



Winter Athletics Mitigation Strategies:

Due to wrestling, basketball, and competitive cheering considered to be high risk sports, certain protocols will be put into place to help mitigate COVID-19 and keep our athletes, coaches, officials, event workers, and spectators safe.

Scheduling:

- In county model of competitions for league schedule.
- Once regular season has begun, consideration may be given to scaffold more competitions dependent on the maximum number of allowable contests.
- With approval of the Superintendent, consideration for scaffolding to allow for competitions within the same geographic area (playoffs) dependent upon health conditions. (Pike, Lehigh, Northampton Counties).

Events:

- Sequester teams where applicable.
- Avoid high-fives and post-game handshakes.
- Establish clear entry and exit areas.
- Limited visitor locker room use, arrive on site ready to compete.
- Home team locker room use limited, arrive on site ready to compete.
- Provide seating for team members where they can be properly spaced out on the sideline. Masks will be worn for the entire event including those competing.

Screening:

- Trainers will screen athletes with temperature checks and a health and safety survey prior to participation in practice and games.
- EPC has approved a screening verification process amongst athletic trainers prior to leaving for an away event.

Sanitizing:

- Frequently touched surfaces and equipment will be consistently sanitized.
- Wrestling mats will be sanitized prior to practices and matches as well as after.
- Locker rooms will be used on a limited basis and sanitized after use.
- Showering after practice will be required (High School Wrestling).
- Hand sanitizer will be readily available.

Sport Specific Mitigation

Basketball:

- Limited locker room use...those distance learning on a particular day for practice or a game should come dressed and ready.
 - Game days
 - Visiting Freshman team will NOT use the locker room and come ready to play. At half time they will meet behind their bench.

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- Visiting JV/Varsity team will be permitted to use the locker rooms.
 - Visiting middle school teams will NOT use the locker rooms and come ready to play. At halftime they will meet behind their bench.
 - Pleasant Valley teams will use locker rooms limiting the amount of time they are in them.
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- Masks are to be worn when not actively engaged and also when practicing or competing (Neck Gaiters are encouraged).
 - Frequent sanitization of basketballs. On game day there will be 2 game basketballs used. Basketball will be sanitized and rotated in and out throughout the game.
 - Utilization of smaller groups (pods) instead of one on one.
 - Same group uses same basketballs.
 - Limit traditional 5 on 5 drills where applicable.
 - On game days, chairs will be spaced out for coaches and players to be socially distanced.

Cheerleading:

- Reduce time spent stunting and tumbling.
- During cheer routines, space out 6 feet apart unless performing competitive cheer routine.
- Frequent sanitizing of cheering mats.
- Athletes should not share pom poms, megaphones, or signs.
- Keep stunt groups together in their cohorts. Refrain from mixing and matching bases and tops from different groups.
- Keep other stunt groups distanced from other stunt groups when possible.
- Masks are to be worn when not actively engaged and also when practicing or competing (Neck Gaiters are encouraged).

Swimming:

- Frequent sanitizing of frequently touched surfaces such as rails.
- Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of social distancing.
- No shared towels or head caps.
- Masks are to be worn when not actively engaged.

Wrestling:

- There should be no shared towels, clothing, headgear, or shoes.
- Individuals should wear their own appropriate workout clothes for practice and use clean clothes daily including sanitizing shoes and headgear before and after practice.
- Sanitize wrestling mats and any used equipment before and after use.
- Athlete should shower immediately after individual matches.



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- Masks are to be worn when not actively engaged and also when practicing or competing (Neck Gaiters are encouraged).
- Limit individual practice group numbers within the overall team practice so that the number of wrestlers drilling with each other is reduced. Avoid switching wrestlers from one group to another during a given practice. Additionally, restrict the number of support personnel and others coming into practice to minimize the risk of spread.
- Only opposing individual wrestlers should come into direct contact with one another.
- Weigh ins should NOT be shoulder to shoulder.
- During matches chairs will be spaced out so wrestlers and coaches can be socially distanced.
- Limited locker room use...those distance learning on a particular day for practice or a game should come dressed and ready. Locker rooms should be limited to mainly showering after practice or a match.
- On days of matches, visiting teams will have use of locker rooms to shower after matches.

Spectator Guidelines

The Pennsylvania Department of Health issued a new mandate to limit gatherings indoors. The new gathering limits are as follows. Pleasant Valley is permitted to have 5% of maximum occupancy of our gymnasium resulting in a total of 122 people that can be in attendance. This number includes essential personnel, players, and spectators. As a result, the following spectator guidelines apply to our indoor winter athletic events.

- 2 passes will be provided per home athlete, coach, and cheerleader.
- Visiting spectators will **not** be permitted.
- It is mandatory that the gym is cleared after each contest (i.e. At the conclusion of a boys freshman basketball game players and their parents will leave to make room for the JV players and parents. Then after a boys JV basketball game the players and their parents leave unless double rostered on varsity).
- Those with passes will not be able to enter the gymnasium until the previous contest is over and the gym has been cleared.
- Use visiting side bleachers only to keep spectators away from athletes and coaches.
- Spectators are encouraged to stay in their seats and only move to use the rest room.

PIAA Guidance for Winter Sports

http://www.piaa.org/assets/web/documents/Return_to_Competition_Winter.pdf