



Mt. Lebanon School District Athletics & Activities Health and Safety Plan

The decision to resume athletics and activities, including conditioning, practices and games, is within the discretion of a school entity’s governing body. Each school entity must develop and adopt an Athletics & Activities Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity’s publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics & Activities Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity’s public website.

The COVID-19 pandemic has presented extra-curricular activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. It has the potential to cause serious illness and death in people of all ages and genders in all communities. Therefore, the goals of a safe return to athletics and activities must **focus on mitigating the risk of COVID-19 transmission, quickly identifying and removing participants who may have contracted or been exposed to COVID-19** (and managing appropriately), and **limiting the participation of vulnerable and at-risk population.**

The Mt. Lebanon School District will take the necessary precautions and recommendations from the Center for Disease Control, Allegheny County Health Department, Pennsylvania Department of Health, Pennsylvania Department of Education, and the Pennsylvania Interscholastic Athletic Association. We also realize that knowledge regarding COVID-19 is constantly changing as new information becomes available. The District will adjust these guidelines as needed to make the return to athletics and activities as safe as possible.

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Athletics & Activities Health and Safety Plan:

Mt. Lebanon School District

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

This document is Mt. Lebanon School District's plan to bring back students and staff in athletics and activities, the plan to communicate with stakeholders, and the process for continued monitoring of local health data to assess implications for school athletic and activity operations and potential adjustments throughout the school year.

Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming Athletics & Activities

Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

1. Physical distancing should be encouraged when possible (six feet minimum).
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), and the wearing of a cloth face covering as feasible.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Sanitizing options should be available including hand sanitizer and disinfectant wipes
5. Educate Participants (athletes, band, etc.), Coaches, and Staff on health and safety protocols
6. Staff should be limited to only essential personnel.
7. Large social gatherings in any spaces should not occur at this time.
8. Virtual meetings should take place when possible.
9. When at practices, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
10. In all common areas, seating should be spaced six feet apart.
11. Stay at home if you feel sick or are experiencing the following COVID-19 symptoms including:
 - Cough
 - Shortness of breath or difficult breathing
 - Fever of 100.4 degrees
 - Chills
 - Muscle Pain
 - Sore throat
 - New loss of taste or smell
12. No sharing of personal equipment, water bottles, towels, etc.
13. Flexible attendance policies will be employed for students and staff. To limit their exposure to risk, participation options will be provided to individuals of high risk of COVID-19 to include virtual coaching and in-home drills.
14. At the onset of resuming athletics and activities, the District will employ a Health and Safety manager to ensure adherence to Athletics & Activities Health and Safety Plan.

Note: In accordance with the [Allegheny County Health Department's \(ACHD\) considerations as of June 29, 2020](#), any student who answers yes to the added screening question, "*Have you been outside the State of Pennsylvania in the past 14 days?*", should consider self-quarantine for 14 days from the date of return to the State of Pennsylvania.

Update: The Pennsylvania Department of Health issued requirements on July 2, 2020 related to travel to areas where there are high amounts of COVID-19 cases. Travelers, or individuals planning to travel, to the [following states](#) will need to quarantine for 14 days upon your return.

On July 10, 2020, the Pennsylvania Department of Health provided revised guidance regarding travel: If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania. If you travel to the following states, it is **recommended** that you quarantine for 14 days upon return:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>.

The development of this plan engaged District administration, Coaches, Athletic Trainers and UPMC as part of their UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines presentation.

The communication of this plan will be via the District web-site, a staff meeting with impacted individuals, and communication to students and families.

Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any of the phasing periods, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- The Chairperson of Nursing Services for the District will contact the Allegheny County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Anticipated launch date for athletics & activities: June 23, 2020

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be 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
John Grogan	Athletic Director	jgrogan@mtlsd.net

Cleaning, Sanitizing, Disinfecting, and Ventilation

An appropriate cleaning schedule for all facilities to mitigate the spread of any communicable disease will be created. Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment should be wiped down before and after each individual use.

