Laramie County School District 2

2020 - 2021

Return to School Plan
EXECUTIVE SUMMARY

LCSD#2 plans to open all public schools for face to face learning for the 2020-2021 school year. The following Smart Start Return to School Plan provides an overview of the plans the district has developed in order to provide a high-quality education for all students during the upcoming school year, while recognizing the challenges our community, state, country and the world is facing due to the COVID-19 pandemic.

This plan was developed by the LCSD#2 Board of Trustees and Administrators with guidance from the Centers for Disease Control and Prevention (CDC), Wyoming Department of Health, Laramie County Department of Health, the Wyoming Department of Education’s Smart Start and Distance Learning Guidance Plans and the WHSAA Smart Start Fall Sports Guidelines.

The content of this plan includes a brief background of COVID-19, planning assumptions based on current public health information, a series of requirements for returning to school and contingency plans should a partial or full closure of schools be mandated. Requirements in this plan may change over time as directives from state and county health officials change.

The support of students, parents/guardians, staff and the community will be necessary to reopen schools. Please review this plan to learn more about our efforts to provide the safest possible learning environment for students and staff while also continuing to provide a high-quality education.

Stakeholder input is an important factor in shaping the delivery plan for the fall of 2020. A survey was utilized to gain an understanding of the preferences and opinions of LCSD#2 parents and staff. The survey generated strong interest with 517 total respondents. Of those, 191 provided comments.

The survey revealed a majority of parents, 71.9%, out of 370 respondents, desire their students to begin the school year on-site. See figure 1.

The survey also revealed a majority of staff, 83%, out of 147 respondents, desire students return to on-site learning in the fall. See figure 2.

Comments from both groups of stakeholders overwhelmingly reiterated the importance of on-site instruction, jointly maximizing the academic potential of students and balancing the social and emotional needs of students.
Figure 1

Which of the following options would you and your student(s) prefer for returning to school in the fall?
370 responses

- 71.9%: My student(s) would prefer to attend school in their school building with required safety precautions as directed by State health...
- 20.3%: My student(s) would prefer to complete their learning at home, similar to the remote learning conducted March 16, 2020, and...
- 3%: My student(s) would prefer a combination of face to face in classroom and virtual learning opportunity...
- 4.8%: My student(s) would prefer a district facilitated virtual learning opportunity...

Figure 2

Which of the following options would you prefer for students returning to school in the fall?
147 responses

- 83%: I would prefer students attend school in their school building with required safety precautions as directed by State health...
- 17%: I would prefer students complete their learning at home, similar to the remote learning conducted March 16, 2020, and...
- 4%: I would prefer students complete a combination of face to face in classroom and virtual learning opportunity...
- 2%: I would prefer students attend a district facilitated virtual learning opportunity...

BACKGROUND

COVID-19 is a disease caused by a new strain of coronavirus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS). Symptoms most commonly include fever or chills, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. Anyone can have mild to severe symptoms; however, more severe symptoms can include increasingly troubled breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, and bluish lips or face. In more severe cases, the infection can cause pneumonia and can be fatal, mainly among older adults and people who have underlying medical conditions such as heart disease, diabetes, asthma and respiratory disease. Testing is required to determine if someone has COVID-19.
The virus spreads through respiratory and fomite transmission. Person-to-person respiratory transmission occurs through direct contact with respiratory droplets when small droplets from the nose or mouth of a person infected with COVID-19 are spread by coughing, sneezing or exhaling. Transmission happens most frequently among close contacts, usually within six feet. These infected droplets can also land on objects and surfaces around the infected person. Other individuals can then develop COVID-19 by touching these objects or surfaces (fomites) and then touching their eyes, nose or mouth. The COVID-19 virus may survive on surfaces for many hours or days (3-72 hours depending on the surface), but simple disinfectants and soap and water can inactivate it. The incubation period, the time between exposure to the virus and the development of first symptoms, is between 1-14 days, but most commonly about five days. Additionally, some people remain asymptomatic but are still able to spread the virus. As with other respiratory infections, public health measures are critical to slow the spread of COVID-19. Everyday preventative actions include: staying home when sick, covering the mouth and nose with flexed elbow or tissue when coughing or sneezing, washing hands often with soap and water, and disinfecting frequently touched surfaces and objects. As more is learned about COVID-19, public health officials may recommend additional preventative actions.

**INSTRUCTION DELIVERY TIERS**

The district has developed a plan for school reopening and continued operation utilizing a three-tiered delivery model; On-site (Tier I), Hybrid (Tier II) and Off-site (Tier III). Definitions include:

- Tier I (Open – On-site): Buildings are open to all students and staff, and school will start as close to normal as possible. Students will attend school daily and on-site. State and local health orders will be followed and additional precautions will be in place to limit exposure, including increased frequency of cleaning, disinfecting and sanitizing, wearing face coverings and measures of social distancing where possible. Public health recommendations may impact areas such as transportation, field trips, lunch, recess and activities. Remote and classroom-based virtual education (Tier II and Tier III plans) within the resident district could potentially take place while under Tier I depending on a student, parent or families’ health risk level and/or personal choice. There is a possibility that in the event of a significant increase in the number of cases in the community, our health care becomes overwhelmed or confirmed cases within the schools, some or all schools may be forced to close for a few days or an extended period of time.

- Tier II (Hybrid): A combination of in-person and adapted learning is required due to local or state health directives limiting the number of students on-site. Buildings will be open to some students and most staff. School will consist of a mixture of on-site delivery 2 days per week and off-site delivery 2 days per week. State and local health orders will be followed by those attending in person. Classroom-based virtual education (Tier III plan) within the resident district could potentially take place while under Tier II depending on a student, parent or families’ health risk level and/or personal choice. There is a possibility that in the event of a significant increase in the number of cases in the community, our health care becomes overwhelmed or confirmed cases within the schools, some or all schools may be forced to close for a few days or an extended period of time.
Tier III (Closed – Off-site): School buildings are closed to students due to local or state health directives or orders. School districts will follow provisions in the approved adapted learning plan and students would receive all instruction at home via classroom-based virtual education. The district will provide technology resources to streamline off-site learning. Instruction will be delivered through several methods to include live and recorded presentations, communication applications, collaborative lessons, threaded discussions, hands-on activities, learning packets, flipped lessons, independent projects and telephonic communication. Materials would be delivered/received via electronic methods or district transportation according to students’ needs.
COMMUNICATIONS

LCSD#2 is committed to providing families, staff and the community with timely and accurate information related to COVID-19 and our response to this global pandemic. We will use the following methods to communicate with stakeholders:

► Regular district wide updates will be made on how current health orders and conditions impact the day to day operations of our schools.
  o LCSD#2 will provide notifications to stakeholders based on the level of information available. All communications will be posted to the district website (laramie2.org) and district social media platforms (Facebook and Twitter). Significant changes affecting the district will also be distributed via the district all-call system. Updates will be provided to the Board of Trustees during their monthly public meetings, which occur on the second Monday of each month. Stakeholders will be surveyed regarding significant considerations for the district.

