



PK-12 Athletics Health and Safety Plan

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.

The Chester Upland School District reviewed research, guidelines, and recommendations from the Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Education (PDE), Crozer Sports Medicine Team, Pennsylvania Interscholastic Athletic Association (PIAA), National Federation of State High School Associations Sports Medicine Advisory Committee (NFHS SMAC), and Pennsylvania Department of Health (PA DOH). The Chester Upland School District's Athletic Department has developed a return to sports plan that represents the necessary precautions and recommendations set forth by federal, state and local governments. Furthermore, the Athletic Department completely understands that it is not possible to eliminate all risk of furthering the spread of COVID-19. However we will take the necessary steps to reduce the risks of our student-athletes, coaches, staff, officials and their families from being exposed or spreading the virus while taking part in our sporting events.

Table of Contents

Athletics Health and Safety Plan.....	3
Resuming PK-12 Sports-Related Activities	8
Primary Point of Contact.....	10
Key Strategies, Policies, and Procedures	10
Cleaning, Sanitizing, Disinfecting and Ventilation.....	13
Social Distancing and Other Safety Protocols	18
Monitoring Student Athletes and Staff Health.....	34
Other Considerations for Student Athletes and Staff	41
Athletic Health and Safety Plan Professional Development	48
Athletic Health and Safety Plan Communications	49
Athletics Health and Safety Plan Summary	50
Facilities Cleaning, Sanitizing, Disinfecting and Ventilation.....	50
Social Distancing and Other Safety Protocols.....	51
Monitoring Student Athletes and Staff Health	54
Other Considerations for Student Athletes and Staff.....	56
Athletics Health and Safety Plan Governing Body Affirmation Statement	58

Athletics Health and Safety Plan: Chester Upland School District

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

PDE/PIAA/PA DOH Guiding Principles

Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the PDE Preliminary Guidance for Phased Reopening of Pre-k-12 Schools and the CDC Considerations for Youth Sports.

The decision to resume sports-related activities, including conditioning, practices and games, is the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K-12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity and be posted on the school entity's publicly available website. The plan does not need to be submitted to DOH or PDE for approval.

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 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. 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. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance, which could impact fall, winter, or spring seasons.

To conduct games and practices, organizations and teams authorized to conduct in-person activities pursuant to this guidance **must adhere to the following:**

- Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- The community, league, or team must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.

- The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also should be educated on proper hand washing and sanitizing.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate. Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 99.5 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Concession stands, or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

To operate games or practice, organizations and teams that are otherwise permitted to conduct in-person activities pursuant to this guidance **are encouraged to do the following:**

- In counties in the Yellow Phase of Reopening, indoor training or sports may only be conducted by organizations subject to supervision or regulation of the Pennsylvania Interscholastic Athletic Association or National Collegiate Athletic Associations, and only in accordance with guidance provided by those governing bodies. Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.

- Adult athletes are encouraged to wear face coverings when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Coaches should create a back-up staffing plan, which should include cross-training staff and coaches and training all coaches and officials on safety protocols.
- Limit cash transactions to the extent possible; find alternative ways to charge admission and pay for concessions.
- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility.

Guidance for Caregivers and Spectators

- 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 should wear face coverings (masks or face shields) at all times.
- Caregivers or 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. Parents should refrain from attending practices, or volunteering to assist with coaching.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Caregivers should monitor their children for symptoms prior to any sporting event. Children and athletes who are sick or showing symptoms must stay home.

NFHS Guiding Principles

The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. There will also likely be variation in what sports and activities are allowed to be played and held. The NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

Points of Emphasis:

- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Look to guidance from your state and local health departments.
 - The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)
 - Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:
 - State, local or school district guidelines for cloth face coverings should be strictly followed.
 - Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
 - Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
 - In the absence of guidelines to the contrary, we recommend that students wear cloth face coverings during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity. Cloth face coverings may continue to be used during Phase 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.
 - Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
 - Coaches, officials and other contest personnel may wear cloth face coverings at all times during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

Until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently, reached, social distancing and other preventive measures such as face covering will be a “new normal” if workouts, practices and contest are to continue.

Resuming PK-12 Sports-Related Activities

Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

1. Physical distancing should be encouraged when possible (six feet minimum).
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), and the wearing of a cloth face covering as feasible.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Sanitizing options should be available including hand sanitizer and disinfectant wipes
5. Educate athletes, coaches, and staff on health and safety protocols
6. Staff should be limited to only essential personnel.
7. Large social gatherings in any spaces should not occur at this time.
8. Virtual meetings should take place when possible.
9. When at practices, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
10. In all common areas, seating should be spaced six feet apart.
11. Stay at home if you feel sick or are experiencing the following COVID-19 symptoms including:
 - Cough
 - Shortness of breath or difficult breathing
 - Fever of 99.5 degrees
 - Chills
 - Muscle Pain
 - Sore throat
 - New loss of taste or smell
12. No sharing of personal equipment, water bottles, towels, etc.
13. Flexible attendance policies will be employed for students and staff. To limit their exposure to risk, participation options will be provided to individuals of high risk of COVID-19 to include virtual coaching and in-home drills.
14. At the onset of resuming athletics and activities, the District will employ a Health and Safety manager to ensure adherence to Athletics & Activities Health and Safety Plan.

Key Questions

- **How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?** We will encourage social distancing through increased spacing, tiered practice schedules, small groups, and limited mixing between teams when feasible. Coaches, student athletes, and parents must attend a Mandatory Zoom Meeting where they will be educated on the severity of the COVID 19 disease. They will also be informed about the precautions necessary to mitigate contracting the disease.
- **How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?** We interviewed families, community members, and staff regarding concerns and protocols. It is expressed that the athletic programs will practice safety precautions by following the CDC guidelines as they arise. Sports-related activities are to adhere to CDC and Pennsylvania Interscholastic Athletic Association (PIAA) guidelines.
- **How will you communicate your plan to your local sports and school communities?** The safety plan will be shared on the Chester Upland School District Website for local sports and school communities.
- **Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?** The Athletic Department will adhere to the safety plan guidelines. If the Governor moves the county into the Red Phase, then schools will close, and sports will cease. If there are positive COVID-19 cases within the school, we will rely on input and guidance from the Chester County Health Department and Pennsylvania Health Department regarding school closures.

