



The Conwell-Egan Catholic High School Athletic Department recognizes that knowledge regarding Covid-19 is constantly changing as new information becomes available. These recommendations will be adjusted, as needed, as this new information becomes available to reduce the risk to our student-athletes, parents, staff, and spectators. The priority is to keep students, coaches, and families safe during the return to play process from this Pandemic. These stages will be adopted, implemented and instituted under the direction of the PIAA, Archdiocese of Phila., Department of Education, PADOH, Bucks County Health Department, Phila. Catholic League and CEC Board of Director. The Archdiocese of Phila., will make all final reviews and approval before a return to play start date.

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General Information

The CDC recommends people who are at higher risk to contract Covid-19 should not participate in athletic activities. In addition, anyone in a higher risk category should not attend any athletic team games or practices. The higher risk category includes but is not limited to people:

- 65 or older
- with kidney or liver disease
- with diabetes or asthma (please consult your physician)
- undergoing treatment for cancer
- who are pregnant and/or breastfeeding
 - People who have tested positive or are showing symptoms of Covid-19 are expected to stay home and follow CDC criteria to return <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
 - If you have been in close contact recently with a person diagnosed with Covid – 19 you are urged to follow the CDC guidelines on Quarantine and Isolation <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

Face Coverings/Masks

<http://www.piaa.org/assets/web/documents/Press%20release%20-%20Friday%20July%203%202020%20-%20Masks.pdf>

CoVid 19 Information for Traveling

If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania. A listing of states can be found here: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

CURRENT LEVELS OF PARTICIPATION



Level 1 (PA State Red) CURRENTLY NOT ACTIVE

Team Activities: No In-person gatherings allowed, Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

Level 2 (PA State Yellow or Green - once permitted by PIAA, ARCHDIOCESE OF PHILA. CURRENTLY ACTIVE

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches per practice area.
- Controlled non-contact practices only, modified game rules
- Social Distancing should be applied during practices and in locker rooms, and gathering areas.

Facilities Cleaning:

- Daily cleaning schedules have been created and implemented for all athletic facilities to mitigate any communicable disease. Weight room and equipment will be cleaned and sanitized after each use. Cleaning solutions and one-time use towels will be provided to wipe down each piece of equipment. Weight room equipment will be moved outdoors when applicable and placed a minimum of six feet apart. Each athlete will clean each station after use. Before equipment is returned all equipment will be sanitized with Clear Gear brand disinfectant. One-gallon spray containers have been supplied for use with Clear Gear Disinfectant.
- Athletic Facilities will be cleaned prior to arrival and post workouts and team gatherings; high touch areas will be cleaned on a daily basis.
- Weight Room Equipment will be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces. No shirtless activities in weight room or while using weight equipment

Physical Activity:

- Lower risk sports practices may begin



- Modified practices may begin for Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development)
- 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 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

Hydration:

- Students MUST bring their own one-gallon water bottle. Individual water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized. We will provide ten-gallon water container for individual one-gallon bottle fill water only. One coach will be responsible to fill the athletes one-gallon containers while wearing proper PPE.
- Ten-gallon water container will be clean and sanitized on a daily basis, before and after each use.

Level 3 (PA State Green - once permitted by PIAA, ARCHDIOCESE OF PHILA.

Team activities may include: : basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

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

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
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after and 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:

- Low, Moderate, and High Risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- 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 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

Level 4 (PA State Green - once permitted by PIAA, Archdiocese of Phila.

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.

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.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded

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
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after and 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:

- All sports may resume normal practice and competition
- 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 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

Proactive Steps for Student-Athletes

Daily Health Monitoring

- A.) All student-athletes will be required to fill out a daily symptom check survey form before participation. In addition, they will have their pre-participation temperature taken by a member of the Athletic Department Staff daily. All HIPAA rules will be observed in this process.



- B.) Any student-athlete who feels sick must report to the school nurse or the Certified Athletic Trainer.
- C.) Anyone who is ill will be isolated immediately and sent home when appropriate. Parents will be informed immediately. If the individual needs to be picked up by a parent, they will be isolated until pick-up.
- D.) Signs regarding health and safety will be posted throughout campus.
- E.) As part of their orientation, students will be instructed proper health and safety precautions including but not limited to:
 - Handwashing
 - Social Distancing
 - Proper Face Mask usage
 - Care and disinfection of personal equipment daily
- F.) High-fives, fist bumps and hand shaking are prohibited
- G.) Student-Athletes must have their own water bottles. These items cannot be shared.
- H.) Chewing gum, seeds or spitting is prohibited.
- I.) Everyone on the sidelines should wear masks as well as social distance.
- J.) Student-athletes must refrain from sharing clothing, towels, pinnies etc. and these items should be washed after each use.
- K.) Staggered schedule for accessing the Locker Room must be adhered to daily.
- L.) Social distancing must be practiced in the Locker Room as well as the Fitness Center.

