



# Mt. Lebanon School District Athletics & Activities Health and Safety Plan 3.0

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This document has been updated to reflect guidance in the [Mt. Lebanon School District Health & Safety Plan](#), guidance in the [PIAA's Return to Competition: Individual Sport Considerations](#), and [guidance on event capacity](#).

The decision to resume athletics and activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Initially, each school entity developed and adopted an Athletics & Activities Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan included the provisions of this guidance, was approved by the local governing body of the school entity, and was posted on the school entity's publicly available website. School entities also considered whether the implementation of the plan required the adoption of a new policy or revision of an existing policy.

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

The COVID-19 pandemic has presented extra-curricular activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. It has the potential to cause serious illness and death in people of all ages and genders in all communities. Therefore, the goals of a safe return to and continuation of athletics and activities must **focus on mitigating the risk of COVID-19 transmission, quickly identifying and removing participants who may have contracted or been exposed to COVID-19** (and managing appropriately), and **limiting the participation of vulnerable and at-risk population**.

The Mt. Lebanon School District has and will continue to take the necessary precautions and recommendations from the Center for Disease Control, Allegheny County Health Department, Pennsylvania Department of Health, Pennsylvania Department of Education, and the Pennsylvania Interscholastic Athletic Association. We also realize that knowledge regarding

COVID-19 is constantly changing as new information becomes available. The District will adjust these guidelines as needed to make the return to athletics and activities as safe as possible.

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## **Athletics & Activities Health and Safety Plan:**

### **Mt. Lebanon School District**

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#), [PIAA's Return to Competition: Individual Sport Considerations, guidance on event capacity](#), and other relevant guidance documents and Orders. The Governor's Office has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Additionally, [Recommendations for Pre-K to 12 Schools Following Identification of a Case\(s\) of COVID-19](#) guidance has been provided to Districts that categorizes ranges of community transmission into "low", "moderate", and "substantial". Should a case(s) be identified in a school, the following guidance is available to determine the impact on athletics and activities:

When a case of COVID-19 is identified in a school setting, public health staff from DOH or the County or Municipal Health Department (CMHD) will work with school administrators to provide guidance and advice related to cleaning and disinfecting, contact tracing and quarantine recommendations, and closing certain areas of the school or the entire school building if necessary. When an entire school is recommended to close, lengths of closure time will vary by level of community transmission and number of cases. This allows public health staff the necessary time to complete case investigations and contact tracing, and to provide schools with other appropriate public health advice like cleaning and disinfecting.

This document is Mt. Lebanon School District's plan to bring back and continue students and staff in athletics and activities, the plan to communicate with stakeholders, and the process for continued monitoring of local health data to assess implications for school athletic and activity operations and potential adjustments throughout the school year.

Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

## Resuming Athletics & Activities

The Pennsylvania Interscholastic Athletic Association (PIAA), drawing on the expertise of the National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH) and PIAA Sports Medicine Advisory Committee (SMAC), offers guidance on how PIAA member schools may consider approaching the “Return to Competition” for high school athletics in Pennsylvania.

With “Return to Competition” in mind, PIAA offers considerations for the 2020-2021 school year. The considerations added in this document are meant to decrease potential exposure of COVID-19 to a degree that competition can safely occur. As we continue to gain more information about the virus and receive continued feedback from the Governor’s Office, Departments of Health and Education, and Allegheny County Health Department, these guidelines may be adjusted or even suspended to adapt to an ever-changing environment.

Based on currently known information, the PIAA Sports Medicine Advisory Committee believes that STRICT ADHERENCE by schools and teams to their school-adopted plans and the Governor’s School Sports Guidance should provide a reasonably safe environment for student-athletes to participate in interscholastic athletics as currently scheduled. Participation in High School sports is voluntary for both the individuals and the schools.

Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

1. Coaches, athletes, and spectators must wear face coverings as outlined by the [Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings](#) and [Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools](#).
2. 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, in the dugout, etc. and anytime 6 feet of physical distancing is not possible.
3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), and the wearing of a cloth face covering as feasible.
4. Intensify cleaning, disinfection, and ventilation in all facilities.
5. Sanitizing options should be available including hand sanitizer and disinfectant wipes
6. Educate Participants (athletes, band, etc.), Coaches, and Staff on health and safety protocols
7. Staff should be limited to only essential personnel.
8. In the Preliminary School Sports Guidance document which was released by the Governor’s Office on June 10th and updated on July 15th , any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor’s Plan for Phased Reopening (25 in yellow, 250 outdoors and 25 indoors in

green). The [Targeted Mitigation Order](#) signed October 6th amended these initial orders and provided new guidance on indoor and outdoor event capacity. The limitation on size of gatherings may be further adjusted based on guidance from the Allegheny County Health Department (ACHD).