Summary of Responses to Key Questions: Communication and safety practices must be utilized to mitigate the spread of COVID-19. Athletic programs will practice safety precautions by following the CDC, PDE, and PIAA guidelines. The Athletic Department of Chester Upland School District will adhere to the safety plan guidelines. The Chester Upland School District's Athletics Health and Safety will be available via the school district website for local sports and school communities. Student athletes, coaches, and staff will undergo a COVID-19 health screening (i.e. temperature check and symptom screening) prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the phase level. The purpose of the screening is to check for signs and symptoms of COVID-19. The screening will consist of a verbal questionnaire that assesses the presence of primary signs and symptoms of COVID-19, as well as a temperature check. Anyone presenting with a fever of

greater than 99.5 degrees will be required to immediately leave the premises. We will engage student athletes and stakeholders to resume athletics by promoting healthy hygiene and intensifying cleaning, disinfecting, and ventilation in all facilities. We will encourage social distancing through increased spacing, tiered practice schedules, small groups, and limited mixing between teams when feasible. We will regularly communicate and monitor guidelines, safety protocols, and suspect and/or positive COVID-19 cases with the Chester County Health Department. The Athletic Director and/or coaches are responsible for reporting any suspected cases of COVID-19 to the designated school nurse. The designated school nurse will report any suspect or positive cases to the Chester County Health Department. Any person having a fever in the past 24 hours, showing symptoms, or having been in contact directly or indirectly with someone who has tested positive for COVID-19 will be sent home to follow primary care physician orders. If multiple students or coaches show symptoms, a temporary closing will be initiated for cleaning and review of team activities.

Anticipated launch date for sports related activities: August 3, 2020

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person’s contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Andre Moore	Athletic Director	610-447-3650 (Amoore@chesteruplandsd.org)

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing

description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase: Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.**

Yellow Phase

- Coaches, student-athletes and trainers allowed only
- Emergency Contact information for all student-athletes and staff
- Coaches and student-athletes must be screened prior to physical activity
- Student-athletes limited to 25 participants.
- Enforce social distancing (six feet)
- Coaches, student-athletes and trainers are to be masked.
- Only (non-contact) physical activity is permitted.
- No weight room activity
- No sharing of items (water-bottle, gloves, bags, etc.)
- Avoid hand-shaking, and fist bumps
- Have a sanitizer station available
- Social distance of 6 feet during transportation

Green Phase

- Coaches, student-athletes and trainers allowed only
- Emergency Contact information for all student-athletes and staff
- Coaches and student-athletes must be screened prior to physical activity
- Team participation with focus of small groups during workouts (four players max) in each small group
- Enforce social distancing (six feet)
- Coaches, student-athletes and trainers are to be masked.
- Weight room activity staggered (8) players at a time (32% of 25 lowest risk population)
- No sharing of items (water-bottle, gloves, bags, etc.)

- Avoid hand-shaking, and fist bumps
- Have a sanitizer station available
- Social distance of 6 feet during transportation

- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
 - Andre Moore-Athletic Director
 - Durell Moore-Assistant Athletic Director
 - LaDontay Bell- Head Football Coach
 - Ken Santello-Athletic Trainer
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
 - Informational signs posted to encourage safety practices
 - Masks
 - Hand Sanitizer
 - Disinfectant Solution
 - Emergency Contact Cards
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively. **Informational Zoom Meeting** (CDC and PIAA Guidelines and Disease Prevention), all parties involved (coaches, student-athletes, parents) will be informed of the requirements regarding the CDC and PIAA guidelines for student-athletes.

In the following tables, an asterisk (*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

Cleaning, Sanitizing, Disinfecting, and Ventilation

An appropriate cleaning schedule for all facilities to mitigate the spread of any communicable disease will be created. Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day. Weight room equipment should be wiped down before and after each individual use. Training on cleaning, sanitizing, disinfecting, and ventilation protocols will be provided to custodial, maintenance, coaching staff, trainers, and staff - [CDC guidance on cleaning and disinfecting](#).

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be cleaned and sanitized using multi-surface disinfecting wipes and CDC approved sanitizing solutions (Chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

All equipment will be cleaned and sanitized between each individual use. All facilities should be cleaned and sanitized upon the completion of each team's participation or prior to the start of the next activity. Protocols for ventilation and sanitation will be provided prior to the activity and restructured at the closure.

Hand sanitizer and disinfecting multi-surface wipes will be made available throughout the facility for use before, during, and after workouts. Student athletes, coaches, and staff will be required to use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.

Communicating with students, coaches, and staff that minimizing and/or eliminating potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. Trainings will be provided by athletic trainer and staff. Preparedness through daily monitoring sheets will be provided for each coach and staff or submission to athletic department.

Phase 1 (Red) *The CUSD has determined that no sports-related activities, including workouts and practices, are permitted during the Red Phase.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Phase 2 (Yellow)

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Phase 3 (Green)

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Key Questions

- **How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?** The Athletic Department will work with the Maintenance Department to ensure the disposal of used products (masks/gloves), availability of sanitation stations, posting of informative signs to encourage safety precautions, and disinfection of the locker room and weight room areas.
- **How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?** Cleaning, sanitation, disinfecting, and ventilation practices will be administered daily. Coaches and players will adhere to the safety precautions delegated by CDC, PDE, and PIAA.
- **What protocols will you put in place to clean and disinfect throughout the day?** Immediately following workouts, drills, etc., coaches and players will disinfect all areas used. Disinfectant solution will be provided during weight training times. Sporting equipment will be disinfecting after each individual use. Indoor facility use will be limited to restroom use only. Restrooms are to be disinfecting immediately after use.

- **Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?**

The Athletic Director will conduct a training on safety protocols. Coaching staff will be trained to clean, sanitize, disinfect, and ventilate areas of use. Head Coach personnel will be accountable and responsible for the implementation of safety practices. Once sanitation duties are complete, staff will sign, date, and timestamp a cleaning checklist.

