

Roman Catholic High School Athletic Department Return to Play Protocols

Athletic Director:

Matthew Griffin

AD@ROmanCatholicHS.com

610-506-6168

Pandemic Coordinator:

Ann Vassallo

avassallo@romancatholichs.com

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

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.

Roman Athletics will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. Roman Catholic 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.

General Requirements

Requirements for **ALL ROMAN CATHOLIC** Athletics

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Individuals with temperatures at 100.4 or higher as well as anyone who has any symptoms consistent with the virus will be sent home: cough, shortness of breath, fever, chills, muscle pain, or new loss of taste or smell.

2. Intensify cleaning, disinfection, and ventilation in all facilities by coaches, players and maintenance staff at Roman Catholic High School.
3. Encourage social distancing through increased spacing, small groups or cohorts, and limited mixing between groups.
4. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
5. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
6. All participants should be masked unless outside and able to remain consistently at least 6 feet apart.
7. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.(See - CDC “People Who are at a Higher Risk for Severe Illness”)
 - a. Information to be relayed to coaches / parents that if their students have a higher risk of COVID, they SHOULD NOT participate in athletic activities or attend any athletic events/contests/practices.
 - i. Some of these risks are listed below (list if based on CDC recommendations and is not an all-inclusive list)
 1. People who are immunocompromised
 2. Older Adults
 3. People with Asthma
 4. People with HIV
 5. People with Liver Disease
8. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry and to the city guidance for restaurants. Father’s Club leaders will be included in zoom meetings with the Athletic Director.
9. Educate Athletes, Coaches, and Staff on health and safety protocols via a Zoom call. Coaches will have separate zoom with the Athletic Director. They will then be responsible for educating their players.
10. All coaches MUST review the CDC’s “Consideration for Youth Sports” and Governor Wolf’s “Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public”. These will be sent via email and are printed out for the coaching staff.
 - a. Coaches MUST submit the “Confirmation of Review” Form to the Athletic Office prior to beginning any training / workout / practice.
 - b. Coaches will provide each participant with an electronic copy of the documents and host a virtual meeting to review the documents with their team prior to the first scheduled in-person training / workout/ practice.
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
 - c. All student-athletes and their parents/caregivers will be provided a copy of the CDC’s “Consideration for Youth Sports” for review.
11. Unnecessary individuals should NOT be present (i.e. managers, non-participating student-athletes, etc.) Spectators, Media, and Parents are NOT permitted at off-season workouts or in-season practices. o Parents/Caregivers should remain in their vehicles o Congregating in parking lots, on field, or in facilities is NOT permitted.
 - a. The Pennsylvania Governor’s Office currently prohibits spectators, parents, media, etc. from attending competitions in both the Yellow and Green Phase.

12. The Athletic Training room will be limited to a maximum of six (6) individuals, including the Athletic Trainers, at any given time. All individuals must be spaced out six (6) feet apart.
 - a. All individuals inside the Athletic Training Room must wear masks or face covering.
 - b. Only one (1) individual on that taping/treatment table at a time.
 - c. Taping/Treatment tables MUST be sanitized after each use.
 - d. The entire Athletic Training Office should be sanitized at least twice per day. Athletic Trainers will conduct this sanitizing midway through their day.
 - e. Use of Whirlpools, Cold Tubs, and Hot Tubs is prohibited unless for use in a medical emergency.
 - f. Cold Water Immersion on-site within five (5) minutes of the facility in use
13. Team huddles are not permitted at this time.
14. No handshakes, fist bumps, hand slaps, etc. Avoid all non-essential contact.
15. Coaches, officials, referees, and umpires are required to wear masks or face coverings unless doing so jeopardizes their health.
16. All equipment used during activities should be disinfected with Environmental Protection Agency (EPA) certified products at the conclusion of each session and between repetitions whenever feasible.
 - a. Weight Room Equipment will be disinfected with EPA certified products by each player after each use.
17. All training and practice session requests, including use of the weight room and wrestling room MUST be submitted to the Athletic Office for approval. Please email Matt Griffin and CC David Rad.
18. "FACE COVERING" : Updated Protocol - most recent mandate from Dr. Levine
<http://www.piaa.org/assets/web/documents/Press%20release%20-%20Friday%20July%203%202020%20-%20Masks.pdf>
 - a. *All Athletes must wear a face covering, such as a mask, unless they fall under an exception listed in the Order. Coaches, athletes and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are required to wear face coverings while actively engaged in workouts and competition and must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.*
 - b. *Per the Order, students are not required to show documentation that an exception applies.*
 - i. *Any student who cannot wear a mask or face shield due to a medical condition, including those with respiratory issues that impede breathing, a mental health condition, or disability, and students who would be unable to remove a mask without assistance are not required to wear face coverings. Individuals who are communicating or seeking to communicate with someone who is hearing impaired or who has another disability, where the ability to see the mouth is essential to communication, are not required to wear a mask; however, individuals should consider using another type of face covering such as a plastic face shield.*
 - c. *Schools may allow students to remove their face coverings when students are:*

