



## WASA COVID-19 Return to Practice-Play Guidance (Version 1)

As of July 10, 2020

- This policy is constantly being reviewed by the board and will be updated as needed.
- This policy does not supersede local, state, and/or national guidelines and regulations of COVID-19 related subjects.

### Current WASA Guidance:

ALL WASA programs are on-hold until further notice.

**Exception: Outdoor Wheelchair Tennis (see below for details)**

WASA encourages all members to exercise individually as safely as possible following all protective measures of local, state, and national guidelines.

### Protection suggestions including, but not limited to:

- Educate yourself in the steps to limit spread of COVID-19, including
  - respiratory etiquette
  - hand washing
  - physical distancing
  - PPE (Personal Protective Equipment) – for example, masks
- Anyone with a history of "COVID-19 like" illness or close/sustained contact with someone with similar symptoms should not enter any training environment for at least 14 days after the last contact or 10 days post symptom resolution AND after medical clearance.
- Anyone with respiratory symptoms or fever (>38 C/100.4 F) should NOT enter any facility or training area and should stay home and isolate and contact their medical provider.
- All athletes/coaches/volunteers should have their own water bottles and towels, etc. Water bottles should be filled at home (or a safe source) and stored in their own container/bag.
- No sharing of equipment.
- All athletes/coaches/volunteers should not use common areas in the club or parking lot - "Get In, Train, Get Out".
- The local physical distancing rule should always be followed.
- ALL chairs and other equipment should be cleaned immediately after the session.
- The ENTIRE chair should be washed with appropriate disinfectant, detergent and water with a brush and sponge.
- Balls should be wiped or sprayed with disinfectant.
- Wherever possible equipment and chair adjustments should be made at home prior to training or playing.

### Individual Sports Status:

#### Wheelchair Basketball

NWBA has not provided any guidance at this time.

*WASA Bucks 2020-21 season and team practices are on hold.*

#### Sled Hockey

USA Hockey has provided limited guidance on return to practice/play.

<https://www.usahockey.com/playersafety>

*WASA Admirals 2020-21 season and team practices are on hold.*



### **Quad Rugby**

IWRF has just published the Return to Practice/Play Guideline

[https://www.iwrf.com/?page=iwrf\\_news&id=885](https://www.iwrf.com/?page=iwrf_news&id=885)

USQRA has not provided any guidance at this time.

*WASA Lightning 2020-21 season and team practices are on hold.*

### **Wheelchair Lacrosse**

WLUSA has cancelled the 2020 National Tournament.

WLUSA is following the guideline of US Lacrosse.

<https://static1.squarespace.com/static/5524983be4b0c26fead862ee/t/5f02334438bdf707c8dcb4a7/1593979721816/return-to-play-final-1.pdf>

*WASA Eagles 2020-21 season and team practices are on hold.*

### **Wheelchair Tennis**

USTA has provided "COVID-19 Playing Tennis Safely."

[https://www.usta.com/content/dam/usta/2020-pdfs/USTA\\_COVID19\\_PlayingTennisSafely-Flyer.pdf](https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf)

WASA outdoor tennis program has started following the USTA COVID-19 Playing Tennis

Safely Guidelines and the program will adhere to the tennis court/facility COVID-19 guideline.

**Individual athlete/parents should consider the athlete's own risk before signing up for the program.**

### **Goalball**

USABA has not provided any guidance at this time.

*WASA Lightning 2020-21 season and team practices are on hold.*

### **Boccia**

USA Boccia and BISFed have not provided any guidance at this time.

*WASA Lightning 2020-21 season and team practices are on hold.*

### **Wheelchair Softball**

2020 World Series is cancelled.

NWSA has not provided any guidance at this time.

*WASA Lightning 2020-21 season and team practices are on hold.*

### **Wheelchair Bowling**

AWBA tournaments have been suspended at this time.

AWBA has not provided any guidance at this time.

*WASA Lightning 2020-21 season and team practices are on hold.*