Summary of Responses to Key Questions: Any sports-related activities in counties that are in the Yellow or Green Phases must adhere to the gathering limitations set forth by Governor Wolf’s Plan for Phased Reopening (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. 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. The Athletic Department will work with the Maintenance Department to ensure the disposal of used products (masks/gloves); availability of sanitation stations; informative signs are posted to encouraged safety precautions, and locker room, weight room, restrooms, and transportation areas are disinfected. The Athletic Director will conduct a training on safety protocols. Coaching staff will be trained on how to appropriately clean, sanitize, disinfect, and ventilate areas of use. Head Coach personnel will be accountable and responsible for the implementation of safety practices. A cleaning checklist will be developed and implemented. Once cleaning and sanitation duties are complete, the responsible staff will sign and date/timestamp their occurrences.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools. Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day.</p> <p>Weight room equipment should be wiped down before and after each individual use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be cleaned and sanitized using multi-surface disinfecting wipes and CDC approved sanitizing solutions (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Athletic Facilities will be cleaned and sanitized prior to arrival and post workouts and team gatherings.</p> <p>High touch surface areas will be cleaned more often.</p> <p>Appropriate clothing/shoes will be required at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.</p>	<p>Andre Moore- Athletic Director</p> <p>Durell Moore Asst. Athletic Director</p> <p>LaDontay Bell Head Football Coach</p> <p>Ken Santello Trainer</p>	<p>Masks</p> <p>Hand Sanitizer</p> <p>Disinfectant Solution</p> <p>Emergency Contact Cards</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Other cleaning, sanitizing, disinfecting, and ventilation practices	<p>Student athletes, coaches, and staff will be required to wear facial masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.</p> <p>Vigorous-intensity exercise outside when possible and maintain at least 6 feet away from other participants if possible, face masks will be required.</p>	Team Head Coach and Staff	PPE	Y

Social Distancing and Other Safety Protocols

Phase 1 (Red) *The CUSD has determined that no sports-related activities, including workouts and practices, are permitted during the Red Phase.

Limitations on Gatherings:

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.

- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including by limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Phase 2 (Yellow)

Limitations on Gatherings:

- No gathering of more than 25 people at a time inside. Up to 25 individuals may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers’ gear should be cleaned between each use.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Phase 3 (Green)

Limitations of Gatherings:

- No gathering of more than 250 individuals (including coaches and staff) per practice area.
- Individuals should be broken into groups of no more than 50 per group.
- Social distancing guidance applies.
- Locker rooms may be used. Social distancing guidance applies.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers' gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, and lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified* practices may begin for Higher risk sports:
 - *Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

Potential Infection Risk by Sport (modified from United States Olympic and Paralympics' Committee – Sports Medicine recommendations)

- **Higher Risk:**
 - Sports that involve close, sustained contact between participant's lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
 - Examples: Wrestling, football, boy's lacrosse, competitive cheer, dance
- **Moderate Risk:**
 - Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
 - Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football
 - *Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants
- **Lower Risk:**
 - Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.
 - Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)

Transportation to Events

- Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

Social distancing during Contests/Events/Activities

- Sidelines/benches Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.
- Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
 - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
 - Tier 2 (Preferred): Media
 - Tier 3 (Non-essential): Spectators, vendors

Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

Athletic Training Services

- Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic. Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

Return to Physical Activity

- Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being de-conditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines for fall sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

Hygienic

- Illness reporting: Create notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.
- Considerations for Officials, Coaches, Other Personnel
 - Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Phases 1 and 2.
 - Masks may be worn, social distancing enforced and “Hygiene Basics” adhered to in all situations.
 - Hygiene Basics CONTINUE TO PRACTICE GOOD HYGIENE
 - Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
 - Avoid touching your face.
 - Sneeze or cough into a tissue, or the inside of your elbow.
 - Disinfect frequently used items and surfaces as much as possible.
 - Strongly consider using face coverings while in public, and particularly when using mass transit. PEOPLE WHO FEEL SICK SHOULD STAY HOME.
 - Do not go to work or school.
 - Contact and follow the advice of your medical provider.

Key Questions

- **How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?**

Sports programs conditioning and practices will be staggered to accommodate social distancing guidelines. Sports programs will meet at different locations on campus to mitigate the spread of COVID-19 (i.e. football program stationed on football field in small groups of no more than 4 student athletes; track and field will meet at the track and will perform individual drills). During weight training, student athletes (no more than 8) may attend during an allotted time. Staffing must not exceed 2 members. During game situations, only coaches, student athletes, and trainers are permitted on the sidelines. Coaches and players are to practice social distancing while on the sidelines. During multiple sporting events, adequate transition time will be factored in the schedule. Disinfecting/cleaning protocols will be enforced during such events and should take place during the transition from one sport to another.

- **How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?**
 Student athletes will be assigned to groups (no greater than 4) members. The ratio of coach-to-student athlete: 1:4. Student athletes will remain with their assigned group, and coaching staff will screen designated groups to mitigate the spread of COVID-19. Coach's meetings and student athlete meetings should be held on Zoom. Team gatherings indoors are prohibited.
- **What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?**
 Policies and procedures will be implemented to mitigate the spread of COVID-19. Sports programs will be limited to such areas as locker rooms and restrooms. Coaching staff will be assigned to such areas to clean and disinfect in order to mitigate the spread of COVID-19. Coaching staff and student athletes will stagger use of communal spaces.
- **How will you utilize outdoor space to meet social distancing requirements?**
 Sports programs will meet at different locations on campus to mitigate spread. Each program will be required to practice social distancing (six feet apart) during workouts. Head Coach staff are accountable and responsible for such safety practices.
- **What hygiene routines will be implemented?**
 Student athletes are required to bring a change of clothing. Student athletes will wear the same uniform during workouts. Dual practices for the same sport will be prohibited. To mitigate spread, there will be a single practice (i.e. football program).
- **How will you adjust student transportation to meet social distancing requirements?**
 It will be required that student athletes sit one person per seat, every other seat to mitigate the spread of COVID-19. Student athletes will be encouraged to utilize personal transportation if possible. Student athletes will only travel with necessary equipment. The Athletic Director and/or designee is responsible for the enforcement of such requirement.
- **How will social distancing and other safety protocols vary based on age ranges?**
 Social distancing and other safety protocols will not vary based on age ranges. Social distancing (six feet apart) applies to all sports programs. Refraining from practicing such safety precautions is prohibited. The Athletic Director and Head Coaching staff are responsible for the implementation of such protocols.

- **Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?**

Training for social distancing will be provided to coaches, staff, trainers, student athletes, and families via Zoom prior to the start of practices/workouts.