The District will use available grant funds and local resources to procure adequate disinfectant supplies meeting OSHA and CDC requirements for COVID-19.

Training on cleaning, sanitizing, disinfecting, and ventilation protocols will be provided to custodial, maintenance, coaching staff, trainers, and staff (band, etc.) - [CDC guidance on cleaning and disinfecting](#)

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools - Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment should be wiped down before and after each individual use.</p> <p>Increase fresh air exchanges as part of the ventilation system to align with American Society for Heating, Refrigeration, Air-Conditioning (more stringent than CDC requirements).</p>	<p>Rick Marciniak - Director of Facilities</p>	<p>Cleaning, Disinfectant, and Sanitizing Products; Clorox360 Machine</p>	<p>Yes</p>

Physical Distancing and Other Safety Protocols

In addition to the information in the “Resuming Athletics & Activities” section, the following should be included:

Phase 1 – activities can move to Phase 2 after two weeks in Phase 1, if community disease load is not rising as per the District’s Chairperson for Nursing Services and the Allegheny County Health Department.

Pre-workout screening:

All staff and students should be screened by the supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check and completion of questionnaire. Responses to the screening questionnaire and temperature check should be recorded and filed so that there is a record of everyone present in case someone develops COVID-19.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response questions these questions. **#4 - The Pennsylvania Department of Health issued revised guidance on July 10, 2020 related to travel to areas where there are high amounts of COVID-19 cases. Travelers, or individuals planning to travel, to the [following states](#) are recommended to quarantine for 14 days upon your return.

1. Do you have a temperature of 100.4 or greater?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled out of the United States within the last 14 days?
4. Have you traveled out of Pennsylvania within the last 14 days? **
5. Have you had known exposure to a COVID-19-positive individual?

Any person with a positive symptom should not be allowed to take part in workouts and their parent or guardian should be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Chairperson for Nursing Services and the Allegheny County Health Department, before being able to resume participation.

Limitation on Gatherings:

- No gatherings of more than 25 participants indoor and 50 outdoor.
- Students should wear masks in accordance with the July 1, 2020 [Secretary of Pennsylvania Department of Health’s Order](#).
- Physical distancing should remain in place when feasible.
- Students are only permitted to participate in non-contact workouts.
- No facility can have more than 50% occupancy.
- No locker rooms available. Students should come dressed for workouts and go home to shower immediately afterward.

- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water fountains, etc. will not be available.
- Meetings should continue to take place virtually.

Phase 2– teams can move to Phase 3 after two weeks in Phase 2, if community disease load is not rising, as per District’s Chairperson for Nursing Services and the Allegheny County Health Department.

Pre-workout screening:

All staff and students should self-assess at home for signs/symptoms of COVID-19 prior to a workout; parents will sign-off on the student’s questionnaire. Screenings may include a temperature check and completion of questionnaire. Staff and students who can not self-assess will be screened by District employees. Responses to screening questionnaires should be filed so that there is a record of everyone present in case someone develops COVID-19.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to these questions. **#4 - The Pennsylvania Department of Health issued revised guidance on July 10, 2020 related to travel to areas where there are high amounts of COVID-19 cases. Travelers, or individuals planning to travel, to the [following states](#) are recommended to quarantine for 14 days upon your return.

1. Do you have a temperature of 100.4 or greater?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled out of the United States within the last 14 days?
4. Have you traveled out of Pennsylvania within the last 14 days? **
5. Have you had known exposure to a COVID-19-positive individual?

Any person with a positive symptom should not be allowed to take part in workouts and their parent or guardian should be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Chairperson for Nursing Services and the Allegheny County Health Department, before being able to resume participation.

Limitation on Gatherings:

- Gathering size of up to 50 both indoors and outdoors.
- Students should wear masks in accordance with the July 1, 2020 [Secretary of Pennsylvania Department of Health’s Order](#).
- Physical distancing should remain in place when feasible.
- No facility can have more than 50% occupancy.
- No locker rooms available. Students should come dressed for workouts and go home to shower immediately afterward.
- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water fountains, etc. will not be available.