► Principals will provide regular updates regarding issues pertaining to a single school.

► Teachers will provide regular updates regarding issues pertaining to a single classroom/class.

► School nurses will serve as the primary contact for COVID-19 related questions/follow up.

► Administration will continue regular and ongoing coordination with local, state and federal governmental agencies including the Wyoming Department of Health, State Health Officer, and the Laramie County Department of Health, County Health Officer.
  o LCSD#2 staff will continue to work with all appropriate governmental agencies to monitor the current COVID-19 situation locally and across Wyoming to ensure we are aware of the current number of cases in our community and all applicable health orders and recommendations. This includes participation in public meetings, working groups and other community efforts as appropriate.

► Coordinate with childcare programs in Laramie County.
  o LCSD#2 will continue to work with providers of educational services in our community to ensure awareness, and where appropriate, alignment in service of Laramie County children and families.

► Work with all families and the Parent Teacher Organizations at the elementary level.
  o LCSD#2 will communicate with and obtain feedback opportunities to engage and inform parents in COVID-19 related messages.

► Media Relations.
  o LCSD#2 will work with local media outlets to provide accurate and timely information to the media regarding the district’s response to the COVID-19 situation while ensuring student and staff privacy is protected.
SAFETY AND WELLNESS

TIER I – OPEN

HEALTH SCREENING
Parents/guardians will be expected to monitor their child’s health each morning and evening for the following COVID-19 like symptoms:
  o A cough
  o Shortness of breath or difficulty breathing
  o A fever of 100.4 or higher, chills or a sense of having a fever
  o A sore throat
  o New loss of taste or smell
  o Muscle or body aches
  o Headache
  o Nausea/vomiting/diarrhea
  o Congestion or runny nose, not related to seasonal allergies
  o Unusual fatigue
If the student or anyone in the household exhibits any of the above symptoms, or the student has been in close contact with anyone with suspected or confirmed COVID-19, they must contact their school nurse and be prepared to stay home if advised.

COVID mimics several illnesses. School nurses will use the High-risk / Low-risk likelihood of COVID infection chart to guide decisions.
  o High-risk: Fever, chills, shortness of breath or difficulty breathing, or new loss of taste or smell.
  o Low-risk: Sore throat, runny nose, muscle aches, headache, fatigue, abdominal pain, vomiting or diarrhea.

COVID-19 – Students and Staff

LCSD#2 will follow the current CDC guidelines.

If symptomatic, test positive or have been in close contact with someone who is symptomatic or tests positive, you must stay home and contact your school.

If you test positive, or are notified by the county or state health department that you have been in close contact with someone who tests positive, you must stay home until you receive a letter from the health department releasing you to return to school/work.
If you exhibit symptoms, but do not get tested:

- You must stay home for 72 hours or provide a doctors’ note releasing you to return to school/work within that 72 hours or receive permission from a school nurse or the Superintendent; **AND**
- At least 24 hours with no fever without fever-reducing medications; **AND**
- Symptoms have improved

If your symptoms persist and you choose not to get tested or see a doctor, you can return to school/work after:

- At least 10 days since symptoms first appeared; **AND**
- At least 24 hours with no fever without fever-reducing medications; **AND**
- Symptoms have improved

If an elementary student exhibits any symptoms during the school day, teachers will call a school nurse to come to the classroom to evaluate the student. Jr/Sr High School students will go to the nurses’ office to be evaluated. Each school will maintain a clean room and a sick room in order to keep sick and healthy students separated. If symptoms warrant, the student will be isolated from others while waiting to be picked up by a parent/guardian or emergency contact. The student should be picked up as soon as reasonably possible after contact from the school is made.

If a staff member develops symptoms during the school day, he/she will report to the nurse’s office. Staff members exhibiting symptoms will be sent home immediately.

**BUILDING ACCESS**

Students will be limited to entering the buildings through the main entrance only. Students will not be allowed in any buildings prior to staff arrival and will not be dropped off prior to 7:30 am. Upon arrival, students will wear masks, report directly to their classrooms and will not be allowed to congregate in groups per current health directives.

All staff will also be required to wear face masks upon entering school buildings.

Any school visitors, including parents/guardians, will be required to follow all safety protocols in place for students and staff in order to enter the building, to include self-symptom checks, wearing face masks and hand sanitization. Visitors will not be allowed to stay during times when students have their face masks removed for eating, such as during lunch times and class snack times.

Hand sanitizing stations will be available at each entrance. Sanitizing products and/or hand washing stations will be available in all classrooms. Students, staff and visitors will sanitize hands upon entry and exit of the building, before and after meals, before and after recess/activities and will sanitize throughout the day as needed.
TRANSITIONS
In elementary schools, transitions will be limited. Shared teachers will transition between classrooms rather than students. Masks will be required per local health directives.

In secondary schools, masks will be required per local health directives.

NURSING SERVICES
Nurses will be provided on-site and available throughout the day where needed.

PPE
Face coverings will be available for students and staff unable to provide their own. All students and staff will be required to wear masks at all times, per health department guidelines.

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COVID mimics several illnesses. School nurses will use the High-risk / Low-risk likelihood of COVID infection chart to guide decisions.

- High-risk: Fever, chills, shortness of breath or difficulty breathing, or new loss of taste or smell.
- Low-risk: Sore throat, runny nose, muscle aches, headache, fatigue, abdominal pain, vomiting or diarrhea.
COVID-19 – Students and Staff

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If you exhibit symptoms, but do not get tested:

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TRANSITIONS
In elementary schools, transitions will be limited. Shared teachers will transition between classrooms rather than students. Masks will be required per local health directives.

In secondary schools, masks will be required per local health directives.