Proactive Steps for Coaches

- A.) Coaches will have their temperatures taken before each team event.
- B.) Coaches will wear masks during practices unless a documented medical condition preventing this is present.
- C.) Coaches will have their own water bottles and they cannot be shared.
- D.) Coaches will be expected to enforce social distancing during practices and games when practical.
- E.) Coaches will discourage unnecessary physical contact such as high fives, fist bumps, handshakes, or hugs.
- F.) Outdoor practice will be prioritized.
- G.) When practical, coaches will encourage student-athletes to wait in their cars until just before practice, or warm-ups begin instead of forming groups in confined spaces.

General Proactive Steps

- A.) Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- B.) Athletic Facilities will be cleaned at the end of each workout. High touch areas will be cleaned more frequently.
- C.) Fitness Center will adhere to social distancing protocol and equipment will be wiped down before and after each individual use by users.
- D.) Appropriate clothing and footwear must always be worn in the Fitness Center to minimize sweat from transmitting onto equipment surfaces.
- E.) Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) will be cleaned intermittently during practice and events as deemed necessary.
- F.) Hand Sanitizer will be available for team use as resources allow.



Please note the locker rooms will be CLOSED UNTIL FURTHER NOTICE..

Illness Protocol

- Should an individual athlete become ill, they should be immediately removed from the group, masked if not already, and isolated in their individual space. The parent or guardian should be notified right away. If symptoms continue (fever, etc.), the student should be referred to their primary physician.
- Testing for COVID-19 should be done (as determined by physician). The student will remain home.
- If testing is positive, contact tracing should be initiated.
 - This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
 - To learn more about contact tracing, visit the Pennsylvania Department of Health or CDC websites:

Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.

- The athlete with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID-19 should provide a written release for return to activity from their medical provider before allowing continued participation. Source: UPMC

OTHER RECOMMENDATIONS

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the AOP school district, bus companies, Department of Education, State and Local governments.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches. Facemasks must be worn by anyone on the sidelines while not involved in the game.

Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event:



1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-essential) – Spectators, vendors
 - Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
 - Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The HASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING 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. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or High)
- 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 AT 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 CDC/PA DOH. See Information in Appendix.

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 should 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.

Illness Protocol

- Should an individual athlete become ill, they should be immediately removed from the group, masked if not already, and isolated in their individual space. The parent or guardian should be notified right away. If symptoms continue (fever, etc.), the student should be referred to their primary physician.
- Testing for COVID-19 should be done (as determined by physician). The student will remain home.
- If testing is positive, contact tracing should be initiated.
 - This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
 - To learn more about contact tracing, visit the Pennsylvania Department of Health or CDC websites:

Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.

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EDUCATION

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, PIAA, and PCL



- All student/athletes should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an athletic trainer

General Protocol and 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 toward 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.
- Athletes are asked to leave the practice field, weight room, gym, lockers in a timely fashion. No lingering, loitering, hanging on school property after your scheduled time is over. Immediately leave the school grounds and take all personal property with you to be cleaned daily.
- **ALL locker rooms will be closed to all athletes until further notice. No use of lockers for personal reason will be allowed.**

Daily Athletic Training Room Entry/Exit Procedures -

- **REQUIRED-** Athletic Trainer will wear masks in the ATR and in areas where distancing is limited inside or outside per school directives.
- **REQUIRED-** Athletic Trainer must practice proper hand hygiene before and after each athlete interaction. Additionally, each athlete shall be instructed in hand hygiene and demonstrate hand washing upon arrival to the training room and prior to departure. Suggestion to wear gloves during all evaluations and hands on treatment when applicable. Face Shields and gowns would be available where procedures that are likely to generate splashes of blood /body fluids could be present.
- **REQUIRED- ONLY ONE ATHLETE IS PERMITTED** entry into athletic training room, AT A TIME, athletes must maintain social distancing guidelines, (eg. waiting within 6 feet of each other) prior to entry permission. Signs will be placed on the floor outside of the trainer's room to keep athletes six feet apart. When possible basic training activities (taping, stretching, etc. can be done outside.
- **REQUIRED:** Athletic training room capacity would be determined per social distancing guidelines and room size. **ONE ATHLETE AT A TIME PERMITTED IN THE TRAINER'S ROOM. NO EXCEPTIONS!**



