

Spring-Ford Area School District
Department of Athletics
Health & Safety Plan for Athletics and Marching Band

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.

The Spring-Ford Area School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The Spring-Ford Area School District 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.

Point of Contact

The primary point of contact for all questions related to COVID-19 as in relation to the Health and Safety Plan for Athletics and Marching Band:

Mr. Mickey McDaniel
Director of Athletics – Spring-Ford Area School District
350 S. Lewis Road
Royersford, PA 19468
mmcda@spring-ford.net
610-705-6030

Requirements

The following requirements are for **all Middle School and Senior High School athletics and marching band contests and practices**

Student/Athletes and Coaches

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. Please click on the link below from the Pennsylvania Department of Health to for an updated listing of the states which this restriction applies to:

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

1. Coaches and athletes should pre-screen themselves prior to arrival at Spring-Ford. If a coach or athlete has a fever or any signs/symptoms of COVID-19 or has come in contact with anyone with, or symptoms of Covid-19, they should not come to Spring-Ford and should contact their primary care physician and self-isolate.
2. 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. Temperatures at 100.4 or higher will be sent home should contact their primary care physician and self-isolate. Temperature checks will be done by personnel designated by the athletic director.
3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
4. Intensify cleaning, disinfection, and ventilation in all facilities
5. Encourage social distancing **when not engaged in active competition.**

6. Educate Athletes, Coaches, and Staff on health and safety protocols
7. Anyone who is sick must stay home
8. Plan in place if a student or employee gets sick
9. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
10. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
11. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
12. 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”)
13. **No** Concession stands or other food **for fall sporting events unless spectator restrictions are lifted.**

Considerations:

1. Custodial staff will clean and disinfect commonly shared athletic equipment and areas on a minimum nightly basis.
2. Different times will occur for practices, so overlap between and amongst sports doesn't occur on **practice facilities.** All practices will be coordinated through the Athletic office.
3. Activities will resume in a gradual fashion in order to avoid injuries, heat related illnesses, and to take into account that some athletes may not be at their optimal condition/fitness levels.

Anticipated launch date for sports related activities: September 7, 2020

Primary Point of Contact

Point of Contact Name	Position of Point of Contact	Contact Information
Mickey McDaniel	Director of Athletics	610-705-6030 or email mmcda@spring-ford.net

Key Strategies, Policies, and Procedures

Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* 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>YELLOW</p> <p>All areas used will be cleaned daily.</p> <p>Areas are only available for use when proper cleanings are scheduled.</p>	<p>Director of Athletics</p> <p>Head Custodian</p>	Cleaning materials	Y – Safe Schools training
	<p>GREEN</p> <p>All areas used will be cleaned daily.</p> <p>Cleanings will take place in all areas used by student-athletes or staff.</p>			
Other cleaning, sanitizing, disinfecting, and ventilation practices	<p>YELLOW</p> <p>N/A</p> <p>GREEN</p> <p>All Areas used will be cleaned daily</p>	<p>Director of Athletics</p> <p>Head Custodian</p>	Sanitizing and disinfecting agents	N

Social Distancing and Other Safety Protocols

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 social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>YELLOW - Social Distancing protocols will be used for indoor and outdoor activities.</p> <p>Groups must be limited to 25</p> <p>Non-contact activities</p> <p>Practice, game and activity spaces will be scheduled by the Athletic Office. Teams will not overlap on facility schedules.</p> <p>GREEN</p> <p>Social Distancing protocols will be used when possible.</p> <p>Groups must be limited to maximum of 250 or 50% of outdoor facility max occupancy whichever is less</p> <p>Practice, game and activity spaces will be scheduled by the Athletic Office. Teams will not overlap on facility schedules.</p> <p>Indoor - Groups must be limited to maximum of 25</p>	<p>Athletic Department Staff</p> <p>Coaches</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Band Director</p>	<p>Guidelines from the State of Pennsylvania, CDC, PIAA, NFHS, and SFASD Health & Safety Plan.</p>	<p>Y – Safe Schools training</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Procedures for serving food at events</p>	<p>YELLOW – Spaces are not available. Food will not be served.</p> <p>GREEN - Prepackaged meals only. No buffet style meals.</p> <p>Social distancing protocols must be used.</p> <p>Concession stands <u>will remain closed for fall season unless spectator attendance is permitted.</u></p>	<p>Athletic Department Staff</p> <p>Coaches</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Band Director</p>	<p>SFASD Health & Safety Plan</p>	<p>N</p>
<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>YELLOW - Wash hands before and after activities.</p> <p>Use of hand sanitizer if needed.</p> <p>Game ball(s) are disinfected before, during and after every game and practice</p> <p>Adults are required to wear face coverings, <u>unless a health condition prohibits use.</u></p> <p>No shared water containers are permitted. Each student-athlete and coaches must provide their own water.</p> <p>GREEN - Wash hands before and after activities.</p> <p>Use of hand sanitizer if needed.</p> <p>Game ball(s) are disinfected before, during and after every game and practice.</p>	<p>Athletic Department Staff</p> <p>Coaches</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Band Director</p>	<p>Guidelines from the State of Pennsylvania and CDC</p>	<p>Y – Safe Schools Training</p> <p>Protocols for proper handwashing procedures will be given to student-athletes and staff members.</p>