NURSING SERVICES
Nurses will be provided on-site and available throughout the day where needed.

PPE
Face coverings will be available for students and staff unable to provide their own. All students and staff will be required to wear masks, per health department guidelines.

Health and wellness protocols within schools will be suspended during school closures.
SCHOOL OPERATIONS

TIER I – OPEN

TRANSPORTATION
Students will be asked to practice social distancing at bus stops or wear masks if social distancing is not feasible.

Regular bus routes will be maintained. Face coverings will be required for all students and staff on buses per county/state health directives.

Parents will be encouraged to self-transport students when possible.

Hygiene, social distancing and mask signage will be posted on buses, and parents and students will be informed of requirements and protocols.

Hand sanitizer will be provided to be used by all students and staff upon entry and exit of buses.

Buses and vehicles will be cleaned and disinfected in compliance with pertinent state and/or federal agencies after the completion of each route or event.

Parents are expected to adhere to health screening students daily prior to allowing student(s) to ride the bus. Protocols are in place to handle students who exhibit illness symptoms while on the bus.

NUTRITION/FOOD SERVICES
District nutrition services will operate in a manner that maximizes social distancing, the use of face coverings, and appropriate hygiene measures per health directives.

Hand sanitization will be required before and after meals.

Breakfast will be served in spaces that allow for six-foot distancing to occur, primarily in the classrooms.

Lunch will be served to grade levels to maximize social distancing, with exceptions to be made at building levels based on class sizes.

All self-serve options and share tables will be eliminated.
All cleaning and sanitation protocols will meet or exceed USDA, state health department and federal food service guidelines. Protocols are in place to ensure proper sanitation takes place between groups.

Water bottle filling stations are available in all schools in lieu of water fountains and students will be encouraged to have their own water bottle.

Face coverings will be used by food service staff as directed by state and local health officials.

**FACILITIES**
Hand sanitation stations have been installed at building entrances/exits and sanitization products will be available in all classrooms for students to wipe down their desks, high touch areas and shared items.

Protocols will be established to ensure high touch areas throughout the buildings are sanitized on a regular basis throughout the day. Custodial staff will follow cleaning and sanitation protocols that meet or exceed state and federal guidelines.

Water fountains have been turned off and water bottle fill stations have been installed in all buildings.

Students and parents will be notified of requirements and hygiene, face covering and social distancing signage will be posted when and where appropriate.

Classrooms will be set up in a way to maximize social distancing.

Tools used will be disinfected after each use.

Any school visitors, including parents/guardians, will be required to follow all safety protocols in place for students and staff in order to enter the building, to include self-symptom checks, wearing face masks and hand sanitization. Visitors will not be allowed to stay during times when students have their face masks removed for eating, such as during lunch times and class snack times.

**ACTIVITIES**
Student activities will operate in adherence to WHSAA and state and local health guidelines. Social distancing, face coverings and hygiene requirements will be followed as directed.

Coaches and sponsors will screen student participants for COVID-19 symptoms prior to daily participation and events.

Shared equipment will be disinfected between uses to the best of coach/participants’ abilities and facilities will be thoroughly cleaned before and after activities.

Hand sanitization will be required before and after practices and competitions.
TRANSPORTATION
Students will be asked to practice social distancing at bus stops or wear masks if social distancing is not feasible.

Regular bus routes will be maintained. Face coverings will be required for all students and staff on buses per county/state health directives.

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Water fountains have been turned off and water bottle fill stations have been installed in all buildings.

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Classrooms will be set up in a way to maximize social distancing.

Tools used will be disinfected after each use.

Any school visitors, including parents/guardians, will be required to follow all safety protocols in place for students and staff in order to enter the building, to include self-symptom checks, wearing face masks and hand sanitization. Visitors will not be allowed to stay during times when students have their face masks removed for eating, such as during lunch times and class snack times.

**ACTIVITIES**

Student activities will operate in adherence to WHSAA and state and local health guidelines. Social distancing, face coverings and hygiene requirements will be followed as directed.

Coaches and sponsors will screen student participants for COVID-19 symptoms prior to daily participation and events.

Shared equipment will be disinfected between uses to the best of coach/participants’ abilities and facilities will be thoroughly cleaned before and after activities.

Hand sanitization will be required before and after practices and competitions.
TRANSPORTATION
In the event of a school closure, LCSD#2 will operate under the provisions of the approved district adapted learning plan, which includes providing transportation for limited student services, meal and educational delivery based on need and participation.

NUTRITION SERVICES
In the event of a school closure, LCSD#2 will operate under the provisions of the approved district adapted learning plan, which includes providing meals for students by pick up at designated locations.

District nutrition services will operate in a manner that maximizes social distancing, the use of face coverings, and appropriate hygiene measures per health directives.

All self-serve options will be eliminated.

All cleaning and sanitation protocols will meet or exceed USDA, state health department and federal food service guidelines.

FACILITIES
In the event of a school closure, LCSD#2 will operate under the provisions of the approved district adapted learning plan.
Laramie County School District #2

INSTRUCTION AND TECHNOLOGY

LCSD#2 will provide the following learning plans for students and will provide professional development for staff to facilitate remote hybrid and off-site learning plans.

LEARNING PLANS

On-site: Students will attend school daily and participate in face-to-face classroom education in their designated building.

Hybrid: Students will attend classes via a mixture of on-site and remote delivery methods in the event restrictions limit the number of students allowed to attend on-site.

Off-site: Students will receive all instruction at home via virtual education in the event health orders dictate school closures or by parental choice.

High quality standards-based instruction will be provided for all students, regardless of learning plan.

All instruction and coursework will be managed via an online learning management system to allow for the possibility of a seamless transition between different tiers of instruction and meet the needs of students participating in an adapted learning plan.

All K-12 students will be provided with a personal electronic device (i.e. ChromeBook, iPAD) and hotspot (if needed) in order to implement a 1:1 instructional technology model. All electronic devices stored in charging stations in the school buildings will be disinfected daily.

Parents and students will be able to access technology support via phone and email during school hours.

Daily attendance tracking will take place for all students participating in face-to-face instruction and remote education. Attendance will be tracked twice a day (elementary) or class period (secondary). Any student participating in virtual education will be expected to demonstrate weekly engagement as indicated by participation metrics specific to each course.

