



JUNE 2020

ATHLETIC HEALTH & SAFETY PLAN

UNIONTOWN ATHLETIC DEPARTMENT

IN RESPONSE TO
RESUMING SPORTS-RELATED ACTIVITIES

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Uniontown Athletic Health & Safety Plan

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 Uniontown Area School District (UASD) in resuming athletic 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. As the medical and scientific community learn more about COVID-19, these recommendations are subject to change. It remains important to continue to consult and follow the most recent CDC guidelines.

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. CDC guidance for [Use of Cloth Face Coverings](#).
 - b. 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. Hand sanitizer must always be readily made available to staff and athletes and kept with staff and equipment. 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 bathroom, before and after touching a person's face or face covering, and prior to leaving the event.
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. A dedicated staff member (i.e., a coach) must be assigned 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 administrators, 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 always maintain at least 6 feet apart from others.
3. All staff and athletes are required 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 via a Microsoft Form. The Head Coach will be responsible for emailing the link to the entire team and , in conjunction with the Athletic Director, monitoring its completion before the athlete or coach can participate in Uniontown athletic events (this includes all in-person trainings, meetings, competitions).
 - a. COVID-19-specific questions to be included in the initial screen to include:
 - i. Have you been tested for COVID-19?
 - ii. Have you tested positive for COVID-19?
 - iii. Have you had any known exposure to a COVID-19-positive individual?
 - 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)
 - vi. Have you traveled in the past 14 days either:
 1. Internationally (outside the U.S.),
 2. By cruise ship, or
 3. Domestically (within the U.S.) outside of PA on public transportation (e.g., bus, train, plane, etc.).
 - vii. Do you acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you/your child may be exposed to or infected by COVID-19 by participating in UASD athletic events and that such exposure or infection may result in personal injury, illness, permanent disability, and death?
 - 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 must 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.
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. Please see final page for UASD COVID-19 monitoring form.
 - b. Online form for pre-participation exams and risk acknowledgement.
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 pick up their student-athlete, 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. **Spectators are NOT ALLOWED to attend any events until state/local health departments lift restrictions on mass gatherings.**
 11. Athletes and staff should arrive to the sporting event already dressed and prepared to participate until locker rooms are deemed safe for utilization.

Business Process Adaptations:

- **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.**
- No gathering of more than 10 people at a time in Phase 1. Up to 50 individuals may gather outdoors for workouts during Phases 2 and 3.
- Group size is to be limited to 10 total people or less (example: 9 athletes and 1 staff/coach).
- 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.
- 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.
- 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).
- Training and meeting sessions should take place outdoors. The weight room will be open but usage must be in accordance to this document, social distancing guidelines, and limiting spread of COVID-19.

- Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all participants and coaches. Cloth face coverings must be worn as discussed above.
- Staff and athletes shall remain in the team's home state. Non-Uniontown teams/groups/athletes are not allowed at the sports training events unless otherwise approved by the Superintendent.
- 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.
- Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in personal equipment bag.
- Adequate breaks for water and sanitization must be provided and are encouraged to occur between changes in training activities.
- Athletes must bring their own water bottles. No sharing or common use water bottles or drinking stations.
- Equipment bags/backpacks of athletes should be placed 6-feet apart. Athletes must not touch other players' bags, equipment, or water bottles.
- 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.
- 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.
- Coaches/Buildings & Grounds shall bring trash bags to sessions and remove all garbage following each session.
- UASD shall require players' parents/guardians to sign participation waivers outlining the additional risks due to COVID-19 associated with the activity.

Facilities Cleaning and Operations:

- Facilities must be maintained in accordance with [CDC Guidance on Cleaning & Disinfecting](#).
- There will be no public use of the track or stadium until state/local health departments lift restrictions on mass gatherings and officially approved by the UASD board of directors.
- Facilities may not exceed 50% of their total capacity allowed by law.
- Adequate cleaning schedules will be created by the UASD Director of Buildings & Grounds, Mr. Smalley, 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 must be sanitized (chairs, furniture in meeting rooms, locker rooms, bathrooms, athletic training room tables, etc.).
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer must 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 [**team responsibility**].

