



Pleasant Valley School District

COVID-19 Athletics and Activities
Health & Safety Plan

A Plan for Return to Competition

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Introduction

The virus that causes COVID-19 is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to ensure public health and safety. COVID-19 can be transmitted from infected individuals while they are pre-symptomatic and by touching surfaces or objects that have the virus on them and consequently touching your mouth, nose, or eyes.

As we look to return to sports and activities, while we understand the physical and mental health benefits of participation, we must also be aware of the inherent risk involved in sports. Participation involves an unavoidable exposure to both risk of injury and the transmission of COVID-19. Consideration must also be taken for the safe return to activity following a long period of inactivity as student-athletes will likely be deconditioned and must be given a chance to properly acclimatize to both the temperature and the intensity/duration of practices in order to also minimize risk of injury.

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that can completely eliminate transmission risk within the athletic population. The goal is to keep transmission as low as possible to safely continue sports-related activities. All sports-related activities must be informed by the governor's process to reopen Pennsylvania and guidance from the Centers for Disease Control and Prevention ([CDC](#)), the National Federation of State High School Association ([NFHS](#)), the [Pennsylvania Governor's Office 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](#), [St. Luke's University Health Network \(SLUHN\) COVID-19 Re-socialization of Sports from SLUHN Perspective - A Guide for Secondary Schools](#), and any other government or health entity that releases pertinent information.

This document addresses the procedures PVSD will follow to limit the spread of COVID-19 within our athletics population to the extent in which they are permitted to conduct in-person operations during Pennsylvania's yellow and green phases. It is important to note that these procedures are preliminary and will be updated as more public health data and other information becomes available. Further information will need to be obtained from the federal, state, and/or local government entities in order to make recommendations past Pennsylvania's green phase. Information regarding SARS-CoV-2, the virus causing COVID-19, is changing rapidly both nationally and locally. This document is created based on the most current information available to date and will be updated as new information arises.

The goal of this document is to provide clear policies and procedures for the resumption of sports-related activities in the PVSD in order to maximally ensure the health and safety of our student-athletes, coaches, personnel, parents/caregivers, and spectators.

Decision Making Process

The decision making process for the procedures in this document was guided by SLUHN's document on Re-Socialization of Sports. The questions presented in that section served as the guide to determining if the school district is prepared for the resumption of sports-related activities in a manner that ensures the safe return of our student-athletes and staff at PVSD.

Anticipated Date for the Return to Sports-Related Activities: Wednesday, July 1, 2020

The date above is contingent upon school board approval at the June 25, 2020 PVSD School Board Meeting, facility availability and the completion of all necessary staff training. This date is subject to change.

In accordance with Eastern Pennsylvania Conference, Pennsylvania Interscholastic Athletic Association and the Pennsylvania Department of Health recommendations, this return to competition plan strives to reintroduce competitive athletics in a phased manner in order to provide our student-athletes with a rewarding athletic experience while committing to a safe reopening of schools.

Projected 2020 Fall Sports Schedule

- 8/24/2020: Official fall mandatory practice begins for cross-country, golf, tennis.
- 8/27/2020: First competition date for golf.
- 8/31/2020: First competition date for tennis.
- 9/07/2020: Official fall mandatory practice begins for field hockey, soccer, girls volleyball, and football.
- 9/11/2020: First competition date for cross-country.
- 9/25/2020: First competition date for field hockey, soccer, girls volleyball.
- 9/25/2020: First scrimmage date for varsity football only.
- 10/2/2020: First competition date for football.

*Offseason voluntary activities continue until the first official practice date.

*Dates are subject to change per EPC, PIAA, and Pennsylvania Department of Health recommendations.

Additionally, return to competitive contact and non-contact competition, will be implemented under the guidance and recommendations of the Pennsylvania Department of Health and the Pennsylvania Interscholastic Athletic Association. General considerations for all sports, officials and fall sports can be found in the [PIAA Return to Competition: Individual Sports Considerations](#). This plan will be updated as information becomes available from the Pennsylvania Department of Health and the Pennsylvania Interscholastic Athletic Association. The Superintendent of Schools may authorize revisions to this Plan for Return to Competition as required by changing circumstances.