- . REQUIRED: All Student-Athletes must have been temperature screened either prior to the school day upon entry into the building or prior to entry into the athletic training room.
- . REQUIRED- Daily entry into the Athletic Training Room athletes would need to self check symptoms: Athlete Coronavirus Self Check provided
- . REQUIRED: Any athlete that presents positive through the self-check would be isolated , athletic trainer would perform temperature check and inform parents, school nurse and administration. Athlete would need MD clearance prior to return to sport.
- . REQUIRED:- All athletes must present with negative self-screen prior to entry, must use proper hand hygiene prior to entry and exit of athletic training room. (Hand sanitizer)- Posted in athletic training facility
- . REQUIRED:- all athletes will wear facemasks in indoor spaces.

Athletic Training Room/Disinfecting – Roles & Responsibilities

- o REQUIRED: After each athlete: Clean tables, clean shared devices (stethoscope, oximeter, glucometer, etc), non-shared devices (rehabilitation devices).
- o REQUIRED: Daily cleaning at the end of each day: clean all tables and counters, all shared equipment that has been utilized or out in the open during the day.
- o REQUIRED: Custodial Staff: Cleaning sinks, tables, counters, and floors, door handles, empty all waste baskets per school/organization procedures ON A DAILY BASIS
- o REQUIRED: Keep Daily Cleaning Log for sign off by athletic trainer and custodial staff.
- o NO towels or linen will be provided by CEC. All towels, clothes, etc. will be sole responsibility of the athlete. The athlete will be required to take these items home each day after practice or games to be cleaned and sanitized at home. CEC will not provide cleaning services.

Weight room, Gym, locker rooms and team meeting room: Rules

- o Weight room current capacity is 25 individuals. No more than 50 percent (12 individuals) will be permitted in the weight room at one time during the green phase. This includes coaches and athletes. When possible weight equipment may be moved outdoors and be utilized in a safe manner with six feet social



distancing.

- All equipment will be cleaned and sanitized before and after each individual use. Clean Gear sanitizer will be provided in the weight room along with single use paper towels.
- Signage will be implemented in and around the weight room, locker rooms, gyms
- Large group of athletes will be downsized into smaller pods. 7- 10 players per pod with one coach when conducting open practice. In large group gatherings the athletes will be divided into groups of no more than 25 athletes practicing social distancing and wearing facemask.
- Locker rooms will be closed until further notice to all athletes. No athlete is permitted to use any lockers, showers, and rest rooms. No gathering of athletes permitted in Boys or Girls locker rooms.
- All athletes MUST come to practice or games dressed and ready to participate. Dressing in the locker room, hallways, bathrooms, parking lots, etc. is NOT permitted.
- Students must not use the ice machine. A coach must fill any ten-gallon containers. Gloves and facemask must be worn during this process. One coach must do any filling of individual one-gallon containers. No student athletes can use the ten-gallon container for their own use.

Athletic Facilities and Equipment

- REQUIRED:- Custodial Staff: Cleaning of all indoor facilities accessible by athletes per school /organization procedures.
- REQUIRED- Coaches/Athletes/Athletic Staff be instructed on proper cleaning of fitness/weight room cleaning procedures after each use of equipment.
- REQUIRED- Limited Accessibility to Ice Machine to avoid transmission. (Posted)
- Ice should be used for injuries only.
- Pre-made ice bags should be made prior to competition
- Access to pre made bags should be limited to designated coach and athletic trainer to avoid transmission.
- Ice Bags should be disregard immediately following one time use.
- REQUIRED- Cooler and Water Bottle Use – (Posted)
- No Shared Water Bottles

- Individual Water Bottles should be cleaned daily by athlete

- Community coolers use should be avoided, if necessary coolers should be washed out and



cleaned daily with approved disinfectant.

- If available, a no-touch water source should be utilized for re-filling individual water bottles.
- Athletic Trainers will carry water for emergency distribution only
- **REQUIRED; Athletes instructed to wash/disinfect all athletic clothing and gear daily per recommended product cleaning instructions. Clear Gear disinfectant will be supplied to each athlete with an individual spray bottle to use on any equipment provided by CEC**
- **REQUIRED:** Access to First Aid Kit should be limited to designated coach and athletic trainer only to avoid transmission. Cleaned upon delivery and return.

