

## Puyallup School District Fall Training Option Chart 10/19/20-12/19-20

Updated 10/15/20

### Options Available for Athletic Participation - based on allowable activities

Case Rate Metric/Test Positivity	10/20, 10/21, 10/23	10/26-10/31	11/1 -12/19
Over 75/ or over 5%	ONE conditioning only session in pods of 6 with facility limitations	TWO conditioning only sessions in pods of 6 with facility limitations	Sport specific training and conditioning in pods of 6 with facility limitations
25-75/and less than 5%	ONE conditioning only session in pods of 6 with facility limitations	TWO conditioning only sessions in pods of 6 with facility limitations	Full practices with facility limitations
Less than 25/and less than 5%	x	x	Full practices with facility limitations

**Conditioning Only = No sport specific Equipment**

[Tacoma-Pierce County Health Department COVID-19 Data. Updated 2 pm each day](#)

Case Rate Metric = case rate over 14 days, per 100,000 with 6 day lag

**Currently 87.1 as of 10-14-20**

Test Positivity = % of tests that come back positive

**Currently at 3.6% as of 10/3/20**

#### **LOW-RISK SPORTING ACTIVITIES:**

cross country, golf, swimming and diving, tennis, and track and field.  
Sideline/no-contact cheerleading and dance.

#### **MODERATE-RISK SPORTING ACTIVITIES:**

Baseball, bowling, gymnastics, softball, soccer, and volleyball.

#### **HIGH-RISK SPORTING ACTIVITIES:**

Basketball, football, , water polo, wrestling.  
Cheerleading with contact, dance with contact.