Special Education programming will be individualized to each students’ unique needs as outlined in their Individualized Educational Program (IEP). Special education staff will monitor each student closely and adjust programming as appropriate. Parents will be notified of all changes to specially designed instruction or related service delivery. English Language Development programming and English Language Learner (ELL) support will continue to be provided by ELL teachers/staff.

Each school will foster student engagement by focusing on developing and sustaining strong student-teacher and family-school relationships throughout the school year. These relationship building efforts may include in-home visits, small group gatherings, live interactive webinar sessions and other community building and relationship building efforts. Building-level PLCs, Multi-Tier Systems of Support
(MTSS) teams and building leadership teams will also facilitate the development of school-wide and district-wide relationship building activities. By using student screener data, attendance tracking data and ongoing input from classroom teachers, school-based teams composed of counselors, social workers, school psychologist, principals and teachers will continuously improve upon existing systems of identifying students in need of additional Social-Emotional supports and interventions. These teams will develop individualized student interventions and consistently monitor student progress within those interventions.

The district will review previous year’s assessments to calibrate individualized learning along with data from MAP testing to be given during the first week of classes. Student learning needs and student learning gaps will be assessed and a clear set of teaching and learning expectations will be established at each grade level and content area. Building level MTSS teams and Professional Learning Communities (PLCs) will establish an evaluation plan to determine content gaps and set targets to “catch up” students to grade level.

School counselors will meet with each student and evaluate individually to determine their interest in concurrent and dual enrollment and provide them the opportunity to sign up for classes they desire.

**INSTRUCTION**

* TIER I – OPEN

State or local public health directives or orders will be followed during face-to-face learning. High quality standards-based instruction will be provided via face-to-face learning for the vast majority of students. Students and teachers will be in the classroom.

An elementary and secondary school in the district will host classroom-based virtual education for students who report risk factors associated with COVID-19 (i.e. the student or the student’s family members are of a “high risk” group and/or parental preference). Students who elect this option will experience remote education which is delivered through interactive, live technology which allows the student to attend class virtually from home. The student can view the lesson as it is taught, ask questions, make comments and interact in real-time with the teacher, classroom students and other remote students. Should students experience technical issues, recorded lessons will also be available.

Teachers will be required to receive seven hours of PTSB approved PD related to virtual education instruction during the school year.

The district will work collaboratively with local providers to provide hot spots or internet service in the home.
TIER II – HYBRID

State or local public health directives or orders will be followed during face-to-face learning. A hybrid plan will be utilized if local or state health orders dictate a limit to the number of students allowed on-site, whereas an alternating schedule of students on- and off-site will be implemented, or in cases where a student or teacher are under quarantine but a classroom or building closure has not been directed.

In the hybrid approach, high quality standards-based instruction will be provided via a combination of face-to-face and remote off-site learning environments. Teachers will be in their classroom instructing face-to-face students while simultaneously instructing remote students. Remote education is delivered through interactive, live technology which allows the student receiving the remote instruction to ask questions, make comments and interact in real-time with the teacher, classroom students and other remote students. Should students experience technical issues, recorded lessons will also be available.

Teachers will be required to receive seven hours of PTSB approved PD related to virtual education instruction during the school year.

The district will work collaboratively with local providers to provide hot spots or internet service in the home.

TIER III – CLOSED

In the event local or state health orders dictate the closure of a classroom, building, district or state-wide school closures, high quality standards-based instruction will be provided virtually for all students. A variety of mediums will be utilized to deliver instruction, such as digital and printed materials, video and audio technology, and telephonic interaction. All teachers and students will be off-site.

Teachers will be required to receive seven hours of PTSB approved PD related to virtual education instruction during the school year.

The district will work collaboratively with local providers to provide hot spots or internet service in the home.
COVID 19 – GLOSSARY OF TERMS (from the University of Virginia)

Asymptomatic
Not showing any symptoms (signs of disease or illness). Some people without any symptoms still have and can spread the coronavirus. They're asymptomatic, but contagious. Fever, cough, and shortness of breath are the main symptoms of COVID-19. Call your healthcare provider if you have any of the symptoms.

The Centers for Disease Control (CDC)
The United States' federal health protection organization.

Communicable
Similar in meaning as "contagious." Used to describe diseases that can be spread or transmitted from one person to another.

Community spread
The spread of an illness within a particular location, like a neighborhood or town. During community spread, there's no clear source of contact or infection.

Confirmed case
Someone tested and confirmed to have COVID-19.

Congregate settings
Public places that can get crowded and where contact with infected people can happen. This includes places like malls, theaters, and grocery stores.

Coronavirus
A family of related viruses. Many of them cause respiratory illnesses. Coronaviruses cause COVID-19, SARS, MERS, and some strains of influenza, or flu. The coronavirus that causes COVID-19 is officially called SARS-CoV-2, which stands for severe acute respiratory syndrome coronavirus 2.

COVID-19
The name of the illness caused by the coronavirus SARS-CoV-2. COVID-19 stands for "coronavirus disease 2019."

Epidemic
A situation where more cases of disease than expected happen in a given area or to a group of people.

Epidemiology
The branch of medicine that studies how diseases happen and spread in communities of people. A person who studies epidemiology is called an epidemiologist.

Flattening the curve
Controlling the rate of new cases of COVID-19.
The “curve” refers to a graph showing the number of cases of COVID-19 that happen over a period of time. Many cases happening in a short period of time create a graph that looks like a tall spike.

By using protective measures, we can slow down how many new cases happen. This is the “flattening” of the curve – on the graph, the flattened curve winds up looking more like a gentle hill.

Too many new cases happening in a short time can create a serious problem. Hospital systems only have so many supplies, like beds and PPE. There are also only so many doctors, nurses and other healthcare workers. Too many patients at one time can overwhelm these resources. This means sick and injured people may not get needed treatment.

Flattening the curve reduces the numbers of people needing healthcare at one time. This allows hospitals to treat patients throughout the pandemic.

**Immunity**
Your body’s ability to resist or fight off an infection. Your immune system is a network of cells throughout your body that help you avoid getting infected and help you get better when you are infected.

**Immunocompromised**
Also called immune-compromised or immunodeficient. This describes someone who has an immune system that can't resist or fight off infections as well as most people. This can be caused by several illnesses. Some treatments for illnesses can also cause someone to be immunocompromised.

**Incubation period**
The time it takes for someone with an infection to start showing symptoms. For COVID-19, symptoms appear 2-14 days after infection.