9. Virtual meetings should take place when possible.
10. When at practices, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
11. The [Targeted Mitigation Order](#) signed October 6th provided new guidance on indoor and outdoor event capacity. Venues hosting events or gatherings must determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. All individuals present at the facility at which such activities are held count towards gathering limitations and must comply with face covering order and social distancing guidelines.
12. [According to the CDC](#), 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
13. No sharing of personal equipment, water bottles, towels, etc.
14. Flexible attendance policies will be employed for students and staff. To limit their exposure to risk, participation options will be provided to individuals of high risk of COVID-19 to include virtual coaching and in-home drills, when not in season.
15. At the onset of resuming athletics and activities, the District will employ a Health and Safety manager to ensure adherence to Athletics & Activities Health and Safety Plan.

**On July 10, 2020, the Pennsylvania Department of Health provided revised guidance regarding travel:** 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. If you travel to the following states, it is **recommended** that you quarantine for 14 days upon return:

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

The development of this plan engaged District administration, Coaches, Athletic Trainers and UPMC as part of their UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines presentation, and [PIAA's Return to Competition: Individual Sport Considerations](#).

The communication of this plan will be via the District web-site, a staff meeting with impacted individuals, and communication to students and families.

### **Illness Protocol**

- Should an individual student or staff member display COVID-19 symptoms, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- The Chairperson of Health Services for the District will contact the Allegheny County Health Department, make a joint determination about individual and team isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A team/activity communication would occur to the students and families should a student or staff member develop symptoms of COVID-19, are awaiting test results, or are awaiting for the quarantine period to conclude.
- A District communication would occur to the school community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

**Anticipated launch date for athletics & activities: June 23, 2020**



## Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
<b>John Grogan</b>	Athletic Director	jgrogan@mtlsd.net

## Cleaning, Sanitizing, Disinfecting, and Ventilation

An appropriate cleaning schedule for all facilities to mitigate the spread of any communicable disease will be created. Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment should be wiped down before and after each individual use.

- Clean and disinfect frequently touched surfaces and objects within the school and on school busses at least daily, including desks, door handles and sinks, using [Peroxide Multi-Surface Cleaner & Disinfectant](#) (or similar product).
- [CDC Cleaning & Disinfecting your Facility](#) recommends outdoor areas, like playgrounds in schools, generally require normal routine cleaning.
- Increase routine cleaning and disinfecting of surfaces and other areas used by students to include the use of the [Clorox Total 360 System](#), or comparable system, to include an electrostatic discharge.
- Increase the use of the Clorox Total 360 System in spaces where students may come into close contact with one another (locker rooms, wrestling room, storage rooms, etc.)
- Hand-sanitizer dispensers exist at each of the building's utilized entrances and are strategically placed at high traffic areas in each building.
- Disinfecting wipes, or a comparable cleaning solution/paper towels, will be available for shared use items for cleaning in between use as needed.
- Limit the use of communal water fountains to water bottle filling stations only. In addition to existing water bottle filling stations in each school, the District will minimally retrofit one water fountain in each school from a traditional fountain to a water bottle filling station.
- Clean and disinfect bathrooms frequently throughout the day.

Training on cleaning, sanitizing, disinfecting, and ventilation protocols will be provided to custodial, maintenance, coaching staff, trainers, and staff (band, etc.) - [CDC guidance on cleaning and disinfecting](#)

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker</b>	Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools - Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room	Rick Marciniak - Director of Facilities	Cleaning, Disinfectant, and Sanitizing Products; Clorox360 Machine	Yes

