

MONESSEN ATHLETIC DEPARTMENT HEALTH AND SAFETY PLAN

Monessen School District Athletic Teams will be allowed to conduct limited outdoor small group/team training classes and sessions. No competition or contact sports activities will be allowed. These guidelines are based on recommendations from [the U.S. Centers for Disease Control and Prevention](#) (CDC), [National Federation of State High School Associations](#) (NFHS), the [Commonwealth of Pennsylvania](#), and [UPMC Sports Medicine](#).

This document contains guidelines for establishing a minimal set of standards to assist athletic programs in resuming participation. Understand that we nor anyone 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.

Please be aware that if one person tests positive for COVID-19 in any sport it will result in an automatic shutdown of all sports in our district for 14 days.

General Guidance to Protect All Staff and Athletes:

1. Review and follow the [Commonwealth's guidance for all sports](#).
2. Review and follow [CDC guidance for cleaning and disinfection](#).
3. Review and follow [CDC Considerations for Youth Sports](#).
4. All staff, volunteers, and athletes should bring to sporting events and wear, reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics, and when social distancing is not possible.
 - a. Provide training on cloth face coverings based on CDC guidance for [Use of Cloth Face Coverings](#).
 - b. Review the PA DOH information about [using cloth face coverings and stopping the spread of COVID-19](#).
 - c. People wearing face coverings must not touch their eyes, nose, mouth, or face, or adjust their face covering without first sanitizing hands. After touching face or adjusting face covering, hands must be sanitized.
5. Parents/guardians of minors attending a sporting event should be asked to stay in their vehicle and wear cloth face coverings while around other attendees, staff and athletes when social distancing is not possible.
6. Alcohol-based hand sanitizer with at least 60% alcohol must be readily made available to staff and athletes and kept with staff and equipment at all times. Frequent hand hygiene should be required including, but not limited to, hand hygiene upon arrival, before and after meals or snacks, before and after going to the restroom, before and after touching a person's face or face covering, and prior to leaving the event.

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7. Commonly touched surfaces and areas should be frequently cleaned and disinfected according to [CDC guidance](#) at the end of each event. Shared equipment must be cleaned and disinfected between use.
8. Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others.
9. Assign a dedicated staff member (i.e., a safety officer) to monitor social distancing and compliance with protective actions, and to prompt other staff and athletes about social distancing, hand hygiene, and use of cloth face coverings.
10. 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 contests are to continue.

Employee, Volunteer, and Athlete Protection:

1. Athletes and staff (including administrative, coaches, trainers or officials) must be provided education and training around safe practices as it relates to hygiene, sanitation (cleaning and disinfection policies), and illness policies outlined in the [CDC Guidelines](#) and in this document.
2. Athletes and staff must maintain at least 6 feet apart from others at all times.
3. Require all staff and athletes to report any symptoms of COVID-19 or close contact to a person with COVID-19 to a coach. Staff and athletes should not attend events if they feel sick.
4. Pre-participation exams shall be conducted for staff and athletes and must be spaced out by teams and limit the number of people in a space to the practitioner and individual getting screened. This can be accomplished by limiting the number of teams that can be screened in one day and doing the screens by appointment time, so you do not have large groups congregating waiting for their turn.
 - a. COVID-19-specific questions should be included in the screen to include:
 - i. Have you tested positive for COVID-19?
 - ii. Have you had any known exposure to a COVID-19-positive individual?
 - iii. Have you been tested for COVID-19?
 - iv. Have you had any new onset cough or shortness of breath?
 - v. Have you experienced any recent febrile illness? (temp > than 99.5° F)
 - b. The most recent medical evidence recommends consideration of cardiac testing if a student athlete has previously tested positive for COVID-19. This should be discussed with the Primary Care Physician or Licensed Medical Practitioner on a case-by-case basis.
5. Staff and athletes should be screened on arrival to each sporting event by asking if the individual:
 - a. Has any [symptoms of COVID-19](#) or fever of 100.4 degrees F or higher.
 - b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
 - c. Traveled in the past 14 days either:

