

**PENNRIDGE
SCHOOL DISTRICT
ATHLETICS/ACTIVITIES
HEALTH & SAFETY
PLAN**



Pennridge School District

INTRODUCTION

This document is intended to guide members of Pennridge Athletics on recommendations for the reopening of our athletic program during the COVID-19 Pandemic in accordance with [Governor Wolf's Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits PK-12 schools under the PIAA to resume athletics in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#). The format of this plan is based on the Unionville-Chadsford School District Athletics Health and Safety Plan.

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PRIMARY POINT OF CONTACT

The primary point of contact for all questions related to COVID-19 in relation to athletics:

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Brian Alburger

Athletic Trainer

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GENERAL CONSIDERATIONS

- All off-season workouts are open and voluntary.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.

CONSIDERATION FOR COACHES

- Design activities that allow for risk mitigation strategies (social distancing, hand hygiene, etc.).
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
 - Consider that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if athletes miss sessions, they may need to start at a previous level.
 - Coaches should work with the Athletics Director and/or the Athletic Trainer for guidance on adhering to each phase's recommendations
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team have left the PHS campus.
- All workouts/practices must be scheduled with the Athletic Director

CONSIDERATION FOR ATHLETES

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared to go and avoid congregating before the workout. Athletes should leave immediately following the workout.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.

PRE-WORKOUT PROCEDURES

- All athletes in attendance will receive educational materials on COVID19 symptoms and risk mitigation strategies. (see appendix)

- All athletes and coaches in attendance must complete screening prior to workout.
- Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the ok by an athletic trainer or administrator.
- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit an attendance list to the athletics department immediately after practice.
- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of workout and as needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle, hand sanitizer and a face covering to participate. No coolers, shared water bottles, or hydration stations should be utilized at this time. Water fountains will not be available.

SCREENING PROCEDURES

- Any athletes, coaches, or staff members who believe they may be sick should remain at home.
 - Coaches should work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- A screening survey should be completed no sooner than two hours prior to workout. An athlete or coach may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents.
- Screening Survey Questions:
 - In the past 72 hours, have you experienced signs or symptoms of respiratory illness including fever of 100.4°F or greater, cough, sore throat, or shortness of breath?
 - In the past 72 hours, has anyone in your household experienced signs or symptoms of respiratory illness?
 - In the past 14 days, have you had close contact (i.e. within 6 feet for more than a few minutes) with anyone who tested positive for COVID-19 (AKA coronavirus), is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID19 infection, or is experiencing acute symptoms of COVID-19?
 - If 'yes' to any of these questions or you are concerned that you may be ill, remain home.
 - An athletic trainer will contact parents of athletes who have answered 'yes' to any questions.
 - At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
 - Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from the treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
 - If anyone tests positive for COVID-19 who was at a workout within 14 days, appropriate notification and tracing will be initiated

PLAN OF ACTION IF PARTICIPANT FALLS ILL

In the case a participant in one of our facilities has a probable or confirmed case of COVID-19, the District will implement the protocols below:

- Secure and decontaminate the affected areas by:

- Closing off areas visited by the person who is a probable or confirmed case of COVID-19.
- Opening outside doors and windows and using ventilation fans to circulate air in the area.
- Waiting at least 24 hours, or as long as practical, before cleaning and disinfecting the affected area.
- Cleaning and disinfecting all shared areas such as bathrooms, break rooms, shared equipment used by the sick person.
- Identify others who were in close contact (within about 6 feet for 10 minutes or more) with a person with a probable or confirmed case of COVID-19 from the period 48 hours before symptom onset to the time at which the patient isolated.
- If any person who was in close contact remains asymptomatic, that person should adhere to the practices set out by the CDC in its April 20, 2020 Interim Guidance for Implementing Safety Practice for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19.
- If an affected person becomes sick during a workout, the person should go home immediately. They should remain with a coach until they are picked up. Information on others who had contact with the ill person during the time the person had symptoms and 48 hours prior to symptoms should be compiled. Others with close contact within 6 feet of the person during this time are considered exposed.
- Promptly notify others who were close contacts of any known exposure to COVID-19 at the business premises, consistent with applicable confidentiality laws.
- Inform others that if they have symptoms (i.e., fever, cough, or shortness of breath), they should stay home.
- Athletes who are sick must not return to workouts until cleared by their health care provider and have met the CDC criteria to discontinue home isolation.

GATHERING SIZES

The District will comply with all gathering size limitations required by Federal, State, or local mandate.

PHASE 1

- Conditioning and individual non-contact drills only with focus on individual skill building versus competition.
- No group huddles.
- Instruction should be given in a way that maintains appropriate social distancing.
- Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- Athletes should take frequent breaks for handwashing.
- All indoor athletic facilities: gyms, wrestling room, pool, weight rooms, fitness centers and locker rooms will be closed.
- Face coverings required for all adults unless doing so jeopardizes his/her health.
- Spectators/Parents should remain in their vehicles and are not permitted to leave their vehicles to watch work outs.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.