<p><b>rooms and transportation)</b></p>	<p>equipment should be wiped down before and after each individual use.</p> <p>Clean and disinfect frequently touched surfaces and objects within the school and on school busses at least daily, including desks, door handles, and sinks, using <a href="#">Peroxide Multi-Surface Cleaner &amp; Disinfectant</a> (or similar product).</p> <p>Increase routine cleaning and disinfecting of surfaces and other areas used by students to include the weekly use of the <a href="#">Clorox Total 360 System</a>, or comparable system, to include an electrostatic discharge. <a href="#">Cleaning &amp; Disinfecting your Facility</a> recommends outdoor areas, like playgrounds in schools, generally require normal routine cleaning.</p> <p>Increase the Minimum Efficiency Reporting Value (MERV Rating) in the High School Rooftop unit air filters to 13, which can only fit into the high school's rooftop unit.</p> <p>Increase the Minimum Efficiency Reporting Value (MERV Rating) in every building rooftop unit air filter that conditions the air in designated, larger spaces to 13.</p> <p>Increase the amount of fresh air as part of the ventilation system from 10% to 30%. Open windows and doors when possible.</p> <p>Hand-sanitizer dispensers exist at each of the building's utilized entrances and strategically placed at high traffic areas in each building.</p>			
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	<p>Disinfecting wipes, or a comparable cleaning solution/paper towels, will be available for shared use items for cleaning in between use as needed.</p> <p>Limit the use of communal water fountains to water bottle filling stations only. In addition to existing water bottle filling stations in each school, the District will minimally retrofit one water fountain in each school from a traditional fountain to a water bottle filling station.</p> <p>Clean and disinfect bathrooms frequently throughout the day.</p> <p>Any space that was occupied by an individual who tests positive for COVID-19 will be closed off from use until thoroughly cleaned.</p>			
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## Physical Distancing and Other Safety Protocols

Physical distancing means keeping a safe space between yourself and other people who are not from your household. Physical distancing is fundamental to lowering the risk of spread of COVID-19, as the primary mode of transmission is through respiratory droplets by persons in close proximity. Protocols are outlined for distancing practices that allow at least 6 feet of separation among students and staff to the maximum extent feasible.

Individual Sport Guidelines provided by the WPIAL and PIAA are to be followed for each sport. In addition to the information in the “Resuming Athletics & Activities” section, the following should be included:

### Limitation on Gatherings:

- Locker rooms can begin being used but efforts are to be made to maintain the minimum 6 feet of physical distancing between individuals.
- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water bottle filling stations, etc. will be available to refill water bottles only.
- Team meetings can occur in person but need to maintain the minimum 6 feet between individuals.

### Transportation:

Modifications for the student transportation to and from in season events may be necessary. These modifications may include:

- The reduction of the number of students/adults on a bus to achieve the necessary physical distancing at that time.
- The use of hand sanitizer upon boarding and unloading a bus.
- Wearing the appropriate face covering will be required.
- Load the bus by filling seats from back to front to limit students walking past students to find a seat. Do not seat students in the front row of the bus.
- Assign seats by cohort (same students sit together each day) or encourage students from the same family to sit together, or both.
- Disinfect buses after each run. Thoroughly clean and disinfect buses daily.

These modifications, or others, will be determined by the school district using state and local guidance relevant at the time or as it becomes available.

### Visitor/Attendance Policies:

In the Preliminary School Sports Guidance document which was released by the Governor’s Office on June 10th and updated on July 15th , any sports-related activities in Yellow or Green

phased counties must adhere to the gathering limitations set forth by the Governor’s Plan for Phased Reopening. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The [Targeted Mitigation Order](#) signed October 6th amended these initial orders and provided new guidance on indoor and outdoor event capacity. The limitation on size of gatherings may be further adjusted based on guidance from the Allegheny County Health Department (ACHD).

Venues hosting events or gatherings must determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. All individuals present at the facility at which such activities are held count towards gathering limitations and must comply with face covering order and social distancing guidelines. The Mt. Lebanon School District will continue to monitor and evaluate guidance provided as it relates to spectators attending high/middle school functions.

Seating areas, including bleachers, will adhere to occupancy limits and physical distancing requirements of at least six feet of spacing for anyone not in the same household. To assist with proper physical distancing, areas will be clearly marked. It is required that the spectators wear face coverings in accordance with the Orders.

