

Western Wayne School District Athletic Health and Safety Plan

Guidance to Resume Voluntary Sports' Related Activities

Introduction

This document contains guidelines for establishing a minimal set of standards to assist athletic programs to resume participation. The virus that causes the Coronavirus 2019 Disease (“COVID-19”) is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to safeguard public health and safety.

COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild, such as a cough. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose or eyes. This guidance document addresses the procedures sports teams must follow to limit the spread of COVID-19 to the extent they are permitted to conduct in-person operations.

Understand that while these recommendations are scientific no one can guarantee prevention of illness or injury during athletic participation. There can be no guarantee of safety in a contact sport. This document does not supersede any state or federal guidelines in place for the COVID-19 pandemic.

Appreciate, as the medical and scientific community learns more about COVID-19, these recommendations are subject to change. It remains important to continue to consult and follow the most recent CDC guidelines.

Staying Home when Appropriate

Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.

Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.

Signs and Messages

Signs will be posted in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures and describe how to stop the spread of germs such as by properly washing hands.

Pre-Workout/Contest Screening:

- 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 100.4 degrees or higher, or are sick, they must be sent home.
- Responses to screening questions for each person will be recorded and stored by the coach so that there is a record of everyone present in case a student develops COVID-19 (see Appendix for sample Monitoring Form).
- A record will be kept of all individuals present.
- Vulnerable individuals should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- 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 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.

- No gathering of more than 15 people at a time inside the weight room, 25 in the gymnasiums. Up to 50 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. 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.

Facilities Cleaning:

- Adequate cleaning schedules will 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 will 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.
- Disinfecting wipes will be 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 is to 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.

Physical Activity and Athletic Equipment:

- There will be no shared athletic towels, clothing or shoes between students.
- Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels is to be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Disinfecting wipes will be 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 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.

Illness Protocol

- Should an individual athlete become ill, they should be immediately removed from the group, masked if not already, and isolated in their individual space. The parent or guardian should be notified right away.

- Testing for COVID-19 should be done.

- If testing is positive, contact tracing will be initiated.

- This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.

- Tracing will follow the guidelines set forth by the Pennsylvania Department of Health or CDC.

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

- The athlete with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines.

Students who test positive for COVID-19 will provide a written release for return to activity from their medical provider before allowing continued participation.

Education

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

- COVID-19 signs and symptoms

- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)

- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.

- The content of this Return to Sport Guidelines Document

- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

- students should come dressed for activity

- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used

- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.

- No students allowed in training areas without the presence of an athletic trainer

Sources:

<https://www.governor.pa.gov/covid-19/sports-guidance/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

<https://www.upmc.com/-/media/upmc/services/sports-medicine/documents/return-to-play/high-school-athlete-guidelines-pdf.pdf?la=en>

<https://www.governor.pa.gov/wp-content/uploads/2020/05/20200522-Department-of-Health-2020-Summer-Program-FAQ.pdf>

