



Athletics Health and Safety Plan

HHS Athletic Workouts

Effective September 22, 2020

The School District of Haverford Township created this Athletics Health and Safety Plan to serve as a guideline for voluntary athletic out-of-season workouts for fall, winter, and spring teams. This plan also accommodates athletics for a return to competitions. Given the dynamic nature of the pandemic, this plan incorporates flexibility to adapt to the changing conditions. Additionally, this provides guidance for out-of-season voluntary team conditioning and workouts. Ms. Vanessa Robtison, HHS Assistant Principal/Athletic Director, will serve as The School District of Haverford Township Athletics point of contact for all questions related to COVID-19 for parents, athletes, and coaches. Ms. Robtison's contact information is as follows: vrobtison@haverfordsd.net, or (610) 853-5900, ext: 2561 (office).

This plan was approved on September 21, 2020, by the School District of Haverford Township School Board and is posted on the school district's website. This plan will be monitored throughout the implementation period and updated as needed. The updated plan will be reposted on the school district's webpage.

The decision to resume sports-related activities, including conditioning, practices, and games, is within the discretion of a school entity's governing body. This document was updated in accordance with the Central Athletic League decision to begin Fall athletic seasons on September 29, 2020, as a result of the Chester County Health Department's (CCHD) decision to revise its public and private school guidance for athletics. The new guidance has removed the CCHD's recommendation to postpone competitions until January 1, 2021. This document will be amended to reflect any new information or additional guidance.

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



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Prior to starting voluntary out-of-season workouts, the following conditions will be adhered to:

Coaches Responsibilities

- Coaches are required to review the [CDC Guidelines](#) to educate themselves on the symptoms of COVID-19, appropriate social distancing, hygiene, handwashing, and sanitizing procedures. In addition, it is expected that coaches will review the [CDC Guidelines on Consideration for Youth Sports](#) to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competitions and limiting contact in close contact sports while in the voluntary non-contact/socially distanced workout sessions as described in the later calendar. This also includes carefully progressing to voluntary workouts with full contact as described in the later calendar.
- Coaches will complete a [Daily Athlete Pre-Screening](#) by logging in all athletes and completing the monitoring form. Any student that answers “Yes” to any of the questions will not be allowed to participate, be isolated from the group, and sent home. The Athletic Office will be notified immediately by the supplemental coach in charge of the voluntary out-of-season workout.
- All Coaches will be required to wear face coverings at all times unless doing so jeopardizes their health. Coaches are also expected to wash their hands prior to practice and to have hand sanitizer available throughout the entirety of the workout session.
- Coaches will provide their own personal protective equipment, beverages, and food items for each workout and these items will not be shared with others.
- Coaches limit unnecessary physical contact with anyone. This includes shaking hands, fist bumps, and high fives.
- Coaches are expected to clean all school district equipment after each workout session for each workout group. Any equipment a student-athlete will come in contact with will be disinfected before and after any practice.
- Team meetings will continue to be conducted through a virtual media format, no group meetings are permitted on site.
- No parents or spectators can be present during the voluntary out-of-season workouts.
- District approved volunteer coaches will be permitted to assist supplemental coaches.



Athletes Responsibilities

- Athletes will be healthy when reporting to each workout. Any athlete who exhibits fever, chills, nausea, sore throat, headaches, shortness of breath, and/or any other symptoms of COVID-19 are prohibited from participating in a workout. Athletes will be required to log in daily with their coach and answer a screening checklist.
- Athletes are discouraged from car-pooling/ ride-sharing to and from workouts.
- Athletes must come dressed and ready to participate. No athlete will have access to changing locker room facilities.
- Athletes will have hand sanitizer available and are required to have washed their hands with soap and warm water prior to arriving at practice.
- Athletes will provide their own personal protective equipment, beverages, and food items for each workout and these items will not be shared with others.
- Athletes are responsible to provide their own hydration. Individuals will bring their own water or drink supplies to practice. No communal water jugs or water troughs will be provided. Any student without their own water supply will be sent home.
- Athletes will be aware that the equipment will be disinfected before and after any practice session.
- Athletes will shower immediately after returning home and will wash daily practice gear and personal equipment.
- Prior to participation, turn in a completed [PIAA Comprehensive Initial Pre-Participation Physical Evaluation packet](#) sections 1-6. Section 6 must be dated June 1, 2020, or after.
- Prior to participation, turn in a completed [PIAA 2020-2021 Supplemental Acknowledgement, Waiver and Release: COVID-19](#).
- Prior to participation, turn in a completed [COVID-19 Athletics Parent/Guardian Checklist & Signature](#).