### Professional Development

Students, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
  - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* <b>Protocols for physical distancing student athletes and staff throughout all activities, to the maximum extent feasible</b>	Individual Sport Guidelines provided by the WPIAL and PIAA are to be followed for each sport.	John Grogan - Athletic Director	Training & Signage	Yes
* <b>Procedures for serving food at events</b>	Individually plated meals/boxed lunches will be served.	Nolen Fetchko - Director of Food Services	N/A	No

	<p>Sharing of food and utensils is prohibited.</p> <p>Hand-sanitizer/hand washing is encouraged.</p>	<p>Head Coaches</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>		
<p><b>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</b></p>	<p>Frequent hand washing, including before and after activity, as rules allow.</p> <p>Spitting is prohibited, and everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow.</p> <p>Avoid face touching whenever possible.</p> <p>Coaches, athletes, and spectators must wear face coverings as outlined by the <a href="#">Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings</a> and <a href="#">Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools</a>.</p> <p>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, in the dugout, etc. and anytime 6 feet of physical distancing is not possible.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	Signage	Yes
<p><b>* Posting signs, in highly visible locations, that promote everyday</b></p>	<p>Post signs in highly visible locations that promote everyday protective measures</p>	<p>Coaching Staff</p> <p>Band Staff</p>	Signage	No

<p><b>protective measures, and how to stop the spread of germs</b></p>	<p>and describe how to stop the spread of germs</p> <p>Include messages about behaviors that prevent the spread of COVID-19 when communicating with staff and families (web-site, email, social media)</p>	<p>Extra-curricular sponsors</p>		
<p><b>* Identifying and restricting non-essential visitors and volunteers</b></p>	<p>See Visitor/Attendance Procedure Above</p>	<p>John Grogan, Athletic Director</p> <p>Head Coaches,</p> <p>Band Staff</p> <p>Extra-Curricular sponsors</p>	<p>N/A</p>	<p>No</p>



## Monitoring Students and Staff Health

[According to the CDC](#), 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

**Employees and children should not participate in activities and are to notify school officials if they become sick with [COVID-19 symptoms](#), test positive for COVID-19, or are [exposed](#) to someone with COVID-19 symptoms or to someone with a confirmed or probable case of COVID-19.**

### Activity Screening:

All staff and students are to self-screen for signs/symptoms of COVID-19 prior to the activity.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response questions these questions. **\*\*#4** - The Pennsylvania Department of Health issued revised guidance on July 10, 2020 related to travel to areas where there are high amounts of COVID-19 cases. Travelers, or individuals planning to travel, to the [following states](#) are recommended to quarantine for 14 days upon their return.

1. Do you have a temperature of 100.4 or greater?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled out of the United States within the last 14 days?
4. Have you traveled out of Pennsylvania within the last 14 days? **\*\***
5. Have you had known exposure to a COVID-19-positive individual?

### Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms, he/she should be immediately removed from the group, masked if not already, and isolated.

The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.

- The Chairperson of Health Services for the District will contact the Allegheny County Health Department, make a joint determination about individual and team isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A team/activity communication would occur to the students and families should a student or staff member develop symptoms of COVID-19, are awaiting test results, or are awaiting for the quarantine period to conclude.
- A District communication would occur to the school community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

### **Responding to a Confirmed or Probable Case**

[DOH or county and municipal health departments](#) (CMHDs) staff will notify the school entity immediately upon learning that a person with a confirmed or probable case of COVID-19 was present at the school or a school event while infectious. DOH or CMHD staff will assist the school with risk assessment, isolation and quarantine recommendations, and other infection control recommendations. Schools should take every measure to maintain the confidentiality of the affected individual.

It is the responsibility of DOH or CMHD staff to contact a student or staff person with COVID-19, inform close contacts of their possible exposure, and give instructions to those involved, including siblings and other household members, regarding self-quarantine and exclusions.

The individual Pre-K to 12 schools are reminded to contact local DOH or CMHD staff before acting in response to a known or suspected communicable disease. Pre-K to 12 schools located in a jurisdiction with a CMHD should call the CMHD. DOH and CMHDs will provide guidance to schools regarding disease information, appropriate letters and communications, identification of high-risk individuals, appropriate action and treatment, and on-going support and assistance.

If the person is present on school property when DOH or CMHD staff notify the school of the positive case information, the person should immediately, but discreetly, be taken to the COVID-19 related isolation space for pick up (if student) or asked to return home (if staff).

