

# Hempfield Area School District

## Athletic Department

### Athletics, Health and Safety Plan

June 19, 2020 (Version #1)

Includes Phases 1 and 2 and covers the period of July 1, 2020 through July 20, 2020

July 20, 2020 (Version #2)

Added Phase 3 and extends the current plan through August 15, 2020

August 26, 2020 (Version #3)

Added Phase 4 and extends the current plan through the fall season

December 14, 2020 (Version #4)

Verbiage Update - applies plan through the winter season

## **ATHLETIC PHILOSOPHY**

Athletics play an important part in the life of Hempfield Area students. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and winning and losing gracefully are an integral part of each team in our athletic program. Athletics also play an important part in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators, and participants develop pride in their school.

Athletics functions as an integral part of the curriculum. It offers the opportunity to serve the school, to assist in the development of fellowship and good will, to promote self-realization and all-around growth, and to encourage the learning of good citizenship qualities.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures, which might tend to neglect good sportsmanship and good mental health.

The intent of the athletic program in Hempfield Area is to provide opportunities for each student to participate and compete in some form of athletics at a level appropriate to the student's ability. Hempfield Area School District believes that participation in athletics is a wholesome, worthwhile educational experience for all students. To win fairly and to accept the frustration of losing in a mature, sportsmanlike manner provides enduring lessons. A strong athletic program provides an opportunity for students to learn this lesson.

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## Introduction

The Governor's Office and the PA Department of Education (PDE) issued preliminary School Sports' Guidance for schools on June 10, 2020. This guidance provides the opportunity for schools to resume voluntary sport's related activities upon the completion and approval of an Athletic, Health and Safety Plan.

The COVID-19 pandemic has presented athletics across the state with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The Hempfield Area School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The Hempfield Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

This Athletic, Health and Safety Plan has been created with the following points of emphasis:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings during certain phases of this plan. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.
2. Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) will be in accordance with state guidelines.
3. With the uncertainty of which phase will be attained at the beginning of a sports season or maintained during a season, scheduling contests that require less travel when possible will be considered. Such scheduling will reduce time spent in buses or vans. It will also potentially decrease the need for rescheduling contests as "opening up" may occur regionally. If opponents at the time of a contest are subject to different restrictions, re-scheduling that contest for a later date may be problematic.
4. The principles presented in this guidance document can be applied to practices, tryouts, and events for the athletic department.
5. "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.
6. 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 under the various phases as identified by the state.

## Recommendations

The following are recommendations for immediate implementation for **all phases** for Senior High and Middle School Athletics.

- Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19.
- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
- Intensify cleaning, disinfection, and ventilation in all facilities
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
- Educate Athletes, Coaches, and Staff on health and safety protocols
- Require anyone who is sick to stay home
- Plan for if a student or employee gets sick
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
- PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by district and/or local/state governments.
- Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
  - Age 65 or older
  - Lung disease, moderate-severe asthma.
  - Serious heart conditions
  - May be immunocompromised
  - Obesity
  - Diabetes
  - Kidney or liver disease

## Primary Point of Contact

The Hempfield Area School District has designated the Athletic Director as the primary point of contact with defining roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The athletic director is responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
<b>Brandon Rapp</b>	Athletic Director	rappb@hasdpa.net 724-850-2078

## Facilities Cleaning:

The district will take all appropriate steps and precautions to ensure that the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes. Mr. Walt Egyed, Custodial Manager and Mr. Dan Anthony, Facilities Manager are the lead individuals in regards to facility cleaning. The specific action steps for facility cleaning are identified under each phase of this plan.

## Social Distancing and Other Protocols

The district will implement a 3 phase approach while returning athletes back to district facilities. There will be a limitation on gatherings in each phase. The specific action steps for social distancing are identified under each phase of this plan.

The district will review the number and size of the athletic teams participating and schedule spaces accordingly. Teams will be separated throughout the athletic facilities to mitigate the spread. Procedures will be implemented in regards to the use of communal spaces. Consideration will be given to the number of athletes and coaches visiting such spaces, proper social distancing requirements and proper cleaning of the communal spaces used. All athletic teams will be encouraged to utilize outdoor spaces, such as fields, parking lots etc. to meet the social distancing requirements.