**Outbreak**
A sudden increase of a specific illness in a small area.

**Pandemic**
When a new disease spreads to many countries around the world.

**PPE**
PPE Stands for personal protective equipment. This includes masks, face shields, gloves, gowns and other coverings that healthcare workers use to prevent the spread of infection to themselves and other patients.

**Person under investigation (PUI)**
When a health provider suspects a person has the coronavirus. But, no test has confirmed the infection.
Presumptive positive case
When a person tests positive for the coronavirus, but the CDC hasn't confirmed the case.

Quarantine
Sometimes called "isolation." Quarantines keep people away from each other to prevent the spread of disease. Stay-at-home orders are a type of quarantine.

Governments sometimes order quarantines to keep healthy people from exposure to infected people. They give rules to behavior and boundaries to movement.

Screening
This is not the same as a coronavirus test. This step helps healthcare workers to decide if you actually need a coronavirus test. It's a series of basic questions about your health condition and recent history. Screening may also include other common healthcare procedures, like taking your temperature.

Self-isolation
Also called self-quarantine. Separating yourself when you’re sick from healthy individuals to prevent spreading illness.

Shelter in place
An order for people to stay where they are and not leave for their own protection. A stay-at-home order is a kind of shelter-in-place order.

Social distancing
Also called physical distancing. It means putting space between yourself and other people at all times. The goal is to slow down how fast an infection spreads. Stay-at-home orders are a way that the government can enforce social distancing.

The CDC recommends keeping at least six feet between you and others around you in public. Social distancing also includes avoiding crowds and groups in public.

Symptomatic
When a person shows signs of illness. For COVID-19, that includes cough, fever or shortness of breath.

Ventilator
A machine that supplies oxygen to a patient with severe lung issues. People with severe cases of COVID-19 can't provide enough oxygen to their body. Their lungs are too limited.

A ventilator machine requires a specialist or respiratory therapist. It is more invasive than an oxygen mask. Many hospitals don't have a supply of ventilators big enough for the COVID-19 outbreak.

World Health Organization (WHO)
This United Nations organization monitors and protects public health around the world.
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WHSAA SMART START SPORTS AND ACTIVITIES GUIDELINES - Updated 11-16-2020

On July 1, the Wyoming Department of Education (WDE) released its Smart Start guidance (hyperlink to guidance: https://edu.wyoming.gov/wp-content/uploads/2020/07/Smart-StartGuidance.pdf) for reopening schools this fall. The guidance references activities and asks that school districts follow the guidance provided by the Wyoming High School Activities Association (WHSSA). The following document is WHSSA’s Smart Start guidance for conducting activities this fall. It is essential to the physical and mental well-being of high school students to return to physical activity and athletic competition.

The following guidance is organized into three categories: (1) Overall requirements; (2) Event requirements; and (3) National Federation of State High School Associations (NFHS). The content has been vetted and approved by both the WHSAA and the Wyoming Department of Health (WDH). These guidelines are minimum standards. Schools will still be expected to work with their local health officials in determining if further restrictions need to be addressed in their districts. We also understand the ever-changing conditions that exist during the COVID-19 pandemic and recognize that modifications to these guidelines may be required in the future.

(1) OVERALL REQUIREMENTS
These requirements are the intended minimum standards that all athletics and activities should endeavor to implement:

- **Social Distancing**-Each school district will operate student activities in a way that maximizes social distancing, use of face coverings, and appropriate hygiene measures. For athletics and activities, face coverings must always be worn by coaches, staff, officials, parents, and spectators while in the building. Players and participants should refrain from wearing face coverings during strenuous activity.

- **Screening**-Athletes, participants, coaches, and officials must be screened prior to participating in allowable sanctioned sports. Screening will include a temperature check. An internal temperature threshold of 100.4 is suggested. The WHSAA COVID-19 Screening Tool/Monitoring Form should be used for consistency and tracing purposes (See Appendix I).

- **Sanitizing**-Employ enhanced sanitation and cleaning measures (See Appendix II). Some examples of best practice are no shared athletic equipment (towels, clothing, shoes, sports specific equipment (excluding balls), etc.) between students; all students and coaches should bring their own water bottle, no sharing; water filling stations may be utilized but must be cleaned after every practice/contest. Social distancing will need to be maintained.

- **Physical exam**-Students must have passed a physical on or after May 1, 2020.

- **Transportation**-Social distancing in transportation vehicles is encouraged and should be maximized. When social distancing cannot be maintained, face coverings will be required.

- **Health Officer Collaboration**-Each school will notify their county health department regarding any event athletes, coaches, event staff, media, spectators, and vendors if the school learns of suspected or confirmed cases of COVID-19 at an event.
• **Cohorts**-Conduct workouts using cohorts of students, with the same students always working out together. This ensures more limited exposure if someone develops an infection.

• **Spectators**-Different households must physically distance from other households while watching events. Face coverings must always be worn while in the building. Face coverings must be worn regardless of social distancing and/or sitting with immediate family members. Schools should consider limiting spectators to immediate family members or parents, if required, to allow social distancing and space. Schools will develop a plan to include visiting spectators in the total number of spectators allowed by the current health orders and directives.

• **Return to Play**-Any WHSAA activity participant who has been diagnosed with COVID19 cannot return to play until he/she is evaluated by an appropriate health care professional, and has written clearance to return to play by both the county health department and an appropriate health care professional.

(2) EVENT REQUIREMENTS

The WDE’s Smart Start plan breaks down recommendations into three tiers. Tier 1 being open, Tier II being a hybrid of open with intermittent closures, and Tier III being schools are closed to students. This document also uses those Tiers.

TIER I

• **Screening**-Each school will be responsible to screen their athletes, participants, coaches, and other team personnel. The host site will be responsible to screen, temperature checks not required for, officials, event personnel, and fans.

• **Sanitizing**-Proper sanitizing measures will be utilized for all equipment and facilities of the event (See Appendix II). Hand sanitizer will be provided at the entrance of the facility.

• **Social Distancing**-When six feet of separation cannot be maintained, face coverings are strongly encouraged for everyone except athletes and participants. Athletes and participants may be required to wear face coverings as well, depending on the activity.

TIER II

• **Positive test**-When a particular school has a positive COVID test, the school moves into Tier II and all Tier I protocols will be utilized, plus the following:

• School districts will work with local health officials to determine the appropriate level of participation in activities.