Summary of Responses to Key Questions: When at practice or in competition, any unnecessary contact should be avoided such as handshakes and high fives. Physical closeness or contact between players will be reduced when possible by focusing on conditioning and individual skills. Cleaning schedules that have been created and implemented for all athletic facilities will be maintained to mitigate any communicable disease. Limit indoor activities and the areas used. Locker room use is not permitted. Vigorous-intensity exercise outside when possible and stay at least 6 feet away from other participants. Face masks will be required. Promote healthy hygiene practices, such as hand washing (20 seconds with warm water and soap) and employees' wearing a face cover, as feasible. Hand sanitizer will be available for team use as resources allow. Workouts should be conducted in "pods" of students with the same 5-10 students always working out together. Social distancing will also accommodate the ages and size of athletes. Students, coaches, and athletic staff will participate in trainings prior to the start of initial activities. Sports programs conditioning and practices will be staggered to accommodate social distancing safety practices. Sports programs will meet at different locations on campus to mitigate spread (i.e. football program stationed on football field in small groups of no more than 4 student athletes; track and field will meet at the track and will perform individual drills). During weight training, student-athletes (no greater than 8) may attend during an allotted time. Staffing must not exceed 2 members. Student athletes will be assigned to groups (no greater than 4) members. The ratio of coach-to-student athlete: 1:4. During game situations, only coaches, student athletes, and trainers are permitted on the sidelines. Coaches and players are to practice social distancing while on the sidelines. During multiple sporting events, adequate transition time will be factored in the schedule. Disinfect protocols will be enforced during such events and should take place during the transition from one sport to another. Student athletes will remain with group assigned and coaching staff will screen designated groups to mitigate spread. Coach's' meetings and student athlete meetings should be held on Zoom. Team gatherings indoors are prohibited. To mitigate the spread of COVID-19, sports programs will be limited to such areas as: locker rooms, restrooms. Coaching staff will be assigned to such areas for disinfect practices to mitigate spread. Coaching staff and student-athletes will stagger when using such areas. Each program will be required to practice social distance (six feet apart) during workouts. Head Coach staff are accountable and responsible for such practices. Student athletes are required to bring a change of clothing. Wearing the same uniform during workouts and during the transition home will be prohibited. Dual practices for the same sport will be prohibited. To mitigate spread, there will be a single practice (i.e. football program). . For transportation, one student will be seated per seat, every other row in order to maximize social distancing.

Encourage student athletes that can receive personal transportation to do so. Student athletes will only travel with necessary equipment. The Athletic Director and/or designee is responsible for the enforcement of such requirements. Social distancing (six feet apart) applies to all sports programs. Refraining from practicing such safety precautions is prohibited. The Athletic Director and Head Coaching staff are responsible for the implementation of such protocols. Trainings for social distancing will be provided to coaches and staff via Zoom prior to any practices/workouts.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>Lower risk sports practices may begin. Practice schedules will be constructed in a tiered practice schedule to limit large gatherings.</p> <p>Modified practices may begin for Moderate and High-risk sports (practices must remain non-contact and include social distancing where applicable.)</p> <p>Sports programs will meet at different locations on campus to mitigate spread (i.e. football program stationed on football field in small groups of no more than 4 student athletes.</p> <p>During multiple sporting events, adequate transition time will be factored in the schedule. Disinfecting/cleaning protocols will be enforced during such events and should take place during the transition from one sport to another.</p> <p>Student athletes will be assigned to groups (no greater than 4) members. The ratio of coach-to-student athlete: 1:4.</p> <p>It will be required that student athletes sit one person per seat, every other seat to mitigate the spread of COVID-19.</p> <p>Student athletes will only travel with necessary equipment.</p>	<p>Andre Moore- Athletic Director</p> <p>Durell Moore Asst. Athletic Director</p> <p>LaDontay Bell Head Football Coach</p> <p>Ken Santello Trainer</p>	<p>Masks</p> <p>Hand Sanitizer</p> <p>Disinfectant Solution</p> <p>Emergency Contact Cards</p>	<p>Y</p>
<p>* Procedures for serving food at events</p>	<p>Concession stand and distribution of food is prohibited unless otherwise cleared by the CDC or PIAA guidelines.</p>	<p>Head Coach of Specific Sport</p>	<p>N/A</p>	<p>N</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Students MUST bring their own water bottle. Water bottles must not be shared.</p> <p>Soap and Water with slow washing process is the best plan for hygiene for students. All hydration Stations may be used and will be cleaned after every practice/event</p> <p>Student athletes are required to bring a change of clothing. Wearing the same uniform during workouts and during the transition home will be prohibited.</p> <p>During break periods, players will be required to sanitize hands and practice social distancing.</p>	<p>Head Coach of Specific Sport</p> <p>Ken Santello Trainer</p>	<p>Hand sanitizer</p> <p>Masks</p>	<p>Y</p>
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Staff, Coaches, Parents and Athletes will be educated on the following:</p> <ul style="list-style-type: none"> • COVID-19 signs and symptoms • Proper ways to limit exposure to COVID-19 • COVID-19 information released by state/local governments, NFHS, and PIAA, as it becomes available <p>Post safety precaution signs in locker rooms and restrooms to enhance awareness of disease, risks, and preventions.</p>	<p>LaDontay Bell- Head Football Coach</p> <p>Ken Santello Trainer</p>	<p>Posters</p> <p>Signs</p> <p>Tape</p>	<p>N</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>Event or game attendance will be determined by Tier Grouping:</p> <ul style="list-style-type: none"> ▪ Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security ▪ Tier 2 (Preferred) – Media ▪ Tier 3 (Non-essential) – Spectators, vendors <p>Due to legislative mandates, no spectators or vendors are prohibited.</p> <p>Coaches, student-athletes, and trainers are permitted on campus only. This will be address on the school district website. Subject to change pending guidelines from PIAA and discretion of District Central Admin.</p>	<p>Andre Moore- Athletic Director Durell Moore-Asst. Athletic Director</p>	<p>Name tags for identification</p>	<p>N</p>
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>The sharing of personal items is prohibited. Students must refrain from sharing clothing/towels and should be washed after each practice, including pinnies.</p> <p>Athletic equipment be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) will be cleaned intermittently during practice and events as deemed necessary</p> <p>Hand Sanitizer should be used periodically as resources allow.</p> <p>Materials and equipment necessary for a specific sport must be shared in immediate small groups. After use, material and equipment must be disinfected and sanitized.</p>	<p>Durell Moore-Asst. Athletic Director</p>	<p>Posters and signs to promote protective measures</p>	<p>N</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>Sidelines/Bench – appropriate social distancing and face coverings will need to be maintained during contests and events, as deemed necessary by the school, PIAA, state and local governments.</p> <p>Facial coverings are required for coaches, athletes and spectators unless they are outdoors and can consistently maintain social distancing of at least 6 feet.</p> <p>Athletes are not required to wear face coverings while actively engaged in workouts or competitions.</p> <p>Consider using tape or paint as a guide for students and coaches.</p> <p>Weight and meeting room usage will be staggered by teams to ensure overlapping of communal space to maximize social distancing where possible</p> <p>During weight training, student-athletes (no more than 8) may attend during an allotted time. Staffing must not exceed 2 members. Coaching staff will be assigned to such areas for disinfect practices to mitigate spread. Each program will be required to practice social distance (six feet apart) during workouts.</p>	<p>LaDontay Bell Head Coach of Football</p>	<p>Game and practice plan</p> <p>Masks/face coverings</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>Adjusting transportation schedules and practices to create social distance</p>	<p>Transportation:</p> <p>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.</p> <p>Coaches and student athletes must wear a facemask on bus/van.</p> <p>Using hand sanitizer upon boarding a bus/van.</p> <p>Social distancing on a bus if feasible.</p> <p>Buses will be cleaned and sanitized before and after trips.</p> <p>Guardians may make a request in writing to the Athletic Director to transport their student athlete to and from an event/game (24-hour notice required).</p> <p>It will be required that student athletes sit one student per seat, every other seat to mitigate the spread of COVID-19. Encourage student athletes that can receive personal transportation to do so. Student athletes will only travel with necessary equipment.</p>	<p>Andre Moore- Athletic Director</p>	<p>Van Schedule</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</p>	<p>Low, Moderate, and High Risk practices and competitions may begin as per State, Local, and PIAA Guidelines.</p> <p>Workouts/Practices-No gatherings of more than 25 people (including coaches and athletes) at a time inside. Up to 25 individuals may gather outdoors for workouts.</p> <p>Spread out the locations of teams and facility usage in order to prevent the overlap of team activities.</p> <p>Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. Tier 1 (Athletes, Coaches, Officials, event staff, medical staff and security) and Tier 2 (Media) personnel are inclusive in the maximum allowable attendance.</p> <p>Students will refrain from sharing clothing/towels, which will be washed after each practice, including pinnies.</p> <p>Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) will be cleaned intermittently during practice and events as deemed necessary.</p> <p>Prioritize outdoor practice and play as much as possible.</p> <p>Student athletes are to be assigned in groups (no more than 4). Exceeding two groups or student athletes (no more than 8) is prohibited.</p> <p>Staff (no more than 2) are permitted with student athlete groups.</p>	<p>LaDontay Bell Head Coach of Football</p>	<p>Game and Practice Management Plan</p>	<p>Yes</p>

