



Update on Athletics & Activities

Wahlert Catholic High School

Wahlert Catholic High School will offer all fall extracurricular activities.

School is a social experience, and some of the highlights of student life take place during extracurricular activities. This year, we have been challenged to consider and weigh the risks involved with all offerings to provide well-rounded programming while prioritizing the health and safety of our community and supporting our ability to maintain on-site learning. We know that for many students, the activities they choose for themselves can be as important to their experience and social-emotional wellbeing as anything else school has to offer. However, to assist families in making an informed decision regarding participation, we feel it is necessary to provide the following medical considerations for extracurricular activities outlined by our Medical Advisory Task Force.

Medical Considerations for Extracurricular Activities

- Physical distancing reduces the risk of contracting COVID-19 from a sick person, and distancing at least 6 feet significantly reduces the risk.
- There is good reason to believe that wearing a cloth face-covering reduces the risk of transmission, but wearing cloth face covering is inferior to physical distancing. Distancing should be given priority whenever possible, and masking does not replace the need for distancing.
- When aerosolization occurs, longer physical distances are required to achieve the same level of safety, compared to when there is no aerosolization occurring.
- There is good reason to believe that singing, yelling, and exercising to the point of heavy breathing results in aerosolization and is, therefore, high-risk behavior with regard to spreading COVID-19. Physical distancing is even more important in these circumstances.
- It is unknown how effective masks are at preventing the spread of COVID-19 while participating in aerosolizing activities. In particular, while not social distancing during physical exertion or singing.

Athletics

Last week, the Iowa High School Athletic Association (IHSAA) and the Iowa Girls High School Athletic Union (IGHSAU) announced high school fall sports will begin as scheduled on Monday, August 10. Each organization has provided sport-specific guidance for health and safety ([IHSAA guidance](#) / [IGHSAU guidance](#)). Following these protocols, in addition to consulting with our Medical Advisory Task Force, Wahlert Catholic High School will participate in Cross Country, Football, Golf, Swimming & Diving, and Volleyball. These decisions are subject to change based on the prevalence of the coronavirus in our community and schools and public health guidance. The guidance that follows will apply to all fall athletics, as well as cheer and dance.

All activities will require masks when indoors and outdoors when physical distancing is not possible. Swimmers and divers will wear masks at all times other than when they are in the pool.

Spectators will be permitted on a limited basis, with guidance specific to each activity and venue capacity. Details regarding the number of tickets per athlete, as well as general student admission, will be provided by the activities office and team coaches. All spectators will be required to wear a mask.

Student-athletes who elect virtual learning, as part of the Holy Family K–12 hybrid learning model, are invited to participate in extracurricular activities. Standard eligibility guidelines will apply.

Performing Arts

All activities will require masks when indoors and outdoors when physical distancing is not possible. Activities that create aerosolization such as choir, show choir and band will be held outdoors when possible or in large indoor spaces, such as the gymnasium, with physical distancing of at least 6–12 feet, depending on the activity.

Wahlert Catholic is evaluating options for outdoor performances, including choir, show choir, band and theater. Band students will be provided with the necessary personal protective equipment, such as masks fitted for wind instruments, as well as instrument bags and bell covers.

More activity-specific guidance will be provided by coaches and instructors. If you have questions regarding athletics and activities, please contact Tom English in the Wahlert High School Activities Office, 563-583-9771 or tenglish@holyfamilymbq.org.

Mazzuchelli Catholic Middle School

Wahlert Catholic High School will offer most fall extracurricular activities.

School is a social experience, and some of the highlights of student life take place during extracurricular activities. This year, we have been challenged to consider and weigh the risks involved with all offerings to provide well-rounded programming while prioritizing the health and safety of our community and supporting our ability to maintain on-site learning. We know that for many students, the activities they choose for themselves can be as important to their experience and social-emotional wellbeing as anything else school has to offer. However, to assist families in making an informed decision regarding participation, we feel it is necessary to provide the following medical considerations for extracurricular activities outlined by our Medical Advisory Task Force.

Medical Considerations for Extracurricular Activities

- Physical distancing reduces the risk of contracting COVID-19 from a sick person, and distancing at least 6 feet significantly reduces the risk.
- There is good reason to believe that wearing a cloth face-covering reduces the risk of transmission, but wearing cloth face covering is inferior to physical distancing. Distancing should be given priority whenever possible, and masking does not replace the need for distancing.
- When aerosolization occurs, longer physical distances are required to achieve the same level of safety, compared to when there is no aerosolization occurring.
- There is good reason to believe that singing, yelling, and exercising to the point of heavy breathing results in aerosolization and is, therefore, high-risk behavior with regard to spreading COVID-19. Physical distancing is even more important in these circumstances.
- It is unknown how effective masks are at preventing the spread of COVID-19 while participating in aerosolizing activities. In particular, while not social distancing during physical exertion or singing.

Athletics

Last week, the Iowa High School Athletic Association (IHSAA) and the Iowa Girls High School Athletic Union (IGHSAU) announced high school fall sports will begin as scheduled on Monday, August 10. Each organization has provided sport-specific guidance for health and safety ([IHSAA guidance](#) / [IGHSAU guidance](#)). Following these protocols, in addition to consulting with our Medical Advisory Task Force, Mazzuchelli Catholic Middle School will participate in Cross Country, Football, and Volleyball. These decisions are subject to change based on the prevalence of the coronavirus in our community and schools and public health guidance. The guidance that follows will apply to all fall athletics.

All activities will require masks when indoors and outdoors when physical distancing is not possible.

Spectators will be permitted on a limited basis, with guidance specific to each activity and venue capacity. Details regarding the number of spectators allowed will be provided by the activities office and team coaches. All spectators will be required to wear a mask.

Student-athletes who elect virtual learning, as part of the Holy Family K–12 hybrid learning model, are invited to participate in extracurricular activities. Standard eligibility guidelines will apply.

Performing Arts

All activities will require masks when indoors and outdoors when physical distancing is not possible. Activities that create aerosolization such as choir, show choir and band will be held outdoors when possible or in large indoor spaces, such as the gymnasium, with physical distancing of at least 6–12 feet, depending on the activity.

Mazzuchelli Catholic is evaluating options for outdoor practices and performances for Band and Choir. Band students will be provided with the necessary personal protective equipment, such as masks fitted for wind instruments, as well as instrument bags and bell covers. The status of Mazzuchelli Show Choir will be determined at a later date, after the school year is underway.

Other Activities

Unfortunately, Mock Trial and First Lego League will not be offered at Mazzuchelli this year.

More activity-specific guidance will be provided by coaches and instructors. If you have questions regarding Mazzuchelli athletics, please contact Tom English in the Wahlert High School Activities Office, 563-583-9771 or tenglish@holymfamilydbq.org. If you have questions regarding Mazzuchelli activities, please contact Doug Varley in the Mazzuchelli Middle School Office, 563-582-1198 or dvarley@holymfamilydbq.org.