Athletics and Activities Pandemic Response Team/Coordinator

The Athletic and Activities Pandemic Response Team will be responsible for preparedness and response planning for COVID-19. The following table lists the members that form part of the Athletics Pandemic Response Team, their roles, and contact information.

Team Member	Roles and Responsibilities	Contact Email	Phone Number
Matt Triolo	Pandemic Coordinator	triolo.matthew@pvbears.org	570-402-1000
Tom Toth	Activities Team Coordinator	toth.tom@pvbears.org	570-402-1000
Tom Toth	Athletics Team Coordinator	Same as above	570-402-1000

Jorge Perez	Health & Safety Plan Development	Jorge.Perez@sluhn.org	787-439-8384
Jerry Dancho	Pandemic Crisis Response	dancho.jerry@pvbears.org	570-624-1352
Tara Nagy	Pandemic Crisis Response	Tara.Nagy@sluhn.org	980-228-7626
DJ Snyder	Pandemic Crisis Response	Deryck.Snyder@sluhn.org	570-730-2030
Phil Lee	Pandemic Crisis Response	Phillip.Lee@sluhn.org	908-763-6143

Description of roles and responsibilities:

- Coordinator - Individual will play a role in overseeing implementation of the Athletics and Activities Health and Safety Plan.
- Health and Safety Plan Development – Individual will play a role in drafting the enclosed Health and Safety Plan
- Pandemic Crisis Response – Individual will play a role in within-year decision making regarding response efforts in the event of a confirmed positive case or exposure among staff and students
- Both (Plan Development and Crisis Response) – Individual will play a role in drafting the plan and within-year decision making regarding response efforts in the event of a confirmed positive case.

Preparing for Return to Competition

Building/Facility Preparations:

- All PVSD athletic facilities will be open (gyms, weight rooms, fields, etc.) pending administrative approval, PIAA, and state guidance.
- All locker rooms will open in accordance with school district, PIAA, and state guidance. Athletes are encouraged to show up dressed and ready for sports-related activities.
- Bathroom Availability
 - Individuals utilizing PVSD Stadium will use the outdoor bathrooms in the concession stand ensuring that only one person is using them at a time.
 - Individuals utilizing high school fields will use the outdoor bathroom in the concession stand ensuring that only one person is using them at a time
 - Individuals using middle school fields or tennis courts will use the middle school gym public restrooms ensuring only one person is using them at a time.
 - Individuals in HS gym will utilize HS Gym public bathrooms; only one individual may go at a time.
 - Individuals in MS gym will utilize MS Gym public bathrooms; only one individual may go at a time.
 - Additional indoor bathrooms will become available upon administrative approval.
- Facilities Cleaning
 - Locker rooms will be cleaned as normal. Extra time will be spent on cleaning high contact surface areas.
 - After cleaning of the locker rooms is complete, the Halo machine will be run for 10 minutes in those areas to assist in sanitizing the entire room.
 - Hand sanitizer dispensers will be installed at the entrance doors in the weight rooms and gymnasiums.
 - Weight rooms will have available wipes to wipe down equipment after each use
 - After cleaning of the weight rooms the Halo machine will be utilized for 10 minutes to assist in sanitizing the entire room
 - Athletic Training Rooms – cleaned by athletic trainers.

- Treatment tables, therapeutic modalities, and rehabilitation equipment will be disinfected after each patient.
 - High touch surfaces such as countertops, door handles, etc. will be cleaned at the start and end of each day and with increased frequency during the day.
 - All other athletic facilities – cleaned by PVSD Facilities Department
- Facility Entrance/Exit Limitation Protocols
 - In order to limit exposure during entry and exit of facilities, individuals will follow the guidelines below based on their destination.
 - Stadium -enter through main gate, exit through concession stand gate or gate closest to JCM
 - HS Gym – Enter through main doors, exit through gym doors to stadium lot
 - MS Gym– Enter through main MS doors, exit through external doors leading out to tennis court parking lot.