Parent/Guardian Responsibilities

- Complete the [COVID-19 Athletics Parent/Guardian Checklist & Signature](#) in order to provide permission for your student-athlete to participate in The School District of Haverford Township Voluntary Health and Safety Plan workout sessions.
- Arrange appropriate transportation for their student-athlete to and from voluntary out-of-season workouts. Parents are discouraged from car-pooling/ ride-sharing student-athletes to and from workouts.
- Provide student-athlete(s) with necessary water or drink supplies for all athletic workouts to maintain their hydration.



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- Ensuring your student-athlete washes their hands prior to coming to practice, showering once returned home after practice, and that the parent/guardian or student wash all clothing and personal protective equipment.
- Complete, sign and have their student-athlete turn in sections 1-6 of their [PIAA Comprehensive Initial Pre-Participation Physical Evaluation packet](#), [PIAA 2020-2021 Supplemental Acknowledgement, Waiver and Release: COVID-19](#), and the [COVID-19 Athletics Parent/Guardian Checklist & Signature](#).

COVID-19 Athletics Parent/Guardian Checklist & Signature

It is recommended that parents/guardians review the [CDC Guidelines](#) to educate themselves and share with the athlete the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing, and sanitizing procedures.

Prior to participation in voluntary out-of-season workouts, it is recommended that athletes will be required to complete the PIAA Comprehensive Initial Pre-Participation Physical Evaluation prior to participating in off-season workouts. This includes Section 6 requiring Certification of an Authorized Medical Examiner. This can be conducted by your family doctor's office or local clinics that provide physical exams.

For in-season athletes, all PIAA forms must be completed prior to the 1st day of the PIAA defined season start date of team practices in order to try out.

The voluntary out-of-season workouts are voluntary sessions only and no athlete is obligated to participate.

If your student-athlete shows any sign of illness, please do not permit them to participate in any voluntary out-of-season workouts.

Please note that student-athletes will be logged in daily by coaches and will be asked a few short questions as to their overall health for that day. Any answer of yes to a question will require that the student not participate and leave for the day.

In the event of a positive COVID-19 test of an athlete or immediate family member or anyone residing in their home, we would ask that the family notify High School Administration and in addition that individual athlete would be prohibited from attending workouts and games for 14 days. If the athlete themselves test positive, a return to play doctor's note would be required.

Please note that athletes will be required to arrive ready to practice, no locker rooms will be available, and each athlete is responsible for their own personal protective equipment, including mouthpieces.

Athletes are responsible to provide their own hydration. Individuals will bring their own water or drink supplies to practice. Individual hydration will be the responsibility of the athlete.

STUDENT'S NAME _____ SPORT(S) _____

PARENT/GUARDIAN SIGNATURE _____

STUDENT SIGNATURE _____



Voluntary Non-contact/Socially Distanced Workout Sessions:

Athletes Responsibilities

- Athletes 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.
- Athletes will participate in the daily athlete pre-screening.
- Athletes will arrive on campus dressed and ready for participation. No locker room access will be provided.
- Athletes are responsible to abide by all above-listed athlete responsibilities under the “Prior to Starting voluntary out-of-season workouts, the following conditions will be adhered to.”
- In the event of a positive COVID-19 test of an athlete or immediate family member or anyone residing in their home, we would ask that the family notify High School Administration and in addition that individual athlete would be prohibited from attending workouts for 14 days. If the athlete themselves test positive, a return to play doctor’s note would be required.