• If allowed to participate, event guidelines will be determined in conjunction with local health and school officials.
TIER III

• When a particular school is in Tier III, all sports for that school will cease until the school district transitions back to Tier II. Once back in Tier II, school districts will work with local health officials to determine the appropriate level of participation in activities.

(3) NFHS

• The NFHS rules considerations will be utilized to enhance social distancing (See Appendix III).

APPENDIX

• I - WHSAA COVID-19 Screening Tool/Monitoring Form
• II – “Guidance for Opening up High School Athletics and Activities”
  This document is meant to provide general guidance. Schools will be required to follow current health orders and directives.
• III – NFHS Rules Considerations

In cooperation with the Smart Start Guidance, these guidelines are designed to allow Wyoming high schools the opportunity for a safe return to competition. Compliance to these provisions will aid in furthering the benefits activities affords our students.
VOLLEYBALL CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the fall season. Below are considerations to include in your plan.

Special Considerations for the use of the following equipment:

- Volleyballs
- Nets/standards
- Referee Stand
- Scorer’s table
- Ball Car
- Water Bottles
- Gloves are permissible for all players, coaches and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

Special Considerations for the use of the following components of the facility:

- Sidelines/Team Bench
- Warm up areas
- Ticket Booths
- Entry/Exit Gates
- Concessions
- PA Systems
- Bleachers
- Bathrooms
- Locker Rooms
- Hydration stations

Practices – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with same players working out together to limit overall exposure
- Participants should maintain the recommended six feet of distancing between individuals
- No sharing of equipment (except volleyballs)
- Encourage players to not lick their hands and then wipe their shoes
- Face coverings are not recommended during practice, but are strongly encouraged before and after practice for everyone (athletes and coaches)

Events – WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season matches will be duals only. No multiple day invitational tournaments will be allowed. Teams may have more than one dual in a day but must keep teams separated to meet social distancing guidelines. Duals must be scheduled to allow for appropriate cleaning and sanitizing when new teams come to the facility.
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- Each team should bring their own warm-up balls. Host school could supply a cart for each team that has been sanitized.
- Each player must shag their own individual ball, if a ball inadvertently goes to the other team’s side, none of the opposing players may throw the ball back.
- Only team members playing in the current match can shag balls.
- Teams must remain at their bench area during the opposing team’s warmup time on the court
- Face coverings are not recommended while playing but are strongly encouraged before and after contests for everyone (coaches and athletes).
- All event workers should utilize face coverings, and gloves when appropriate
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ’s, etc.)

Post Season:
Regionals will take place in a quadrant format with the highest seed hosting each round. Details will be finalized in the near future.
State will take place at the Casper Events Center with 4 one-day meets. 1A will play on Wednesday, November 4th, 2A on Thursday, November 5th, 3A on Friday, November 6th and 4A on Saturday, November 7th.
Time schedule will be finalized in the near future.

All NFHS Rules Considerations for Volleyball should be utilized as appropriate.

2020-21 Volleyball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Volleyball Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition
1. Volleyball Rules Considerations
   - Pre-match Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)
     - Limit attendees to one coach from each team, first referee and second referee.
Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.

Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.

Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials’ table before the 10-minute mark.

- **Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)**
  - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
  - Limit bench personnel to observe social distancing of 3 to 6 feet.

- **Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]**
  - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
  - Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.

- **Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)**
  - Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

- **Officials Table (3-4)**
  - Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

2. **Volleyball Officials Manual Considerations**
   - **Pre and Post Match Ceremony**
     - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

3. **Volleyball Rules Interpretations**
   - **Rule 4-1 EQUIPMENT AND ACCESSORIES**
     - Cloth face coverings are permissible. (4-1-4)
     - Gloves are permissible. (4-1-1)
   - **Rule 4-2 LEGAL UNIFORM**
Long sleeves are permissible. (4-2-1)
Long pants are permissible. [4-2-1i (1)]
Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

**Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**
- By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
- Electronic whistles are permissible. (5-3-2a, b)
- Cloth face coverings are permissible.
- Gloves are permissible.
CROSS COUNTRY CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the fall season. Below are considerations to include in your plan.

**Special Considerations for the use of the following equipment:**
- Individual Student Equipment / Personal Items
- Timing Devices
- Tents/Shelters
- Flagging/Marking Equipment (Cones, Paint Cans)
- Bibs
- Water Bottles
- Any item that is held in the hands or contacts the body
- Gloves are permissible for all players, coaches and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

**Special Considerations for the use of the following components of the facility:**
- Team Areas
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms – recommended all competitors come ready to participate
- Hydration stations
- Entry/Exit

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.
- Workouts/practices should be conducted in “pods” of participants with same runners working out together to limit overall exposure
- Runners should maintain the recommended six feet of distancing between individuals and have no physical contact with each other
- No sharing of equipment
- All activities (including meetings) occur outdoors
- Avoid grouping of athletes at the start and end of practices and during transition times
- Staggered start times for meetings are recommended
- Face coverings are not recommended while running, but are strongly encouraged before and after practice for everyone (athletes and coaches)

**Events** - WHSAA Smart Start Guidelines must be utilized for all events.
- Regular season contests will be limited to no more than four high school teams with a limit not to exceed 112 participants (this would allow for JV and Varsity)
- Create starts and finishes to discourage congestion (staggered/wave /interval starts are available options)
- Multiple races could be held
• No pre or post-race handshakes or fist bumps should take place
• Teams should not mass collect warm-ups at the starting or finish areas.
• Face coverings are not recommended while running but are strongly encouraged before and after meets (when not racing) for everyone (coaches and athletes).
• All event workers should have face coverings, and gloves when appropriate
• No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ’s, etc.)

Post Season:
If a conference decides to hold a Conference Meet, it must meet the guidelines of the regular season. The State Meet will be at three separate sites with a 1:00 p.m. start time.

All NFHS Rules Considerations for Cross Country should be utilized as appropriate.

2020-21 Cross Country Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition
General Considerations:
• Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
• Cross country meets should consider using staggered, wave or interval starts.
• Possible Rule Modifications:
  o 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
• Finish:
  o Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.

- Consider using image-based equipment at finish to assist with picking place to avoid congestion.

- Clean and disinfect frequently touched surfaces and exercise equipment.

- **Pre and Post Game Ceremony:** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

### Considerations for Coaches:
- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### Considerations for Students:
- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.