Staff Training & Student Education:

- Staff must complete educational material and training on Athletics and Activities Health and Safety Plan prior to returning.
- Students will be provided with educational material and a waiver prior to the return date.

Education on Staying Home if Sick:

- Refer to CDC’s information on [what to do if you are sick](#) and SLUHN guidelines.
- All individuals who are sick **MUST** stay home and follow up with a health care provider.

Notification Plan for COVID-19 Cases:

- Consistent with applicable laws and privacy policies (i.e. HIPAA, FERPA, ADA), have all individuals with COVID-19 symptoms, a positive COVID-19 test, and/or exposure to someone with COVID-19 within the last 14 days self-report (if feasible) to the athletic trainers.
 - Athletic Trainer will report suspected or confirmed COVID-19 cases to the Athletics and/or Activities Team Coordinator.
 - The Athletics / Activities Team Coordinator will then report to PVSD’s Pandemic Coordinator.
- Once contact person has received notification of suspected and/or confirmed COVID-19 case, the following will happen:
 - Areas where individual may have been will be closed off for cleaning and disinfecting.
 - A letter will be drafted to notify local health officials and close contacts of COVID-19 cases.
 - In the event of an outbreak, team isolations and temporary closures will occur if necessary and with the guidance of health officials.
 - Facility closures and restrictions (i.e. change in hours of operation) will be notified to the staff, officials, families, and the public via a written letter.
- Coaches should monitor student absences and notify the athletic trainers of anyone who has been potentially absent due to COVID-19 related illness.
 - Athletic Trainers will contact parent/guardian to follow-up on athlete’s health status and offer guidance if necessary.
 - Athletic Trainers will report suspected or confirmed COVID-19 cases to the appropriate Team Coordinator.
- Adequate Personal Protective Equipment (PPE)
 - Appropriate supplies of PPE equipment must be available for athletic trainers and any staff conducting health screenings
 - Gloves

- Face masks
- Hand sanitizer
- Non-contact thermometers
- All other individuals must be able to supply their own PPE.

Prior to Returning to Competition

- Protection of Vulnerable Individuals
 - Vulnerable individuals should consider delaying their participation in sports-related activities.
 - These individuals, or anyone who might have a concern of being immunocompromised, are also recommended to consult with their health care provider prior to overseeing or participating in sports-related activities.
 - Vulnerable individuals include those with any of the following conditions:
 - Diabetes
 - Chronic Lung Disease (Including Asthma)
 - Severe Obesity (Body Mass Index >40)
 - Chronic Kidney Disease
 - Heart Conditions
 - Immunocompromised (i.e. any transplant recipient, anyone needing immunosuppressant medications such as steroids or biologics, any patients receiving chemotherapy, etc.)
 - Age 65 or older
- Physicals will be required for the official PIAA Fall Season start date. Please be sure to disclose to the physician performing your physical if you were diagnosed with COVID-19.
- Individuals (staff, students, and parent/guardian) must sign the Inherent Risk of COVID-19 Transmission During Sports-Related Activities Waiver (see appendix).
- Any individual returning to physical activity after a COVID-19 diagnosis can only return if the following criteria are met:
 - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - Individual has improvement of respiratory symptoms (i.e. cough, shortness of breath);
 - At least 10 days have passed since symptoms first appeared;
 - Written documentation (clearance note) from a health care provider (MD, DO, NP, PA) is provided to the athletic trainers.