- Establish procedures for safely transporting home sick individuals.
- Contact DOH or the CMHD for further guidance if a parent/guardian/caregiver notifies the school of potential exposure by a student, staff member, or school visitor.
- Wait at least 24 hours before cleaning and disinfecting. If not feasible, wait as long as possible. If seven days have passed since the sick individual was in the affected area, cleaning is not needed.

- Close off areas used by the sick person and do not use again before cleaning and disinfecting. Follow CDC Guidance on Cleaning and Disinfecting protocols.
- Create a communication system to self-report symptoms and for notifying staff and families of exposures and closures. Schools should, however, take every measure to maintain the confidentiality of the affected individual.who tested positive will not be identified in communications from DOH or the CMHD to the school community at large but may need to be selectively identified for contact tracing by the DOH or CMHD staff.

### **CDC Guidance on Reducing Stigma:**

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

No single person or group of people are more likely than others to spread COVID-19. Public health emergencies, such as this pandemic, are stressful times for people and communities. Fear and anxiety about a disease can lead to social stigma, which is negative attitudes and beliefs toward people, places, or things. Stigma can lead to labeling, stereotyping, [discrimination](#), and other negative behaviors toward others. For example, stigma and discrimination can occur when people link a disease, such as COVID-19, with a population, community, or nationality. Stigma can also happen after a person has recovered from COVID-19 or been released from home isolation or quarantine.

- Maintaining the privacy and confidentiality of those seeking healthcare and those who may be part of any contact investigation.
- Quickly communicating the risk, or lack of risk, from contact with products, people, and places.
- Correcting negative language that can cause stigma by sharing accurate information about how the virus spreads.
- Speaking out against negative behaviors and statements.
- Making sure that images used in communications show diverse communities and do not reinforce stereotypes.
- Using media channels to speak out against stereotyping groups of people who experience stigma because of COVID-19.
- Thanking healthcare workers, responders, and others working on the front lines.
- Suggesting virtual resources for [mental health](#) or other social support services for people who have experienced stigma or discrimination.

### **Professional Development**

Student Athletes, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)

- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- [CDC Handwashing Video](#)
- [Stop the Spread of Germs CDC Poster](#)

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* <b>Monitoring student athletes and staff for symptoms and history of exposure</b>	All staff and students <del>will be screened by the supervising staff member at the facility</del> <b>are to self-screen</b> for signs/symptoms of COVID-19 prior to the activity.	Coaching Staff Band Staff Extra-curricular sponsors	Thermometers Questionnaire Training Materials	Yes
* <b>Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</b>	Illness Protocol described herein will be implemented.	Coaching Staff Band Staff Extra-curricular sponsors Deanna Hess, Chairperson of Nursing Services Allegheny County Health Department	Questionnaire History	No
* <b>Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</b>	Illness Protocol described herein will be implemented.	Deanna Hess, Chairperson of Nursing Services Allegheny County Health Department	Medical Release	No

## Other Considerations for Students and Staff

The Athletic Director will hold a coaches' meeting to explain the Athletic and Activities Health and Safety Plan. Staff who have health or safety concerns and are unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.

Students will be made aware of the Athletic and Activities Health and Safety Plan. Staff will provide training to students on relevant topics, to include self-screening, how to reduce the spread of germs, and proper hygiene protocols. Students unable/unwilling to participate will be provided with flexible attendance allowing workouts at home when not in season.

### Personal Protective Equipment

- Coaches, athletes, and spectators must wear face coverings as outlined by the [Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings](#) and [Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools](#).

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, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

### Student Reminders:

- Participants should tell their coach/advisor immediately when they are not feeling well.
- Practice healthy hygiene and physical distancing. Wash hands frequently, use hand sanitizer available throughout the facility, and maintain 6 foot physical distance when possible.
- Mandatory PIAA pre-participation physicals are required before the start of a sports season.
- Wear protective face coverings as directed in this guidance.
- Follow your coaches/directors' detail plan for practice times, meeting times, and specific location. Do not come early or hang around after practices.
- Locker rooms can be used but efforts are to be made to maintain the minimum 6 feet of physical distancing between individuals. Students should come to the activity wearing appropriate clothing when possible. Wash clothes often.
- Avoid touching your face as much as possible.
- Student athletes should keep their mouth guards in their mouth throughout the competition. 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.

