



# ATHLETIC HEALTH AND SAFETY PLAN

## Phase 3 - Fall - Beginning September 7, 2020

### 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.

**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	Individuals who are Pregnant or Breastfeeding
People who are immunocompromised	Individuals with Diabetes
Older Adults age 65 and Older	Individuals with Chronic Kidney Disease
Individuals with Asthma or Chronic Lung Disease	Individuals with Severe Obesity (BMI 40+)
Individuals with HIV	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.

### **Attendance**

Any student-athlete or coach attending a practice or competition should be in a good physical condition. Anyone feeling sick or experiencing any unusual symptoms associated with COVID-19 must stay home to protect themselves and others.

If a student-athlete starts to feel sick at a practice or competition, the individual should immediately inform one of the coaches who should isolate the individual. The parent/guardian should be alerted immediately and the student-athlete should be sent home.

### **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.

It is recommended that student-athletes wear a face covering any time the individual is not actively engaged in practice or competition. If a student-athlete is not in a drill or game, the individual must have a face mask on. During team talks/meetings, face coverings will be required. Face masks which are worn during PIAA competitions may not have any advertising or corporate names on them.

Student-athletes should keep their mouth guards in their mouth at all times throughout practice and competitions. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

### **Practice/Contest Screening**

When a coach or student-athlete arrives for a practice or contest, 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.

Per the UPSD Health and Safety Plan, if a student-athlete or coach has one Group A symptom or two Group B symptoms, the student-athlete or coach will 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 and Acknowledgement Form**

Prior to participation in athletics, 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**

While contact is permitted, coaches and student-athletes should stay 6 feet apart whenever possible. An example of this includes during warm-up runs and stretching. Workout and training activities must be organized to allow for this required spacing. Student athletes should continue to remain 6 feet apart when not actively participating (ie. sidelines, bench).

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

In addition, student-athletes should not enter or leave the facility together or within 6 feet of each other. Parents picking up student-athletes should remain in their vehicles. If student-athletes must carpool, it is recommended that they wear a mask inside the car.

Student-athlete and coach bags, apparel, etc. should be separated 6 feet apart. All personal supplies should be labeled with the owner's name on it to prevent someone from picking up the wrong bag.

### **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 should not share equipment with one another unless inherent to the sport. This includes athletic equipment, pinnies, towels, clothing etc. Whenever possible, any time equipment is used by one individual, it will be sanitized prior to the next person using that piece of equipment. If not feasible, athletic equipment should be cleaned often throughout the workout.

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. Student-athletes are encouraged to bring their own hand sanitizer to practices and games, especially for away games.

### **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.

### **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. The District will not provide water or the use of coolers during this time. 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, chest bump, hug or fist bump during practices and contests.

### **Indoor Facilities**

Due to social distancing guidelines and state mandates, the following facilities may be used with all occupants wearing masks and being at least 6 feet apart but are limited to the number of occupants listed below:

HS Athletic Training Room - 9	MS Athletic Training Room - 3	4-5 Athletic Training Room - 5
Boys Gym Locker Rooms - 15	Boys Varsity Locker Rooms - 8	Girls Gym Locker Rooms - 12
Girls Varsity Locker Room - 10	Boys Middle School Locker Room - 12	Girls Middle School Locker Room - 12
Boys 4-5 Locker Room – 10	Girls 4-5 Locker Room - 16	Coaches Offices - 1
Swim Locker Rooms - 7	*Weight Room - 12	Natatorium – 25
Auxiliary Gymnasium - 25	Gymnasium – 25	

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.

### **Hygiene**

At the conclusion of practices or contests, student-athletes should wash their hands or use hand sanitizer. Student-athletes will be encouraged to shower as soon as they get home from an athletic event. In addition, student-athletes should be encouraged to wash all garments and wash or disinfect equipment after each practice or contest.

### **Facility Cleaning**

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

### **Travel to Away Competitions**

Bus or van transportation will be provided to away events. Face coverings will be mandatory for all trips and any and all regulations established by the busing contractor and/or school district will be strictly followed and enforced.

### **Team Meals**

Family-style team meals will not be permitted. If there are team functions that require meals, these should be individually packaged and participants must stay 6 feet apart when eating.