Monitoring Student Athletes and Staff Health

Phase 1 (Red) *The CUSD has determined that no sports-related activities, including workouts and practices, are permitted during the Red Phase.

Pre- workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- 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 healthcare professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Phase 2 (Yellow)

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- 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 healthcare professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Phase 3 (Green)

Pre-Workout/Contest Screening:

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

The type of screening will be dependent upon the available resources and the phase level. The purpose is to check for signs and symptoms of COVID-19. The screening will be a training session which verbal questionnaire that includes primary signs and symptoms with social distancing methods, as well as a temperature check. Anyone presenting with a fever of greater than 99.5 degrees will be required to immediately leave the premises. The goal will engage student athletes and stakeholders to resume athletics by promoting healthy hygiene, intensify cleaning, disinfection, and ventilation in all facilities. We will encourage social distancing through increased spacing, tiered practice schedules, small groups, and limited mixing between teams when feasible. Regularly communicate and monitor athletic developments with the Chester County Health Department, employees, and families regarding cases, exposures, and updates through our website and social media. The athletic director and/or coaches are responsible for reporting any suspected cases of COVID-19 to the designated school nurse. The designated school nurse will report any suspect cases to the Chester County Health Department. Any person having a fever in the past 24 hours, showing symptoms, or have been in contact directly or indirectly with someone who tested positive for COVID-19 will be sent home to follow primary care physician orders. If multiple students or coaches display symptoms, a temporary closing will be initiated for cleaning and review of team activities.

Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any of the phasing periods, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- The Chairperson of Nursing Services for the District will contact the Chester County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.

- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Chester County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Key Questions

- **How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?** All staff personnel must be screened prior to participation. Staff will observe one another to uphold the integrity of the mitigation of the spread of COVID-19. Staff will observe student athletes to ensure compliance with all safety protocols.
- **Who will be responsible for monitoring?** The athletic trainers on staff will be responsible for monitoring signs of symptoms.
- **Where will the monitoring take place?** Monitoring will be provided on the sidelines of the practice or game area. Such practices are necessary to limit indoor activity.
- **When and how frequently will the monitoring take place?** Monitoring will take place daily. Student athletes' information will be recorded via written document.
- **What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?** Any individual that becomes ill will undergo a quarantine period of 14 days and must be seen by their primary care physician. The individual can return after the quarantine period with a written document from their primary care physician once cleared. However, the permission to participate will be at the discretion of the School Administrator/Athletic Director/Head Coach/Trainer, in that order.

- **When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?** Notifications of such a situation will be provided on the School District Website. Updates will be provided as necessary in such situations.
- **Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?** It will be mandated that all coaches, trainers, student athletes, and families attend an online Zoom meeting, so they are provided with information about the protocols and guidelines for monitoring student athletes and staff members' health. This training will occur prior to any practices/workouts. The Athletic Trainer along with the Athletic Director will facilitate such trainings.