	<p>Adults are required to wear face coverings, unless a health condition prohibits use</p> <p>No shared water containers are permitted. Each student-athlete must provide their own water</p>			
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<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>YELLOW - Signs indicating proper hygiene and hygiene practices will be posted in common areas.</p> <p>GREEN - Signs indicating proper hygiene and hygiene practices will be posted in common areas.</p>	<p>Head Custodian</p> <p>Director of Facilities</p>	<p>Guidelines from the State of Pennsylvania and CDC</p>	N
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>YELLOW - Athletic Department approved personnel at games and practices only.</p> <p>Spectators are not permitted at practices and contests.</p> <p>GREEN - Athletic Department approved personnel at games and practices only.</p> <p><u>Spectators – Currently following Pioneer Athletic Conference Regulations</u></p>	<p>Director of Athletics</p> <p>SFASD Police Dept.</p> <p>Building Principals</p>	<p>PDE K-12 Athletics Health and Safety Planning Document</p>	N
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>YELLOW – Any equipment that must be shared must be disinfected between users. Game balls must be disinfected when feasible.</p> <p>GREEN – <u>Any equipment including game balls must be disinfected when feasible.</u></p>	<p>Coaches</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Band Director</p>	<p>Guidelines from the State of Pennsylvania, CDC, PIAA, NFHS, and SFASD Health & Safety Plan.</p>	N

<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>YELLOW - Locker Rooms and Physical Education Center are not available.</p> <p>GREEN – <u>In Physical Education Center</u>, opposite entrances/exits will be used when entering or exiting the facility. If opposite entrances/exits are not available, a staggering method will be used.</p> <p><u>Locker rooms will not be available.</u></p>	<p>Coaches</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Band Director</p>	<p>SFASD Health & Safety Plan.</p>	<p>N</p>
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Adjusting transportation schedules and practices to create social distance	<p>YELLOW – Transportation may be modified or limited.</p> <p>Student-athletes may be transported by a parent/guardian to off-site events with proper documentation</p> <p>GREEN – <u>School district will provide transportation to and from contests but not to practices.</u></p> <p><u>Families will be responsible to transport student-athletes to and from practices.</u></p> <p>Student-athletes may be transported by a parent/guardian to off-site events with proper documentation</p>	<p>Director of Athletics</p> <p>Director of Transportation</p> <p>Coaches</p> <p>Band Director</p>	<p>Transportation Waiver</p> <p>SFASD Health & Safety Plan</p>	<p>N</p>
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<p>YELLOW - Social Distancing protocols will be used for indoor and outdoor activities.</p> <p>Groups must be limited to 25</p> <p>Non-contact activities</p> <p>GREEN - Social Distancing protocols will be used when possible.</p> <p>Outdoor - Groups must be limited to 250 or 50% of facility maximum occupancy, whichever is less.</p>	<p>Athletic Department Staff</p> <p>Coaches</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Band Director</p>	<p>Guidelines from the State of Pennsylvania, CDC, PIAA, NFHS, and SFASD Health & Safety Plan.</p>	<p>N</p>

	<u>Indoor - Groups must be limited to the maximum number allowed by Montgomery County department of health</u>			
Other social distancing and safety practices	YELLOW – N/A GREEN – N/A			

Monitoring Student Athletes and Staff Health

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	YELLOW – Student-Athletes, coaches and athletic department staff will fill out the “COVID-19 Monitoring Form”. <u>Forms are to be turned in daily to athletic office.</u>	Head Coach Athletic Trainers Director of Athletics Building Principal	Monitoring Form Non-Contact Forehead Thermometer	Y – Safe Schools Training training on thermometer use
	GREEN - Student-Athletes, coaches and athletic department staff will fill out the “COVID-19 Monitoring Form” <u>Forms are to be turned in daily to athletic office.</u>	Band Director		