### **Home Competitions**

All home competitions will follow the parameters of this plan. Individual sports will have specific guidelines based on the facility being used and the unique requirements of each sport.

Contest sites will have sanitation supplies available for players, coaches, officials and games workers.

### **All Competition Considerations**

The pre-game conference in all sports will be limited to one official, the head coach from each team and one captain from each team. These individuals should be a minimum of 6 feet apart and/or be wearing masks. This includes the coin toss as well. These conferences will be moved to the center of the court/field and away from other coaches or players warming up.

Coaches and players on the bench should be wearing masks and sitting 6 feet or more apart.

The scoring table will be limited to the home team scorer and/or timer. If space is available, the visiting team scorer will be permitted at the table. All seating will be 6 feet or more apart.

During the pre-game introductions there will be no hand shaking. In addition, all players and coaches must be 6 feet apart during introductions. There will be no post-game handshake line between teams and officials.

### **Competition Spectator Information**

Currently the Commonwealth of Pennsylvania does not allow visitors or spectators for practices or games. Should that directive change, any and all guidance from the state will be followed. Spectators may not park their vehicle on or around school district fields and are not permitted to stand outside the facilities.

If/When spectators are permitted to attend games, seating areas will be clearly marked and will adhere to social distancing guidelines. Spectator size may be limited depending on the facility being used and reservations may be required.

All spectators will be required to wear face coverings at all times and will not be allowed to enter the playing surface or bench area.

### **Live-Streaming Games**

Upper Perkiomen has installed 3 NFHS Network live-stream cameras on campus – One in Keeney Stadium, one in Tribe Stadium and one in the high school gymnasium. All games will be covered via the NFHS Network live-stream format. Viewers may sign up for a monthly subscription at \$10.99 per month or a yearly subscription at \$69.99. This entitles the viewer to watch any game being live-streamed on the NFHS platform.

### **Consideration for Coaches**

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

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches may have to limit game day squad sizes for social distancing purposes.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.
- Coaches should emphasize the importance of social distancing, hydration and hygiene with their student-athletes.

### **Consideration for Parents/Guardians**

(A family’s role in maintaining safety guidelines for themselves and others):

- Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children

who are sick or showing symptoms must stay home. (If there is any doubt, stay home).

- Parents/Guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each practice or contest.
- Be prepared with face coverings for members of your family if permitted to attend events.
- Inform coaches if your student-athlete is quarantined, has tested positive for COVID-19 or has been exposed to (close contact) COVID-19.

### **Considerations for Media**

- Media members should complete a personal health assessment daily. Any media member who attends a game in person will be subject to school district Covid-19 screenings including having his/her temperature taken.
- The media must make contact with the school prior to attending to make appropriate arrangements for attendance.
- Media availability may be limited especially if there are limits on capacity. Use of the press box is contingent on the requirements by the teams and coaches.
- Media should be restricted to areas outside of the team areas.
- Interview requests may be limited and only permissible if social distancing is possible.

### **Consideration for Game Workers and Officials**

- Game workers and officials should complete a personal health assessment daily. Individuals working a game will be subject to school district Covid-19 screenings including having his/her temperature taken. Any official or game worker that feels sick should stay home.
- Officials will not have access to the locker room unless arrangements have been made at least 1 day in advance.
- Maintain 6 feet of social distancing from players, game workers and other officials as much as possible.
- Officials and game workers are encouraged to wear a mask at all times. If any official is addressing a player or a coach less than 6 feet apart, a mask should be worn. This includes between periods/halves and before and after play.
- Officials should provide their own towels and hydration bottles. These should be labeled with each individuals' name on them and should not be shared with anyone

### **Positive Case or Close Contact of COVID-19**

If a student-athlete or coach contracts the COVID-19 virus, or has a close contact with someone who tests positive, the family must notify the athletic department, including the appropriate coach, athletic trainer and athletic director. The athletic trainers and the athletic director will then consult with the Pandemic Coordinator to develop a plan for return to play following current guidelines. The student-athlete or coach should consult with their primary care physician immediately. If the student-athlete or coach tests positive for COVID-19, physician clearance (MD, DO, PA, CRNP) must be provided via e-mail to the athletic trainers.

