



ATHLETIC HEALTH AND SAFETY PLAN

Summer Voluntary Workout

Upper Perkiomen School District

Overview

COVID-19 is a highly contagious virus that affects the respiratory system and can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world. Virus symptoms can range from mild (or no symptoms) to severe illness that could require hospitalization. COVID-19 can affect people of all ages.

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

While it is not possible to eliminate all risk of spreading and contracting COVID-19, current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families. The Upper Perkiomen School District will take the necessary precautions to ensure the safety of students and staff while following the recommendations of federal, state and local governments as well as the CDC, SLUHN, NFHS and PIAA. As more information becomes available about COVID-19, this plan may be modified and updated.

Summer workouts for all high school fall teams may begin on Monday, July 6 and run through Sunday, August 16. Since the PIAA mandatory football heat acclimation begins on August 10, current/updated guidelines from the PIAA will be used prior to the adoption of the School District's comprehensive Health and Safety Plan, which is expected to occur on August 13. A schedule for voluntary workouts and site locations will be developed by the head coaches in conjunction with the Athletic Director.

Return to Activity Following Inactivity: A thoughtful approach to exercise gives athletes a chance to acclimatize to the temperature and the intensity/duration of practices. This slow ramp up of exercise can decrease the risk of injury and heat illness. Since practices and competitions have been halted, many athletes are deconditioned, putting the athlete at much higher risk for injury if pushed too quickly with high volumes and high intensity. Overtraining, defined as prolonged or excessive repetitive activity or workouts in efforts to "catch up," does not allow the body to adjust and recover, which can lead to decreased performance and/or increased risk of injury.

High Risk Groups

People with a higher risk of COVID-19 should consider delaying their participation in sports and activities given the increased risk.

Some of the higher risk categories are:

People at Higher Risk for Severe Illness

People who are immunocompromised

Older Adults age 65 and Older

Individuals with Asthma or Chronic Lung Disease

Individuals with HIV

Individuals who are Pregnant or Breastfeeding

Individuals with Diabetes

Individuals with Chronic Kidney Disease

Individuals with Severe Obesity (BMI 40+)

Individuals with Liver Disease

If there is a concern about the risk associated with participation due to underlying health conditions, the individual should consult their health care provider prior to returning to sports.

Point of Contact

The primary point of contact for this plan is the Athletic Director. Secondary contacts are the Athletic Trainers.

PPE Requirements

All coaches directly interacting with student-athletes must wear face coverings at all times. Any exceptions to this – for medical reasons – must be approved by the Athletic Director.

Athletes should wear masks or face coverings when not actively participating in an activity. Athletes should also wear masks or face coverings when social distancing is challenging. i.e. Sidelines, Dugouts and ATC Room etc.

Pre-Workout Screening

When a coach or student-athlete arrives for a workout, ALL will be required to wash their hands for a minimum of 20 seconds (or use hand sanitizer if a handwashing station is not available). Following that, the individual will report to the athletic trainer if onsite, or coach, who will screen each individual. During this screening process, coaches, athletic trainers and student-athletes must be wearing a face covering. Documentation will be done via a paper/computerized form or the use of online documentation. Coaches that perform screenings will keep this documentation and will send it to the athletic trainers to have a backup copy in the medical files. Responses of screening questions for each student-athlete is to be recorded and stored, and may be used to keep a record of everyone present, should a student, coach, or staff member develop COVID-19.

If there is a positive finding or “YES” answer to any of the screening questions, the student-athlete or coach should be isolated and sent home. Parents will be asked to have their student-athlete examined by a medical professional and to provide follow-up documentation that the student-athlete is free from the COVID-19 virus.

As part of this process, the individual conducting the screening will utilize a non-contact thermometer to take the temperature of each student-athlete and coach. If someone registers a temperature of 100.4 or higher, he/she will be isolated for 5 minutes and the temperature will be taken again. Following another 5-minute isolation period, the student-athlete will have a third temperature reading. If the average temperature of the 3 readings is 100.4 or higher, the parent/guardian must be contacted to pick up the student-athlete. At this point, parents will be asked to have the student-athlete examined by a medical professional and to provide follow-up documentation that the student-athlete is free from the COVID-19 virus.

If a student-athlete or coach gets sick, he/she will be isolated and sent home and must follow the student-athlete/coach return to play protocol.

Education

Prior to participation in summer workouts, parents will be required to sign an electronic acknowledgement form indicating that they and their child understand the risks of COVID-19 associated with participation. This acknowledgement form must be electronically signed before a student-athlete can begin participation. Included in the form will be information about COVID-19 and safety precautions that can be taken. This will be similar to the education and sign-off forms for concussion and sudden cardiac arrest.

Coaches will encourage any student-athlete who feels sick to remain home.

Signs will be posted in bathrooms and near training facilities emphasizing social distancing and proper hygiene.

Social Distancing

Coaches and student-athletes must stay 6 feet apart at all times and all activities must be non-contact. Workout and training activities must be organized to allow for this required spacing. This includes student-athletes actively engaged in activity, as well as student-athletes waiting for participation.

Coaches will group student-athletes in small pods as appropriate.

In addition, student-athletes should not enter or leave the practice facility together or within 6 feet of each other. Parents picking up student-athletes should remain in their vehicles.

Indoor facilities including, but not limited to gyms, weight rooms, pool, locker rooms and meeting rooms will not be available unless approved by the Athletic Director, with a specific purpose. The only exception to this is the athletic training room will be open for screenings. Athletes will be required to enter from the outside gray doors and exit through the opposite doors and exit the building through the glass doors on the right.