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- i. Internationally (outside the U.S.),
 - ii. By cruise ship, or
 - iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).
6. 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
 - a. NFHS Appendix II has sample Monitoring Form for daily screening.
 - b. Online or written document for pre-participation exams
 - c. Coaches will be provided basic guidelines regarding HIPAA policies for keeping student-athletes and coaches information confidential
7. Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, those reporting travel risk factors, or vulnerable individuals should not be allowed into the sporting event:
 - a. Symptomatic persons 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. They should be instructed to contact their health care provider to be tested for COVID-19 and [self-isolate at home](#) following the instructions below. If testing is positive, contact tracing should be initiated.
 - b. Asymptomatic persons reporting close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should [self-quarantine](#) for 14 days from their last exposure or return from travel.
 - c. “Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.
8. Person(s) with suspect or confirmed COVID-19 must stay home until symptom-based criteria are met for [discontinuation of isolation](#):
 - a. At least 10 days have passed since symptoms first appeared **AND**
 - b. At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms).
9. Staff and other volunteers should not transport any athletes that are not immediate family members. In the event, that this becomes necessary, all parties must wear cloth face coverings and space out seating to maintain maximal distance from each other.
10. During training sessions/practices, parents and other spectators are encouraged to remain in their cars in a designated parking area. However, when/if watching from the sidelines or are outside cars in the parking area, they should maintain safe social distance from others.
11. Locker rooms remain closed and not utilized. Athletes and staff should arrive to the sporting event already dressed and prepared to participate.

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Business Process Adaptations:

1. No gathering of more than 10 people at a time inside in Phase 1. Up to 50 individuals may gather outdoors for workouts during Phases 2 and 3.
2. Trainings will be limited to small group or team-based training activities. Remote/online platforms will be used for meetings when athletic activity is not needed.
3. Training sessions must be non-contact with focus on skills and drills that can be developed while maintaining physical distancing. When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
4. Group size is to be limited to 15 total people or less (example: 12 athletes and 3 staff/coach).
5. Multiple groups are allowed to practice in one large area/field as long as the separate groups do not mix or interact in any way (e.g., no floating of coaching or support staff, and no interaction between athletes of different training groups).
6. All training and meeting sessions must take place outdoors during Phase 1
7. Weight Room use will be permitted during Phases 2 and 3
8. Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all participants and coaches. In circumstances where closer contact for brief periods of time is necessary, staff and athletes must wear cloth face coverings as discussed above.
9. Staff and athletes shall remain in the team's home state. No teams/groups/athletes from other states are allowed at the sports training events in Monessen.
10. Players shall bring their own equipment and not share their personal equipment with other players. Shared training equipment provided by the coaches must be cleaned and disinfected according to [CDC guidance](#) after every use between athletes.
11. Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in personal equipment bag.
12. Adequate breaks for water and sanitization should be provided and are encouraged to occur between changes in training activities.
13. Athletes should bring their own water bottles. No sharing or common use water bottles or drinking stations.
14. Equipment bags/backpacks of athletes should be placed 6-feet apart. Athletes should not touch other players' bags, equipment, or water bottles.
15. Participants should not use bench or dugout areas for storage of personal equipment. Centralized areas for congregating, such as benches and dugouts, should be avoided.
16. An isolation area shall be identified and communicated to all participants at the beginning of every training session for participants that develop symptoms during the activity.
17. All mouth-based activities often encountered with sporting events shall not be allowed. This includes but is not limited to spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.

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18. Coaches/Buildings & Grounds shall bring trash bags to sessions and remove all garbage following each session.
19. Monessen Athletic Department shall require players' parents/guardians to sign usual participation waivers outlining the additional risks due to COVID-19 associated with the activity.

Facilities Cleaning and Operations:

- In accordance with [CDC Guidance on Cleaning & Disinfecting](#).
- No public use of the track or stadium.
- Facilities may not exceed 50% of their total capacity allowed by law.
- 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.
- When permitted in the Weight Room, appropriate clothing/shoes should always be worn 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 are encouraged to shower and wash their workout clothing immediately upon returning to home.

Task Force Structure:

A task force has been created to help coordinate a notification process and response to suspected COVID-19 cases using this document as a foundation for the minimum criteria. This action team includes the following individuals:

1. Athletic Trainer (Safety Officer)
2. Head Coach
3. Facilities Manager
4. Athletic Director
5. School Nurse (if available)
6. Appointed Individual (if available)
7. Principal
8. Superintendent

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<p>Higher Risk Sports</p>	<p>Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants</p>	<p>Football Competitive Cheer Dance</p>
<p>Moderate Risk Sports</p>	<p>Sports that involve close, sustained contact, but with protective equipment in place 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</p>	<p>Basketball Baseball Softball Soccer High Jump Long Jump 7 on 7 Football</p>
<p>Lower Risk Sports</p>	<p>Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors</p>	<p>Individual Running Events Throwing Events Sideline Cheer</p>

Phase 1

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a temperature check. Head Coach and Athletic Trainer will use the COVID-19 Athlete/Coach Monitoring Form. This form will be emailed to the Athletic Director after each practice and/or conditioning session.
- Responses to screening questions for each person at the facility should be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. The Head Coach must notify both the Athletic Director and Principal of any individual showing positive symptoms relating to COVID-19
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