Health Screening Procedures

1. Upon arrival to school property, individuals will be instructed to remain inside their vehicle until they are told to proceed to health screening location (TBD).
2. Athletes and staff will arrive to screening location wearing a mask or face covering.
3. Social distancing must be maintained during the screening process, individuals waiting to be screened must be 6 feet apart from each other.
4. Individuals conducting the screen must wear a mask or face covering and must wear gloves if direct contact will occur with the person being screened.
5. Upon arrival, all individuals will be asked screening questions (see appendix) and their temperatures will be taken.
 - Temperature threshold is equal to or greater than 100.4°F/38°C

- Anyone exhibiting a positive screen will be isolated, required to go home, and follow up with a health care provider for further evaluation and clearance.
6. If an individual has a positive health screen, he or she should follow the steps below for isolation.
 7. Health screening responses and temperature readings will be recorded and stored following all appropriate health privacy laws.
 8. New guidance from the Pennsylvania Department of Health states “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. If you travel to the following states it is recommended that you quarantine for 14 days upon return...Alabama, Arizona, Arkansas, California, Florida, Georgia, Idaho, Iowa, Kansas Louisiana, Mississippi, Missouri, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, South Carolina, Tennessee, Texas, Utah, Wisconsin.” Each athlete will be asked if they have traveled to one of these states within the last 14 days.

Isolation of Individuals Who Become Sick or Indicate a Positive Screen While on School Property

- Anyone who exhibits a positive screen or becomes sick during the course of sports-related activity will be isolated from the rest of the group. Isolation location will be dependent upon location of activity/sport.
- Individual being isolated must wear a mask at all times.
- If individual being isolated is a student, parents must be called for pick-up.
 - If they drive to school and are able to drive themselves home, they may do so right away; parents will still be notified.
 - If they walk to school and are able to walk themselves back home, they may do so right away; parents will still be notified.
- If individual being isolated is a staff member, he or she should go straight home in their vehicle.
- All individuals who are isolated must consult with their health care provider before returning to school property.
- If a positive diagnosis stems from a positive screen, individuals who were in direct contact with COVID-19 patient will also have to be isolated and do a self-quarantine for 14 days before being allowed to return.
- Areas used by the individual with a positive screen or diagnosis will be closed off for proper cleaning and disinfecting procedures.

Coming Back to Sports-Related Activities After Being Sick or Exposed

- Individuals who were sick must provide a doctor’s clearance stating that they are cleared to return to physical activity and rejoin the team.
- Individuals who were exposed to a COVID-19 patient may return to the school after completing a 14-day asymptomatic self-quarantine.
- If symptoms were experienced during self-quarantine, the individual will have to follow up with a health care provider for further evaluation and testing; physician notes will be required to return.
- Physician clearance notes will be collected by the athletic trainers and kept in their medical record.
- Refer to “Prior to Resuming Physical Activity” section above for additional return to sports criteria.

Guidance on Hygiene Practices

- Proper hand washing techniques will be instructed and encouraged as frequent as possible.
- When hand washing is not possible, hand sanitizer will be made available for all individuals.
 - Hand-sanitizer will be available at health screening locations and all athletic facilities that do not have access to hand washing stations.
- Hand-washing stations will be available at:
 - HS Athletic Training Room
 - MS Athletic Training Room
 - Bathrooms (refer to Building Preparations section for available locations)
- Informational posters will be placed throughout the facilities for individuals to educate themselves on proper hygiene practices and how to stop the spread of COVID-19.
- Individuals will be required to go straight home after sports-related activities and will not be allowed to congregate in the facilities.
 - Once home, individuals will be encouraged to shower immediately and wash their clothes properly.

Guidance on Masks and Face Coverings

- Coaches and staff will be required to wear masks at all times unless doing so jeopardizes their health.
- Athletes must wear masks or face coverings when they arrive onsite for health screening and when not actively participating in activity and social distancing is challenging (sidelines, dugouts, athletic training room, etc.).
- Athletes must wear masks or face coverings during activity if contact is closer than 6 feet for a period of time longer than 15 minutes. If athletes are separated by more than 6 feet, then no mask is required.
- Allow athletes to wear PPE items at all times if they choose, as long as the items do not compromise the safety of the athlete or others participating in activity.
- Social distancing is still required until CDC, state, and local authorities declare otherwise.
- There are no color restrictions on face coverings; however, face coverings must adhere to the Restriction on Advertisements or Sponsor Names on Uniforms policy, as adopted by the PIAA Board of Directors.