- Team meetings can occur in person but need to maintain the minimum 6 feet between individuals.

Phase 3

Pre-workout screening:

All staff and students should self-assess at home for signs/symptoms of COVID-19 prior to a workout; parents will sign-off on the student's questionnaire . Screenings may include a temperature check and completion of questionnaire. Staff and students who can not self-assess will be screened by District employees. Responses to screening questionnaires should be filed so that there is a record of everyone present in case someone develops COVID-19.

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1. Do you have a temperature of 100.4 or greater?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled out of the United States within the last 14 days?
4. Have you traveled out of Pennsylvania within the last 14 days? **
5. Have you had known exposure to a COVID-19-positive individual?

Any person with a positive symptom should not be allowed to take part in workouts and their parent or guardian should be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances that are reviewed and approved by the District's Chairperson for Nursing Services and the Allegheny County Health Department, before being able to resume participation.

Limitation on Gatherings:

- Teams can begin to practice with their total group for full practices and competitions.
- Students should wear masks in accordance with the July 1, 2020 [Secretary of Pennsylvania Department of Health's Order](#).
- Physical distancing should remain in place when feasible.
- No facility can have more than 50% occupancy.
- Locker rooms can begin being used but efforts are to be made to maintain the minimum 6 feet of physical distancing between individuals.
- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water fountains, etc. will not be available.
- Team meetings can occur in person but need to maintain the minimum 6 feet between individuals.

Transportation:

No transportation will be provided by the District during the summer break. Modifications for the student transportation to and from in season events may be necessary. These modifications may include:

- The reduction of the number of students/adults on a bus to achieve the necessary physical distancing at that time.
- The use of hand sanitizer upon boarding and unloading a bus.
- Wearing the appropriate mask and/or face shields for protection may be necessary.

These modifications, or others, will be determined by the school district using state and local guidance relevant at the time or as it becomes available.

Visitor/Attendance Policies:

The Mt. Lebanon School District will continue to monitor and evaluate guidance provided as it relates to spectators attending high/middle school functions. The following people are accordingly grouped into tiers from essential to non-essential, and this will determine who will be allowed at any event until further notice:

Tier 1 (Essential) – Student participants, Adult supervisors, Event staff, Medical staff, Security, Officials, and Media

Tier 2 (Non-essential) – Tier 1+ Visitors & Spectators*

Only Tier 1 personnel will be allowed to attend events (including practices) until state and/or local guidance lifts restrictions on mass gatherings. *The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

Seating areas, including bleachers, will adhere to occupancy limits and physical distancing requirements of at least six feet of spacing for anyone not in the same household once spectators are permitted. To assist with proper physical distancing, areas will be clearly marked. It is recommended the spectators wear face coverings when in close proximity to others.

Professional Development

Students, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)

- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- The District's phased approach

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protocols for physical distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>The Mt. Lebanon School District will implement a 3 phased approach that considers cohorting of students and staff and physical distancing.</p>	<p>John Grogan - Athletic Director</p>	<p>Training & Signage</p>	<p>Yes</p>
<p>* Procedures for serving food at events</p>	<p>Individually plated meals/boxed lunches will be served.</p> <p>Sharing of food and utensils is prohibited.</p> <p>Hand-sanitizer/hand washing is encouraged.</p>	<p>Nolen Fetchko - Director of Food Services</p> <p>Head Coaches</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>N/A</p>	<p>No</p>
<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Frequent hand washing, including before and after activity, as rules allow.</p> <p>Spitting is prohibited, and everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow.</p> <p>Avoid face touching whenever possible.</p> <p>Students should wear masks in accordance with the July 1, 2020 Secretary of Pennsylvania</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>Signage</p>	<p>Yes</p>

