

La Salle College High School
Athletic Department
Return to Play Yellow/Green Phase Action Plan
in Response to Covid 19

This document was prepared using guidelines and recommendations from the following organizations:

- Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Children's Hospital of Philadelphia Policy Lab <https://policylab.chop.edu/reports-and-tools/policy-review-evidence-and-considerations-school-reopenings>
- The Office of PA. Governor Tom Wolf and the PIAA <https://www.governor.pa.gov/covid-19/sports-guidance/>
- National Federation of State High School Associations (NFHS) https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

La Salle recognizes that knowledge regarding Covid -19 is constantly changing as new information becomes available. These recommendations will be adjusted, as needed, as this new information becomes available to reduce the risk to our student-athletes, parents, staff, and spectators.

General Information

- A.) The CDC recommends people who are at higher risk to contract Covid-19 should not participate in athletic activities. In addition, anyone in a higher risk category should not attend any athletic team games or practices. The higher risk category includes but is not limited to people:
- 65 or older
 - with Kidney or liver disease
 - with diabetes or asthma (please consult your physician)
 - undergoing treatment for cancer
 - who are pregnant and/or breastfeeding

- B.) People who have tested positive or are showing symptoms of Covid – 19 are expected to stay home and follow CDC criteria to return <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- C.) If you have been in close contact recently with a person diagnosed with Covid – 19 you are urged to follow the CDC guidelines on Quarantine and Isolation <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

Proactive Steps for Student-Athletes

1. Daily Health Monitoring

- A.) All student-athletes will be required to fill out a daily symptom check survey form before participation. In addition, they will have their pre-participation temperature taken by a member of the Athletic Department Staff daily. All HIPAA rules will be observed in this process.
- B.) Any student-athlete who feels sick must report to the school nurse or the Certified Athletic Trainer.
- C.) Anyone who is ill will be isolated immediately and sent home when appropriate. Parents will be informed immediately. If the individual need to be picked up by a parent, they will be isolated until pick-up.
- D.) Signs regarding health and safety will be posted throughout campus.
- E.) As part of their orientation, students will be instructed proper health and safety precautions including but not limited to:
 - Handwashing
 - Social Distancing
 - Proper Face Mask usage
 - Care and disinfection of personal equipment daily
- F.) High-fives, fist bumps and hand shaking are prohibited
- G.) Student-Athletes must have their own water bottles. These items cannot be shared.
- H.) Chewing gum, seeds or spitting is prohibited.
- I.) Everyone on the sidelines should wear masks as well as social distance.
- J.) Student-athletes must refrain from sharing clothing, towels, pinnies etc. and these items should be washed after each use.
- K.) Staggered schedule for accessing the Locker Room must be adhered to daily.
- L.) Social distancing must be practiced in the Locker Room as well as the Fitness Center.

Proactive Steps for Coaches

- A.) Coaches will have their temperatures taken before each team event.
- B.) Coaches will wear masks during practices unless a documented medical condition preventing this is present.
- C.) Coaches will have their own water bottles and they cannot be shared.
- D.) Coaches will be expected to enforce social distancing during practices and games when practical.
- E.) Coaches will discourage unnecessary physical contact such as high fives, fist bumps, handshakes, or hugs.
- F.) Outdoor practice will be prioritized.
- G.) When practical, coaches will encourage student-athletes to wait in their cars until just before practice, or warm-ups begin instead of forming groups in confined spaces.

General Proactive Steps

- A.) Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- B.) Athletic Facilities will be cleaned at the end of each workout. High touch areas will be cleaned more frequently.
- C.) Fitness Center will adhere to social distancing protocol and equipment will be wiped down before and after each individual use by users.
- D.) Appropriate clothing and footwear must always be worn in the Fitness Center to minimize sweat from transmitting onto equipment surfaces.
- E.) Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) will be cleaned intermittently during practice and events as deemed necessary.
- F.) Hand Sanitizer will be available for team use as resources allow.

