



RETURN TO ATHLETICS

What to Expect

MESSAGE FROM THE ATHLETIC DEPT.

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. As per the Governor's statement on June 10, 2020, each school must develop and adopt an Athletics Health and Safety plan that aligns with the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 schools. Our district developed a plan that was approved by the school board on June 15th. The complete plan is posted on the athletic website. Please keep in mind that these plans are preliminary and can and likely will change as we receive additional information. The following pages are designed to summarize the plan as it is currently written and serve as a reference. Any changes/updates that are made to Athletics Health and Safety plan will be updated on the athletic website. It is very important that each family do their part to help make this plan successful.

WHAT TO EXPECT

- Daily Screening Questions
- Daily Temperature Checks
- Increased Attendance Tracking
- Handwashing/Hand Sanitizing before and after practices
- Limiting Community facility use during practice sessions
- No Locker Rooms
- Increased cleaning of district equipment
- Family ID Required for ALL athletes regardless of In/Out of Season; Physical Exams are still due prior to their respective seasons.

DAILY SCREENING/ATTENDANCE

- Before entering a practice facility, each athlete/coach/staff member will be screened using a series of questions. These questions include:
 - Have you spent time/lived/close contact with someone who has been diagnosed with COVID-19?
 - Have you had a fever over 100.4 in the last 48 hours?
 - Do you have a persistent dry cough?
 - Do you have shortness of breath/ trouble breathing?
 - Are you experiencing a loss of taste or smell?
 - Do you have a sore throat?
- All responses will be recorded and tracked on daily basis
- **If an athlete answers “YES” to any question they will not be permitted to attend the practice session and will be sent home.**
- Athletes must be symptom free for 24 hours without the use of medication. If an athlete has symptoms for more than 24 hours, a clearance is required to return to school/athletics.
- Athletes/Coaches/Staff Members will have a daily temperature taken and recorded with a contactless thermometer. Any temperature of 100.4 or higher will not be permitted to attend the practice session.
- Daily attendance at all practices will be recorded for contact tracing purposes.
- ****No athlete should come to practice if they are experiencing symptoms or can answer yes to any of the questions above!**

HANDWASHING/SANITIZING

- Each athlete/coach/staff member will be required to wash or sanitize hands prior to beginning and at the conclusion of practice.
- Stadium:
 - Hand washing stations have been placed outside in the stadium area
- Indoor Facilities:
 - Additional hand sanitizer dispensers have been placed in all the gymnasiums, weight room, wrestling room, pool, and throughout the hallways.
- Each team will be given a hand sanitizer to be used when on the road for an away game or practice at facility other than the main campus.

PUBLIC LIMITATIONS

- All athletic facilities will be closed to the public during practice sessions.
- Locker Rooms will be unavailable. Bathrooms in the main lobby of HS and Stadium will be open during practices only. Athletes should limit personal items brought to practice.
- Athletes should arrive on time and be prepared to leave immediately after practices, no congregating on campus before/post practices.

PREPARING YOUR ATHLETE

- All athletes **MUST** provide their own water bottle.
 - The water bottle must be clearly marked with athlete's name.
 - **NO** additional water source will be provided at this time. Athletes are advised to bring at least 1 gallon of water with them.
- All athletes will be required to wear masks upon entering the facility, and can remove the mask for practice. Masks should be worn when exiting practice.
- All athletes will be required to wear a mask when spotting in the weight room.

ACKNOWLEDGEMENT

- I have read through this educational material and understand the procedures for return to sports. It is understood that your son/daughter should not come to practice if they can answer yes to any of the screening questions. If your son/daughter does has a positive screen, they must arrange for a ride home and may not return until 24 hours symptom free without the use of medication. I agree that all personal items will be cleaned regularly.

Parent/Guardian: _____

Date: _____

Student Athlete: _____

Date: _____