

The Athletic Department at Eden is committed to creating, implementing, and overseeing safe and feasible safety guidelines for athletes, students, coaches, and fans for interscholastic athletics as permitted and recommended by the state of PA. The following guidelines are in accordance with CDC, PIAA, and NFHS recommended safe practices. Our department will use 4 different levels of protocol to communicate how interscholastic athletics will be conducted during any varying stages that may occur throughout the school year in accordance with PIAA and the state of PA. The protocol color for athletics will be in alignment with the protocol color the school is operating under at the time.

All athletes/parents must sign a COVID Waiver form before returning to workouts, practices and contests.

Red Protocol

Athletics in any form (practices, games, use of facilities) will not be permitted.

Yellow Protocol

Athletic contests will be conducted in accordance with PIAA policy. Practices and workouts will be conducted according to the guidelines listed below.

Pre- Workout/Contest Screening:

- Any person who has had a fever or flu symptoms in the previous 24 hours will not be permitted to take part in workouts, practices or contests and should contact his or her primary care provider or other appropriate healthcare professional. Participants must follow Eden's COVID attendance policies.
- Vulnerable individuals must not oversee or participate in any workouts during Yellow Phase.

Limitations on Gatherings:

- No gathering of more than 25 people at a time (inside or outside).
- Locker rooms will not be utilized during Yellow Phase. Students 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. 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 physical distancing can occur.
- **Face coverings must be worn by coaches when physical distancing of at least 6 feet is not possible.**
- **Face coverings must be worn by athletes when he/she is not actively participating in the workout or contest.**

Facilities Cleaning:

- Adequate cleaning schedules will be implemented for all athletic facilities to mitigate any communicable diseases.
- 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 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 must 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 will be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels must be washed and cleaned after every workout.
- Athletic equipment 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 physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Examples (including by limited to):
 - A basketball player may shoot with a basketball(s), but a team will not practice/pass a single ball among the team where multiple players touch the same ball.
 - A volleyball player may not use a single ball that others touch or hit in any manner.
 - Softball and baseball players may not share gloves, bats, or helmets. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher).
 - Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible).
 - Runners must maintain the recommended 6 feet of distancing between individuals.

Hydration:

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

Green Protocol

Athletic contests will be conducted in accordance with PIAA policy. Practices and workouts will be conducted according to the guidelines listed below.

Pre- Workout/Contest Screening:

- Any person who has had a fever or flu symptoms in the previous 24 hours will not be permitted to take part in workouts, practices or contests and should contact his or her primary care provider or other appropriate healthcare professional. Participants must follow Eden's COVID attendance policies.
- A record will be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but must 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 must be taken to maintain a minimum distance of 6 feet between each individual.
- **Face coverings must be worn by coaches when physical distancing of at least 6 feet is not possible.**
- **Face coverings must be worn by athletes when he/she is not actively participating in the workout or contest.**

Facilities Cleaning:

- Adequate cleaning schedules will be implemented for all athletic facilities to mitigate any communicable diseases.
- 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 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 must 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 will be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Moderate & Lower risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- Athletic equipment such as bats, batting helmets and catchers gear must be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear may be worn by only one individual and not shared.
- Maximum lifts must be limited and power cages should be used for squats and bench presses. Spotters must stand at each end of the bar.

Hydration:

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

Guidelines for Interscholastic Contests:

During certain protocols, the PIAA or Eden may determine that sports with moderate or high risks may not hold interscholastic contests.

1. Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys 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, ice hockey, track (high jump*, long jump*).

***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 use by competitors. Examples: Individual running events, throwing events (javelin, shot put, discus), golf, weightlifting, sideline cheer, cross country running (with staggered starts)

2. If possible, physical distancing should be maintained when teams are using transportation (buses or vans) to a practice or contest. When adequate physical distancing can not be attained, face coverings will be utilized.

3. Physical distancing during Contests/Events/Activities

a. Sidelines/benches Appropriate physical distancing will need to be maintained on sidelines/bench during contests and events.

b. Admittance to sporting events:

People will be grouped into tiers from essential to non-essential.

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security

2. Tier 2 (Non-essential): Spectators, vendors, media

Eden will communicate which Tier(s) may attend interscholastic contests based upon PIAA policy.

When permitted, the number of spectators will be determined by the physical distancing capacity of each facility and/or PIAA policy. There must be a minimum distance of 6 feet between each individual/family. Spectators are encouraged to wear face coverings.

Blue Protocol

Athletic contests, practices and workouts will be conducted without any restrictions.

Addendum for Eden Youth Sports:

Eden Youth sports programs (PK4-4th) will be able to operate in blue and green protocol.

During green protocol, youth soccer and basketball participants will be expected to adhere to the 6 foot physical distance during instruction and drills as much as possible, including coaches.

During green protocol, participants in youth soccer and basketball will be able to stand with a parent on the sideline 6 feet apart from one another during game play. Eden youth programs will not be permitted to operate in yellow or red protocol.