Protocols for Social Distancing

Outdoors:

- Being outdoors for all activities and meetings is recommended and highly encouraged until further guidance is available. When conducting off-season sports-related activities, please follow the guidelines below:
 - Ensure social distancing between all individuals
 - Use field markers, cones, paint, or any other guides to demonstrate a distance of 6 feet. Consider the surface (grass, turf, concrete, etc.) when selecting your guiding markers.
 - Follow masking procedures described above.
 - Avoid closed-off areas like dugouts, donkeys, etc.

Indoors:

- Classrooms may be used for watching film and team meetings. Other indoor areas include weight rooms, athletic training rooms, bathrooms, etc. When indoors follow the guidelines below:
 - Ensure social distancing between all those in the room.
 - If the size of the room does not allow for appropriate social distancing, the number of individuals allowed in the room should be decreased.
 - Consider staggered starts and smaller group sizes when scheduling
 - Use markers (tape, cones, etc.) to show a 6 feet distance where necessary.
 - All individuals must wear masks or face coverings.

Restricting Cafeteria Use and Team Meals

- Cafeteria use is not recommended at this time due to limitations associated with social distancing.
- No team meals will take place during the Yellow Phase.
- If team meals will be taking place during the Green Phase, they must be pre-packaged and must be individually plated/boxed meals.
- No buffet style meals until further notice.
- Shaded areas and tents may be used outdoors to provide an area for meal consumption when allowable.
- Concession stands will remain closed until further notice.
- Cafeteria staff will be consulted about proper procedures regarding meal preparation and distribution.

When Sports-Related Activities and Competition Resume

As mentioned previously, return to competitive contact and non-contact competition, will be implemented under the guidance and recommendations of the Pennsylvania Department of Health and the Pennsylvania Interscholastic Athletic Association. Protocols for sporting activities and phased re-introduction of participation and activities will remain intact and used to guide our programs through their return to competition. Protocols will be updated to follow Pennsylvania Department of Health and the Pennsylvania Interscholastic Athletic Association recommendations as they become available.

Protocols for Sporting Activities:

- All activities during the Yellow or Green phase must adhere to the gathering limitations set forth by the state.
 - Yellow / Green – 25 people indoors
 - Yellow / Green – 250 people outdoors or 50% of occupancy; whichever is lower
- During Yellow and Green, sports-related activities will be limited to student-athletes, coaches, and staff only.
 - The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
- Sports-related activities will adhere to social distancing requirements during all phases.
- Each phase will last a minimum of 14 days before moving on to the next phase and teams will not proceed to the next phase if it does not meet the state and county recommendations, regardless of the 14 days.
- All coaches must submit practice schedules in line with social distancing requirements and must be approved by the Athletics and Activities Pandemic Response Team prior to the start date.

Phasing Protocol for Returning to Participation:

● Student Participation

- **Phase 1** - First 14 Day Period - Yellow or Green Phase Only
 - Up to 25 people indoors (coaches and students) at a time, or 50% of facility occupancy, whichever is less
 - Up to 100 people outdoors (coaches and students) at a time
 - Must utilize workout pods - groups of 10
 - All locker rooms will remain closed
 - Athletes must show up dressed and ready for sports-related activities
- **Phase 2** - Second 14 Day Period - Yellow or Green Phase
 - Phase color will be determined by state designation
 - Up to 25 people indoors (coaches and students) at a time, or 50% of facility occupancy, whichever is less
 - Up to 100 people outdoors (coaches and students) at a time.
 - Must utilize workout pods - groups of 10
 - Locker rooms allowed for changing and meeting rooms only - must follow all indoor/outdoor person limit
- **Phase 3** - Third 14 Day Period - Green Phase Only
 - Will remain in yellow phase if state designation is not elevated
 - Up to 25 people indoors (coaches and students) at a time
 - Up to 250 people outdoors (coaches and students) at a time or 50% of facility occupancy, whichever is less
 - Must utilize workout pods - groups of 25
 - Locker rooms allowed for changing and meeting rooms only - must follow all indoor occupancy regulations
- Participation Priority (Appropriate Seasonal Order/Highest Level)
 - Levels may be staggered and/or delayed based upon facility availability
 - Fall: Varsity, Junior Varsity, Junior High, Middle School
 - Winter: Varsity, Junior Varsity, Junior High, Middle School
 - Spring: Varsity, Junior Varsity, Junior High, Middle School
- Social distancing must be maintained for all activities - Must stay 6ft apart at all times
- Refer to SLUHN Covid-19 Re-socialization of Sports - A Guide for Secondary Schools for more information
- It is important to emphasize that student participation is voluntary at this time and no student should feel pressured to participate if they have concerns of COVID-19 transmission.
- **Phase 4** – Return to competition
 - Up to 25 people indoors (coaches and students) at a time
 - Up to 250 people outdoors (coaches and students) at a time or 50% of facility occupancy, whichever is less
 - Teams no longer have to socially distance during workouts and may scrimmage, although teams must adhere to the PIAA Return to Competition Guidance for their particular sport
 - When not actively participating athletes must wear masks and remain socially distanced

● Type of Activity

- **Phase 1** - First 14 Day Period - Yellow or Green Phase
 - Individual conditioning, speed and agility, and weight training that can be done individually or with social distancing is permitted
 - Low risk activities may be considered with modifications for social distancing

- **Phase 2** - Second 14 Day Period - Yellow or Green Phase
 - Phase color will be determined by state designation
 - Individual conditioning, speed and agility, and weight training that can be done individually or with social distancing is permitted
 - Low risk and moderate risk activities may be considered with modifications for social distancing
- **Phase 3** - Third 14 Day Period - Green Phase Only
 - Will remain in yellow phase if state designation is not elevated
 - Individual conditioning, speed and agility, and weight training that can be done individually or with social distancing is permitted
 - Low risk, moderate risk and high risk activities may be considered with modifications for social distancing
- Activity includes off-season training according to PIAA rules only - Competition to be determined by PIAA under separate cover
- Social distancing must be maintained for all activities - Must stay 6ft apart at all times
- Refer to SLUHN Covid-19 Re-socialization of Sports - A Guide for Secondary Schools - [Infection Risk by Sport](#) for activity details
- **Phase 4** – Return to Competition
 - Individual conditioning, speed and agility, and weight training that can be done individually or with social distance is permitted
 - Low, moderate, and high risk activities may be considered with modifications for social distancing
 - Activities can include in-season training according to PIAA rules.
 - Teams must adhere to the PIAA Return to Competition Guidance for their particular sport
- **Equipment Usage**
 - **Phase 1** - First 14 Day Period - Yellow or Green Phase
 - No shared athletic equipment, athletic towels, clothing or shoes
 - Individual athletic equipment must be cleaned after each use
 - Free weight exercises that require a spotter cannot be conducted during social distancing
 - Balls, bats, gloves, etc. cannot be shared
 - Use of single balls during practice not permitted, only for individual drill
 - No sharing of instructional aides (tackling sleds, dummies, etc.)
 - No contact between teammates (included all activities)
 - Hand sanitizer should be available during all activity
 - Marching band may use instruments if they are personal and not shared
 - **Phase 2** - Second 14 Day Period - Yellow or Green Phase
 - Phase color will be determined by state designation
 - No shared athletic towels, clothing or shoes
 - Athletic equipment must be cleaned intermittently during team activities for individual use only
 - Limit maximum lifts and use power cages for squats/bench presses
 - Spotters should stand at each end of bar
 - Equipment such as bats, gloves, catchers gear, etc. should be cleaned between use
 - No contact between teammates (included all activities)
 - Hand sanitizer should be available during all activity
 - **Phase 3** - Third 14 Day Period - Green Phase Only
 - Will remain in yellow phase if state designation is not elevated
 - No shared athletic towels, clothing or shoes