	Department of Health's Order.			
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	<p>Post signs in highly visible locations that promote everyday protective measures and describe how to stop the spread of germs</p> <p>Include messages about behaviors that prevent the spread of COVID-19 when communicating with staff and families (web-site, email, social media)</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	Signage	No
* Identifying and restricting non-essential visitors and volunteers	See Visitor/Attendance Procedure Above	<p>John Grogan, Athletic Director</p> <p>Head Coaches,</p> <p>Band Staff</p> <p>Extra-Curricular sponsors</p>	N/A	No

Monitoring Students and Staff Health

Phase 1 – teams can move to Phase 2 after two weeks in Phase 1, if community disease load is not rising, as per District’s Chairperson for Nursing Services and the Allegheny County Health Department.

Pre-workout screening:

All staff and students should be screened by the supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check and completion of questionnaire. Responses to screening questionnaires and temperature checks should be recorded and filed so that there is a record of everyone present in case someone develops COVID-19.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to these questions. **#4 - The Pennsylvania Department of Health issued revised guidance on July 10, 2020 related to travel to areas where there are high amounts of COVID-19 cases. Travelers, or individuals planning to travel, to the [following states](#) are recommended to quarantine for 14 days upon your return.

1. Do you have a temperature of 100.4 or greater?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled out of the United States within the last 14 days?
4. Have you traveled out of Pennsylvania within the last 14 days? **
5. Have you had known exposure to a COVID-19-positive individual?

Any person with a positive symptom should not be allowed to take part in workouts and their parent or guardian should be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Chairperson for Nursing Services and the Allegheny County Health Department, before being able to resume participation.

Phase 2– teams can move to Phase 3 after two weeks in Phase 2, if community disease load is not rising, as per District’s Chairperson for Nursing Services and the Allegheny County Health Department.

Pre-workout screening:

All staff and students should self-assess at home for signs/symptoms of COVID-19 prior to a workout; parents will sign-off on the student’s questionnaire. Screenings may include a temperature check and completion of questionnaire. Staff and students who can not self-assess will be screened by District employees. Responses to screening questionnaires should be filed so that there is a record of everyone present in case someone develops COVID-19.

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Health issued revised guidance on July 10, 2020 related to travel to areas where there are high amounts of COVID-19 cases. Travelers, or individuals planning to travel, to the [following states](#) are recommended to quarantine for 14 days upon your return.

1. Do you have a temperature of 100.4 or greater?
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Phase 3

Pre-workout screening:

All staff and students should self-assess at home for signs/symptoms of COVID-19 prior to attending a workout; parents will sign-off on the student's questionnaire. Screenings may include a temperature check and completion of questionnaire. Staff and students who can not self-assess will be screened by District employees. Responses to screening questionnaires should be filed so that there is a record of everyone present in case someone develops COVID-19.

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Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any of the phasing periods, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- The Chairperson of Nursing Services for the District will contact the Allegheny County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Professional Development

Student Athletes, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- [CDC Handwashing Video](#)
- [Stop the Spread of Germs CDC Poster](#)
- The District's phased approach

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>In Phase 1, students will be screened daily at the facility prior to an activity commencing.</p> <p>In Phases 2 and 3, students will self-screen at home daily prior to an activity commencing. Parents will sign-off on the self-screening. The self-screening will be submitted to a staff member prior to commencing in an activity.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>Thermometers</p> <p>Questionnaire</p> <p>Training Materials</p>	<p>Yes</p>
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>Illness Protocol described herein will be implemented.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p> <p>Deanna Hess, Chairperson of Nursing Services</p> <p>Allegheny County Health Department</p>	<p>Questionnaire</p> <p>History</p>	<p>No</p>
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>Illness Protocol described herein will be implemented.</p>	<p>Deanna Hess, Chairperson of Nursing Services</p> <p>Allegheny County Health Department</p>	<p>Medical Release</p>	<p>No</p>

Other Considerations for Students and Staff

The Athletic Director will hold a coaches' meeting to explain the Athletic and Activities Health and Safety Plan, as well as the flexible attendance policy. Staff unable/unwilling to return will be directed to the Director of Human Resources to pursue reasonable accommodations.