### Considerations for Officials:
- Bring personal hand sanitizer. Wash hands frequently.
- Don’t share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials personnel may wear cloth face coverings at all times.

### Considerations for Parents:
(A family’s role in maintaining safety guidelines for themselves and others):
- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.
FOOTBALL CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the fall season. Below are considerations to include in your plan.

**Special Considerations for the use of the following equipment:**
- Footballs
- Mouthguards
- Kicking Tees
- Ball Bags
- Pennies/Helmet Covers
- Shields
- Any item that is held or that contacts the body (i.e. Blocking pads/dummies)
- Individual Student Equipment / Personal Items
- Water Bottles
- Gloves are permissible for all players, coaches and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

**Special Considerations for the use of the following components of the facility:**
- Goal Post Pads
- End Zone Pylons
- Down and Distance Markers
- Sidelines/Team Areas
- Warm-Up Areas
- Weight Training Facilities
- Ticket Booths
- Entry/Exit Gates
- Concessions
- PA Systems
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms
- Hydration stations

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.
- Workouts/practices should be conducted in “pods” of participants with same players working out together to limit overall exposure
- Participants should maintain the recommended six feet of distancing between individuals
- Limit sharing of equipment (i.e. Blocking pads/dummies, footballs)
- All activities (including meetings) occur outdoors when possible
- Face coverings are not recommended during practice, but are strongly encouraged before and after practice for everyone (athletes and coaches)
Events – WHSAA Smart Start Guidelines must be utilized for all events.
- Face coverings are not recommended while playing but are strongly encouraged before and after contests for everyone (coaches and athletes).
- All event workers should utilize face coverings, and gloves when appropriate
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ’s, etc.)

Post Season:
Depending on State Health Orders, the season may be shortened, and playoffs would begin earlier of reduced based on information provided to the WHSAA.
The five State Championships will be hosted at the highest seeds site. This is a one-year plan with the hopes of returning to the University of Wyoming the following year.

For the upcoming year, if the seeds are the same and have not played during the season, the following will be the host site:
1A-6man The East will host
1A-9man The West will host
2A The West will host
3A The East will host
4A Will be determined by coaches seeding

All NFHS Rules Considerations for Football should be utilized as appropriate.

2020 Football Rules Considerations

In support of the NFHS Guidance for Opening Up High School Athletics and Activities, the NFHS Football Editorial Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020 football season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. FOOTBALL RULES CONSIDERATIONS
   0 TEAM BOX (Rule 1-2-3g)
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- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Maintain social distancing of 6 feet at all times while in the team box.
- Do not share uniforms, towels and other apparel and equipment.

○ BALL (Rule 1-3-2)
  - The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
  - The ball holders should maintain social distancing of 6 feet at all times during the contest.

○ FACE MASKS [Rules 1-5-1a, 1-5-3c(4)]
  - Cloth face coverings are permissible.
  - Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.

○ TOOTH AND MOUTH PROTECTORS [Rule 1-5-1d(5)]
  - **Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.**

○ GLOVES (Rule 1-5-2b)
  - Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

2. FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS

○ GAME OFFICIALS UNIFORM AND EQUIPMENT
  - Electronic whistles are permissible (supplies are limited).
    • Choose a whistle whose tone will carry outside.
    • Fox 40 Mini -
    • Fox 40 Unisex Electronic – (3 tone) -
    • Ergo-Guard - (3 tone) - orange
    • Windsor - (3 tone)
    • Check the market for other choices
  - Cloth face coverings are permissible.
  - Gloves are permissible.
  - Do not share uniforms, towels and other apparel and equipment.

○ PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES
  - For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
  - Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
  - No handshakes prior to and following the coin toss.
  - Maintain social distancing of 6 feet while performing all pregame
responsible with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.

- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

3. PRE AND POST GAME CONSIDERATIONS
   - Suspend pregame protocol of shaking hands during introductions.
   - Suspend postgame protocol of shaking hands.

4. FINAL CONSIDERATIONS FOR FOOTBALL
   - Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
   - Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
   - Everyone should have their own beverage container that is not shared.
   - Cloth face coverings are permissible for all coaches and team staff and for all game administration officials.
   - Gloves are permissible for all coaches and team staff and for all game administration officials.
   - Try and limit the number of non-essential personnel who are on the field level throughout the contest.
   - If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
Basketball Considerations - Updated 11-16-2020

Each school should develop a plan with their local health officials to successfully complete the winter season. Below are considerations to include in your plan.

Special Considerations for the use of the following equipment:

- Basketballs
- Backboards and Rims
- Scorer’s table
- Ball Bags
- Ball Cart(s)
- Individual Student Equipment / Personal Items
- Any item that is held or contacts the body (i.e. blocking shield/ dummies)
- Shooting, rebounding and/or passing machines
- Medicine Balls
- Water Bottles
- Gloves are permissible for all players, coaches and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

Special Considerations for the use of the following components of the facility:

- Sidelines/Team Bench
- Warm-up areas
- Ticket Booths
- Entry/Exit Gates
- Concessions
- PA Systems
- Bleachers
- Bathrooms
- Locker Rooms
- Weight Training Facilities
- Hydration stations

Practices – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with the same players working out together to limit overall exposure (post players, wings, guards, etc.). It is recommended that the “pods” stay with the same level of competitors when possible (ex. 9th, JV, Varsity, Middle School A & B Teams).
- When in a scrimmaging situation, keep the same groups of players together as much as possible.
Detailed, timed practice plans should be utilized to assist in contact tracing should it be needed.

Participants should maintain the recommended six feet of distancing between individuals.

No sharing of equipment (except basketballs).

Sanitizing of hands and equipment, as necessary.

Encourage players to not lick their hands and then wipe their shoes.

Face coverings are optional while participating but are **required** at all other times while in the building for everyone during practice (athletes and coaches).

**Events** – WHSAA Smart Start Guidelines must be utilized for all events.

Regular season contests will be individual contests only. Each level will be allowed 18 contests.

Teams may have more than one contest in a day but must keep teams separated to meet social distancing guidelines. Contests must be scheduled to allow for appropriate cleaning and sanitizing when new teams come to the facility. Only two teams per gym will be allowed.

To limit bench personnel, no more than 12 players may be suited up.

For contact tracing purposes, it is also recommended there be assigned seating for bench personnel.

A designated seating area should be assigned for those participants, at each level, that are not suited up during the current contest.