Summary of Responses to Key Questions:

Students, coaches, and staff will have daily progress monitoring forms that examine their pre-participation health prior to the beginning of activities. The athletic trainer or coaching staff will evaluate the pre monitoring progress screening. The progress monitoring screening will happen outside of the school facilities. The progress monitoring screening will happen daily before each activity. 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 by the Chester County Health Department. 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 individual is a student, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up. The ill individual will be asked to contact their physician or appropriate healthcare professional for direction. Student or staff will need medical clearance from their physician or appropriate healthcare professional with a determination to be non-contagious fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>PIAA Physical form, COVID-19 Pre Athletic Screen Form, and COVID-19 Athlete/ Coach Daily Monitoring Form.</p> <p>Athletic Staff will review student paperwork to ensure it is filled out correctly for documentation.</p> <p>All staff will be trained in the area of monitoring symptoms and exposure.</p> <p>The athletic trainer will screen student athletes along with the assistant athletic director or Head Coach of a specific sport.</p>	<p>Ken Santello Trainer</p> <p>Durell Moore- Asst. Athletic Director</p>	<p>Questionnaire Form</p> <p>Infrared Thermometer</p>	<p>Y</p>
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>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.</p> <p>Undergo a 14-day quarantine with a mandatory doctor visit.</p> <p>Must be cleared by doctor prior to return. Documents must reveal clearance.</p> <p>Participation is of the discretion of School Administrator, Athletic Director, Head Coach of staff and trainer.</p>	<p>Principal of Schools</p> <p>Andre Moore- Athletic Director</p> <p>Head Coach of specific sport</p> <p>Ken Santello Trainer</p>	<p>Documentation of clearances</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>Student or staff will need medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious</p> <p>Student Athletes must meet all of the requirements mandated by the district's policy to return to school.</p> <p>Reinstatement meeting with trainer and athletic director and head coach of specific sport.</p>	<p>Andre Moore- Athletic Director</p>	<p>Documentation of clearances</p>	<p>N</p>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>Coaches, student athletes, and parents will be educated on the following through appropriate communication channels.</p> <p>Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposure, and updates to policy and procedures.</p> <p>Report all items of Stakeholder communication through the District's Family/Community Partnerships and Engagement Work Group.</p> <p>Report information to District Central Offices Provide information of serious incident and safety precautions on School District Website.</p>	<p>Andre Moore- Athletic Director</p>	<p>Administrative Supports</p>	<p>N</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Other monitoring and screening practices	Daily Communication with Student Athletes, Coaches and Athletic Trainer <ul style="list-style-type: none"> ▪ 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. 	Andre Moore Athletic Director Ken Santello Athletic Trainer	None	No

Other Considerations for Student Athletes and Staff

OTHER CONSIDERATIONS

- Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
- Wiping down ball and equipment frequently.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Officials and sideline volunteers should be given option to wear face coverings (may use artificial noisemaker in place of whistle).
- Outside organizations that utilize our fields are required to clean and sanitize high touch surfaces prior to and after their use.

Assessing Risk

Risk of COVID-19 spread can be different on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

The way sports are played, and the way equipment is shared can influence the spread of COVID19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.
 - For example, players and coaches can:
 - Focus on individual skill building versus competition;

- Limit the time players spend close to others by playing full contact only in game-time situations;
- Decrease the number of competitions during a season.

Coaches can also modify practices, so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between uses by different people to reduce the risk of COVID-19 spread.
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).** During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).
- **Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.

- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- **Travel outside of the local community.** Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

Key Questions

- **How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?** An online Zoom conference will be held with staff of a specific sport to determine if staff have any unreadiness to return. Staff who are unable to return will be encouraged to take the necessary precautions to sustain health. Coaching staff will have a chain-of-command document in place to ensure the continuation of a specific sport.
- **How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?** An online Zoom conference will be held with all student athletes and parents to determine if there is any unreadiness to return. Student athletes who are unable to return will be encouraged to take the necessary precautions to sustain health. The head coach of the specific sport will obtain health progression updates weekly on any student athlete in such a situation.
- **What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?** Coaches, officials, and staff are required to wear face coverings at all times. Student athletes are to wear face coverings at all times unless they are involved in vigorous physical activity.
- **What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?** Limitations must be communicated to the Athletic Trainer. The Athletic Trainer will share expertise with the coaching staff regarding such situations. At the discretion of the Athletic Director and expertise of the Athletic Trainer, a decision will be made.

- **How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?** Any party who is ill or who has been in contact with a family member who is ill, will follow quarantine protocols. For the safety of all parties, a doctor's clearance must be obtained prior to the return to a specific sport.
- **How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?** A chain-of-command list will be in place for all sports. In the event of sudden illness, duties will be delegated to the appropriate staff member.
- **Which stakeholders will be trained on these protocols? When and how will the training be provided?** All coaches, trainers, student athletes, and families must be trained for these situations. A mandatory zoom conference will be conducted to ensure protocols and practices prior to the start of any practices/workouts.

Summary of Responses to Key Questions:

The ill individual will be asked to contact their physician or appropriate healthcare professional for direction. Those staff members who have yet to be cleared medically may not participate. The ill individual will be asked to contact their physician or appropriate healthcare professional for direction. Any students who have not been cleared by a medical professional will not be able to participate. Students and staff are expected to wear masks during all permissible opportunities. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:

- Age 65 or older
- Lung disease, moderate-severe asthma
- Serious heart conditions
- May be immunocompromised
- Obesity
- Diabetes
- Kidney or liver disease

If you have had close contact with someone with COVID-19, you are required to stay home for 14 days after exposure based on the time it takes to develop illness.

Any changed conditions will be announced via social media, website, and telephone recorded message. Substitute coaches may be provided if replacements are available. Coaches and staff members will be trained on COVID 19 protocols.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	<p>Daily Communication with Student Athletes, Coaches and Athletic Trainer.</p> <p>Educate student athletes, coaches, and staff on health and safety protocols.</p> <p>Limitations will be communicated to the Athletic Trainer. The Athletic Trainer will share expertise with the coaching staff regarding such situations. At the discretion of the Athletic Director and expertise of the Athletic Trainer, a decision will be made.</p>	<p>Ken Santello- Trainer</p> <p>Andre Moore- Athletic Director</p>	<p>Emergency Contact Information</p>	<p>Y</p>
* Use of face coverings by all coaches and athletic staff	<p>Face Coverings are mandatory for all sports.</p>	<p>Andre Moore- Athletic Director</p>	<p>Face Masks/Face Coverings</p>	<p>N</p>
* Use of face coverings by student athletes as appropriate	<p>Face Coverings are mandatory for all sports (except when the student athlete is involved in vigorous physical activity).</p>	<p>Andre Moore- Athletic Director</p>	<p>Face Masks/Face Coverings</p>	<p>N</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p>	<p>Review and identify Physical Exams with School Nurse.</p> <p>Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:</p> <ul style="list-style-type: none"> ▪ Age 65 or older ▪ Lung disease, moderate-severe Asthma ▪ Serious heart conditions ▪ May be immunocompromised ▪ Obesity ▪ Diabetes ▪ Kidney or liver disease <p>Limitations must be communicated to the Athletic Trainer. The Athletic Trainer will share expertise with the coaching staff regarding such situations. At the discretion of the Athletic Director and expertise of the Athletic Trainer, a decision will be made.</p>	<p>Ken Santello- Trainer</p> <p>Andre Moore- Athletic Director</p>	<p>Emergency Contact Information</p>	<p>Y</p>
<p>Management of Coaches and Athletic Staff</p>	<p>When students are arriving at workouts, they must maintain maximum distance where possible.</p> <p>All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.</p> <p>Information from screening should be transferred to a monitoring form by coaches and students.</p> <p>Weekly Online Zoom Conferences</p>	<p>Andre Moore- Athletic Director</p> <p>Head Coach of Specific Sport</p>	<p>Updates of Health statuses</p>	<p>N</p>