Personal Protective Equipment:

- **REQUIRED:** use of PPE per CDC Guidelines , **FACEMASKS** are required to be worn at all times by each athlete, coach, trainer while participating in any athletic activities while at CEC. Facemasks must be worn by students, staff and coaches both inside and outside if they cannot social distance.
- **FACE COVERINGS/MASK MUST BE WORN AT ALL TIMES. BY ALL ATHLETES, COACHES AND STAFF WHEN SOCIAL DISTANCING IS NOT POSSIBLE**
 - See attached:
 - <http://www.piaa.org/assets/web/documents/Press%20release%20-%20Friday%20July%203%202020%20-%20Masks.pdf>
- **REQUIRED PPE:** Athletic Trainers should have the below recommended PPE on hand for daily use, along with appropriate use when needed.
- Gloves, N95 Face Masks, Gowns, Face Shields, Goggles

Documentation

- Posters/Flyers for Hand Hygiene, Best Practices to Limit Exposure, Guidance for entry to AT room, Sign/Symptoms, Use of PPE.
- Daily Cleaning Log
- Policy/Procedure for when suspected case is detected with athlete in accordance with school policy.



WEEK OF AUGUST 10-17 HEAT ACCLIMATION: August 17th start of fall season:

- . Football players will be separated into six pods of seven players each. One coach will be responsible for his/her pod.
- . Team meetings will be limited to no more than twenty-five players at a time while practicing social distancing and wearing face coverings.
- . Upon arrival each player will be temperature tested and given a COVID questionnaire to be completed. Any player to have any adverse conditions or showing signs of infection will be immediately separated from the group, and be required to leave the facility. Any sick player must stay home and follow all PADOH regulations regarding COVID-19 protocol.
- . There will be a separate drop off and pick up area in the school rear parking lot. All athletes must adhere to these procedures or will not be permitted to participate in that day's activity if they violate this policy. NO gathering of athletes in the school parking lot before or after practice or games. All Athletes must immediately return to their vehicles and leave the school campus upon the end of their practice or game.
- . There will be separate entrance and exit to the practice field area. Staggered practice times will be implemented for the start of the fall season.
- . Football will enter the practice field by way of the guardrail entrance directly across from the locker room ramp. They will then exit the field after practice/games by way of the Bell Tower exit. Player's vehicle must be parked in the spaces near the ramp and near the bell tower.
- . Boys and Girls Soccer players will enter the practice field by way of the guardrail closest to the Field Hockey field and leave the field by way of the entrance directly across from the locker room ramp and return to their vehicles. Player vehicle must be parked between these two entrances to the rear field.
- . Field Hockey players will enter the practice field by way of the Field Hockey field entrance and leave by the same exit. Player vehicles must park in the side parking lot directly behind the goal.
- . Girls Volleyball will enter the school gym by way of the rear doors only. Parking will be permitted in the spaces near the locker room ramp. Do not park near the soccer field construction site or you will be towed.



HOME AND AWAY GAMES:

ALL athletes will be screened prior to getting on the bus/van for away games. A travel list of athletes will be completed and emailed to the opposing teams AD.

All athletes will be screened for home games and a list will be compiled for school use.

Any athlete registering a temperature of 100.4 or higher will not be permitted to participate in that day's game. The athlete and his/her family will follow all PADOH protocol.

GENERAL INFORMATION:

All CEC athletes will be required to complete a "Participation Release" before starting any CEC sanctioned sports activity. All CEC athletes will complete an "Agreement and Pledge before the start of any sports activities. Daily temperature check and COVID questionnaire will be required from all participating athletes.

This document was prepared using guidelines and recommendations from the following organizations:

- Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Children's Hospital of Philadelphia Policy Lab <https://policylab.chop.edu/reports-and-tools/policy-review-evidence-and-considerations-school-reopenings>
- The Office of PA. Governor Tom Wolf and the PIAA <https://www.governor.pa.gov/covid-19/sports-guidance/>

National Federation of State High School Associations (NFHS)



CoVid-19 Daily Questionnaire

Name:

Date:

Sport:

Do you have a new onset of cough or shortness of breath?

Yes

No

Have you had a fever or felt chills?

Yes

No

Do you have a headache?

Yes

No

Have you experienced loss of taste or smell?

Yes

No

Have you had a known exposure to a CoVID-19 positive individual?

Yes

No

Have you had a sore throat?

Yes

No

Have you had any general muscle soreness or fatigue?