Teams should go directly to their end of the court for warm-ups. Social distancing from the opponent should always be maintained during the warm-up periods.

Each team should bring their own warm-up balls. Host school could supply a cart for each team that has been sanitized.

Each game and overtime will begin with a coin toss. One coach and one captain from each team will meet with the Referee and maintain social distancing. Pre-game instructions will also be given at this time. No handshakes will take place.

No pre or post game handshakes will take place.

At the end of the contest, each team will line up on the free throw line extended on their bench side. Announcement will be read, and teams will wave acknowledging a good game.

Participants **must always** wear face coverings while in the building except when playing during the game.

**Post Season:**

Quadrant play on Thursday of Regional Week. Cross quadrant play on Saturday of Regional Week.

State – 1A on Wednesday & Thursday, March 3 & 4, 2021
2020-21 Basketball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Basketball Rules Committee offers this document as guidance on how state associations can consider modifications to the NFHS Basketball Rules Book. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

**Officials Considerations:**

- **Officials Uniform and Equipment**
  - Long-sleeved shirts are permissible.
  - Officials should not be required to wear jackets during pre-game court/player observation.
  - Electronic whistles are permissible (supplies are limited).
    - Choose a whistle whose tone will carry inside.
    - Check the market for choices
  - Gloves are permissible.
  - Cloth face coverings are permissible.

**Other Considerations**

- **Throw-in**
  - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.

- **Free Throw Administration**
  - The lead official shall stand on the end line and bounce the ball to the free thrower.

- **Jump Ball**
  - To start the game and overtime period, a coin toss will be used to determine which team is awarded the ball. Alternating possession will be utilized the remainder of the game.
WRESTLING CONSIDERATIONS - Updated 11-16-2020

Each school should develop a plan with their local health officials to successfully complete the winter season. Below are considerations to include in your plan.

**Special Considerations for the use of the following equipment:**
- Mouthguards
- Head gear
- Singlet/Uniform/practice gear
- Shoes
- Leg bands
- Any item that is held or that contacts the body (i.e. dummies)
- Individual Student Equipment/Personal Items
- Water Bottles
- Each team is responsible for its own towels, hand sanitizer and med kit

**Special Considerations for the use of the following components of the facility:**
- Mats/Wall pads
- Scales
- Team Areas (i.e. benches/chairs)
- Warm-Up Areas
- Weight Training Facilities
- Ticket Booths
- Scorer’s Table
- Entry/Exit Doors
- Concessions
- PA Systems
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms
- Hydration stations

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with same wrestlers working out together to limit overall exposure.
- Wrestling rooms should be ventilated as much as possible. Fans can help.
- Detailed, timed practice plans should be utilized to assist in contact tracing should it be needed.
- Practices should be limited to team members only (no outside wrestlers).
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- Practices should be closed to all spectators.
- Wrestlers should shower after each practice.
- Wrestlers should wash and sanitize all practice gear after each practice.
- Participants should maintain the recommended six feet of distancing between individuals when not drilling or sparring.
- Limit sharing of equipment (i.e. head gear/towels)
- Face coverings are optional during practice, but are required at all other times while in the building for everyone during practice (athletes and coaches).

Events – WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season contests will be individual duals only. No invitational tournaments will be allowed in state or out of state. Teams may have more than one dual in a day but must keep teams separated to meet social distancing guidelines.
- Only two teams per gym will be allowed to compete at the same time. Only one mat in the gym may be used. Dropping a dividing curtain does not constitute two gyms. Contests must be scheduled to allow for appropriate cleaning and sanitizing when new team comes to the facility.
- No more than two days of competition per week, with a maximum of 16 days of competition for the season, excluding post season. A maximum of 3 duals per team, per day.
- When a wrestling room is available, the home team should use the wrestling room for their warm-up.
- Weigh-ins will be completed one team at a time.
- For contact tracing purposes, it is also recommended there be assigned seating for bench personnel. Chairs should be social distanced as much as the facility will allow.
- Participants must always wear face coverings while in the building except when wrestling their match.
- Coaches must always wear face coverings while in the building.
- All event workers must wear face coverings. Gloves may be worn when appropriate.
- There should be no team dinners during the season to assist in limiting exposures.
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)

Post Season:
Quadrant format for qualifying (4 sites for each class) – top 4 qualify for state; top 2 will be seeded.

Quadrant tournaments will be on Friday, Feb. 19 or Saturday, Feb. 20 as determined by each quadrant.

Two or four brackets will be used for the state tournament on a rotation basis; each quarter final bracket will have a #1 and #2 seed from different quadrants with #3’s and #4’s being drawn in randomly; each semifinal bracket will include a #1 seed from the East and #1 seed from the West.

2A will be on Thursday, Feb. 25; 3A will be on Friday, Feb. 26; 4A will be on Saturday, Feb. 27. The NFHS granted the WHSAA a one-year waiver to allow six matches in one day for our post season tournaments.
20-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition
General Considerations:
• Have hand sanitizer and wipes available at the table.
• Wash stations or sanitizer at mat side.
• No one touches the score sheet except the scorer.
• If writing implements are used, they should be sanitized and not shared with anyone.
• Disinfect the mats prior to competition.
• Athletes and Coaches wears masks off the mat.
• Participate/host smaller events (more duals, less larger tournaments)
• Minimize the number of spectators.

Considerations for Coaches:
• Wear masks on and off mat.
• Eliminate handshakes post-match.

Considerations for Wrestlers:
• Showers after weigh-ins.
• Shower after each round and put on a fresh uniform.
• Stagger weight classes, so not everyone is in chairs mat-side.
• Wear masks off the mat when not competing.
• Eliminate handshakes pre- and post-match.
• Eliminate handshakes with coaches’ post-match.

Considerations for Referees:
• Bring personal hand sanitizer. Wash hands frequently
• Don’t share equipment.
• Change whistle several times during the day.
• Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
• Consider using electronic whistle.
• Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
• Off mat officials may wear masks at all times.
• Wear masks on the mat and during weigh-ins.
• May wear disposable glove. If so, then they must change after each match.
• Use judo hand signal to identify winning wrestler (arm extended at 45 degrees pointing towards winning wrestler).

Considerations for Parents
(A family’s role in maintaining safety guidelines for themselves and others):
• Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
• Provide personal items for your child and clearly label them.
• Disinfect your students’ personal equipment after each game or practice.