Athletes will be reminded throughout the day to practice proper hygiene. The district will have handwashing stations available and provide hand sanitizer for the athletes and promote the 20 second rule for handwashing. Coaches will not permit spitting, chewing gum, spitting, licking fingers, and eating sunflower seeds and encourage all athletes to cover their coughs. Athletes will avoid shaking hands, fist bumps, or high fives before, during or after games and practices.

The district will remind the athletes daily of the measures to stop the spread of germs. Signs will be posted in high visible locations that promote everyday protective measures.

In all phases of this plan, the district will identify and restrict non-essential visitors and volunteers on site.

In the event of food being served during any of the phases, the district will implement procedures to serve individually plated meals/boxed lunches and will avoid buffet style meals whenever possible; avoid sharing of food and utensils and will offer hand sanitizer and encourage proper hand washing.

## Monitoring Student Athletes and Staff Health

During all phases of this plan, the district will monitor student athletes and staff for symptoms and history of exposure. The action steps for this monitoring are included in each of the phases below. In summary, all coaches and students will be screened for signs/symptoms of COVID-19 prior to participation.

In the event that the isolation or quarantine of a student athlete, coach or other person on-site is needed, the following steps will be taken.

- The district will immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity.
- The district will establish procedures for safely transporting sick individuals' home.
- The district will close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.
- The district will notify local health officials, staff, and families of exposure or confirmed case while maintaining confidentiality.
- The most protective recommended quarantine period remains at 14 days post exposure.
- Quarantine can end after Day 10 without testing if no symptoms have been reported during daily monitoring.
- When testing resources are sufficient, quarantine can end after day 7 if a diagnostic specimen (e.g., RT-PCR, antigen) tests negative and is collected on day 5 or thereafter and the person remains asymptomatic.
- Students or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

## Other Considerations for Student Athletes and Staff

### High Risk Student Athletes and Coaches

In efforts to protect those student athletes and coaching staff who are at a high risk for severe illness, the district will:

- establish and maintain communication with local and state authorities to determine current mitigation levels in our community.
- adopt flexible attendance policies for student athletes and coaching staff
- offer options for individuals at higher risk of severe illness from COVID-19 (risk increases with age, and people of any age with certain medical conditions are at higher risk), such as virtual coaching and in-home drills that limits their exposure risk.
- limit sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.
- explore offering duties that minimize higher risk individuals' contact with others.

- limit or cancel all non-essential travel as necessary.
- consider level of participation for student athletes at higher risk of developing serious disease.
- encourage all student athletes and coaches to wear masks before and after active participation, removing masks for practice while continuing social distancing when possible. Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so.

## Level of Community Transmission Table

The Level of Community Transmission Table identifies the current level of community transmission of COVID-19 (low, moderate, or substantial) in each of Pennsylvania’s counties.

This information may be used as a basis for [Pre-K to 12 schools to determine instructional models during COVID-19](#).

The table is updated weekly on Mondays, and reflects [COVID-19 Early Warning Monitoring System Dashboard](#) data from the most recent 7-day reporting period.

## Athletics, Health and Safety Plan

### **Phase 1 (Athletic Conditioning - a minimum of 2-weeks after approved start date)**

Phase 1 has been established to be followed when athletes are permitted to return to district properties and participate in school sponsored athletic activities. This phase focuses on the return and reintroduction of athletes to conditioning within their respective sports:

*\*Any formal orders/directives implemented by the DOH and/or CDC and Governor’s Office that supersede the restriction below will be adhered to.*

### **Pre-workout Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screenings include a temperature check. (See Appendix A for sample COVID-19 Screening Form)
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19.
- The district may use a Google Form to document athletes self health screenings. A designated person will be assigned to review the results of these daily screenings.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during this phase.

## **Limitations on Gatherings:**

- Gathering limitations must be in accordance with the Order of the Secretary of the Pennsylvania Department of Health for Mitigation and Enforcement, Section 9: Requirements for Events and Gatherings
- Locker rooms should not be utilized during Phase 1. 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 social distancing can occur.

## **Facilities Cleaning:**

The district will take all appropriate steps and precautions to ensure that the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes.