Students will be made aware of the Athletic and Activities Health and Safety Plan to assist in their decision-making to return to activity. Staff will provide training to students on relevant topics, to include how to reduce the spread of germs and proper hygiene protocols. Students unable/unwilling to participate will be provided with flexible attendance allowing workouts at home.

Personal Protective Equipment

- Staff should wear masks in accordance with the July 1, 2020 [Secretary of Pennsylvania Department of Health's Order](#).
- Students should wear masks in accordance with the July 1, 2020 [Secretary of Pennsylvania Department of Health's Order](#).

Student Reminders:

- Practice healthy hygiene and physical distancing. Wash hands frequently, use hand sanitizer available throughout the facility, and maintain 6 foot physical distance when possible.
- Mandatory PIAA pre-participation physicals are required before the start of fall sports season.
- Wear protective masks as directed in this guidance.
- Follow your coaches/directors' detail plan for practice times, meeting times, and specific location. Do not come early or hang around after practices.
- No locker room will be available over the summer months. Please come prepared to work out in appropriate gear. Wash clothes often.
- Avoid touching your face as much as possible.
- Do not share personal items including towels, razors, water bottles or any other personal hygiene item.
- Bring your own water bottle with your name on it. No water bottles are allowed to be shared. It is recommended that all students bring multiple water bottles.
- Limited occupancy of spaces may be necessary during the season.
- The athletic training room will have limited access because of physical distancing. Ice machines in the training room will be for injuries only, not for water bottles. Athletic trainers will schedule specific times for each sport to get taped and have treatment. Do not gather in or near the athletic training room.
- Students will be required to submit to health screenings as outlined in this document.

Staff Reminders:

- Staff will screen and monitor students for symptoms prior to all scheduled activities.
- Practice physical distancing with students and other staff members. Practice healthy hygiene.
- Staff should wear masks in accordance with the July 1, 2020 [Secretary of Pennsylvania Department of Health's Order](#).
- Staff will be responsible for monitoring the number of students in the common areas during the season in order to promote physical distancing. This may include limiting access to the common areas.
- Provide proper guidance to students on proper handwashing techniques, physical distancing, and other healthy practices.
- Enforce occupancy rates in utilized spaces and adhere to any schedule created.

Athletic Trainers Reminders:

- Follow guidance by the National Athletic Trainers' Association as it pertains to COVID-19.
- Limit athletes/coaches training room occupancy to promote physical distancing.
- Athletic trainers should maintain healthy hygiene and wear masks when feasible.
- Clean and disinfect all hard surfaces which include but are not limited to training tables, taping tables, bikes, and other equipment that is utilized during routine sports participation for athletes.
- No unsupervised admittance to the training room.
- Provide proper guidance to student athletes on proper handwashing techniques, physical distancing and other healthy practices.

Students and Staff who are at Higher Risk:

- Maintain communication with local and state authorities to determine current mitigation levels in the community.
- Utilize flexible attendance procedures.
- Explore offering duties that minimize higher risk individuals' contact with others.
- Consider the level of participation for students at higher risk of developing serious disease.

Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any of the phasing periods, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.

- The Chairperson of Nursing Services for the District will contact the Allegheny County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Travel

The Mt. Lebanon School District will evaluate each event and follow all local/state guidelines regarding regional, state, and national travel, on a case-by-case basis. Every consideration will be made as to not expose students and staff to unnecessary or potential high-risk situations.

If a staff or student has traveled outside of the United States, they must self-quarantine for 14 days from the date upon re-entry into the United States.