Student-athlete and coach bags, apparel, etc. should be separated 6 feet apart.

Number of Participants

Each activity area will be limited to 250 participants (or such other number as the Commonwealth, PIAA or CDC may determine) which includes coaches and student-athletes. Parents, community members and spectators will not be permitted to attend.

Equipment Sanitizing

Prior to each workout, all equipment will be sanitized. Student-athletes may not share equipment with one another including athletic equipment, pinnies, etc. Any time equipment is used by one individual, it will be sanitized prior to the next person using that piece of equipment. There will be no shared equipment unless prior approval is given by the Athletic Director and under strict guidelines.

Every team will be provided with a minimum of one spray bottle filled with a sanitizing solution. This will be refilled as needed.

Student-athletes and coaches will be encouraged to wash their hands or use hand sanitizer frequently during training sessions.

Bathrooms

A maximum of 2 individuals may be in the bathrooms at any given time. These spaces will be cleaned on a regular basis. Doors to enter these areas will be propped open when possible to allow for air flow.

Weight Room

With the weight room being closed, strength training will need to be done using alternative means. When possible, dumbbells, kettlebells etc. may be moved outside with prior approval of the Athletic Director. When using weight room equipment, it will be allocated to one student-athlete at a time. Individuals must remain a minimum of 6 feet apart. All equipment must be wiped down after each use.

Hydration

All student-athletes must provide their own water bottles and hydration which should be labeled with the individuals' name. Student-athletes will not be permitted to participate without water. Water bottles must not be

shared. The District will not provide water or the use of coolers during workouts. In addition, water fountains and outdoor hoses will not be available.

Personal Conduct

There will be no chewing gum, spitting, licking fingers or eating sunflower seeds. Student-athletes will not be allowed to shake hands, high five one another or fist bump during workouts.

Hygiene

At the conclusion of a workout, student-athletes should wash their hands or use hand sanitizer. Student-athletes will be encouraged to shower as soon as they get home from their workout. In addition, student-athletes should be encouraged to wash all garments and equipment after each workout.

Facility Cleaning

All facilities utilized during summer workouts will be cleaned and sanitized on a regular basis. The Director of Buildings and Grounds will establish a schedule for cleaning.

Student-Athlete or Coach Who Contracts COVID-19

If a student-athlete or coach contracts the COVID-19 virus, the individual must quarantine for a minimum of 14 days. Any individual who was in close contact with the person diagnosed with COVID-19 will be notified and advised on whether the secondary individual must also quarantine by district health professionals.

Following the 14-day quarantine, the individual must have also met the following criteria prior to returning to summer workouts:

1. At least three days (72 hours) have passed since the individual has recovered (resolution of fever without the use of fever-reducing medications)
2. The individual has improvement in respiratory symptoms (i.e. cough, shortness of breath)
3. At least 10 days have passed since the onset of symptoms
4. Written documentation of clearance from a healthcare provider (MD, DO, NP, PA)

Classification of Sports

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.

EX – Football, Water Polo, Wrestling, Cheerleading (stunting)

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.

EX – Basketball, Baseball, Field Hockey, Girls Lacrosse, Softball, Soccer, Tennis, Track Jumping Events

Low Risk - Sports that can be conducted with social distancing or individually with no sharing of equipment of the ability to clean the equipment between use by competitors

EX – Cross-Country, Track Running and Throwing Events, Swimming, Golf, Sideline Cheerleading

Sport-Specific Accommodations

Cheerleading – The focus will be on conditioning and strength training. No stunting will occur. When practicing sideline cheer, student-athletes are to wear a face covering. Student-athletes are to maintain 6 feet apart.

Cross-Country – Runners will remain 6 feet apart from one another.

Field Hockey – Focus should be on conditioning and stick work. Players will be assigned their own individual balls. Players should maintain 6 feet apart during skill work. Sticks and gloves should be cleaned after each use.

Football – Groups will be separated into different pods on the field. Quarterbacks will have their own individual balls and will practice throwing into nets. Ball carriers/runners will work on agility and ball security using their own individual football. Offensive linemen will remain 6 feet apart and will work on stances and steps. Defensive linemen will work on stances, starts and redirection skills individually. Linebackers and secondary will work on pass drops and redirection skills. All members of the team will work on speed drills at a safe distance of 6 feet in all directions. Strength training will be done using body weight exercises and medicine balls in shifts with equipment sanitized in between uses.

Golf – Players will remain 6 feet apart at all times. Each player should have their own golf balls. Clubs and golf balls should be sanitized frequently. Gloves should be cleaned as appropriate.

Soccer - No practice of throw-ins. Workouts should focus on conditioning and non-contact activities. Student-athletes should be assigned their own individual ball. Soccer balls should be sanitized after each use.

Tennis – Each player hitting around will have their own tennis balls (identified through being labeled, different colors, etc.). Players are permitted to only use balls identified for their personal usage. Tennis balls will be picked up using hoppers or rackets. Balls should be sanitized after each use.

Water Polo – Pool is closed for the summer, no indoor activity. Focus can be on outdoor conditioning and individual ball handling skills. Each player should be assigned their own individual ball that should be cleaned after each use. If any strength training equipment or equipment from the pool is used, it must have prior approval from the Athletic Director, for individual use only and cleaned after each use. Equipment made of exposed foam should not be used.