

Agnes Irwin Athletics Health and Safety Plan COVID-19

The following is the Health and Safety Plan Agnes Irwin Athletics has created prior to conducting sports-related activities with students based on [Pennsylvania's Guidance for Sports to Return during the COVID-19 health crisis](#). As we closely monitor government guidance for reopening, we are following strict guidelines to ensure the safety of our students, coaches and staff. Please adhere to all rules, guidelines and waivers.

- All coaches, staff, student participants and parents/guardians are required to read and complete the COVID-19 Daily Summer Waiver and Consent Form. Participation in activities will not be allowed without a completed form. The form will be completed online. The Daily Symptom Screening form will need to be completed prior to every workout the student attends.
- Per Governor Wolf's universal masking requirement (July 1, 2020), 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 not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines and anytime 6 feet of social distancing is not possible.
- All workouts will be supervised by members of the Agnes Irwin coaching staff. Students must sign-up for individual workouts in advance and no walk-ups will be allowed. Students are not permitted on campus at any time other than a scheduled workout.
- Groups will be limited to 25 or less. This includes coaches and staff. Social distancing of at least 6 feet will be practiced before, during and after the workout session.
- Arrival / Departure Procedures:
 - Students should arrive to campus no earlier than 10 minutes prior to the workout. If you arrive earlier than 10 minutes prior to workout, please remain in your car until 10 minutes prior to your time slot.
 - Arriving students must immediately go to the check-in desk at **Schellenger entrance walkway** to receive a temperature/health screening and to sanitize hands. Please *do not* go directly to your field/court upon arriving on campus.
 - Parents/guardians must leave campus after dropping off and should return at pickup time. No spectators will be allowed during the workout sessions. No carpooling is allowed except for team members living in the same household. Thank you for your understanding and cooperation.
 - Students and staff will depart campus immediately after the workout. Gathering after the workout on campus is not permitted.
- Health Monitoring:
 - Parents/guardians should administer a temperature reading at home. Upon arrival to campus, students will then have a temperature reading and health screening by a member of the staff at the **Schellenger Entrance**.
 - If either reading is 100.4 or above, the student should stay home OR will be told to go home if the reading is taken on campus. Coaches and staff present for the workout will adhere to the same

rules.

- **Masks should be worn by students until their temperature check is completed on campus.** After a satisfactory reading and the students are on the field/court, the student masks can be removed. Coaches and staff will keep their masks on throughout the workout.
- All students, staff and coaches must clean their hands at the sanitizing station at check-in. Students, staff and coaches will then be sent to their designated field/court space.
- A student **may not come to campus** if in the past 2 weeks they have experienced:
 - Fever or chills
 - New Cough, shortness of breath, or difficulty in breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - Travel outside the US
 - Contact with someone who has COVID-19.
- Should a student, staff member or coach present with any COVID-19 symptoms, the following plan of action will be enacted:
 - If a student presents with any COVID-19 symptoms, including a temperature reading of 100.4 or above, they will immediately be quarantined in the Health Center, and the student's parent/guardian will be called. The parent/guardian will pick up the student directly from the Health Center, and the School will require a MD note before being permitted to return to campus.
 - If a coach or staff member presents with any COVID-19 symptoms, including a temperature reading of 100.4 or above, the staff or coach will immediately depart campus, and the School will require a MD note before being permitted to return to campus.
- Additional Rules/Regulations:
 - Please use the restroom in advance of arriving on campus. Restroom access will be available in the event of an emergency.
 - All students are to bring their own water. No water coolers or water fountains will be available at the field/court for refills. Please make sure to bring sufficient water for the entire workout with you.
 - Students will be asked to bring their own equipment and label equipment with their last name. Coaches will provide a list of equipment necessary for the session. No sharing of equipment is allowed.
 - There will be a 30 minute break between workout time slots to allow groups to leave and arrive on campus with social distancing measures in place.
 - Social distancing will be practiced at all times. No unnecessary physical contact, such as high fives, handshakes, fist bumps or hugs will be permitted. During down time, athletes and coaches should not congregate. Athletes will be asked to keep their belongings/water bottles at designated areas around the field/court which are six feet apart.
 - Activities that increase the risk of exposure to saliva are not allowed, including chewing gum, spitting, licking fingers, and eating sunflower seeds.

- Sport Specific Guidance:
 - Phelps Field - Soccer/Field Hockey/Volleyball
 - Check-in at the Schellenger entrance walkway. Students then immediately walk outside directly to Phelps Field.
 - Students should place their bag/water bottle at one of the numbered signs along the sideline (placed 6 feet apart).
 - Phelps Field will be divided into sections. Students will be assigned a number/field section. Students should proceed to their field section after dropping their bag/water bottle. All field sections will be 6 feet apart to maintain student-athlete social distancing.
 - Tennis
 - Check-in at the Schellenger entrance walkway. Students then immediately walk on the outdoor sidewalk past Phelps Field to access the tennis courts.
 - Students should place their bag/water bottle at one of the numbered signs along the exterior of tennis courts (placed 6 feet apart).
 - Students will receive a court assignment. After dropping bag/water bottle students should proceed to their assigned court. Singles on courts to maintain 6 feet social distancing requirement.
 - Squash
 - Check-in at the Lenox Lobby. Students should complete the temperature check and sanitize hands. Coach will meet students in the lobby and escort them to the Squash Center.
 - Students should place their bag/water bottle directly behind the court they are assigned.
 - Students will be assigned a squash court. At no point will a student be on a court that has been previously occupied by another student that day. Courts will be thoroughly sanitized at the end of each day.
 - Students and coaches will wear either a face covering or face shield and social distancing will be practiced during the lesson.

For questions regarding AIS Athletics Summer Workouts and COVID-19, please contact Assistant Athletic Director, Lauren Wray, at lwray@agnesirwin.org.

Required Staff, Coaches, Parent and Athlete Education

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, and emails):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19
- The content of this AIS Athletics Health and Safety Plan
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

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

Proper ways to limit exposure to COVID-19

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Important Resources and Links

- [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](#) from PA.gov on 6/10/20
- [Guidance for Opening Up High School Athletics and Activities](#) from the NFHS on 5/19/20
- [Considerations for Youth Sports](#) from the CDC on 5/29/20