Professional Development

Student Athletes, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- The District's phased approach

Waiver:

A participation waiver for communicable diseases, including COVID-19, is being implemented.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p>	<p>Maintain communication with local and state authorities to determine current mitigation levels in the community.</p> <p>Utilize flexible attendance procedures.</p> <p>Explore offering duties that minimize higher risk individuals' contact with others.</p> <p>Consider the level of participation for students at higher risk of developing serious disease.</p>	<p>John Grogan, Athletic Director</p> <p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p> <p>Deanna Hess, Chairperson of Nursing Services</p>	<p>N/A</p>	<p>No</p>
<p>* Use of face coverings by all coaches and athletic staff</p>	<p>Staff should wear masks in accordance with the July 1, 2020 Secretary of Pennsylvania Department of Health's Order.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>N/A</p>	<p>Yes - Universal Masking</p>
<p>* Use of face coverings by student athletes as appropriate</p>	<p>Students should wear masks in accordance with the July 1, 2020 Secretary of Pennsylvania Department of Health's Order.</p> <p>Any student who prefers to wear a mask during an activity should be permitted to do so, provided there are no health or safety concerns associated with wearing a mask during such activity.</p> <p>Plastic shields covering the face shall not be allowed during an activity due to the increased risk for unintended injury.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>N/A</p>	<p>Yes - Universal Masking</p>

Athletics & Activities Health and Safety Plan Professional Development

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
CDC guidance on cleaning and disinfecting	Custodial, maintenance, coaching staff, trainers, & extra-curricular staff (band, etc.)	Rick Marciniak, Director of Facilities. John Grogan, Director of Athletics	Document Review	CDC guidance on cleaning and disinfecting	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
COVID-19 signs and symptoms	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Document Review Video	COVID-19 signs and symptoms Symptoms of Coronavirus CDC video	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
Universal masking	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Document Review	Universal masking Secretary of Pennsylvania Department of Health's Order.	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
District's Phasing Plan	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Document Review	MTLSD Athletics & Activities Health & Safety Plan	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
Handwashing	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Video	CDC Handwashing Video	June 22, 2020 & prior to any additional	June 23, 2020 & prior to any additional

					athletic or activity program commencing	athletic or activity program commencing
Stop the Spread of Germs	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Poster Review	Stop the Spread of Germs CDC Poster	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing

Athletics & Activities Health and Safety Plan Communications

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
MTLSD Athletics & Activities Health & Safety Plan	School Community	Cissy Bowman, Director of Communications	Web-site	June 22, 2020	June 22, 2020
MTLSD Athletics & Activities Health & Safety Plan	Athletic Community (Coaches, Parents, Athletes)	John Grogan, Director of Athletics	Coaches' Meeting Email	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
MTLSD Athletics & Activities Health & Safety Plan	Band Community (Coaches, Parents, Athletes)	Jason Cheskawich, Band Director	Parent/Student Meeting Email	June 22, 2020 & prior to any additional athletic or activity program commencing	July 7, 2020 & prior to any additional band program commencing
MTLSD Athletics & Activities Health & Safety Plan	Adult Education Community	Ray Schrader, Coordinator of Adult & Continuing Education	Email	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
Signs & Symptoms of COVID-19	Students, Parents, & Staff	John Grogan, Director of Athletics Jason Cheskawich, Band Director Ray Schrader, Coordinator of Adult Education	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
Universal Masking	Students, Parents, & Staff	John Grogan, Director of Athletics Jason Cheskawich, Band Director	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity	June 23, 2020 & prior to any additional athletic or activity

		Ray Schrader, Coordinator of Adult Education		program commencing	program commencing
Handwashing	Students, Parents, & Staff	John Grogan, Director of Athletics Jason Cheskawich, Band Director Ray Schrader, Coordinator of Adult Education	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
Stop the Spread of Germs	Students, Parents, & Staff	John Grogan, Director of Athletics Jason Cheskawich, Band Director Ray Schrader, Coordinator of Adult Education	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing

Athletics & Activities Health and Safety Plan Summary:

Mt. Lebanon School District

Anticipated Launch Date: **June 23, 2020**

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools - Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment should be wiped down before and after each individual use.</p> <p>Increase fresh air exchanges as part of the ventilation system to align with American Society for Heating, Refrigeration, Air-Conditioning (more stringent than CDC requirements).</p>