- When permitted in the Weight Room, appropriate clothing/shoes must always be worn to minimize sweat from transmitting onto equipment/surfaces.
- 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:

- Head Coach (Safety Officer for Voluntary Summer Workouts)
- Athletic Trainer (Safety Officer when sports officially begin in August)
- School Nurse (During School Year)
- Security Officer
- Facilities Manager
- Athletic Director
- Appointed Individual (if applicable)

Points of Emphasis

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. Cloth face coverings are *recommended* to be worn by students during Phases 1 and 2 as outlined below. Cloth face coverings will continue to be used during Phase 3 and 4 when not engaging in vigorous activity. For our plan, we will break our sports into “Higher Risk”, “Moderate Risk”, and “Lower Risk” in accordance with the NFHS guidance for returning to play.

- a. **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, stunting cheer.
- b. **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, tennis, swimming relays, pole vault, high jump, long jump, 7 on 7 football.
- c. **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), individual swimming, golf, weightlifting, sideline cheer, cross country running.

Individual Phase Guidelines (Phases 1-4)

Phase 1 – June 29, 2020 to July 12, 2020

Includes only student-athletes in grades 9-12. Grades 7-8 may begin voluntary workouts at the onset of 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 (or appointed coach) will use the COVID-19 Athlete/Coach Monitoring Form.
- 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.
 - Please see final page for UASD COVID-19 monitoring form.
- Any person with positive symptoms reported should be isolated, not be allowed to take part in workouts, and should contact his or her primary care provider or other appropriate health-care professional. The appointed coach must immediately notify the parent, 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.

Limitations on Gatherings:

- No gathering of more than 10 people at a time. 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.
- Locker Rooms will not be available for use. Students should report to workouts in proper gear and immediately return home to shower at end of the workout. Restrooms should be used individually only when needed.
- Workouts should be conducted in “pods” of students with the same 5-10 students/coaches 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 always be a minimum distance of 6 feet between individuals. 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 UASD Director of Buildings & Grounds, Mr. Smalley, 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, 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.
- Weight equipment must be disinfected thoroughly before and after an individual's use of equipment [**team responsibility**].
- 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.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment will 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.

Examples (including but not 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.
- Cheerleaders may not practice/perform group or partner stunts or routines that require person to person contact. 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.) will not be used.

Phase 2 – July 13, 2020 to July 26, 2020

Grades 7-8 may begin voluntary workouts at the onset of Phase 2.

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 when available. If thermometers are not available, students should have temperature taken at home prior to each workout.
- 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.
 - Please see final page for UASD COVID-19 monitoring form.
- Any person with positive symptoms reported should be isolated, not be allowed to take part in workouts, and should contact his or her primary care provider or other appropriate health-care professional. The appointed coach must immediately notify the parent, 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 10 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/coaches always working out together. This will help to ensure more limited exposure if someone develops an infection.
- 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 always be a minimum distance of 6 feet between individuals. 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 or meeting rooms are used, there must always be a minimum distance of 6 feet between everyone.

Facilities Cleaning:

- Adequate cleaning schedules will be created by UASD Director of Buildings & Grounds, Mr. Smalley, 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 must be sanitized (chairs, furniture in meeting rooms, locker rooms, 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 must be plentiful at all events.

- Appropriate clothing/shoes must always be worn.
- Weight equipment must be disinfected thoroughly before and after an individual's use of equipment [**team responsibility**].
- 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 must be cleaned prior to use by the next individual.
- 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.) will not be used.

Phase 3 – July 27, 2020 to August 9, 2020

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. If thermometers are not available, students should have temperature taken at home prior to each workout.
- 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.
 - Please see final page for UASD COVID-19 monitoring form.
- Any person with positive symptoms reported should be isolated, not be allowed to take part in workouts, and should contact his or her primary care provider or other appropriate health-care professional. The appointed coach must immediately notify the parent, 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 everyone.