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Each day 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.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Student athletics, under the supervision of the coaches, will wipe down the weight equipment they use prior to the next athletes use. Cleaning materials will be supplied by the district.
- Appropriate clothing/shoes should 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 will be encouraged to shower and wash their workout clothing immediately upon returning to home.

## **Physical Activity and Athletic Equipment**

- Modified practices may begin for Low, Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable)
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.

- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All 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 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 social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Water fountains should not be utilized. In the event a hydration station is needed only 1 person will be designated and assigned to fill all water bottles which will be opened and held by individual athletes using social distancing guidelines.

### **Phase 2 (Re-introduction to Sport Specific Activities - starts after Phase one and should be no less than 1 -week in length)**

Phase 2 has been established to be followed when athletes and coaches are completed with Phase 1 of this plan. This phase focuses on the re-introduction to the sport's specific activities.

*\*Any formal orders/directives implemented by the DOH and/or CDC and Governor's Office that supersede the restriction below will be adhered to.*

### **Pre-Workout/Contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix A for sample Screening Form).
- The district may use a Google Form to document athletes self health screenings. A designated person will be assigned to review the results of these daily screenings.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

### **Limitations on Gatherings:**

- Gathering limitations must be in accordance with the Order of the Secretary of the Pennsylvania Department of Health for Mitigation and Enforcement, Section 9: Requirements for Events and Gatherings

- 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. 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 social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Markings such as tape or paint will be used 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.
- Each day 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.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Student athletics, under the supervision of the coaches, will wipe down the weight equipment they use prior to the next athletes use. Cleaning materials will be supplied by the district.
- Appropriate clothing/shoes should 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:**

- Lower risk sports practices and competitions may resume
- Modified practices may begin for Moderate and High risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer will be plentiful 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 students shall bring their own water bottle. Water bottles must not be shared.
- Water fountains should not be utilized. In the event a hydration station is needed only 1 person will be designated and assigned to fill all water bottles which will be opened and held by individual athletes using social distancing guidelines.

### **Phase 3 (Re-introduction to “Normal” Practice Activities - starts after Phase two and should be no less than 2-weeks in length)**

Phase 3 has been established to be followed when athletes and coaches are completed with Phase 2 of this plan. This phase focuses on the re-introduction to the sport’s “normal” practice activities.

*\*Any formal orders/directives implemented by the DOH and/or CDC and Governor’s Office that supersede the restriction below will be adhered to.*

### **Pre-Workout/Contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix A for sample Screening Form).
- The district may use a Google Form to document athletes self health screenings. A designated person will be assigned to review the results of these daily screenings.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 3.

### **Limitations on Gatherings:**

- Gathering limitations must be in accordance with the Order of the Secretary of the Pennsylvania Department of Health for Mitigation and Enforcement, Section 9: Requirements for Events and Gatherings
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 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 and implemented for all athletic facilities to mitigate any communicable diseases.
- Each day 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.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Student athletics, under the supervision of the coaches, will wipe down the weight equipment they use prior to the next athletes use. Cleaning materials will be supplied by the district.
- Appropriate clothing/shoes should 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:**

- Low, Moderate, and High risk sports practices may resume
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer will be plentiful 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 students shall bring their own water bottle. Water bottles must not be shared.
- Water fountains should not be utilized. In the event a hydration station is needed only 1 person will be designated and assigned to fill all water bottles which will be opened and held by individual athletes using social distancing guidelines.

## **Phase 4 (Continuance of “Normal” Practice Activities - including competitions)**

Phase 4 has been established to be followed when athletes and coaches are completed with Phase 3 of this plan. This phase focuses on the continuance of “normal” practice activities with the addition of competition specific topics.

*\*Any formal orders/directives implemented by the DOH and/or CDC and Governor’s Office that supersede the restriction below will be adhered to.*

### **Practice Activities:**

\*\*Should follow all Phase 3 procedures as follows:

#### **Pre-Workout/Contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix A for sample Screening Form).
- The district may use a Google Form to document athletes self health screenings. A designated person will be assigned to review the results of these daily screenings.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 4.