- i. *Eating or drinking when spaced at least 6 feet apart;*
- ii. *Seated at desks or assigned work spaces at least 6 feet apart; or*
- iii. *Engaged in any activity at least 6 feet apart (e.g. face covering breaks, recess, etc.).*

LEVELS OF PARTICIPATION by Governor Wolf

Level 2 (PA State Yellow or Green) - where we are as of July 6th, 2020

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, etc.

Pre-workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings will include a verbal/written questionnaire and a temperature check with a temperature gun, taken by the coaching staff.
- 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. A coach will be responsible for this. We will store this information with our trainer, Ken Eaves and Athletic Director, Matt Griffin.
- If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete's parents are not present, escort the student-athlete to a designated isolation room or an area away from others. The need to immediately put a mask on. If at River Field, bring to locker room and wait for parents to pick up. Notify Athletic Director immediately and the Athletic Director will contact the COVID Team at Roman Catholic HS.
- Parents should be notified that they need to schedule a COVID-19 screening visit.
- The student-athlete **is not eligible to return until they present documentation** signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19.
- If an individual receives a **positive** COVID-19 diagnosis:
 - Notify the Coach, Athletic Trainer, and Athletic Director immediately. The Athletic Director will notify the building principal, Vince Tarducci and assistant principal, David Rad immediately. Athletic Trainer, Ken Eaves will notify the public health authority immediately. Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.
- Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized).
 - The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction, and arrhythmias that have been in association with COVID19.
 - Individuals must meet all the following criteria to return to sport:

- At least 14 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring clinical worsening of symptoms.
- Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)
- The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA).
 - Individuals without a medical provider can contact their local public health agency.
 - Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned.
 - Medical providers should take into consider the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.
- After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as a joint decision between the medical provider, coach and athletic trainer.
- If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, pre- syncope or syncope the athlete/coach should be evaluated by a medical provider.

Limitations on Gatherings:

- No gatherings of more than 50 persons per group in Philadelphia, including coaches.
- Controlled non-contact practices only, modified game rules
- Social Distancing will be applied during practices and in locker rooms.
- Weight Room - we have two weight rooms at Roman Catholic.
 - Heavy Lifting weight room will be limited to 15 people at one time.
 - Cardio room will be limited to 10. 25 people maximum between both weight rooms.
 - 4 people maximum grouping with or without a coach
 - Groups must work 10 feet away from each other at all times
 - Within your subgroup, individuals must maintain 6 feet social distance requirements
 - Machines must be cleaned after each individual use
 - All conditioning and gatherings will be scheduled at least 1 week ahead of time with expected participants/times.
 - Attendance log must be submitted after each meeting.
 - Educational signage will be posted in weight room for students and coaches to see.

