



2021 SEASON 1 EPS SPORTS FAQ's

Which Upper School sports will be offered this spring?

- **Season 1 (February 15th-April 3rd):** Boys Tennis, Boys Ultimate, Coed Cross Country, Coed Rowing, Girls Volleyball, Girls Soccer
- **Season 2 (March 29th-May 14th):** Girls Tennis, Boys Soccer, Track, Coed Rowing, Girls Ultimate
- **Season 3 (May 10th-June 25th):** Boys Basketball, Girls Basketball

Which activities are allowed by phases? (Note information on phasing located below)

PHASE 1	PHASE 2
FACIAL COVERINGS REQUIRED AT ALL TIMES FOR BOTH PHASES 1 AND 2	
LOW RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Competitions allowed • No Spectators 	<ul style="list-style-type: none"> • Competitions allowed • Maximum of 200 people including spectators
MODERATE RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
HIGH RISK, WHEN CONDUCTED OUTDOORS	
<ul style="list-style-type: none"> • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Maximum of 200 people including spectators
LOW RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
MODERATE RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person • Practice allowed if athletes are limited to groups of 6, with each group separated by a buffer zone • Brief close contact (ex: 3 on 3 drills) is permitted 	<ul style="list-style-type: none"> • Competitions allowed (no tournaments) • Venues at 25% capacity or 200 individuals, whichever is less
HIGH RISK, WHEN CONDUCTED INDOORS	
<ul style="list-style-type: none"> • Occupancy of 500 square feet/person, separated by a buffer zone • Individual training and practice allowed for athletes 	<ul style="list-style-type: none"> • Practice and training only • Intra-team scrimmages allowed

What are the risk levels of the various EPS sports?

- **Low Risk:** Tennis, Cross Country, Track and Field
- **Moderate Risk:** Soccer, Volleyball, Ultimate, Rowing
- **High Risk:** Basketball

Where can we find what phase our Puget Sound Region is in?

Metrics and phase information will be maintained on the Department of Health website. To date, the DOH has published a weekly report with updates which can be found under the “reports” section [here](#).

Will EPS provide transportation?

EPS will provide transportation to games/matches in Sultan, South Whidbey and Granite Falls. All other transportation to and from practices and contests must be provided by the athlete and their family.

Will athletes need to fill out the pre-screen app even if they aren't coming to campus?

Yes! All participants will need to complete a **daily health check** prior to participation regardless if practicing in the gym or on a local field.

Will masks be worn during practices and games?

Yes, facial coverings are required by all participants at all times. This includes athletes, coaches, officials and spectators.

What happens if our Region is still in phase 1 on February 15th?

EPS will still have sports practices (no contests for soccer, ultimate or volleyball) and will be following all Phase 1 guidelines.

Can a student participate in more than one team?

Yes, but not during the same season. Students may only participate in one sport per season.

February 15th is Mid-Winter Break. Will practice times be altered?

No. Practices will be held at their regularly scheduled times.

What is the process if someone on the team tests positive for Covid?

Eastside Prep will inform all members of a team if someone associated with that team tests positive for COVID and will initiate all necessary safety protocols. Respect for the privacy of the person who has tested positive and their family will be of utmost importance.

If a student travels over mid-winter break, can they still play sports in Season 1?

Any athlete who travels outside of the state (by any transportation mode – plane, car, etc.) must quarantine for 14 days before resuming any EPS athletic activity (games, practices, etc.) and therefore would not be allowed to participate in a Season 1 sport.

It looks like the seasons overlap. How will that work?

Each season will be 7 weeks long. Week 1 will be practices only (no contests), weeks 2-6 will be practices/contests and week 7 will be league playoffs. If athletes are involved with playoffs, they will finish out their season before beginning their new season.

How many practices does an athlete need before they can compete?

In a typical year, the answer would be 10. However, as we know, this year has been anything but typical! The WIAA, along with the SMAC committee, has changed this number to 5 practices. Please note, in most sports we will begin competing immediately after the first week of practices.

Will participating in Season 1 sports affect EBC week?

No. All athletes in season 1 sports will be able to participate in EBC week!

What should our family do if our athlete tests positive for COVID?

The health and safety of our entire community depends on the actions of our families related to self-reporting of positive COVID cases. Families should inform the school immediately on learning of a positive COVID diagnosis. Respect for the privacy of the person who tested positive and their family will be of utmost importance. Proper steps as outlined by the State of Washington Department of

Health will be followed and all athlete and their families will be informed if a positive COVID diagnosis is received by a member of their team.