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	YELLOW - <u>Students/Staff - will be quarantined in a pre-determined location until proper travel arrangements can be made.</u> Student-athlete/staff of opposing schools will follow the same protocol as above	Athletic Trainers Director of Athletics Building Principal	PPE Cleaning and Sanitizing equipment	Y - education on the protocol being used
	GREEN - <u>Students/Staff - will be quarantined in a pre-determined location until proper travel arrangements can be made.</u> Student-athlete/staff of opposing schools will follow the same protocol as above	Head Custodian		

<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>YELLOW - Students or staff must 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.</p> <p>GREEN - Students or staff must 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.</p>	<p>Director of Athletics</p> <p>Building Principal</p> <p>Athletic Trainers</p> <p>Band Director</p>	<p>https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html</p>	<p>Y - education on the protocol being used</p>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>YELLOW - Changes in safety protocols - update documents on websites and advertise the changes on social media and email contacts.</p> <p>GREEN - Changes in safety protocols - update documents on websites and advertise the changes on social media and email contacts</p>	<p>Director of Athletics</p> <p>Building Principal</p> <p>District Communications & Specialist</p> <p>Assistant Superintendent</p>		<p>N</p>
<p>Other monitoring and screening practices</p>	<p>YELLOW – N/A</p> <p>GREEN – N/A</p>			

Other Considerations for Student Athletes and Staff

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	<p>YELLOW – Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes or other chronic health problems.</p> <p>Safety protocols will be implemented for any student-athlete or staff member who needs accommodations.</p> <p>GREEN - Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes or other chronic health problems.</p> <p>Safety protocols will be implemented for any student-athlete or staff member who needs accommodations.</p>	<p>School Nurse</p> <p>Athletic Trainer</p> <p>Director of Athletics</p> <p>Coaches</p> <p>Building Principal</p> <p>Band Director</p>	<p>https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html</p>	Y – Safe Schools Training
* Use of face coverings by all coaches and athletic staff	<p>YELLOW – <u>Coaches & Staff are required to wear masks at all times when indoors and outdoors until guidelines state masks are no longer required.</u></p> <p>GREEN - <u>Coaches & Staff are required to wear masks at all times when indoors and outdoors until guidelines state masks are no longer required.</u></p>	<p>Head Coach</p> <p>Athletic Trainers</p> <p>Director of Athletics</p> <p>Building Principal</p>	<p>Masks</p> <p>http://www.piaa.org/assets/web/documents/Press%20release%20-%20Friday%20July%203%202020%20-%20Masks.pdf</p>	Y – Safe Schools Training

<p>* Use of face coverings by student athletes as appropriate</p>	<p>YELLOW – Consider student athletes wearing masks before and after practice, removing masks for practice while continuing social distancing when possible. <u>If a student athlete is not actively engaged in drill or game, masks must be worn.</u> Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so.</p> <p>GREEN - Consider student athletes wearing masks before and after practice, removing masks for practice while continuing social distancing when possible. If a student athlete is not actively engaged in drill or game, masks must be worn. Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so until guidelines state masks are no longer required</p>	<p>Head Coach Athletic Trainers Director of Athletics Building Principal</p>	<p>Masks</p>	<p>N</p>
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	<p>YELLOW – Based on individual needs but in addition will remain compliant with the directives from the approved authorities.</p> <p>Safety protocols may be implemented for any student-athlete or staff member who needs accommodations due to medical reasons.</p> <p>GREEN – Based on individual needs but in addition will remain compliant with the directives from the approved authorities.</p> <p>Safety protocols may be implemented for any student-athlete or staff member who needs accommodations due to medical reasons.</p>	Human Resources Building Principal Athletic Trainers Director of Athletics Head Coach	Guidelines from the State of Pennsylvania, CDC, PIAA, NFHS, and SFASD Health & Safety Plan.	Y – Safe Schools Training
Management of Coaches and Athletic Staff	<p>YELLOW – with the assistance of the Director Athletics we will follow a chain of command as we have done with in the past with any injury or illness to a coach and athletic staff. When the person is medically cleared they can resume coaching.</p> <p>GREEN - – with the assistance of the Director Athletics we will follow a chain of command as we have done with in the past with any injury or illness to a coach and athletic staff. When the person is medically cleared they can resume coaching.</p>	Human Resources Head Coach Director of Athletics Building Principal	PA Department of Health and CCD Guidelines	N