Most Common Q & A:

Fall Sports

Q: Has there been a decision made about fall sports?

A: Fall sports are scheduled to begin as planned at this point this time. We will continue to monitor any additional information provided by the Governor's Office, Department of Health or Department of Education as it relates to interscholastic athletics.

Out-of-Season Activities

Q: Can out-of-season activities begin before July 1st?

A: With the Governor's development of the red; yellow and green phases of opening counties across the Commonwealth, the Board is committed to permitting activities in those areas of the state that may be opened under the Governor's orders. If permitted, PIAA is no longer holding to a common date of July 1 for out of season activities.

Q: Can teams attend camps as scheduled?

A: At this point it is still too early to reach any decisions or offer guidance at this time. If ultimately permitted, that would be an individual decision or decision of the school for Team Camps.

Q: Will there be any changes to the rules regarding out-of-season regulations in light of the effects of COVID-19?

A: No. All current rules regarding out-of-season participation will remain in effect.

Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
COVID 19 Awareness	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	ONLINE	Computer/phone/Safety Plan	7/30/20	7/30/20
Disease Prevention	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	ONLINE	Computer/phone/Safety Plan	7/30/20	7/30/20
Social Distancing	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	ONLINE	Computer/phone/Safety Plan	7/30/20	7/30/20
Disease Response Protocol	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	ONLINE	Computer/phone/Safety Plan	7/30/20	7/30/20
Community Support	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	ONLINE	Computer/phone/Safety Plan	7/30/20	7/30/20

Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
COVID 19 Awareness	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	School District Website	7/30/20	7/30/20
Disease Prevention	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	School District Website	7/30/20	7/30/20
Social Distancing	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	School District Website	7/30/20	7/30/20
Disease Response Protocol	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	School District Website	7/30/20	7/30/20
Community Support	Coaches/Parents/Student Athletes/	Andre Moore-Athletic Director	School District Website	7/30/20	7/30/20

Athletics Health and Safety Plan Summary: Chester Upland School District

Anticipated Launch Date: **August 3, 2020**

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day.</p> <p>Weight room equipment should be wiped down before and after each individual use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be cleaned and sanitized using multi-surface disinfecting wipes and CDC approved sanitizing solutions (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room, tables, etc.).</p> <p>Athletic Facilities will be cleaned and sanitized prior to arrival and post workouts and team gatherings.</p> <p>High touch surface areas will be cleaned more often.</p> <p>Appropriate clothing/shoes will be required at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.</p> <p>Student athletes, coaches, and staff will be required to wear facial masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.</p> <p>Vigorous-intensity exercise outside when possible and maintain at least 6 feet away from other participants if possible, face masks will be required.</p>

Requirement(s)	Strategies, Policies and Procedures

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>Lower risk sports practices may begin. Practice schedules will be constructed in a tiered practice schedule to limit large gatherings.</p> <p>Modified practices may begin for Moderate and High-risk sports (practices must remain non-contact and include social distancing where applicable.)</p> <p>Sports programs will meet at different locations on campus to mitigate spread (i.e. football program stationed on football field in small groups (no greater than 4)</p> <p>During multiple sporting events, adequate transition time will be factored in the schedule. Disinfect protocols will be enforced during such events and should take place during the transition from one sport to another.</p> <p>Student athletes will be assigned to groups (no greater than 4) members. The ratio integrity of coach-to-student athlete: 1:4.</p> <p>It will be required that student athletes sit (every other seat) to mitigate spread Student athletes will only travel with necessary equipment.</p>
<p>* Procedures for serving food at events including team meetings and meals</p>	<p>Concession stand and distribution of food is prohibited unless otherwise cleared by the CDC or PIAA guidelines.</p>
<p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p>	<p>Students MUST bring their own water bottle. Water bottles must not be shared.</p> <p>Soap and Water with slow washing process is the best plan for hygiene for students. All hydration Stations may be used and will be cleaned after every practice/event.</p> <p>Student athletes are required to bring a change of clothing. Wearing the same uniform during workouts and during the transition home will be prohibited.</p> <p>During break periods, players will be required to sanitize hands and practice social distancing.</p>

Requirement(s)	Strategies, Policies and Procedures
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Staff, Coaches, Parents and Athletes will be educated on the following:</p> <ul style="list-style-type: none"> • COVID-19 signs and symptoms • Proper ways to limit exposure to COVID-19 • COVID-19 information released by state/local governments, NFHS, and PIAA, as it becomes available <p>Post safety precaution signs in locker rooms and restrooms to enhance awareness of disease, risks, and preventions.</p>
<p>Identifying and restricting non-essential visitors and volunteers</p>	<p>Event or game attendance will be determined by Tier Grouping:</p> <ul style="list-style-type: none"> ▪ Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security ▪ Tier 2 (Preferred) – Media ▪ Tier 3 (Non-essential) – Spectators, vendors <p>Due to legislative mandates, no spectators or vendors are prohibited.</p> <p>Coaches, student-athletes, and trainers are permitted on campus only. This will be address on the school district website. Subject to change pending guidelines from PIAA and discretion of District Central Admin.</p>
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>The sharing of personal items is prohibited. Students must refrain from sharing clothing/towels and should be washed after each practice, including pinnies.</p> <p>Athletic equipment be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) will be cleaned intermittently during practice and events as deemed necessary</p> <p>Hand Sanitizer should be used periodically as resources allow.</p> <p>Materials and equipment necessary for a specific sport must be shared in immediate small groups. After use, material and equipment must be disinfected and sanitized.</p>