Coaches Responsibilities

- Coaches will be required to administer the coaches daily athlete pre-screening, take attendance, document practice plans, and grouping pods for every practice.
- All Coaches will be required to wear face coverings at all times unless doing so jeopardizes their health. Coaches are also expected to wash their hands prior to practice and to have hand sanitizer available throughout the entirety of the workout session.
- Coaches will develop workout pods of 15 or less (position groups, etc.) where they will conduct most of their drills. These groups will remain as consistent pods throughout the voluntary non-contact/socially distanced workout sessions. This will support the Chester County Health Department for better contact tracing if it were to become necessary.
- Coaches will structure practice sessions to maintain appropriate social distancing at all times possible. This will include the field of play, sidelines, and workout areas. During downtime, athletes and coaches will not congregate.
- Coaches are responsible for cleaning and sanitizing all equipment before and at the conclusion of each session.



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Voluntary workouts with full contact:

Athletes Responsibilities

- Athletes are responsible to abide by all above-listed athlete responsibilities under the “Prior to Starting voluntary out-of-season workouts, the following conditions will be adhered to.”
- No group gatherings accept in the natural form of competition. All down time, which would include water breaks, are to be socially distanced.
- 9th grade, 11th grade, new students, and new Athletes will be required to participate in Impact Testing prior to full contact.
- Impact Testing is good for 2 years. 10th and 12th graders tested in the 2019-2020 school year would not be retested.

Coaches Responsibilities

- Coaches are allowed to have their athletes participate in full contact that will allow for intrasquad scrimmaging but will adhere to sound developmental progression of skills.
- Coaches are to wear masks or face coverings at all times.
- Arrival to practice is socially distanced and all should be wearing masks or face coverings.
- Water breaks remain socially distanced and all should be wearing masks or face coverings.
- Athletes may choose to not wear masks while actively engaged in voluntary out-of-season workouts. Anytime an athlete is not actively engaged in a drill or associated intrasquad scrimmage, the athlete is required to wear a mask.
- Coaches are required to communicate to parents a schedule of practices that have been approved by the athletic office that indicates full-contact practices.
- Coaches will not announce intrasquad scrimmages in advance.
- Coaches will group students by levels (Varsity, JV, JVB, Freshman) as much as possible.

Procedure if anyone who arrives or becomes sick during voluntary workout sessions:

- Any athlete or coach who is ill, or has a temperature over 100.4 degrees, will not be allowed to participate in the workout will report to the athletic trainer and will be reported to the Athletic Director, Ms. Robtison, building Principal, and parent/guardian.
- Any coach or athlete who is ill will be immediately isolated from the workout group and not allowed to participate for the remainder of the workout. Emergency contact information will be used to arrange for transportation home.
- Any equipment used by the ill person will be removed from use until it can be cleaned/disinfected.



- Any athlete or coach who is ill, or has a temperature over 100.4 degrees, will not be allowed to return to any workouts until all signs and symptoms of the illness have gone away.
- Anyone who tests positive for COVID-19 will be required to follow the [isolation guidelines by the CDC](#) before returning and have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever-free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea. This student will be placed on a 14 day quarantine and not allowed to return prior to this window.

Additional Considerations and Guidelines:

- Individual Team Boosters- Booster organizations will not be permitted to host meetings on campus or conduct fundraisers on campus which includes the operation of snack stands. Virtual meetings and fundraisers are encouraged.
- Coaches are permitted to distribute team spirit wear or other fundraising items during their voluntary practice time or season.
- Coaches are permitted to facilitate fundraisers that they have had approved through the athletics office. Students and parents are not allowed on campus for fundraising purposes.
- Coaches must present a plan for approval for gatherings such as team banquets and seniors nights to HHS administration.
- Locker Room- Locker rooms will remain closed. All athletes should arrive on campus ready for practice. Restrooms are available for use as needed. However, restrooms are not a replacement to a locker room.
- Weight Room- The weight room is closed.
- HHS facilities are closed to the public during any workout period.
- Athletic Training Room Procedures- The capacity of the athletic training rooms, while considering social distancing requirements, will be determined in conjunction with the Facilities Director. Our athletic trainers will enforce room capacity and social distancing requirements in accordance with the School District of Haverford Township Health & Safety Plan. Weather permitting, a satellite athletic training room may be set up outside to decrease indoor traffic. Athletes receiving care in the athletic training room must wear a mask in accordance with the School District of Haverford Township Health & Safety Plan.
- Weather considerations- In the event there is a high probability of inclement weather, strong consideration will be given to cancel practices and competitions. In the event athletes are required to seek shelter due to sudden inclement weather (i.e. lightning), administrators and athletic trainers will work with our coaching staff and custodians to