Please note the locker room will be cleaned and disinfected every evening. Student-athletes are urged to keep this area as clean as possible. **All clothing must be placed in lockers during practices and games and must be taken home every evening. Any clothing left on the floor or benches will be disposed of during cleaning.**

OTHER 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 bus companies, Department of Education, State and Local governments.

Social Distancing during Contests/Events/Activities

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

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) – Parents, media
 3. Tier 3 (Non-essential) – Spectators, 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

- La Salle 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 potentially 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. Symptoms may include:

- Fever or chills (100.4 or Higher)
- 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, Dean of Students Office, School Nurse, 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 per the Health and Safety Protocol of La Salle College High School
- 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.

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 will be required to 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, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Locker room use will be limited; students should come dressed for activity wherever possible
- Limit indoor activities and the areas used. Facility shower use will be strictly limited.
- Student Athletes should remain with their assigned groups during each workout to limit the number of people they encounter.
- No students are permitted in Athletic Training areas without the presence of an athletic trainer.

Student/Parent Acknowledgement follows this page

STAY HEALTHY LA SALLE
ACKNOWLEDGEMENT AND PLEDGE

All members of La Salle College High School Athletic teams have an important role to play in keeping our fellow students and the La Salle College High School community safe by doing our part to stop the spread of COVID-19. As a member of La Salle College High School Athletic team, I know that I must take steps to stay well, to protect others and promote a safe return to campus for students and faculty. Because of this, I pledge to take responsibility for my own health and help stop the spread of the COVID-19.

La Salle College High School's highest priority is the safety of its students, faculty, staff, and visitors. I know that by engaging in campus activities, including attending classes, pursuing my education, eating in dining areas, attending activities, participating in sports and recreation, I may be exposed to COVID-19 and other infections. I also understand that despite all reasonable efforts by the high school, I can still contract COVID-19 and other infections. In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all the guidelines and expectations outlined by La Salle College High School.

As more information is gathered and known, I understand that La Salle College High School may modify these guidelines and expectations. It is my responsibility to make every effort to keep myself apprised of these changes to protect myself and my school community.

It is my pledge to protect myself, my peers, and the La Salle College High School community by doing the following:

- Agree to testing for COVID-19 and potential subsequent self-quarantining or self-monitoring if I am identified as a contact of anyone who has been determined to be positive for COVID-19.
- If I test positive for COVID-19, I agree to remain off campus until:
 - o My symptoms have resolved, and
 - o It has been at least ten days since the start of my symptoms, and
 - o I have a negative COVID-19 test result.
- Complete the Student Health Survey daily
- Monitor for the following:
 - o A fever of 100.4 or higher
 - o Respiratory symptoms, such as dry cough or shortness of breath
 - o Sore throat
 - o Headache
 - o Body aches
 - o Chills
 - o Loss of taste or smell

- If I develop the above symptoms, I will contact my athletic trainer, coach, school nurse and follow instructions which may include being tested for COVID- 19 and self-quarantining while the test results are pending, and/or being evaluated by the athletic trainer or school nurse.
- Stay at home if I am feeling sick.
- Participate fully and honestly with school staff for contact tracing to determine whom I might have potentially exposed to COVID-19.
- Wear a mask or the appropriate PPE as required.
- Practice physical distancing as much as possible.
- Frequently wash and/or sanitize my hands.
- Keep my personal space, shared common space, and my belongings clean.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID- 19 disease, even if I follow all of the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although the high school is following the coronavirus guidelines issued by the CDC and other experts to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections.

I have read, understand, and agree to comply with my pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in La Salle College High School Athletics and that any failure to comply above may lead to immediate removal of athletic participation privileges and/or the inability to use Athletic facilities.

I take my pledge seriously and will do my part to protect my classmates, teammates and La Salle College High School.

Signature of Student-Athlete

Date

Signature of Parent/Guardian

Date