Yes

No

Have you recently traveled outside the surrounding area?

Yes

No

If so – where



**CONWELL-EGAN CATHOLIC
STUDENT/ATHLETE
ACKNOWLEDGEMENT AND PLEDGE**

All members of Conwell-Egan Catholic High School Athletic teams have an important role to play in keeping our fellow students and Conwell-Egan Catholic High School community safe by doing our part to stop the spread of COVID-19. As a member of a CEC athletic team, I know that I must take steps to stay well, to protect others and promote a safe return to campus for students and faculty. Because of this, I pledge to take responsibility for my own health and help stop the spread of the COVID-19.

Conwell-Egan Catholic High School's highest priority is the safety of its students, faculty, staff, and visitors. I know that by engaging in campus activities, including attending classes, pursuing my education, eating in dining areas, attending activities, participating in sports and recreation, I may be exposed to COVID-19 and other infections. I also understand that despite all reasonable efforts by the high school, I can still contract COVID-19 and other infections. In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all the guidelines and expectations outlined by Conwell-Egan Catholic High School.

As more information is gathered and known, I understand that Conwell-Egan Catholic High School may modify these guidelines and expectations. It is my responsibility to make every effort to keep myself apprised of these changes to protect myself and my school community.

It is my pledge to protect myself, my peers, and the Conwell-Egan Catholic High School community by doing the following:

- Agree to testing for COVID-19 and potential subsequent self-quarantining or self-monitoring if I am identified as a contact of anyone who has been determined to be positive for COVID-19.
- If I test positive for COVID-19, I agree to remain off campus until:
 - o My symptoms have resolved, and
 - o It has been at least ten days since the start of my symptoms, and
 - o I have a negative COVID-19 test result.
- Complete the student health questionnaire daily
- Monitor for the following:
 - o A fever of 100.4 or higher
 - o Respiratory symptoms, such as dry cough or shortness of breath
 - o Sore throat
 - o Headache
 - o Body aches
 - o Chills
 - o Loss of taste or smell



- If I develop the above symptoms, I will contact my school administration, athletic trainer, coach, school nurse and follow instructions which may include being tested for COVID- 19 and self-quarantining while the test results are pending, and/or being evaluated by the athletic trainer or school nurse.
- Stay at home if I am feeling sick.
- Participate fully and honestly with school staff for contact tracing to determine whom I might have potentially exposed to COVID-19.
- Wear a mask or the appropriate PPE as required.
- Practice physical distancing as much as possible.
- Frequently wash and/or sanitize my hands.
- Keep my personal space, shared common space, and my belongings clean.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID- 19 disease, even if I follow all of the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although the high school is following the coronavirus guidelines issued by the CDC and other experts to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections.

I have read, understand, and agree to comply with my pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in Conwell-Egan Catholic High School Athletics and that any failure to comply above may lead to immediate removal of athletic participation privileges and/or the inability to use Athletic facilities.

I take my pledge seriously and will do my part to protect Conwell-Egan Catholic High School.

Signature of Student-Athlete

Date

Signature of Parent/Guardian

Date



Important Information About Your Cloth Face Coverings

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



Stay at home as much as possible



Practice social distancing (remaining at least 6 feet away from others)



Clean your hands often



In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

How cloth face coverings work

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.



General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



Wash your cloth face covering after each use in the washing machine or by hand using a bleach solution. Allow it to completely dry.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>



CS 1166074 05/26/2020

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



Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

6 ft

Stay at least 6 feet (about 2 arms' length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus



Please wear a cloth face covering.



Maintain a distance of 6 feet
whenever possible.