#### **Limitations on Gatherings:**

- Gathering limitations must be in accordance with the Order of the Secretary of the Pennsylvania Department of Health for Mitigation and Enforcement, Section 9: Requirements for Events and Gatherings
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 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 and implemented for all athletic facilities to mitigate any communicable diseases.
- Each day 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.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.

- Student athletics, under the supervision of the coaches, will wipe down the weight equipment they use prior to the next athletes use. Cleaning materials will be supplied by the district.
- Appropriate clothing/shoes should 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:**

- Low, Moderate, and High risk sports practices may resume
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer will be plentiful 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 students shall bring their own water bottle. Water bottles must not be shared.
- Water fountains should not be utilized. In the event a hydration station is needed only 1 person will be designated and assigned to fill all water bottles which will be opened and held by individual athletes using social distancing guidelines.

### **Competition Guidelines:**

Any and all recommendations provided by governing bodies such as the WPIAL, PIAA or other local conferences will supercede the following recommendations:

### **Contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to an activity. Screening includes a temperature check.
  - Participants will be screened upon arriving on campus to either compete or board a bus for an away contest
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix A for sample Screening Form).
- The district may use a Google Form to document athletes self health screenings. A designated person will be assigned to review the results of these daily screenings.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

- Vulnerable individuals should not oversee or participate in any workouts during Phase 4.

### **Transportation:**

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Additionally, the Hempfield Area Reopening Health & Safety Plan guidelines will be followed.

### **Social Distancing during Contests/Events/Activities**

Sidelines/Bench -- appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.

The PIAA Return to Competition guidelines will be followed for each individual sport.

### **Who should be allowed at events?**

Group people into tiers from essential to non-essential and decide which will be allowed at an event:

1. Tier 1 (Essential) - Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-essential) - Spectators, vendors
  - Tier 3 personnel will be addressed in a separate document based on gathering limitations outlined by the Order of the Secretary of the Pennsylvania Department of Health for Mitigation and Enforcement, Section 9: Requirements for Events and Gatherings - and how those impact varying host facilities. Information will be provided on the District's athletic website.
  - Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

### **Overnight/Out of State Events/Events in COVID-19 Hot Spots**

The Hempfield Area School District will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

## Classification of Sport

### High 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: football, wrestling, cheerleading (stunts), 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 that use equipment that can't be cleaned between participants.

Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, rifle, bowling

**Low 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: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer.

### Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix) Symptoms may include:

- Fever or chills
- Cough Shortness of breath or difficulty breathing Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, ***STAY AT HOME***. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)

- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix

**What to do if a student or staff member becomes ill with COVID-19 symptoms during practice or during transportation to or from an event?**

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

**Return of student or staff to athletics following a COVID-19 diagnosis?**

- Students or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

**Education of Staff:**

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

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, Disinfecting touched surfaces, social distancing, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

## APPENDIX A – HASD Athlete and Staff COVID – 19 Screening

Hempfield Area School District  
Athletic Training  
Student-Athlete and Staff COVID-19 Screening

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Have you been out of the area (County, State, Country) in the last 21 days?
2. Have you been exposed to anyone who has tested positive for COVID-19 that you are aware of? If yes, date and place of exposure \_\_\_\_\_.
3. Have you previously been or are you currently diagnosed with COVID-19?
  - a. Date of diagnosis \_\_\_/\_\_\_/\_\_\_
  - b. Do you have medical documentation to support your diagnosis and treatment?
    - i. Physician name and location: \_\_\_\_\_
4. Are you free from illness?
5. Have you experienced any of the following symptoms?
  - a. Fever (100.4 or higher without the use of fever reducing medication)
  - b. Chills
  - c. Cough
  - d. Shortness of breath
  - e. Nasal Congestion or discharge
  - f. Sore throat
  - g. Chest pain
  - h. Headache
  - i. Body aches
  - j. Loss of taste or smell
  - k. Diarrhea

Student Name: \_\_\_\_\_

Student signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## APPENDIX B – Waiver/Release for Communicable Diseases Including COVID-19

### **Hempfield Area School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the HASD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, HASD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the HASD Athletic Health and Safety Plan include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agrees that he/she had the opportunity to review this affidavit with an attorney of their choosing prior to signing. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the HASD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the HASD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