- Do not share personal items including towels, razors, water bottles or any other personal hygiene item.
- Hydrate. Bring your own water bottle with your name on it. No water bottles are allowed to be shared. It is recommended that all students bring multiple water bottles.
- Limited occupancy of spaces may be necessary during the season.
- The athletic training room will have limited access because of physical distancing. Ice machines in the training room will be for injuries only, not for water bottles. Athletic trainers will schedule specific times for each sport to get taped and have treatment. Do not gather in or near the athletic training room.
- Students will be required to self-screen as outlined in this document.

#### **Staff Reminders:**

- Staff will screen and monitor students for symptoms prior to all scheduled activities.
- Practice physical distancing with students and other staff members. Practice healthy hygiene.
- Staff will be responsible for monitoring the number of students in the common areas during the season in order to promote physical distancing. This may include limiting access to the common areas.
- Provide proper guidance to students on proper handwashing techniques, physical distancing, and other healthy practices.
- Keep accurate record of those participants (students and employees) attending each activity in case contact tracing is needed.
- Staff should limit game day/activity squad sizes for physical distancing purposes.

#### **Athletic Trainers Reminders:**

- Follow guidance by the National Athletic Trainers' Association as it pertains to COVID-19.
- Limit athletes/coaches training room occupancy to promote physical distancing.
- Athletic trainers should maintain healthy hygiene and wear masks when feasible.
- Clean and disinfect all hard surfaces which include but are not limited to training tables, taping tables, bikes, and other equipment that is utilized during routine sports participation for athletes.
- No unsupervised admittance to the training room.
- Provide proper guidance to student athletes on proper handwashing techniques, physical distancing and other healthy practices.

#### **Students and Staff who are at Higher Risk:**

- Maintain communication with local and state authorities to determine current mitigation levels in the community.

- Utilize flexible attendance procedures.
- Explore offering duties that minimize higher risk individuals' contact with others.
- Consider the level of participation for students at higher risk of developing serious disease.

### **Illness Protocol**

- Should an individual student or staff member display COVID-19 symptoms, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- The Chairperson of Health Services for the District will contact the Allegheny County Health Department, make a joint determination about individual and team isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Director of Human Resources to pursue reasonable accommodations.
- A team/activity communication would occur to the students and families should a student or staff member develop symptoms of COVID-19, are awaiting test results, or are awaiting for the quarantine period to conclude.
- A District communication would occur to the school community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

### **Travel**

The Mt. Lebanon School District will evaluate each event and follow all local/state guidelines regarding regional, state, and national travel, on a case-by-case basis. Every consideration will be made as to not expose students and staff to unnecessary or potential high-risk situations.

If a staff or student has traveled outside of the United States, they must self-quarantine for 14 days from the date upon re-entry into the United States.

### **Professional Development**

Student Athletes, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
  - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)

**Waiver:**

A participation waiver for communicable diseases, including COVID-19, is required.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p><b>* Protecting student athletes and coaching staff at higher risk for severe illness</b></p>	<p>Maintain communication with local and state authorities to determine current mitigation levels in the community.</p> <p>Utilize flexible attendance procedures.</p> <p>Explore offering duties that minimize higher risk individuals' contact with others.</p> <p>Consider the level of participation for students at higher risk of developing serious disease.</p>	<p>John Grogan, Athletic Director</p> <p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p> <p>Deanna Hess, Chairperson of Nursing Services</p>	<p>N/A</p>	<p>No</p>
<p><b>* Use of face coverings by all coaches and athletic staff</b></p>	<p>Coaches, athletes, and spectators must wear face coverings as outlined by the <a href="#">Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings</a> and <a href="#">Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools</a>.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>N/A</p>	<p>Yes - Universal Masking</p>
<p><b>* Use of face coverings by student athletes as appropriate</b></p>	<p>Coaches, athletes, and spectators must wear face coverings as outlined by the <a href="#">Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings</a> and <a href="#">Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools</a>.</p>	<p>Coaching Staff</p> <p>Band Staff</p> <p>Extra-curricular sponsors</p>	<p>N/A</p>	<p>Yes - Universal Masking</p>



	<p>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, in the dugout, etc. and anytime 6 feet of physical distancing is not possible.</p> <p>Plastic shields covering the face shall not be allowed during an activity due to the increased risk for unintended injury.</p>			
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## Athletics & Activities Health and Safety Plan Professional Development