CS317176-B 05/27/2020

cdc.gov/coronavirus



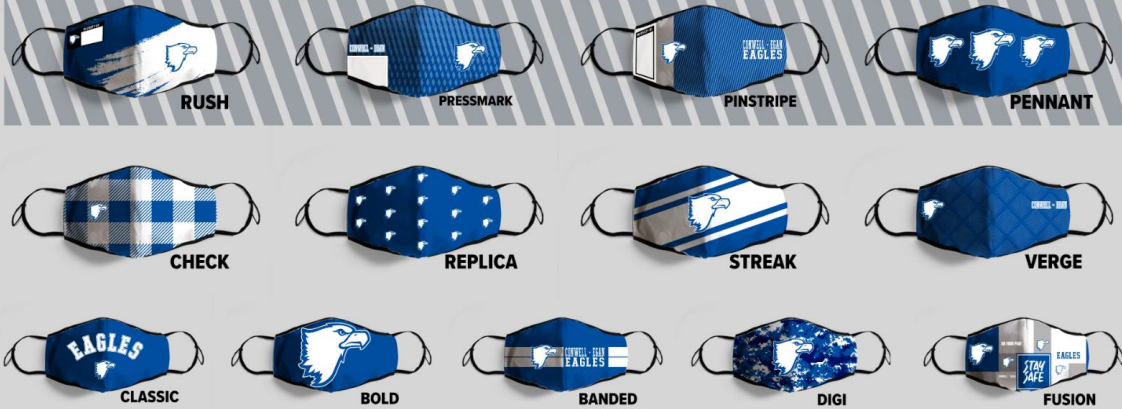
CONWELL - EGAN EAGLES

OVER THE EAR

VICTORY ADJUSTABLE FACE GUARD

- Sleek behind the ear design with adjustable banding.
- Ergonomic silicon bead design for adjusting.
- Durable / wash tested outer layer fabric.
- Comfortable, breathable inner layer, 100% cotton.
- Price Range: \$3.50-\$6.50 (see pricing chart)

ONLY AVAILABLE IN OVER THE EAR



* Masks shown above are a close representation of what is available online through the builder.



QUANTITY 50+	\$6.50	QUANTITY 100+	\$6.00	QUANTITY 500+	\$5.50	QUANTITY 1,000+	\$5.00	QUANTITY 5,000+	\$4.25	QUANTITY 10,000+	\$4.00	QUANTITY 20,000+	\$3.50
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CONWELL - EGAN EAGLES SOCIAL DISTANCING DECALS



Please keep in mind that the health and safety of our employees, students and those around us is our top priority, which is why we are continuing to adhere to all COVID-19 workplace regulations and guidelines from local and national government authorities.



NON-SLIP REMOVABLE VINYL DECALS

Our 7mm Non-Slip Removable Vinyl Decal is a great solution for your floors, walls, and windows. This material can be easily installed on a variety of interior and exterior surfaces, while being easily removed with minimal damage. It works on tile, wood, metal, concrete, commercial carpet and painted surfaces. It is ideal for wall and floor graphics, painted cinderblock, locker rooms, break areas and entryways within your facilities.

- Easy to Self-Install
- Clean Only with Non-Abrasive and Non-Solvent Solutions
- Last 6-12 months depending on local conditions

Size	CIRCLES		RECTANGLES			ARROWS	
	12	16	10 X14	12 x 18	18 x 24	36 x 24	16 x 6.5"
Qty per sheet	32	18	27	14	10	6	40

*per design

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CAMPUS BRANDING

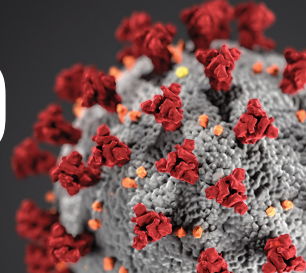
BSNSPORTS.com/ib/CampusBranding

FULL SHEETS	QUANTITY 1-4	\$299	QUANTITY 5-24	\$269	QUANTITY 25-99	\$239	QUANTITY 100+	\$199
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Coronavirus (COVID-19)

Take preventative steps



TO OUR STUDENT-ATHLETES:

While we know that your visits are important to your recovery, we must request that you adhere to the following guidelines in efforts to prevent the transmission of all respiratory infections, including coronavirus (COVID-19), in our health care setting.



DO NOT ENTER if you are ill, even if you don't think it is a virus!

Postpone your visit if you are ill, but most especially if you display any of the following symptoms:



FEVER



COUGH



SHORTNESS OF BREATH



SORE THROAT



MUSCLE ACHES



HEADACHE

Always use respiratory hygiene and cough etiquette to control the spread of infection:

ALWAYS USE tissues when coughing or sneezing, and use receptacles for proper disposal.

WASH HANDS with alcohol-based hand rub or soap as often as possible.

COVER YOUR NOSE AND MOUTH when coughing or sneezing.

(Inside of elbow is preferable to hands when covering nose and mouth.)

WHEN POSSIBLE, maintain a minimum of six-feet from one another. Please do not shake hands or engage in unnecessary physical contact.

Visit the Center for Disease Control and Prevention (CDC) web site for more information:

www.cdc.gov/coronavirus/2019-ncov/index.html

When appropriate, we will initiate a patient screening process. Based upon this, we may have to ask you to reschedule your appointment for the safety of our staff and other patients.