Per the UPSD Health and Safety Plan, if a student-athlete or coach contracts the COVID-19 virus, the individual should isolate for a minimum of 10 days if asymptomatic and monitor for symptoms; if symptomatic student-athletes or coaches should isolate until: 24 hours with no fever, improvement in symptoms and 10 days since symptoms first appeared. As always, student-athletes and coaches should follow their physicians orders.

In addition, the team will also quarantine and the season will be suspended for a minimum of 14 days (following medical guidelines). Any school that had a recent competition with the COVID-19 positive individual will be contacted by the athletic director. If a team is shut down due COVID-19, any game that is missed can be rescheduled if possible. However, if a contest cannot be rescheduled it will be recorded as a “no contest” and not a forfeit. The only time a team would forfeit a contest due to a COVID-19 situation would be in the case of post-season tournaments.

### **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** – *High Risk (stunting), Low Risk (sideline)*

When stunting, student-athletes must wear face coverings. If stunting occurs, masks or gaiters should be used. Face shields are not permitted for stunting.

During contests, cheerleaders should stand 6 feet from each other. They must wear face covering if they are less than 6 feet apart.

Poms should be assigned to each individual and labeled in some way. Cheerleaders should not touch anyone else's poms.

Water bottles should be placed off the track surface and must be separated by 6 feet of space.

There will be no use of a crash banner at the start of games.

**Cross-Country** – *Low Risk*

During home meets, schools will be limited to 12 runners per team. The starting line will be extended to allow for greater distance between runners and there will be a minimum of 6 feet through all parts of the race course.

Finish line – Disposable sticks will be utilized for all finishes. There will be no snack table at the finish line. Student-athletes should bring their own food and hydration.

No pre-game or post-game handshakes will be permitted. No team tents allowed on campus.

Game Workers permitted – PIAA Starter, Timer (2), Scorers (2)

**Field Hockey** – *Moderate Risk*

Additional game balls will be placed throughout the field. If ball holders are being used, they will not be permitted to use their hands. They may either put a ball into play using their feet or using a field hockey stick.

Substitutions – Substitutes entering the game will check in with the scoring table from a 6 feet distance. They will then go to the sideline. When there are multiple subs, they will spread out on the sidelines. Subs will not slap hands with the player she is replacing.

During pregame meetings, pre-game introductions, quarter breaks, halftime and post-game, players should be wearing masks.

Green/Yellow Card – 2 chairs will be spread out to accommodate players that may have a sit-out period.

Penalty Corners – Players may wear a penalty corner mask but each player must use their own masks. These should be individual labeled.

Game Workers permitted – PIAA officials, Home Scorer, Home Timer, Athletic Trainers

### **Football** – *High Risk*

A maximum of 250 total individuals will be permitted at games according to the following break-down:

- Sports Medicine Staff – 5 per side (10 total)
- Team Managers – 3 per side (6 total)
- Players – 50 (100 total)
- Coaches – 10 on field, 2 press box (24 total)
- Cheerleaders – 25 (home team only)
- Marching Band – 30 (home team only)
- Videographers – 2 per team (4 total)
- Chain Crew – 5
- Officials – 6
- Press Box Game Workers (4 total)
- Media (4 maximum)
- Security – 10

This leaves approximately 20 “spaces” available. Requests for additional essential personnel must obtain prior approval from the Athletic Director in order to ensure fair compliance with state and local regulations.

The team box will be extended to the 10-yard line for players to allow for greater social distancing. Players should stay more than 6 feet from each other on the sideline. Coaches are only permitted between the 25-yard lines (normal coaching box). Players and coaches should stay 5 feet away from the sideline (previously this was 2 feet)

There should be a minimum of 2 ball holders per team with 3 balls rotated throughout. Balls should be regularly sanitized during the game and ball holders must stand 6 feet from each other. These individuals should be wearing gloves.

Coaches should wear face coverings at all times. Managers and ball holders must also wear face coverings. All individuals working on the chain crew must also wear face coverings.

It is highly recommended that players use the face shield on their helmet that will be provided by the school district.

Players must keep mouth guards in their mouths at all times. If a mouth guard is taken out it must be sanitized before it is used again. Mouthwash or a similar product will be provided for this purpose. Before doing this the player should utilize hand sanitizer or disinfect his hands.

