- *Maintain social distancing and always wear a mask when arriving, participating, and leaving practice or a contest*

Q: What does my student need to do before attending practice?

***A: Prior to practicing, all participants (including coaches) are required to complete a daily attestation process. Also, a student-athlete should be prepared by bringing her/his own water bottle, towel and any other personal equipment.***

Q: Are there any exemptions from wearing masks?

***A: The Metro League will not allow for any exemptions to wearing a mask.***

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Q: Will masks be required?

***A: Yes, face masks must be worn at all times by all participants – including athletes, coaches, and essential event personnel (i.e. officials). This includes during competitions and practices (an exception is swimming; however, masks must be worn immediately outside of the pool).***

Q: Why will athletes be able to access school spaces while other groups cannot yet return in-person?

***A: By starting athletic programming at this time, it will help provide the foundation for other students and groups to start safely.***

Q: What are the athletic eligibility rules?

***A: All student athletes must comply with the WIAA rules and regulations. If you have questions or concerns about eligibility, please contact your school athletic director for guidance.***

Q: To participate in athletics, are sport physicals required?

***A: Yes, per WIAA regulations, current sport physicals are required to participate.***

Q: Can our family travel out of state for a vacation and return to participation?

***A: If a student/family decides to travel out of state for whatever reason, we will follow the Governor's recommendation of self-quarantine for 14 days after returning. The student athlete/family should limit their interactions to their immediate household.***

Q: Will fans be able to watch events?

***A: In an abundance of caution we are considering no fans at practices or contest at this time, however we will continue to explore options and update accordingly.***

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Q: What will be different in sport offerings?

**A:** *The Metro League intends to offer its traditional sports in a two-season model. Due to Governor and DOH guidelines, sport offerings will look different. All sports will have a shortened season. Some sports will have competition participation limits, such as swimming lanes. While traditional competitions like swim meets will look different, thoughtful consideration is used toward providing opportunities for student-athlete participation.*

The planned two-season model is as follows:

Season	Boys	Girls	Coed
Season 1* February 22 to April 17	Football	Bowling Gymnastics Soccer Slow-Pitch Softball Swim & Dive Volleyball	Cross Country Golf
Season 2* April 19 to June 12	Baseball Basketball Soccer Swim & Dive	Basketball Fastpitch Softball	Tennis Track & Field Wrestling

*\*Seasons and/or sports may need to be adjusted based on Puget Sound Region's [metrics](#)*

Q: Can my student participate in two sports during the same season?

**A:** *Multi-sport athletes may find that they may have to select one sport over another. However, the two-season model give students a longer planned season, rather than a very short season which could be lost if there is an interruption. The Metro League is pursuing an exemption from the WIAA concurrent sports rule 18.22.0. We will know more after a WIAA ruling on the matter.*

Q: What happens if someone has been exposed to the virus?

**A:** *If a coach, student or an event participant has contracted the virus, please alert your athletic director. A communication system has been put into place so the school district can conduct contact tracing to eliminate a spread.*

Q: Will transportation be provided?

**A.** *The SPS Athletic and Transpiration Departments are partnering to find solutions to complex transportation needs. As we learn more, information will be provided.*