- Individual athletic equipment must be cleaned intermittently during team activities
- Limit maximum lifts and use power cages for squats/bench presses
- Spotters should stand at each end of bar
- Equipment such as bats, gloves, catchers gear, etc. should be cleaned between use
- Other equipment such as football helmets, lacrosse pads, ear guards and eyewear should only be used by one individual and not shared and must be cleaned after use
- No contact between teammates (included all activities)
- Hand sanitizer should be available during all activity
- Social distancing must be maintained for all activities - Must stay 6ft apart at all times
- Refer to SLUHN Covid-19 Re-socialization of Sports - A Guide for Secondary Schools for more information
- **Phase 4- Return to Competition**
 - No shared athletic towels, clothing or shoes
 - Individual athletic equipment must be cleaned intermittently during team activities
 - Limit maximum lifts and use power cages for squats/bench presses
 - Spotters should stand at each end of bar
 - Equipment such as bats, gloves, catchers gear, etc. should be cleaned between use
 - Equipment such as football helmets, lacrosse pads, ear guards and eyewear should only be used by one individual and not shared and must be cleaned after use
 - Contact may occur between team mates
 - Hand sanitizer should be available during all activities
 - Coaches will encourage good hygiene after practice.

Hydration Guidelines:

- Every student-athlete **MUST** bring his or her own water bottle. Water bottles should be labeled with the athlete's name.

Personal Conduct:

- The following will not be permitted during any sports-related activity:
 - Spitting;
 - Hugs;
 - High fives;
 - Chest bumps;
 - Fist bumps;
 - Handshakes;
 - Team huddles;
 - Eating sunflower seeds; etc.
- All athletes must be clothed appropriately at all times (i.e. no removal of shirts)

Non-Essential Individuals:

- Gathering Limitations
 - In the Preliminary School Sports Guidance document which was released by the Governor's Office on June 10th and updated on July 15th, any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 outdoors and 25 indoors in green).
 - During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to **student athletes, coaches, officials, and staff only**.
- Considerations for spectators
 - At this time spectators for K-12 events are not allowed.

- The Preliminary School Sports Guidance document states that, “ The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.” We anticipate that more information will be forthcoming from the Governor’s Office and Department of Education.
- Should spectators eventually be permitted to attend contests, we anticipate that such attendance will be subject to some important limitations that were also included in the Preliminary School Sports Guidance.
 - Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked.
 - Adults must wear face coverings (masks or face shields) at all times.
 - Spectators should not enter the field of play or bench areas.
 - Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.
- Considerations for Media
 - Media members should complete a personal health assessment daily.
 - If temperature is 100.4°F or higher, individual is showing symptoms or is sick, stay home.
 - The media must make contact with the school prior to attending to make appropriate arrangements for attendance.
 - Media availability may be limited especially if there are limits on capacity.
 - Media should be restricted to areas outside of the team areas.
 - Interview requests may be limited and should be accommodated only if social distancing protocols can be followed.
 - Media are required to wear face coverings in accordance with the Secretary of Health’s order of July 1st 2020, unless they meet exceptions under Section 3 of that order.
 - Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
 - Press box availability may be limited.
- Considerations for Game Day Workers
 - Individuals are required to wear face coverings in accordance with the Secretary of Health’s order of July 1st, 2020, unless they meet the exceptions under Section 3 of that order.
- Parents/Guardians must remain in their vehicles during drop-off and pick-up
- They must wear a mask or face covering

Transportation:

- Busing guidelines for athletic activities will reflect the policy set in place by the school district for busing to and from school.

