

HEALTH AND SAFETY PLAN FOR RETURN TO SPORTS

Crawford County Sports Medicine

Meadville Medical Center, Conneaut School District, Crawford Central School District, and PENNCREST School District

The following precautions and guidelines are in accordance with the Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Health (PA DOH), Pennsylvania Department of Education (PDE), National Federation of State High School Associations (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA). This document establishes a minimal set of standards to assist with the safe return of athletics; however, it does not provide a guarantee that injury, illness, and/or infection will not occur during participation. As the current pandemic remains fluid and the medical and scientific communities learn more about COVID – 19, the following precautions and guidelines are subject to change to better reflect updated information.

INTRODUCTION:

The virus responsible for COVID – 19 causes symptoms that range from mild to severe or can cause no symptoms at all and is a highly contagious illness that primarily attacks the upper respiratory system but can cause a myriad of associated issues. Symptoms can include the following:

- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Immediate medical care should be sought if the following symptoms present:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Spread occurs from person to person through respiratory droplets that are expelled when an infected person coughs, sneezes, or talks and from close contact. Transmission can occur from asymptomatic individuals and persons with mild illness.

AWARENESS/EDUCATION:

The best prevention for COVID – 19 is avoiding exposure. COVID – 19 exposure can be minimized and the spread of infection mitigated by routinely adhering to the following:

- Stay home if you are feeling sick or unwell
- Avoid close contact with individuals that are sick or ill
- Wash hands often with soap and warm water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol
- Stay at least 6 feet (about 2 arms' length) apart from other people --- physical distancing

8/13/20

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands as indicated above
- When in public and physical distancing cannot be consistently achieved, wear a cloth face covering over your nose and mouth
- Avoid contact with your eyes, nose, mouth, and face covering
- Clean and disinfect frequently touched objects and surfaces
- Avoidance of large group gatherings

Strict adherence to the above recommendations will be necessary by all athletes, coaches, administration, staff, and parents to assist with allowing the successful completion of an athletic season while minimizing the risk of the occurrence of infection.

ADDITIONAL CONSIDERATIONS:

The following considerations will need addressed prior to the initiation of the athletic season:

- Athletes, coaches, administration, and staff that are or may be at an increased risk of developing severe illness from a COVID – 19 infection due to underlying medical conditions **should carefully consider participation.**
- Underlying medical conditions may include but are not limited to the following:
 - People of any age with the following conditions **are at increased risk** of severe illness:
 - Cancer
 - Chronic kidney disease
 - Chronic obstructive pulmonary disease (COPD)
 - Weakened/compromised immune systems
 - Obesity
 - Serious heart conditions
 - Sickle cell disease
 - Type II diabetes mellitus
 - People of any age with the following conditions **might be at increased risk** of severe illness:
 - Moderate to severe asthma
 - Cerebrovascular disease
 - Hypertension/high blood pressure
 - Weakened/compromised immune system
 - Type I diabetes mellitus
- The district will distribute educational information and participants will acknowledge receipt.
- Screening of all athletes, coaches, administration, and staff to determine if any travel has occurred to a “COVID – 19 hot spot” as defined by the Commonwealth of Pennsylvania which may necessitate a 14 day quarantine based upon individual circumstances.
- Initial screening of all athletes, coaches, administration, and staff with a comprehensive COVID – 19 questionnaire to establish the baseline health and well-being of respective teams and to identify any potential need for quarantines/isolations based upon current or previous COVID – 19 infections or close contact with infected persons.

SPORTS MEDICINE PROTOCOLS

1. Daily screening

8/13/20

- Athletic trainer or designated staff will screen each athlete, coach, administrator, and staff personnel that presents for a workout, practice, or competition using the Daily COVID – 19 Screening Report and record each attendee's temperature
 - Anyone registering a temperature exceeding 100.4 degrees Fahrenheit will be sent home and not permitted to participate
 - Anyone who answers "yes" to one of the daily screening questions will be sent home and not permitted to participate
 - Anyone answering "no" to all of the daily screening questions but outwardly exhibiting signs of illness or complaining of symptoms will be sent home and not permitted to participate
- Copies of the Daily COVID – 19 Screening Reports will be kept on record
- Absent participants will be identified

Anyone sent home based upon the above criteria may return for screening the following day, and if symptoms have resolved will be permitted to resume activity unless an exposure to COVID – 19 is suspected. If symptoms persist or an exposure is suspected, then the individual will be referred to their primary care physician or appropriate healthcare provider for further evaluative procedures; a "return to full participation" release will be needed to return to activity.

