

Sent only to families of students that are signed up for athletics.

Good Morning Athletics Kamiakin Families,

You are receiving this letter because your child is signed up for fall athletics. I am pleased to see all of our athletes signed up. Athletics is a lot of fun, gives kids a chance to connect with each other and strengthens their connection to school. For these reasons I am a fan of school athletics, and especially so at the middle level.

I feel a responsibility to make sure that all parents are informed of the potential scenarios that could have some unwanted outcomes. All students in athletics have another set of potential "close contacts". If a teammate tests positive for Covid, outside of school, there is a significant chance that your child could be considered a "close contact" at school. Students that are unvaccinated and have close contact with a person that tested positive for the Covid virus will be excluded from school, and athletics, for a period of 2 weeks. A negative test result does not change the two-week exclusion, because of the gestation period of Covid-19.

Because of the consequences of Covid-19 transmission LWSD and Kamiakin have developed several strategies to help reduce the risks. To see a one-page document that details our athletics Covid strategies it is below.

Covid transmission is less of an issue for cross country and tennis. Athletes that are playing basketball and are unvaccinated will be tested for the Covid Virus twice a week. The test that we will use to do this is called BINAX. This test is being done to protect all athletes and the school community. It is an important strategy to reduce the risk of covid transmission. All tests have a false positive rate, and BINAX is no exception. It is important to understand that LWSD is going to use the results from the BINAX test to start the exclusion process.

As always we also depend on the vigilance of all parents and community members. If your child athlete is displaying any of the symptoms listed below please report this to the Kamiakin Administration and keep your child at home. We do not share who is positive when we exclude students.

COVID 19 Symptoms

- Fever of 100.4°F / 38°C or higher
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

We respect the decisions of all families and will be flexible. If you would like to change sports or would like a refund we will honor your choice until September 17, 2021.

KAMIAKIN ATHLETIC COVID SAFETY

To comply with Washington State Department of Health, Lake Washington School District has developed a detailed plan for athletics and activities. [Link to COVID 19 safety plan](#), see page 25 for Athletics.

*All guidelines listed below pertain to our **after-school athletics program only**. Physical education (PE classes) take during the school day will follow the school day COVID safety procedures.*

After school athletics – Indoors

- All coaches and other support personnel involved with sporting activities must wear face coverings indoors regardless of vaccination status.
- Masks are not required for athletes while actively practicing or competing regardless of vaccination status. We do encourage athletes to wear a face covering if they so choose, while actively participation or competing.
 - In order for unvaccinated students to participate in basketball or wrestling, without a mask, they will need to complete two COVID tests per week at school. Testing will be provided by school/coaching staff.
- Student athletes are required to wear a face covering when not actively participating (ie. Sitting on the team bench, team huddle, etc.)
- Masking is required universally for all spectators attending indoor K-12 sporting activities, regardless of vaccination status.
- Physical distancing should be practiced to the degree possible when not playing.
- Grouping of athletes at practice, when possible, to limit close contacts (*Kamiakin Building Strategy*)

After school athletics – Outdoors

- Masks are not required for outdoor sports of any contact level. We do encourage athletes to wear a face covering if they so choose, when outside.
- Physical distancing should be practiced to the degree possible when not playing.

Transportation

- Universal masking is required on buses regardless of vaccination status.
- When traveling on buses for athletic competitions, students will be seated in cohorts.
- A seating chart will be created for the purposes of contact tracing (*Kamiakin Building Strategy*)
 - This could mean that students are assigned, and one seating chart is used all season.
 - It could mean that a seating chart is created each time the team travels.

- Windows on the buses will be kept open to increase ventilation as weather permits.