- **Gymnasium**
 - 15 people maximum allowed in the gym at one time
 - 6 people maximum grouping with or without a coach
 - Groups must work 10 feet away from each other at all times, using separate baskets (2 baskets)
 - Within your subgroup, individuals must maintain 6 feet social distance requirements
 - One ball per individual
 - Balls must be designated for your group, sanitized before use and after for the day
 - No live play that fosters physical touching, only non-contact conditioning and skill development
 - Machines must be cleaned after a day's use, as well as seating areas if used
 - All conditioning/skill development will be scheduled at least 1 week ahead of time with expected participants/times.
 - Attendance log must be submitted after each meeting.
- All conditioning and gatherings should be scheduled at least 1 week ahead of time with expected participants/times. Attendance log should be submitted after each meeting.
- **River Field (football/lacrosse)**
 - 25 People Maximum at one time.
 - No Locker Room usage, except for bathroom emergency.
 - If bathroom needs to be used, 1 person at a time.
 - Bring own water, preferably in one-gallon jugs
 - Wipe down footballs before and after workouts.
 - Masks on at all times unless outside and able to stay 6 feet apart according to the Philadelphia City Mask Order. Follow new protocols
 - No spectators, no congregating in the parking lot.
- **Soccer practice field at Bridesburg Recreation Center.**
 - 25 people or less.
 - Bring own water, preferably in one gallon jugs.
 - Wipe down soccer balls before and after workout.
- **CoVid 19 Information for Traveling**
 - 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. A listing of states can be found here: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Facilities Cleaning:

- Cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease, through the school's administration, athletic department and maintenance crew.
 - We will have a clipboard/ binder posted in the weight room that shows when you were in, how many people and if it was sanitized when you left. This will be required by the coaching staff of that particular team.
 - Coaches would be responsible for the cleaning of machines after daily use, through handling it themselves and/ or supervising to ensure that it is being done.

- Administration/Athletic Department would be responsible for a daily, deeper cleaning at the close of each business day. School maintenance workers would take on this responsibility. This will be logged on the clipboard that it was cleaned.
- Athletic facilities will be cleaned prior to arrival and post workouts and team gatherings. The coaches will be responsible to follow these protocols.
- Weight Room Equipment will be wiped down after an individual's use with the disinfectant wipes located in the weight rooms.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
 - No sleeveless t-shirts
 - Sweatpants preferred

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, activity should focus on individual skill development)
- Students should refrain from sharing clothing/towels and will be washed after each practice, including pinnies.
- Students should bring their own pinnies to practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) will be cleaned intermittently during practice and events as deemed necessary.
 - Hand Sanitizer will be used FREQUENTLY (supplied by Roman).
- Spotters for maximum weight lifts will be stationed at each end of the bar

Hydration:

- Students MUST bring their own water bottle, preferably in one gallon. Water bottles must not be shared. Water fountains will not be available for use.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) cannot be utilized.

OTHER RECOMMENDATIONS

Transportation:

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

- All players will be screened with thermometer guns before entering the bus.
 - If A player is above 100.4 they will be isolated and their parents along with the COVID-19 pandemic team will be notified.
- Reducing the number of students/coaches on a bus/van by 50%
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus and face coverings

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.
- Sidelines/Bench Continued (Addition 7/3/2020) - Everyone must wear a face covering, such as a mask, unless they have a pre-existing condition. Coaches, athletes and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are required to wear face coverings while actively engaged in workouts and competition and must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
- PA announcements and signage will be displayed around the facilities regarding social distancing, masks, etc, all per the guidelines of the Department of Education, 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) – Media
 3. Tier 3 (Non-essential) – Parents, guardians, families and 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.

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 (100.4 or High)
- 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
- Notify Athletic Director of symptoms
 - Athletic Director will notify Coronavirus team

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

- Student or staff **will need** medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine) for 72 hours, 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, zoom calls)by Thursday, July 8th via Zoom:

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (MASK, 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.
- students should come dressed for activity
- Limit indoor activities and the areas used. Locker room and bathroom use protocols.
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with

EQUIPMENT/ MATERIALS NEEDED:**Hand Sanitizer - preferably a bottle per player****Masks (Face Coverings)****Disinfectant wipes in the weight room****Temperature Gauges - Ken Eaves****FALL SPORTS SPECIFICS:**

Football: Schedule any workout or meeting 1 week in advance. Include max number of individuals at specific times.

