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DATE: November 4, 2021
TO: High School Students, Families, and Staff Members
FROM: Jeff Lowell, District Athletics and Activities Director
RE: High school athletics and activities update

Translated Versions of this update: [Chinese](#) | [Spanish](#)

Please click on the links below to jump to a specific section of this update:

1. [Guidance for Sporting Activities](#)
2. [Registration for Winter Sports](#)
3. [Athletic and ASB Fees](#)

On August 10, 2021, the Washington State Department of Health (DOH) released updated guidance that included important information related to extracurricular K-12 sports, performing arts and other activities. This letter highlights updated COVID-19 safety measures and other important safety information.

1. Guidance for Sporting Activities

As the fall season post season begins, the Athletics and Activities department is turning our attention to final preparations for the 2021-2022 winter sports season. We continue to remain steadfast and focused on offering winter sports programs in a safe environment following all required mandates from the governor's office, the DOH, the WIAA, and other regulatory agencies as appropriate.

Please review this summary of safety measures related to winter sports programs.

- **Masking Requirements:**

- **Weight Rooms:** Universal masking is still required by all athletes, coaches, athletic trainers, and support personnel when in weight rooms, regardless of vaccination status. Weight rooms are high-risk indoor settings. When using weight rooms, District staff and students will practice physical distancing to the degree possible.
- **Low and Moderate Contact Indoor Sports (Gymnastics and Swimming and Diving):** Masks are not required for athletes while competing in low-contact or moderate contact sports indoors, regardless of vaccination status. Masks are encouraged when practicing indoors. Universal masking is required indoors when not practicing or competing. Contact risk levels remain the same as during the 2020-2021 school year.
- **High contact indoor sports (Basketball and Wrestling):** Masks are not required for fully vaccinated athletes competing in high-contact indoor sports. Masks are not required for unvaccinated athletes competing in high-contact indoor sports if they participate in screening testing. Masks are encouraged when practicing indoors. Universal masking is required indoors when not practicing or competing. Contact risk levels remain the same as during the 2020-2021 school year. A complete list of *contact risk levels for individual sports are referenced in DOH's [Guidance for Sports and Fitness Activities](#).*
- High contact indoor sports are subject to screening testing during the season.

- All unvaccinated participants (athletes, coaches, trainers) must undergo routine screening testing if they want to participate in high contact indoor sports. Any vaccinated subject that consents may also undergo routine screening testing.
 - Testing will occur twice weekly, with one test being scheduled on the day of competition.
 - Participants with a positive test will be excluded from the event (practice or competition) and sent home.
- **Masking for staff:** All coaches, athletic trainers, and other support personnel involved with sporting activities must wear face coverings indoors in K-12 settings, regardless of vaccination status.
- **Spectators:** Masking is required universally for **all spectators** attending indoor K-12 sporting activities, regardless of vaccination status. At athletic contests the crowd should be seated in “family units” and those small groups should be spaced at least 3 feet apart.
- **Travel Requirements**
 - Participants, staff, and volunteers must follow CDC’s order for all riders and drivers on trips to wear a mask on buses or other public transportation, regardless of vaccination status.
 - Seat cohorts sit together on the bus and cohorts are separated by at least 3 feet to the degree possible.
 - Ventilation will be increased by opening windows as weather permits.
- Additionally, coaches will continue to adhere to safety measures implemented last year:
 - Taking attendance each day there is a practice or contest
 - Developing practice plans that utilize a ‘cohort’ model to minimize the number of close contacts within a program
 - Providing hand sanitizer to emphasize hand hygiene, both scheduled and as needed.
 - Utilizing cleaning supplies to disinfect frequently touched surfaces
 - Training, teaching, reminders, and reinforcement of all the above
 - No sharing water bottles, uniforms, towels, or snacks and no spitting (saliva, sunflower seeds, etc.).

2. Registration for Winter Sports

Registration for winter sports is currently open. [Registration requirements](#) are posted on the Department’s Athletics in the High School page. Contact information for each school’s head coach and the first practice date for the upcoming season is listed below.

	Bellevue			Interlake		
Winter Sport	Head Coach & Email	1st Practice Time	1st practice Location	Head Coach & Email	1st Practice Time	1st practice Location
Basketball (B)*	Kelly Edwards	3:45 PM 11/15 6:00 PM 11/16	Main Gym	Aaron Bright	6 PM	Main Gym
Basketball (G)*	William Johnson	6:00 PM 11/15 3:45 PM 11/16	Main Gym	Ryan Cruz	3:45 PM	Main Gym
Gymnastics **	Beth Chapin	TBD	TBD	Sara Grandstrand	3:45 PM	Upper Gym
Swim/Dive (B)	Mike Hill	4 PM	Edgebrook Swim Club	Erik Mathre	7 PM	Samena Pool
Wrestling (B)	Stephan Wiseman	4 PM	Aux Gym	Dave Unwin	4 PM	Upper Gym
Wrestling (G)	Stephan Wiseman	4 PM	Aux Gym	Dave Unwin	4 PM	Upper Gym

	Newport			Sammamish		
<u>Winter Sport</u>	<u>Head Coach & Email</u>	<u>1st Practice Time</u>	<u>1st practice Location</u>	<u>Head Coach & Email</u>	<u>1st Practice Time</u>	<u>1st practice Location</u>
Basketball (B)*	Mark Prince	3:30 PM (Grades 10-12) 7 PM (Freshmen)	Main Gym (grades 10-12) Upper Gym (Freshmen)	Loren Tillman	4-6 PM	Main Gym
Basketball (G)*	Cuong Luu	5:30 PM	Main Gym	Regi Raban	6:30-8:30 PM	Main Gym
Gymnastics **	Rose Kibala	8 PM	Gymnastics East	Jennifer Genoway	4-6 PM	Gymnastics Room
Swim & Dive (B)	Eric Bartleson	6 PM	Edgebrook Swim Club	Paul Craig	3:30-5 PM	Bell Aquatic Center
Wrestling (B)	Shawn Weisenburgh	4:30 PM	Outside Gym	Josh Gilmore	4-6 PM	Wrestling Room
Wrestling (G)	Shawn Weisenburgh	4:30 PM	Outside Gym	Josh Gilmore	4-6 PM	Wrestling Room

3. **Athletic and ASB Fees**

As we finalize registration for the winter season, we would like to remind families that participation in athletics is free to any student that qualifies for free and reduced priced meals. Optional, non-credit extracurricular events that are cultural, social, recreational, or athletic in nature are eligible to be waived. Fee Waiver Eligible Items for winter sports include ASB membership dues, athletic participation fees, and transportation fees. Families interested in additional information about the free and reduced priced meals, should visit the District's [Nutrition Services](#) page.

Fees are applied at the beginning of the season and must be paid after rosters are finalized during the first week of the season. Fees must be paid prior to a team's first contest and refunds are only considered prior to the [first contest](#).

We have seen at all our schools, across all sports that, athletes, school communities, and families are supporting athletic contests. We want these contests and events to continue. Thank you for your continued support of our shared commitment to all the safety measures we currently have in place and for your commitment to adhering to all safety measures at all events. These efforts are what makes a difference in our community and will help us provide safe programs for high school students across the district.

We will continue to send district athletics updates throughout each season. Participants and their families will continue to receive regular communications from high school athletic departments and coaching staff at each school.

If you have additional questions, please contact the Athletics and Activities Department by email (lowellj@bsd405.org or arnonea@bsd405.org), phone (425-456-4010 or 425-456-4050) or [Let's Talk](#).

In partnership



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<https://bsd405.org/departments/athletics-activities/>