Facilities Cleaning:

- Adequate cleaning schedules will be created by UASD Director of Buildings & Grounds, Mr. Smalley, 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 must be sanitized (chairs, furniture in meeting rooms, locker rooms, 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 must be available to individuals as they transfer from place to place.
- Weight equipment must be disinfected thoroughly before and after an individual's use of equipment [**team responsibility**].
- 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 should be cleaned after each use and prior to the next workout (i.e. balls, bats, batting helmets and catchers gear). Other equipment, such as helmets/pads should be worn by only one individual and not shared.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- 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.
- 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.
 - 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:

- UASD will consider social distancing requirements when scheduling contests and events for the fall. Social distancing will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental guardian transportation will likely be needed. Cloth masks must still be worn during transportation.

Social Distancing During Contests/Events/Activities:

- Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape as a guide for students and coaches.

Who should be permitted at events?

- Uniontown Area 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, UASD Administration
 - 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 Task Force 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. Appointed team Safety Officers are responsible for enforcing all guidelines for their teams.

Hygiene Basics:**CONTINUE TO PRACTICE GOOD HYGIENE**

- Wash your hands with soap and water and/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, 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.

Phase 4 - August 10, 2020 to Ongoing

After the six-week period is complete and disease load in the community is declining, teams may then combine to the total group for full practices (**If approved by all governing bodies**). Social distancing protocols should remain in place at all other times. If in the green phase, gatherings cannot exceed 250 people. All cleaning and hygiene practices should still be followed. Hand washing should occur before each workout. Masks are recommended during all non-athletic activities. Further guidance from the PIAA and DOH will dictate procedures on the first official day of practice, competitions, travel, etc.

Athletic Training Procedures:

Athletic training rooms and athletic venues are clinical health care spaces that are typically shared environments with multiple individual and groups of athletes all seeking the attention of the athletic trainer or other members of the sports medicine staff during a short-consolidated period of time as the athlete prepares for practice or a game. This close contact environment in a shared space may act as a source for the spread of infection. It is therefore critical that infection control standards be adopted to attempt to mitigate the risk of transmitting infection.

Staying Home when Appropriate:

- Require sick staff and players to stay home.
- 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.
- Refer to CDC and DOH guidance for return to play.
- If a student indicates that they are not feeling well at a pre-workout screening or workout, they should be removed from activity, isolated, masked if not already, and notify parents. Coaches should recommend to the family that they may want to call their doctor.

Hand and Respiratory Hygiene:

- Athletes entering the athletic training room shall use hand sanitizer before entering and after exiting the athletic training room via sanitizer stations inside and outside the athletic training room door.
- Hand hygiene is performed by staff:
 - Before contact with the athlete.
 - Before performing aseptic task, e.g., wound care, instilling eye drops.
 - After contact with patient.
 - After contact with objects in the immediate vicinity of the patient.
 - After contact with blood, body fluids, or contaminated surfaces.

Daily Athletic Training Room Entry/Exit Procedures

Not to be used until officially opened by the Superintendent

- Athletic Trainer will wear masks in the ATR and in areas where distancing is limited inside or outside per company directives.
- All athletes must wear masks in indoor spaces in all phases until otherwise instructed.
- Athletic Trainer must practice proper hand hygiene before and after each athlete interaction. Additionally, each athlete shall be instructed in hand hygiene and demonstrate hand washing upon arrival to the training room and prior to departure.
 - Suggestion to wear gloves during all evaluations and hands on treatment when applicable.
 - Face Shields and gowns would be available where procedures that are likely to generate splashes of blood /body fluids could be present.
- Upon entry into athletic training room, athletes must maintain social distancing guidelines (e.g. waiting within 6 feet of each other), prior to entry permission.
- Athletic training room capacity would be determined per social distancing guidelines and room size.
- All athletes must have been temperature screened either prior to the school day upon entry into the building or prior to entry into the athletic training room.
- Daily entry into the Athletic Training Room athletes would need to self-check symptoms:
 - Any athlete that presents positive through the self-check would be isolated, athletic trainer would perform temperature check and inform parents, school nurse and administration. Athlete would need MD clearance prior to return to sport.
- All athletes must present with negative self-screen prior to entry, must use proper hand hygiene prior to entry and exit of athletic training room. Hand sanitizer must be posted in athletic training facility.

Not to be used until officially opened by the Superintendent