

**PENN MANOR SCHOOL DISTRICT
ATHLETIC DEPARTMENT
RETURN-TO-PLAY RECOMMENDATIONS**

Introduction

The COVID-19 pandemic has presented athletics across the world 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 PMSD 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 PMSD 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.

Recommendations

Recommendations for **all phases** for junior high and senior high athletic teams.

1. Athletes, Coaches, and Staff should 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.
2. 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.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate athletes, coaches, and staff on health and safety protocols.
6. Encourage anyone who is sick to stay home.
7. Plan for if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.

10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
11. 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
12. Locker rooms will not be available
13. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry

Classification of Sports/Activities

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, lacrosse, 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, field hockey, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

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 uses by competitors.

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

**** High/Moderate Risk Activities may move to a Low risk category with non-contact modifications. Team Activities should be limited to individual skill development drills that maintain social distancing ****

Phases of Participation

Phase 1 (PA State Red)

1. All school facilities remain closed as per PA State Guidelines

2. Athletes and coaches may communicate via online meetings (zoom, google meet, etc.)
3. Athletes may participate in home workouts including strength and conditioning.
4. Athletes and coaches should abide by guidelines set forth by the local and state governments.

Phase 2 (PA State Yellow or Green- once permitted by PIAA)

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, marching band, running events, cross country, golf, sideline cheer, and other extracurricular activities

Pre-workout Screening:

- All coaches and students must be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form).
- 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.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A written clearance from a health care professional will be needed to return to practice and play

Limitations on Gatherings:

- No gathering of more than (25 in Yellow / 250 in green) individuals including coaches and spectators per scheduled field/court. Controlled non-contact practices only, modified game rules.
- No Concession stands.
- Social Distancing should be applied during practices and in locker rooms, and gathering areas.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after an individual's use.

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Physical Activity:

- Lower risk sports practices may begin.
- Modified practices may begin for Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable. practices should focus on individual skill development and drills).
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water troughs, etc.) should not be utilized

Phase 3 (PA State Green- once permitted by PIAA)

Team activities may include: basketball, marching band, e-sports, baseball, softball, soccer, tennis, 7 on 7 football, etc.

Pre-workout/Contest Screening:

- All coaches and students must be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form).
- 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.
- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider
- A written clearance from a health care professional will be needed to return to practice and play.
- Temperature Check Screening may continue per state and local government recommendations.
- Team attendance should be recorded.

Limitations on Gatherings:

- As per state and local guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after and individual's use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Athletic Equipment:

- Low, moderate, and high risk practices and competitions may begin (As per State, Local, and PIAA Guidelines).
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but MUST be cleaned after every practice/event.

Phase 4 (PA State Green – once permitted by PIAA)

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition

Pre-workout/Contest Screening:

- All coaches and students must be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form).
- 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.

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider
- A written clearance from a health care professional will be needed to return to practice and play.
- Temperature Check Screening may continue per state and local government recommendations.
- Team attendance should be recorded.

Limitations on Gatherings:

- As per state and local guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after and individual's use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Athletic Equipment:

- All activities may resume (normal practice and games)
- Students should refrain from sharing clothing towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but **MUST** be cleaned after every practice/event.

Additional Recommendations

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.

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. Consider using tape or paint as a guide for students and coaches.

Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event: All coaches and staff must wear mask when they can't social distance (6ft)

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security. Social distancing (6ft) is needed, If not possible everyone should wears masks while on bench. Due to nature of position, coaches should wear masks at all times
 2. Tier 2 (Preferred) – Media
 3. Tier 3 (Non-essential) – Spectators (keep separate from tier 1 before and after events), vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
 - 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 PMSD 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.

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 become ill with COVID-19 symptoms during practice, event, 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?

- Student 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

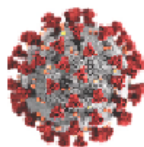
Staff, coaches, parents and athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- 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.

- Students should come to venues dressed and ready for practice or game
- Limit indoor activities and the areas that are used
- Locker room use for changing and showering is not permitted
- Student-Athletes should remain with their assigned groups during each activity during daily activities to limit the amount of people that they come in contact with
- Students should not be in district facilities without the presence of coaching or medical staff

APPENDIX

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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cdc.gov/coronavirus

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health's website, www.health.pa.gov, or the

Help is available, contact the Crisis Text Line by texting **PA to 741-741**

RESOURCES:

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 Re-opening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools
By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

<https://www.governor.pa.gov/covid-19/sports-guidance/>