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

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

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.