2. Social/Physical Distancing

- All athletes, coaches, staff, and administration are required to maintain 6-foot physical distancing whenever engagement in physical activity/practice is *not occurring* including when present on sidelines and during water breaks, arrival/dismissal times, and lunch/meal times
- Avoid unnecessary physical contact including hugging, high fives, shaking hands, fist bumps and/or close team huddles for support/encouragement

3. Face Covering/Masking

- In accordance with the Order of the Secretary of the Pennsylvania Department of Health dated 07/01/2020:
 - Face coverings/masks are required to be worn by all coaches, staff, administration, volunteers, and Sports Medicine personnel when indoors; when outdoors, face covering/masks *are required* for all listed above when 6-foot physical distancing cannot be maintained consistently; consistent 6-foot physical distancing during a practice/competition setting is unlikely
 - Face coverings/masks are required both indoors and outdoors for athletes when *not engaged* in physical activity/practice/competition with the exception when outdoors when 6-foot physical distancing can be achieved consistently as may occur during a lunch break
 - Certain exceptions do exist as indicated by Section 3 of the Order dated 07/01/2020
 - Face coverings/masks must be worn by all listed above during arrival and dismissal
 - Face covering/masks need to cover both the nose and mouth and be worn accordingly
 - Cloth face coverings are acceptable and preferred; neck gaiters may be the most efficient for use with football, hockey, and lacrosse
 - Cloth face coverings/masks are to be cleaned each evening before donning the next day

4. Hydration

- All coaches, staff, athletes, administration, volunteers, and Sports Medicine personnel must have their own individual water bottle/container labeled with their name; **NO SHARING OF WATER BOTTLES/CONTAINERS IS PERMITTED**
- Water bottles/containers are to be washed at home each day after the conclusion of activity participation
- Hydration/refilling stations will be available; designated individuals will refill water bottles/containers with proper sanitation occurring between each refill

8/13/20

- Refilling coolers are to be washed and sanitized each day after the conclusion of activity participation and in between sessions as deemed necessary
- In order to prevent dehydration, athletes should be drinking water before, during, and after activity participation

5. Personal Hygiene

- Hand washing for at least 20 seconds with soap and warm water or application of hand sanitizer of at least 60% alcohol is to be completed frequently and consistently throughout activity participation and when deemed necessary
- Sharing of clothing or towels is prohibited
- Sharing of drinks, food, or snacks between individuals is prohibited
- Participants are to shower as soon as reasonably possible after activity completion
- Workout clothing is to be washed as soon as is reasonably possible after activity completion and not worn again until washing occurs
- Worn equipment including shoulder pad, helmets, shin guards, knee pad, cleats, etc. are to be washed or sanitized as soon as is reasonably possible after activity completion
- Spitting and the use of sunflower or other shelled seeds/nuts is prohibited
- Mouth guards, when applicable, are to be washed with soap and warm water then rinsed and allowed to dry after the completion of activity

6. Equipment and Facility

- A disinfectant with a 1-minute kill time for COVID – 19 will be utilized by Sports Medicine personnel to clean, sanitize, and disinfect:
 - High touch areas frequently
 - Tables and treatment spaces in between usage
 - Rehabilitation equipment in between usage
 - Assist with sports equipment utilized during practices and competitions intermittently and routinely throughout usage
- Facilities will be cleaned, sanitized, and disinfected prior to and after workouts, practices, and competitions with high touch areas cleaned more frequently
- Weight room equipment is to be wiped down after each individual usage before reuse by another individual
- Proper clothing and shoes are to be worn by all present for workouts, weight lifting, practices, and competitions to assist in preventing sweat from transmitting onto equipment
- All personal equipment and belongings should be spaced at least 6-feet apart to assist with achievement of proper social/physical distancing