Athletics Health and Safety Plan Professional Development

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Coronavirus Awareness	Coaches	Mickey McDaniel Director of Athletics	Online	Safe Schools	6/24/2020	7/1/2020
Coronavirus: CDC Guidelines for making and using cloth face coverings	Coaches	Mickey McDaniel Director of Athletics	Online	Safe Schools	6/24/2020	7/1/2020
Coronavirus: Cleaning and disinfecting your workplace	Coaches	Mickey McDaniel Director of Athletics	Online	Safe Schools	6/24/2020	7/1/2020
Coronavirus: Managing stress and anxiety	Coaches	Mickey McDaniel Director of Athletics	Online	Safe Schools	6/24/2020	7/1/2020
Coronavirus: Reopening your Organization	Coaches	Mickey McDaniel Director of Athletics	Online	Safe Schools	6/24/2020	7/1/2020
Using Non-Contact Thermometers	Coaches	Mickey McDaniel Director of Athletics	In-person	Documentation	6/24/2020	7/1/2020
COVID-19 Monitoring Form – How to use	Coaches	Mickey McDaniel Director of Athletics	In-person	Documentation	6/24/2020	7/1/2020

Classification of Sports –

Higher 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.

Examples: Wrestling, football, boys' lacrosse, competitive cheer

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 OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 7 on 7 football*

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, strength and conditioning, alpine skiing, sideline cheer, cross country running (with staggered starts)

Transportation

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

1. Reducing the number of students/coaches on a bus/van
2. Using hand sanitizer upon boarding a bus/van
3. Social distancing on a bus
4. Limiting events to a certain performance level (Varsity, JV, Freshman, Middle School)

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Who is allowed to attend an event?

Grouping of people into tiers from essential to non-essential and decide which will be allowed at an event:

- Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
- Tier 2 (Preferred) – Media
- Tier 3 (Non-essential) – Spectators, vendors

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.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

The Spring-Ford Area School District will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- 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

This list does not include all possible symptoms. CDC will continue to update their website as we learn more about COVID-19.

COVID-19 Everyday Prevention Actions

The Centers for Disease Control and Prevention is working to help keep you and your community safe from the threat of novel, or new coronavirus. Take the following everyday steps to help avoid the spread of all respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds
- Cover your cough or sneeze with a tissue, throw the tissue away, and then wash your hands.
- Avoid touching your eyes, nose, and mouth
- **Wear a mask and practice social distancing when not actively engaged in competition.**
 - Avoid close contact with people who are sick.
 - Stay home if you are sick. **Contact your physician or appropriate healthcare professional for direction.**
 - **In the event you are advised to quarantine, please access the link below regarding quarantine guidelines**

<https://www.montcopa.org/DocumentCenter/View/28389/Final-Version-COVID-19-School-Exclusion-Guide-002>

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?

1. Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
2. If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
3. The ill individual will be asked to contact their physician or appropriate healthcare professional for direction **and follow the quarantine guidelines per the local health department before returning to practice” and this link which is updated as needed**
<https://www.montcopa.org/DocumentCenter/View/28389/Final-Version-COVID-19-School-Exclusion-Guide-002>

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

1. Athletes/Coaches who were previously diagnosed with COVID 19 and have recovered must receive a written clearance from his/her physician and submit the written documentation to the Director of Athletics and Athletic Trainer prior to returning to participate in the sport.
2. If any student tests positive for COVID 19 and attended a workout/practice or was on the school campus within a 14-day period, he/she must appropriately notify the coach and the Director of Athletics of the matter and testing results. Contact tracing will then be initiated by school personnel and communicated directly to the Director of Athletics and Building Principal.
SF COVID Liaison will be notified by Director of Athletics to contact local health department
3. **Student or staff must isolate per the local health department's guidelines and** should 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.
<https://www.montcopa.org/DocumentCenter/View/28389/Final-Version-COVID-19-School-Exclusion-Guide-002>

Education of Staff

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

1. COVID-19 signs and symptoms
2. Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
3. No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
4. The content of this Health & Safety Plan.
5. Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

6. Students should come dressed for activity
7. Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used
8. 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.
9. No students allowed in training areas, athletic training room and the Physical Education Center without the presence of an athletic trainer

COVID-19 Everyday prevention actions: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/CDC-COVID-19-PSA-Everyday-Prevention-Actions.pdf>

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. - June 10, 2020 <https://www.governor.pa.gov/covid-19/sports-guidance/>

NFHS: Guidance for Opening Up High School Athletics and Activities - May 2020 https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

Symptoms of Coronavirus - https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry. <https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

A Guide to Re-Entry to Athletics in Texas Secondary Schools
By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Spring-Ford Area School District** reviewed and approved the Athletics Health and Safety Plan on **September 28, 2020**.

The plan was approved by a vote of:

 8 Yes

 1 No

Affirmed on: **September 28, 2020**

By:



(Signature of Board President)

Colleen Zasowski, Board President

(Print Name of Board President)

Revised 9/11/2020