- Weight Room
 - Coach screens each player with a temp check.
 - Masks required at ALL times. All coaches have masks on.
 - Disinfectant wipes used before and after workout.
 - Document this on clipboard.
 - Drop-off/Pick-up Accommodations
 - Must come in during slotted time. No waiting in the hallways. Stay in the car, if possible, until Coach opens the door. Upon entering go right into the weight room with the mask on (face covering).
- River Field - Players must get to River Field on their own. Bring your own water. Wear face coverings.
 - Drop-off/ Pick-up Accommodations:
 - Parents must remain in cars while waiting for students/.
 - All players and coaches are utilizing face coverings
 - There will be no usage of locker room at River Field, except for bathroom purposes.
 - Go right to designated cohort on the field - temperature checks and surveys will be taken place
 - Offensive Lineman - Footwork / Conditioning
 - Running Backs Footwork / Conditioning / Routes
 - Wide Receivers - Footwork / Conditioning / Routes
 - Quarterbacks - Footwork / Conditioning / Reading Coverages
- Cohorts - Organize players by cohort. They must remain in that cohort. Avoid mixing groups. Try to keep each cohort with the same coach.

Soccer:

- Workouts should be focused on conditioning and non-contact activities. Students should be assigned their own groups/balls. Each ball should be sanitized after being used.

- When players arrive at Bridesburg Recreation center field, they should be organized into cohorts and all wearing face coverings along with the coaching staff.
- At the conclusion of practice, the players will stay in their designated areas, 6 feet apart, and will sanitize and clean their belongings or team equipment. Team equipment will then be brought back to the school equipment room by one of the coaches by the gator.
- If a player has driven themselves to practices, and the coach has ensured they have sanitized, they may leave from practice.
- If a player has to be picked up, they may be dismissed to their parents vehicle when the coach approves that they have properly sanitized.

Cross-Country:

- All workouts must be scheduled by the coach and approved by the Athletic Director
 - Time
 - Location
- While running, keep socially distanced.
- When showing up to cross-country workouts, wear face coverings.

RESOURCES that were used for the creation of this document:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

DOH Mask Guidance

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx>

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
 “Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”
 “What is Contact Tracing”
 “Phased Reopening 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

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/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry and to the [City of Philadelphia Guidance for Restaurants](#).

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

**ROMAN CATHOLIC ATHLETIC DEPARTMENT
COACH CONFIRMATION OF REVIEW FORM**

I, _____, have reviewed, understand, and agree to comply and reinforce with my team to the best of my ability, the guidelines, recommendations, and requirements detailed in the “Roman Catholic Return to Play Protocols”, the CDC’s “Consideration for Youth Sports” document, and the Pennsylvania Governor’s “Guidance for All Sports to Operate During the COVID19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public” document.

I also agree to conduct a virtual meeting with my student-athletes to review the aforementioned guidelines, recommendations, and requirements prior to engaging in any in-person activity.

****This document must be signed, submitted, and approved by the Athletic Office prior to beginning any athletic program after June 29, 2020 until further notice.**

****A detailed schedule (dates, time frames, facility, etc.), including a list of general activities you will conduct during each session, must also be submitted to the Athletic Office for approval at least five (5) days prior to beginning any program.**

Coach’s Printed Name

Coach’s Signature

Athletic Director Signature

Date Approved

CoVid-19 Daily Questionnaire

Name:

Date:

Sport:

Temperature:

Do you have a new onset of cough or shortness of breath?

Yes

No

Have you had a fever or felt chills?

Yes

No

Do you have a headache?

Yes

No

Have you experienced loss of taste or smell?

Yes

No

Have you had a known exposure to a CoVID-19 positive individual?

Yes

No

Have you had a sore throat?

Yes

No

Have you had any general muscle soreness or fatigue?

Yes

No

Have you recently traveled outside the surrounding area?

Yes

No

If so - where