ILLNESS PROTOCOLS

1. If you are sick, **DO NOT** arrive to any scheduled workout, practice, or competition. Stay home and monitor symptoms. Notify the school, your coach, and the Athletic Trainer and await further instruction as your specific situation is assessed
2. Athlete/coach/staff illness onset while on site
 - Unwell individual will be removed from participation and every effort will be made to isolate the individual from others
 - Parent/guardian or significant other (if deemed necessary) will be contacted to arrange for the unwell individual to be removed from the facility

8/13/20

- Unwell individual will be asked to contact their primary care physician or appropriate healthcare provider to seek direction and guidance regarding an appropriate plan of care
 - A “return to full participation” release may be necessary to return to activity participation depending upon your particular circumstances
3. If you receive a positive COVID – 19 diagnosis
- Stay at home
 - Contact your healthcare provider
 - Notify your coach
4. Individual positively identified with COVID – 19 (Positive Test) and is symptomatic
- Individual must isolate at home and may return to activity after meeting the following CDC guidelines and criteria:
 - At least 10 days have passed since onset of symptoms **AND**
 - At least 24 hours have passed since resolution of fever without use of fever reducing medications **AND**
 - Other symptoms have improved **AND**
 - A “return to full participation” written clearance is received from the individual’s primary care physician or appropriate healthcare provider after evaluation and considerations for cardiac testing are completed
 - **PLEASE NOTE:**
 - A gradual progressive return to activity will be utilized by Sports Medicine personnel for any individual returning from a symptomatic positive COVID – 19 diagnosis to assess cardiovascular and respiratory functions as well as to assist with preventing “lack of activity” injury
5. Individual positively identified with COVID – 19 (Positive Test) and asymptomatic
- Individual must isolate at home and may return to activity after meeting the following CDC guidelines and criteria:
 - At least 10 days have passed since positive diagnosis **AND**
 - A “return to full participation” written clearance is received from the individual’s primary care physician or appropriate healthcare provider after evaluation and considerations for cardiac testing are completed
 - **PLEASE NOTE:** A gradual progressive return to activity will be utilized by Sports Medicine personnel for any individual returning from a symptomatic positive COVID – 19 diagnosis to assess cardiovascular and respiratory functions as well as to assist with preventing “lack of activity” injury
6. An individual exposed, potentially exposed, or a close contact (6 feet or closer for 15 minutes) of an individual who tested positive for COVID – 19, must quarantine at home and may return to activity after meeting the CDC guidelines:
- At least 14 days have passed since initial exposure **AND**
 - No onset of symptoms has occurred
 - **PLEASE NOTE:** A gradual progressive return to activity will be utilized by Sports Medicine personnel for any individual returning from an exposure to a positive COVID – 19 person to assess cardiovascular and respiratory functions as well as to assist with preventing “lack of activity” injury
 - Due to the incubation period for COVID – 19 disease ranging from 2 to 14 days, a test-based approach for ending quarantine for individuals exposed to a positive COVID – 19 person is no

8/13/20

longer recommended by the CDC except in rare circumstances. However, if an individual chose to attempt a test-based end to quarantine, then the following guidelines must be followed:

- At least 72 hours have passed since initial exposure without the onset of symptoms AND
 - Two negative test results at least 24 hours apart are achieved AND
 - A “return to full participation” written clearance is received from the individual’s primary care physician or appropriate healthcare provider
7. Individual exposed to an individual with close contact exposure to a positively identified COVID – 19 person (symptomatic or asymptomatic) (contact – contact)
- Individual should practice proper hygiene including washing their hands for at least 20 seconds with soap and warm water or use hand sanitizer frequently
 - Monitor symptoms including taking temperature twice a day
 - Return to activity will be determined after a review of the circumstances related to the exposure