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ensure that everyone is sheltered in a safe manner that allows for social distancing in the building.

- Teams are not permitted to compete in out of school leagues as or for Haverford High School.
- No captains' practices are allowed.
- For Cheerleading, competing in a virtual competition may be permitted pending administrative approval. This is the sport that is considering virtual options at this time.
- The Haverford High School athletic program workouts will only occur during the Green Phase of Governor Wolf's Reopening phased plan.
- Transportation is encouraged with immediate family members only. Car-pooling and ride-sharing is discouraged.
- Students will not be allowed to drive separately to competitions.
- For voluntary and in-season workouts, the person driving the student athlete should remain in their cars at drop off and pick up times.
- If a practice needs to be canceled as a result of a student athlete's or coach's confirmed positive test, this will be in collaboration with the Chester County Health Department, school administration, and coaches. Our coaches and/or administration will communicate the cancellation via their normal communication channels.

Calendar of Athletic Progression for Fall, Winter, and Spring Sports:

- Fall, Winter, and Spring Season Competition Dates will be determined by the Central League, District One, and State schedule and through the PIAA approval.
- If the PIAA does not approve a hybrid model we can elect to compete within the natural PIAA 2020-2021 PIAA Schedule of Sports' Events.
- The inseason sport, as defined by the athletic director and HHS administration, practices take priority over other seasons.
- This plan will afford us the opportunity to commence official PIAA practices and games in accordance with an approved Central Athletic League schedule.
- District One and PIAA are in conversations about developing a hybrid athletic schedule to incorporate competition opportunities for all seasons.

All following dates are the recommended timeline for our voluntary workouts. Dates can be flexible as needed.



September 29:

- Fall sports voluntary out-of-season workouts will switch to mandatory in-season team practices and contests in conjunction with the Central Athletic League schedules, which will return the teams to full practice and competitions. Coaches will structure in-season practices with a developmentally sound skill progression. (Boys & Girls Cross Country, Field Hockey, Football, Golf, Boys & Girls Soccer, and Girls Tennis)
- Indoor fall sports may return inside to the gym for voluntary out-of-season workouts. All indoor sports must adhere to the 25 people including coaches, trainers and school personnel maximum per Governor Wolf. Additionally, indoor fall sports may elect to have intrasquad scrimmages or routines with a developmental sound skill progression. (Girls Volleyball & Cheerleading)

October 1:

- Winter sports voluntary out-of-season workouts may begin. Through October teams will be limited to 2-3 voluntary out-of-season workouts a week. Teams will open with pods and social distancing. The focus is on skill development and fitness. (Boys & Girls Basketball, Competition Cheerleading, Indoor Track & Field, Boys & Girls Swimming & Diving, and Wrestling)

October 15:

- Winter sports voluntary out-of-season workouts may return to full practice and may elect to have intrasquad scrimmages still with a focus on sound skill progression.

November 2:

- Spring sports voluntary out-of-season workouts may begin. Through November and December teams will be limited to 2-3 voluntary out-of-season workouts a week. Teams will open with pods and social distancing. The focus is on skill development and fitness. (Baseball, Boys & Girls Lacrosse, Softball, Boys Tennis, Boys & Girls Track & Field, and Boys Volleyball)

November 16:

- Spring sports voluntary out-of-season workouts may return to full practice and may elect to have intrasquad scrimmages still with a focus on sound skill progression.

All dates in the Calendar of Athletic Practice Progression for Fall, Winter, and Spring Sports will be flexible based on each season schedule dates.