Timeouts and intermissions between quarters and following a try, successful field goal or safety (prior to the succeeding free kick) will be extended to 2 minutes. Players will be required to pick up their own water bottles during this time. They should not touch any other players' water bottle. If players come to the sideline for their water, individuals not in the game should move out of the way to allow for more distance between players.

Players should not pick up officiating flags and should not share uniforms, towels, apparel or equipment.

Coaches should minimize the use of offensive and defensive huddles but should use alternate methods of communication (signals, cards, signs) to minimize grouping.

6 feet of social distancing should be utilized for all pre-game responsibilities including officials, game administration staff, chain crew, clock operators, team personnel and ball holders. All individuals should wash and sanitize their hands as often as possible.

On-Field Game Workers – Officials, Team Medical Personnel, Managers, Ball Holders, Chain Crew (5)

Off-Field Game Workers – Cheerleaders, Marching Band

Press Box – Above the press box, there is a maximum of 2 coaches per team. The indoor area is limited to the timer, announcer (if applicable), spotter and media (max of 2).

### **Golf** – *Low Risk*

Competitions must strictly adhere to any COVID-19 modifications made to individual golf courses or golf practice facilities (driving ranges).

Normal golf groups are permitted but there should always be 6 feet of space between competitors.

If there is a need to access the golf shop, bathrooms or snack stand, competitors must have their masks on. This is a state requirement for indoor facilities.

The number of golfers attending a match may be limited by PIAA or league mandates.

Players should provide their own tees, pencils, ball markers and any other equipment. If appropriate, equipment should be marked with the golfers' name. Players should not touch any other player's equipment, golf ball, scorecard, etc.

There should be no exchange of scorecards by players. Each player will keep his/her own scorecard but there must be a verbal accounting of scores for each holes. Players may keep an unofficial score of their competitors. Electronic scoring is permitted for regular season competitions.

At the end of the match, players are permitted to depart with a parent/guardian and a permission note.

### **Soccer** – *Moderate Risk*

Additional game balls will be placed throughout the field. Ball runners will not be permitted to use their hands. They should put a ball into play using their feet.

Substitutions – Substitutes will spread out on the sidelines in proximately to the center line. Subs will not slap hands with the player being replaced and/or may not exchange a pinnie or any other item to signal the substitution.

During pregame meetings, pre-game introductions, halftime and post-game, players should be wearing masks. There will be no “world cup” introduction. Players will be introduced while maintaining a 6 feet distance between them.

Goalkeepers should keep a water bottle behind the net if needed for wetting their gloves. They are not permitted to spit on their gloves.

Game Workers permitted – PIAA officials, Home Scorer, Home Timer, Athletic Trainers

### **Tennis** – *Moderate Risk*

There will be no pre-match introductions of competitors or hand-shaking. 1 head coach from each team and 1 player may participate in a pre-game meeting.

For home matches, tennis balls must be clearly marked for each competitor and both athletes should make note of their tennis ball numbers. Competitors may only serve with their assigned tennis ball. To advance tennis balls to the opposing side, players should use a racquet or their foot. Players should not touch the tennis balls with their hands and should avoid touching their face. Players may bring a sharpie marker to label their tennis balls.

When picking up a large number of tennis balls during practice, ball hoppers or racquets should be used.

When changing ends of the court, players should walk to the right to maintain social distancing.

During doubles, players should maintain 6 feet apart as much as possible.

Players should utilize hand sanitizer regularly and avoid touching common surfaces such as the court gates, fences, benches, etc. Players should only touch their individual scorecard. These should be sanitized if being re-used for doubles after the singles matches are complete.

Tennis racquets and other equipment should be wiped down regularly. Players should not touch any other competitor’s racquet, water bottle, towel, etc. All personal items should be labeled with the owner’s name.

### **Water Polo** – *High Risk*

A maximum of 25 total individuals will be permitted at games according to the following break-down:

- Officials – 2
- Players – 10 (20 total)
- Coaches – 1 on deck (2 total)
- Athletic Trainer – 1

Additional considerations:

- Additional team members will be located in the gymnasium keeping 6 foot apart at all times.
- Home team will need to rotate one player to operate the clock and basic table functions.
- Officials will need to track kick outs and goals.

**Adopted August 27, 2020**



**Protect Yourself, Protect Others, Protect the Season**