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Limitations on Gatherings:

- No gathering of more than 15 people at a time. This group includes coaches at practice. For example, if you have 12 athletes and 3 coaches at one time you have reached your maximum capacity for this group.
- Locker Rooms & Weight Room WILL NOT be available to use.
- Athletes should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. This will help to ensure more limited exposure if someone develops an infection.
- When scheduling your “pods” please make sure that you are spacing out your workout times so students cannot gather at the facility. For example, if your 1st Pod is working out from 9:00 AM – 10:00 AM, the next group should start at 10:30 AM to give the 1st Pod enough time to leave the facility. Parents/guardians should know the schedule in advance and must pick up their children in a timely fashion. A schedule of pods and times must be emailed to the Athletic Director and Principal by Friday at 3:00 PM for next week’s practice/conditioning. In other words, the schedule you email on Friday will be for the upcoming week.
- There must be a minimum distance of 6 feet between individuals 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.

Facilities Cleaning:

- Adequate cleaning schedules will be created by Mr. Desak and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering our facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, restrooms, athletic training rooms 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 will be available to individuals as they transfer from place to place.
- Appropriate clothing/shoes must be worn at all times
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Athletes are encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Athletic equipment is NOT TO BE SHARED between students and/or coaches. This includes towels, clothing, shoes or sports specific equipment.
- Athletes must wear their own appropriate workout clothing. Individual clothing/towels should be washed and cleaned after every workout.
- Athletic equipment, including balls, should be cleaned after each use and prior to the next workout.

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- Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual.

Hydration:

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

Phase 2

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a temperature check. Head Coach and Athletic Trainer will use the COVID-19 Athlete/Coach Monitoring Form. This form will be emailed to the Athletic Director after each practice and/or conditioning session.
- Responses to screening questions for each person at the facility should be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. The Head Coach must notify both the Athletic Director and Principal of any individual showing positive symptoms relating to COVID-19
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering of more than 15 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- Athletes should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. This will help to ensure more limited exposure if someone develops an infection. This group includes coaches at practice. For example, if you have 8 athletes and 2 coaches at one time you have reached your maximum capacity for this group.
- A schedule of pods and times must be emailed to the Athletic Director and Principal by Friday at 3:00 PM for next week’s practice/conditioning. In other words, the schedule you email on Friday will be for the upcoming week.
- There must be a minimum distance of 6 feet between individuals 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.
- If locker rooms, weight rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times

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Facilities Cleaning:

- Adequate cleaning schedules will be created by Mr. Desak and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering our facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, restrooms, athletic training rooms 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 will be available to individuals as they transfer from place to place.
- Appropriate clothing/shoes must be worn at all times
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Athletes are encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume.
- Modified practices may begin for Moderate Risk Sports.
- Athletic equipment is **NOT TO BE SHARED** between students and/or coaches. This includes towels, clothing, shoes or sports specific equipment.
- Athletes must wear their own appropriate workout clothing. Individual clothing/towels should be washed and cleaned after every workout.
- 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 will be cleaned prior to use by the next individual.

Hydration:

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

Phase 3

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a temperature check. Head Coach and Athletic Trainer will use the COVID-19 Athlete/Coach Monitoring Form. This form will be emailed to the Athletic Director after each practice and/or conditioning session.
- Responses to screening questions for each person at the facility should be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19

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- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. The Head Coach must notify both the Athletic Director and Principal of any individual showing positive symptoms relating to COVID-19
- 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.

Limitations on Gatherings:

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules will be created by Mr. Desak and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering our facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, restrooms, athletic training rooms 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 will be available to individuals as they transfer from place to place.
- Appropriate clothing/shoes must be worn at all times
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Athletes are encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may resume.
- Athletic equipment is **NOT TO BE SHARED** between students and/or coaches. This includes towels, clothing, shoes or sports specific equipment.
- Athletes must wear their own appropriate workout clothing. Individual clothing/towels should be washed and cleaned after every workout.
- 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 will be cleaned prior to use by the next individual.
- Hand sanitizer should be plentiful at all contests and practices
- Modified practices may begin for Higher Risk Sports
 - Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.

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- Re-assess epidemiology data and experiences in other states and other levels of competition to determine when High Risk Sports competition may resume.

Hydration:

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

Transportation to Events:

- The Monessen School District will 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:

- 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 permitted at events?

- The Monessen School District will group people into tiers from essential to non-essential and decided 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 and Vendors

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

Hygienic

- Illness Reporting – If event athletes, coaches, event staff, media, spectators and vendors or organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at an event they must notify the Athletic Director and Principal immediately.
- Consideration for Officials, Coaches and 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.

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- **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, 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**