## APPENDIX C - Handwashing

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

### How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you touch your eyes, nose, and mouth with unwashed hands

- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

### Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After [changing diapers or cleaning up a child who has used the toilet](#)
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

### During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

### Why? Read the science behind the recommendations.

#### **Use Hand Sanitizer When You Can’t Use Soap and Water**



You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

**Sanitizers can quickly reduce the number of germs on hands in many situations. However,**

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

**Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. [Keep it out of reach of young children and supervise their use.](#)**

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

## APPENDIX D – Steps to help prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

### **Stay home except to get medical care**

- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).
- Avoid public transportation, ride-sharing, or taxis.

### **Separate yourself from other people**

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

- Additional guidance is available for those living in [close quarters](#) and [shared housing](#).
- See [COVID-19 and Animals](#) if you have questions about pets.

### **Monitor your symptoms**

- [Symptoms](#) of COVID-19 fever, cough, or other symptoms.
- Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.

### **When to Seek Emergency Medical Attention**

Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

#### **Call ahead before visiting your doctor**

- Call ahead. Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

#### **If you are sick wear a cloth covering over your nose and mouth**

- You should wear a [cloth face covering](#), over your nose and mouth if you must be around other people or animals, including pets (even at home)
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.

Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.

#### **Cover your coughs and sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw away used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

#### **Clean your hands often**

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- [Hand Washing Tips](#)

#### **Avoid sharing personal household items**

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash these items thoroughly after using them with soap and water or put in the dishwasher.

#### **Clean all "high-touch" surfaces everyday**

- Clean and disinfect high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#)
- [external icon](#)
- [Complete Disinfection Guidance](#)

### **When it’s Safe to be Around Others After Being Sick with COVID-19**

Deciding when it is safe to be around others is different for different situations. Find out when you can [safely end home isolation](#).

## APPENDIX E – What is Contact Tracing?

### Key Concepts

Contact tracing, a core disease control measure employed by public health personnel for decades, is a key strategy for preventing the further spread of infectious diseases like COVID-19.

Contact tracers adhere to the Centers for Disease Control and Prevention's (CDC) core principles of contact tracing:

- Contact tracing is part of the process of supporting patients with suspected or confirmed infection.
- In contact tracing, public health staff work with a patient to help them recall everyone with whom they have had close contact during the timeframe while they may have been infectious. (For Covid-19, this infectious period is 48 hours prior to symptom onset until the case meets isolation discontinuation criteria).
- Public health staff then notify these exposed individuals (close contacts) of their potential exposure as rapidly and sensitively as possible.
- To protect patient privacy, close contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them.
- Close contacts are provided with education, information and support to understand their risk. They are provided information on what they should do to separate themselves from others who are not exposed, how to monitor themselves for illness, and the possibility that they could spread the infection to others even if they themselves do not feel ill.
- Close contacts are encouraged to stay home and maintain social distance from others (at least 6 feet) until 14 days after their last exposure, in case they also become ill. They should monitor themselves by checking their temperature twice daily and watching for other symptoms of COVID-19. To the extent possible, public health staff should check in, either by direct contact or through a technologically based solution, with contacts to make sure they are self-monitoring and have not developed symptoms. Contacts who develop symptoms should promptly isolate themselves and notify public health staff. They should be promptly evaluated for infection and for the need for medical care. Testing may be recommended. Testing may be skipped when they are already in a household or long-term care facility with a confirmed case or cases, then the contact may be considered a probable case without testing.

## APPENDIX F – Resources for More Information:

- NFHS: Guidance for Opening Up High School Athletics and Activities
- (per update on May 2020)
- Centers for Disease Control - "What You Should Know About COVID-19 to Protect Yourself and Others"
- Centers for Disease Control – "Schools Decision Tree"
- PA Department of Health -“Coronavirus Symptoms”
- PA Department of Health –“What is Contact Tracing”
- PA Department of Health –“Phased Reopening Plan by Governor Wolf”
- Centers for Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- PA Department of Education <https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Pages/default.aspx> ► Pa Department of Education ‘Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools’, 3 June 2020
- Pa Department of Health <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>