Physical Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for physical distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.</p> <ol style="list-style-type: none"> 1. Physical distancing should be encouraged when possible (six feet minimum). 2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), and the wearing of a cloth face covering as feasible. 3. Intensify cleaning, disinfection, and ventilation in all facilities. 4. Sanitizing options should be available including hand sanitizer and disinfectant wipes

5. Educate Participants (athletes, band, etc.), Coaches, and Staff on health and safety protocols
6. Staff should be limited to only essential personnel.
7. Large social gatherings in any spaces should not occur at this time.
8. Virtual meetings should take place when possible.
9. When at practices, avoid any unnecessary contact such as handshakes, high fives, fist bumps, or elbow bumps.
10. In all common areas, seating should be spaced six feet apart.
11. Stay at home if you feel sick or are experiencing the following COVID-19 symptoms including:
 - Cough
 - Shortness of breath or difficult breathing
 - Fever of 100.4 degrees
 - Chills
 - Muscle Pain
 - Sore throat
 - New loss of taste or smell
12. No sharing of personal equipment, water bottles, towels, etc.
13. Flexible attendance policies will be employed for students and staff. To limit their exposure to risk, participation options will be provided to individuals of high risk of COVID-19 to include virtual coaching and in-home drills.
14. At the onset of resuming athletics and activities, the District will employ a Health and Safety manager to ensure adherence to Athletics & Activities Healthy and Safety Plan.

In addition to the information in the “Resuming Athletics & Activities” section, the following should be included:

	<p>The Mt. Lebanon School District will implement a 3 phased approach that considers cohorting of students and staff and physical distancing.</p> <p>Individually plated meals/boxed lunches will be served.</p> <p>Sharing of food and utensils is prohibited.</p> <p>Hand-sanitizer/hand washing is encouraged.</p> <p>Frequent hand washing, including before and after activity, as rules allow.</p> <p>Spitting is prohibited, and everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow.</p> <p>Avoid face touching whenever possible.</p> <p>Students and staff should wear masks in accordance with the July 1, 2020 Secretary of Pennsylvania Department of Health's Order.</p> <p>Post signs in highly visible locations that promote everyday protective measures and describe how to stop the spread of germs</p> <p>Include messages about behaviors that prevent the spread of COVID-19 when communicating with staff and families (web-site, email, social media)</p> <p>Spectators/visitors will be contingent upon future health conditions within the state and local communities.</p>
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Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>In Phase 1, students will be screened daily at the facility prior to an activity commencing.</p>

<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p>	<p>In Phases 2 and 3, students will self-screen at home daily prior to an activity commencing.</p> <p>Illness Protocol will be implemented as described in the plan.</p>
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Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p>	<p>Maintain communication with local and state authorities to determine current mitigation levels in the community.</p> <p>Utilize flexible attendance procedures.</p> <p>Explore offering duties that minimize higher risk individuals' contact with others.</p> <p>Consider the level of participation for students at higher risk of developing serious disease.</p> <p>Students and staff should wear masks in accordance with the July 1, 2020 Secretary of Pennsylvania Department of Health's Order.</p> <p>Any student who prefers to wear a mask during an activity should be permitted to do so, provided there are no healthy or safety concerns of wearing a mask during such activity.</p> <p>Plastic shields covering the entire face shall not be allowed during an activity due to the increased risk for unintended injury.</p> <p>A participation waiver for communicable diseases, including COVID-19, is being implemented.</p>

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Mt. Lebanon School District** reviewed and approved the Athletics Health and Safety Plan on **June 23, 2020**.

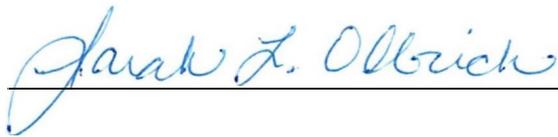
The plan was approved by a vote of:

 6 Yes

 0 No

Affirmed on: **June 22, 2020**

By:



(Signature of Board President)

Ms. Sarah Olbrich

(Print Name of Board President)