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
<a href="#">CDC guidance on cleaning and disinfecting</a>	Custodial, maintenance, coaching staff, trainers, & extra-curricular staff (band, etc.)	Rick Marciniak, Director of Facilities. John Grogan, Director of Athletics	Document Review	<a href="#">CDC guidance on cleaning and disinfecting</a>	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<a href="#">COVID-19 signs and symptoms</a>	Students, Coaches, Staff, and Parents	John Grogan, Direct of Athletics	Document Review Video	<a href="#">COVID-19 signs and symptoms</a> <a href="#">Symptoms of Coronavirus CDC video</a>	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<a href="#">Universal masking</a>	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Document Review	<a href="#">Universal masking</a> <a href="#">Secretary of Pennsylvania Department of Health's Order.</a>	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<b>Handwashing</b>	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Video	<a href="#">CDC Handwashing Video</a>	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<b>Stop the Spread of Germs</b>	Students, Coaches, Staff, and Parents	John Grogan, Director of Athletics	Poster Review	<a href="#">Stop the Spread of Germs CDC Poster</a>	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing

## Athletics & Activities Health and Safety Plan Communications

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
<b>MTLSD Athletics &amp; Activities Health &amp; Safety Plan</b>	School Community	Cissy Bowman, Director of Communications	Web-site	June 22, 2020	June 22, 2020
<b>MTLSD Athletics &amp; Activities Health &amp; Safety Plan</b>	Athletic Community (Coaches, Parents, Athletes)	John Grogan, Director of Athletics	Coaches' Meeting Email	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<b>MTLSD Athletics &amp; Activities Health &amp; Safety Plan</b>	Band Community (Coaches, Parents, Athletes)	Jason Cheskawich, Band Director	Parent/Student Meeting Email	June 22, 2020 & prior to any additional athletic or activity program commencing	July 7, 2020 & prior to any additional band program commencing
<b>MTLSD Athletics &amp; Activities Health &amp; Safety Plan</b>	Adult Education Community	Ray Schrader, Coordinator of Adult & Continuing Education	Email	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<b>Signs &amp; Symptoms of COVID-19</b>	Students, Parents, & Staff	John Grogan, Director of Athletics Jason Cheskawich, Band Director Ray Schrader, Coordinator of Adult Education	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<b>Universal Masking</b>	Students, Parents, & Staff	John Grogan, Director of Athletics Jason Cheskawich, Band Director	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity	June 23, 2020 & prior to any additional athletic or activity

		Ray Schrader, Coordinator of Adult Education		program commencing	program commencing
<b>Handwashing</b>	Students, Parents, & Staff	John Grogan, Director of Athletics	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing
<b>Stop the Spread of Germs</b>	Students, Parents, & Staff	John Grogan, Director of Athletics  Jason Cheskawich, Band Director  Ray Schrader, Coordinator of Adult Education	Email Meetings Signage	June 22, 2020 & prior to any additional athletic or activity program commencing	June 23, 2020 & prior to any additional athletic or activity program commencing

# Athletics & Activities Health and Safety Plan Summary:

## Mt. Lebanon School District

Anticipated Launch Date: June 23, 2020

### Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</b></p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools - Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment should be wiped down before and after each individual use.</p> <p>Clean and disinfect frequently touched surfaces and objects within the school and on school busses at least daily, including desks, door handles, and sinks, using <a href="#">Peroxide Multi-Surface Cleaner &amp; Disinfectant</a> (or similar product).</p> <p>Increase routine cleaning and disinfecting of surfaces and other areas used by students to include the weekly use of the <a href="#">Clorox Total 360 System</a>, or comparable system, to include an electrostatic discharge.</p> <p><a href="#">Cleaning &amp; Disinfecting your Facility</a> recommends outdoor areas, like playgrounds in schools, generally require normal routine cleaning.</p> <p>Increase the Minimum Efficiency Reporting Value (MERV Rating) in the High School Rooftop unit air filters to 13, which can only fit into the high school's rooftop unit.</p> <p>Increase the Minimum Efficiency Reporting Value (MERV Rating) in every building rooftop unit air filter that conditions the air in designated, larger spaces to 13.</p> <p>Increase the amount of fresh air as part of the ventilation system from 10% to 30%. Open windows and doors when possible.</p> <p>Hand-sanitizer dispensers exist at each of the building's utilized entrances and strategically placed at high traffic areas in each building.</p> <p>Disinfecting wipes, or a comparable cleaning solution/paper towels, will be available for shared use items for cleaning in between use as needed.</p> <p>Limit the use of communal water fountains to water bottle filling stations only. In addition to existing water bottle filling</p>