PHASE 2

- Conditioning, Individual Drills, and Group Drills with focus on limiting contact in close contact sports.
- No intra-squad scrimmages
- No group huddles.
- Instruction should be given in a way that maintains appropriate social distancing.
- Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- Drills should be done in pods of 10 or less if possible.
- Limit gyms, pool, wrestling room, weight room & fitness center use to as needed activities only. Locker rooms will be closed. Indoor sports should consider doing conditioning and individual drills outside. Fitness center, weight room, pool, wrestling room and gym activity should be designed in a way that allows for social distancing when possible. Fitness center equipment must be cleaned by participants after each use and cleaned by custodial staff each evening. Athletes should take frequent breaks for handwashing.
- Face coverings required for all adults unless doing so jeopardizes his/her health.
- Spectators/Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
- Team equipment should be cleaned at the conclusion of each session by coaching staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.
- Phase 2 is utilized for the middle period of summer workouts with a goal of building individual skill versus competition while limiting contact when possible.

PHASE 3

- No limitation on contact drills or intra-squad scrimmages.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings may be required for all coaches depending on PDE & DOH guidance.
- Spectators/Parents may be limited or restricted based on current Federal, State, or local mandate.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.

- Team equipment should be cleaned at the conclusion of each session by coaching staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should allow for social distancing or take place on a virtual platform.

PHASE 4

Strict adherence to the Suburban One League Return to Competition: Individual Sport Considerations must be followed by all staff and athletes.

Team activities may include:

- Low Risk full practices and competitions.
- Medium Risk full practices and competitions.
- High Risk full practices and competitions.
- The PSD Screening survey must be completed daily prior to the workout or contest. Athletes and coaches may not remain on campus if the screening survey is not completed. Athletes should complete screening in consultation with parents/guardians at home.
- A record will be kept of attendance
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity. The district athletic director will work with health officials and athletic trainers for a return to play.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.
- Athletic training rooms are open. Fitness center, locker rooms, and training facilities use will be limited. Athletes will access these spaces only with coach/trainer permission and supervision.
- During competition – coaches and athletes not involved in the contest will be socially distant and masked.
- Spectator attendance will be governed by Federal, State, and local mandates or recommendations.

Equipment:

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.

- Coaches will wear a face covering at all times, unless they are outside and can maintain 6 feet distance. Athletes will wear a face covering when not actively engaging in the activity. Officials will wear a face covering when not actively engaged in their sport.

RESOURCES

1. PA Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public- June 10, 2020
2. Process to Reopen Pennsylvania- June 9, 2020
3. Guidance for Outdoor Bucks County Youth Sports In the Yellow Phase- May 28, 2020
4. PIAA Press Release- June 10, 2020
5. PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020
6. CDC COVID-19 Considerations for Youth Sports- May 29, 2020
7. NFHS Guide for Opening Up High School Athletics and Activities- May 2020
8. Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19- April 20, 2020
9. UPMC Sports Medicine Playbook: Returning to Sports During COVID-19 Minimum Guidelines (High School)- May 28, 2020
10. NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers May 2020
11. KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs- June 2, 2020

ATHLETICS TASK FORCE COMMITTEE

David Babb, Athletic Director

Brian Alburger, Athletic Trainer

Dr. David Bolton, Superintendent

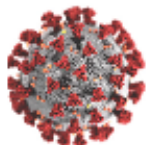
Dr. Kathy Scheid, Assistant Superintendent

Dr. Steve Cashman, High School Principal

Kevin Feher, Band Director

Dean Behrens, Boys Basketball Coach

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Pennridge School District Athletics Athlete & Staff COVID-19 SCREENING

Name: _____ Date: _____

Grade: _____ Sport: _____

Student/Coaches should self-report as deemed necessary prior to each practice/event. Temperature may be taken at home and recorded by a parent or guardian. The other symptoms should be marked as “N” - No or “Y” - Yes

For the column “Close Contact” the answer should reflect the following questions:

- In the past 14 days, have you had close contact (i.e. within 6 feet for more than a few minutes) with anyone who tested positive for COVID-19, is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?
- In the past 72 hours, have you or anyone in your household experienced symptoms of acute respiratory illness, such as: a fever of 100.4°F or higher, fatigue, body aches, cough, shortness of breath, sore throat, runny/stuffy nose, chills?

If ‘yes’ to either question or you are concerned that you may be ill, remain home. You will not be able to practice or compete and will be asked to leave school grounds immediately. Parents/Guardians will be notified.

- The coach or athletic trainer will contact parents of athletes who have answered ‘yes’ to any questions.
- At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.

Date	Temp	Fever Chills	Cough	Sore Throat	Short of Breath	Loss Taste/Smell	Vomiting Diarrhea	Close Contact ***