



Board Approved – July 9, 2020

## **Return to Athletics & Extra-Curricular Activities Plan for the 2020-2021 School Year**

These recommendations are based on the current guidelines characterized in the Green Phase. As more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

### **Overview**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families. The district will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The district realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

### **Recommendations**

1. Students, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal questionnaire to a temperature check.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for students while practicing or competing.)
3. Hand Sanitizer will be available for team use.

4. No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
5. Intensify cleaning, disinfection, and ventilation in all facilities.
6. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
7. Educate students, coaches, and staff on health and safety protocols
8. Anyone who is sick must stay home
9. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
10. Students and coaches must provide their own water bottle for hydration. Water bottles must not be shared and the use of water fountains are prohibited.
11. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments.
12. Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions are prohibited from participation.

### **Pre-workout/Contest Screening**

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded along with location of individuals during sessions

### **Limitations on Gatherings**

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when able

### **Facilities Cleaning**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- All equipment should be wiped down after each individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

### **Physical Activity and Athletic Equipment**

- Students should refrain from sharing clothing/towels and should be washed after each practice.
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, flags, instruments, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

- Participants are not permitted to store personal items on campus. This includes instruments, uniforms, equipment or similar, and includes individual purchased items or school issued items. Participants are not permitted to use locker rooms or similar for changing clothes, storing items or showering. Restrooms are available for use and are cleaned and disinfected routinely.

### **Hydration**

- Students must bring their own water bottle. Water bottles must not be shared.

### **Locker rooms**

- Participants are not permitted to store personal items on campus. This includes instruments, uniforms, equipment or similar, and includes individual purchased items or school issued items. Participants are not permitted to use locker rooms or similar for changing clothes, storing items or showering. Restrooms are available for use and are cleaned and disinfected routinely.

### **Positive case or participants demonstrating COVID-19 symptoms**

#### **What are the signs and symptoms of COVID-19?**

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever or chills (temperature of 100.4 or Higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#### **What to do if you are sick.**

- If you are sick with COVID-19 or think you are infected with the virus, **stay home**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms
- If a Positive case of COVID-19 is diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the PA DOH.

#### **What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event.**

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

**Return of student or staff to athletics following a COVID-19 diagnosis.**

- Student or staff must have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious. Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.