Athletic Training Room and Services:

- Only one athlete per athletic trainer will be allowed in the athletic training room (ATR).
- Hand washing will be required immediately upon entry and exit to and from the ATR.
- During the Yellow and Green phases, only acute care injuries will be taken care of.

- All chronic injuries and rehabilitations will be done virtually
- There will be a waiting area established for pre/post practice treatments
 - HS Location: Chairs in hallways 6 feet apart.
 - MS Location: Chairs in hallways 6 feet apart.
- ATs will be required to wear masks at all times.
- ATs will be required to wear gloves for physical evaluations or any encounter requiring direct contact.
 - Gloves must be changed between each patient.
- ATs will clean and disinfect all of the following after each patient encounter:
 - Treatment tables;
 - Rehabilitation equipment;
 - Modality equipment; etc.
- No use of whirlpools will be permitted except for emergency situations (i.e. heat illness).

Other Consideration:

- For athletes not able to wash their workout clothes, the following protocols will be in place:
 - Student(s) will inform a member of the athletic training staff of the need to launder personal items.
- For athletes not able to shower immediately after practice at home, the following protocols will be in place:
 - Student(s) will inform a member of the athletic training staff of the need to shower.

Resources:

1. Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
2. NFHS https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
3. SLUHN
4. PA’s Governor Guidance on Sports <https://www.governor.pa.gov/covid-19/sports-guidance/>
5. CDC Cleaning Guidelines <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
6. EPA List N <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>
7. P.I.A.A. Return to Competition Guidance for Fall Sports http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf
8. Eastern Pennsylvania Conference. EPC Tiered Delay Plan Press Release. EPC website. <https://epc18.org/assets/pdf/upload/misc/News/Press%20Release%20August%204.pdf>.
Published August 4, 2020.

Appendix Items:

1. PVSD Screening Tool
2. COVID-19 Waiver
3. Contact Tracing

4. E.P.C Football Numbers Breakdown

Pleasant Valley School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 PVSD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, PVSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the PVSD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.

5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the PVSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the PVSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the PVSD COVID-19 Athletics & Activities Health & Safety Plan. Contact Tom Toth, Director of Athletics at toth.tom@pvbears.org

**Pleasant Valley Athletic Department
Athlete and Staff COVID-19 Screening**

Name: _____ Date: _____

Grade: _____ Sports: _____

Students/Coaches should self-report as deemed necessary prior to each practice/event.

Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

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

Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If any responses are “YES”, students will NOT be allowed to practice or compete, and will be asked to leave school grounds. Temperatures at 100.4 or higher will be sent home. Parents/Guardians will be notified.

Date	Temp	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***
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are made aware that they could possibly spread the infection to others, even if they do not feel sick.

- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

EPC Football Numbers Breakdown 7/8/2020

This is just a basic breakdown of the numbers based on the mandate below:

Any sporting activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (maximum of 25 people in the Yellow phase; **no more than 250 people or 50 percent of the facility's total occupancy, whichever is less**, in the Green Phase.) This has been recommended by the PIAA Sports Medicine Advisory Committee

The following numbers are approximations:

Home Team	50	Visiting Team	50	=	100
Home Coaches	8	Visiting Coaches	8	=	16
Home Trainers	3	Visiting Trainers	3	=	6
Officials	7			=	7
Chain Crew	4			=	4
Announcer	1			=	1
Scoreboard Operator	1			=	1
Play-clock Operator	1			=	1
Ambulance Personnel	2			=	2
Athletic Department	2	Visiting Athletic Dept.	2	=	4
Home Admin.	3	Visiting Admin.	3	=	6
Security	4			=	4
Visiting Bus Drivers	4			=	4
Maintenance Personnel	1		1	=	1

Media (print and TV non telecast) = 4
****Note: If game is televised there will be an entire TV crew****
Total: 161

****With allowing only home band and cheerleaders****

Home Cheer 15 = 15
Home Cheer Coaches 2 = 2
Home Band 75 = 75
Total: 92

Grand Total: 253