Requirement(s)	Strategies, Policies and Procedures
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>Sidelines/Bench – appropriate social distancing and face coverings will need to be maintained during contests and events, as deemed necessary by the school, PIAA, state and local governments. Facial coverings are required for coaches, athletes and spectators unless they are outdoors and can consistently maintain social distancing of at least 6 feet.</p> <p>Athletes are not required to wear face coverings while actively engaged in workouts or competitions.</p> <p>Consider using tape or paint as a guide for students and coaches.</p> <p>Weight and meeting room usage will be staggered by teams to ensure overlapping of communal space to maximize social distancing where possible</p> <p>During weight training, student-athletes (no greater than 8) may attend during an allotted time. Staffing must not exceed 2 members. Coaching staff will be assigned to such areas for disinfect practices to mitigate spread. Each program will be required to practice social distance (six feet apart) during workouts.</p>
<p>Adjusting transportation schedules and practices to create social distance between students</p>	<p>Transportation:</p> <p>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.</p> <p>Athletes must wear a facemask on bus/van.</p> <p>Using hand sanitizer upon boarding a bus/van.</p> <p>Social distancing on a bus where possible.</p> <p>Buses will be cleaned and sanitized before and after trips.</p> <p>Guardians may make a request in writing to the Athletic Director to transport their student athlete to and from an event/game (24-hour notice required).</p> <p>It will be required that student athletes sit one student per seat, every other seat to mitigate the spread of COVID-19. Encourage student athletes that can receive personal transportation to do so. Student athletes will only travel with necessary equipment.</p>

Requirement(s)	Strategies, Policies and Procedures
<p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p>	<p>Low, Moderate, and High Risk practices and competitions may begin (As per State, Local, and PIAA Guidelines)</p> <p>Workouts/Practice-No gathering of more than 25 people (including coaches and athletes) at a time inside. Up to 25 individuals may gather outdoors for workouts.</p> <p>Spread out the locations of teams, and facility usage in order to prevent overlap of team activities</p> <p>Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. Tier 1 (Athletes, Coaches, Officials, event staff, medical staff and security) and Tier 2 (Media) personnel are inclusive in the maximum allowable attendance.</p> <p>Students will refrain from sharing clothing/towels and will be washed after each practice, including pinnies</p> <p>Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) will be cleaned intermittently during practice and events as deemed necessary</p> <p>Prioritize outdoor practice and play as much as possible.</p> <p>Student athletes are to be assigned in groups (no greater than 4). Exceeding two groups or student-athletes (greater than 8) is prohibited.</p> <p>Staff (no greater than 2) are permitted with student-athlete groups.</p>

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>PIAA Physical form, COVID-19 Pre Athletic Screen Form, and COVID-19 Athlete/Coach Daily Monitoring Form.</p> <p>Athletic Staff will review student paperwork to ensure it is filled out correctly for documentation.</p> <p>All staff will be trained in the area of monitoring symptoms and exposure.</p>

Requirement(s)	Strategies, Policies and Procedures
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>The athletic trainer will screen student athletes along with the assistant athletic director or Head Coach of a specific sport.</p> <p>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.</p> <p>Undergo a 14-day quarantine with a mandatory doctor visit.</p> <p>Must be cleared by doctor prior to return. Documents must reveal clearance.</p> <p>Participation is of the discretion of School Administrator, Athletic Director, Head Coach of staff and trainer.</p>
<p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p>	<p>Student or staff will need medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious</p> <p>Student Athletes must meet all of the requirements mandated by the district's policy to return to school.</p> <p>Reinstatement meeting with trainer and athletic director and head coach of specific sport.</p>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>Coaches, student athletes, and parents will be educated on the following through appropriate communication channels.</p> <p>Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposure, and updates to policy and procedures.</p> <p>Report all items of Stakeholder communication through the District's Family/Community Partnerships and Engagement Work Group.</p> <p>Report information to District Central Offices. Provide information of serious incident and safety precautions on School District Website.</p>

Requirement(s)	Strategies, Policies and Procedures
	<p>Daily Communication with Student Athletes, Coaches and Athletic Trainer</p> <ul style="list-style-type: none"> ▪ 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.

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p>	<p>Daily Communication with Student Athletes, Coaches and Athletic Trainer.</p> <p>Educate student athletes, coaches, and staff on health and safety protocols</p> <p>Limitations must be communicated to the athletic trainer. The athletic trainer will share expertise with the coaching staff regarding such situations. At the discretion of the Athletic Director and expertise of the Athletic Trainer, a decision will be made.</p>
<p>* Use of face coverings by all coaches and athletic staff</p>	<p>Face Coverings are mandatory for all sports.</p>
<p>* Use of face coverings by student athletes as appropriate</p>	<p>Face Coverings are mandatory for all sports (except when student athlete is involved in vigorous physical activity).</p>
<p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p>	<p>Review and identify Physical Exams with School Nurse</p> <p>Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:</p> <ul style="list-style-type: none"> ▪ Age 65 or older ▪ Lung disease, moderate-severe Asthma ▪ Serious heart conditions ▪ May be immunocompromised ▪ Obesity

Requirement(s)	Strategies, Policies and Procedures
<p>Management of Coaches and Athletic Staff</p>	<ul style="list-style-type: none"> ▪ Diabetes ▪ Kidney or liver disease <p>Limitations must be communicated to the athletic trainer. The Athletic Trainer will share expertise with the coaching staff regarding such situations. At the discretion of the Athletic Director and expertise of the Athletic Trainer, will a decision be made.</p> <p>When students are arriving at workouts, they must maintain maximum distance where possible.</p> <p>All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.</p> <p>Information from screening should be transferred to a monitoring form by coaches and students</p> <p>Weekly Online Zoom Conferences</p>

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Receiver/Board of Directors/Trustees for **Chester Upland School District** reviewed and approved the Athletics Health and Safety Plan on **July 28, 2020**.

The plan was approved by a vote of:

Yes

No

Affirmed on: **July 28, 2020**

By:

(Signature of Receiver/Board President)

(Print Name of Receiver/Board President)