	<p>stations in each school, the District will minimally retrofit one water fountain in each school from a traditional fountain to a water bottle filling station.</p> <p>Clean and disinfect bathrooms frequently throughout the day.</p> <p>Any space that was occupied by an individual who tests positive for COVID-19 will be closed off from use until thoroughly cleaned.</p>
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## Physical Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"> <li>* <b>Protocols for physical distancing student athletes and staff throughout all activities, to the maximum extent feasible</b></li> <li>* <b>Procedures for serving food at events including team meetings and meals</b></li> <li>* <b>Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</b></li> <li>* <b>Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</b></li> </ul>	<p>Individual Sport Guidelines provided by the WPIAL and PIAA are to be followed for each sport.</p> <p>In addition to the information in the “Resuming Athletics &amp; Activities” section, the following should be included:</p> <p>Individually plated meals/boxed lunches will be served.</p> <p>Sharing of food and utensils is prohibited.</p> <p>Hand-sanitizer/hand washing is encouraged.</p> <p>Frequent hand washing, including before and after activity, as rules allow.</p> <p>Spitting is prohibited, and everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow.</p> <p>Avoid face touching whenever possible.</p> <p>Coaches, athletes, and spectators must wear face coverings as outlined by the <a href="#">Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings</a> and <a href="#">Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools</a>.</p> <p>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, in the dugout, etc. and anytime 6 feet of physical distancing is not possible.</p> <p>Post signs in highly visible locations that promote everyday protective measures and describe how to stop the spread of germs</p>

	<p>Include messages about behaviors that prevent the spread of COVID-19 when communicating with staff and families (web-site, email, social media)</p> <p>See Visitor/Attendance Procedure Above</p>
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## Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"> <li>* <b>Monitoring student athletes and staff for symptoms and history of exposure</b></li> <li>* <b>Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</b></li> <li>* <b>Returning isolated or quarantined coaching staff, student athletes, or visitors to school</b></li> </ul>	<p>All staff and students must self-screen for signs/symptoms of COVID-19 prior to the activity.</p> <p>Illness Protocol will be implemented as described in the plan.</p>

## Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"> <li>* <b>Protecting student athletes and coaching staff at higher risk for severe illness</b></li> <li>* <b>Use of face coverings by all coaches and athletic staff</b></li> <li>* <b>Use of face coverings by student athletes as appropriate</b></li> </ul>	<p>Maintain communication with local and state authorities to determine current mitigation levels in the community.</p> <p>Utilize flexible attendance procedures.</p> <p>Explore offering duties that minimize higher risk individuals' contact with others.</p> <p>Consider the level of participation for students at higher risk of developing serious disease.</p> <p>Coaches, athletes, and spectators must wear face coverings as outlined by the <a href="#">Order of the Secretary of the PA Department of Health Requiring Universal Face Coverings</a> and <a href="#">Public Health Guidance Regarding COVID-19 for Phased Reopening of Pre-K to 12 Schools</a>.</p> <p>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, in the dugout, etc. and anytime 6 feet of physical distancing is not possible.</p> <p>Plastic shields covering the entire face shall not be allowed during an activity due to the increased risk for unintended injury.</p>

	A participation waiver for communicable diseases, including COVID-19, is required.
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## **Athletics Health and Safety Plan Governing Body Affirmation Statement**

The Board of Directors/Trustees for **Mt. Lebanon School District** reviewed and approved the Athletics Health and Safety Plan on **June 23, 2020**.

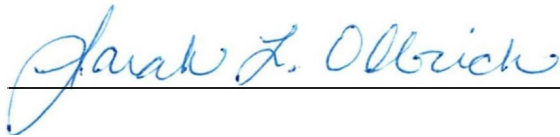
The plan was approved by a vote of:

  6   Yes

  0   No

Affirmed on: **June 22, 2020**

By:



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*(Signature of Board President)*

Ms. Sarah Olbrich

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*(Print Name of Board President)*