



**PK-12 Athletics
Health and Safety Plan Template**

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics 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 must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics 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.

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Athletics Health and Safety Plan: Lampeter-Strasburg 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. The administration 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.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. 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 PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
- How will you communicate your plan to your local sports and school communities?
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?

Summary of Responses to Key Questions:

- We will bring athletes and staff back to athletic facilities in accordance with the governor's guidelines for social distancing—ensuring that there are no more than 25 individuals in a location during the yellow phase and 250 during the green phase.
- Facilities staff, coaches, athletic trainer, and team physician were consulted in developing plans that are appropriate for safety and achievable within our building/ground limitations.
- Our plan will be posted on our district website once approved by the school board and discussed in depth with coaching staff and other stakeholders at online/in-person meetings before the start of the official PIAA fall season (August 17, 2020).
- We will consult with our COVID-19 Athletics Response Team (athletic director, athletic trainers, director of facilities and grounds, school physician, school nurse, high school principal and superintendent) to determine whether a closure or modification is necessary and follow state guidelines that are provided by the governor and secretary of health.

Anticipated launch date for sports related activities: July 1, 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
Dr. Branden Lippy	Director of Athletics	branden_lippy@l-spioneers.org ; 717-464-3311

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

In the following tables, an asterisk (*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
- What protocols will you put in place to clean and disinfect throughout the day?
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

Summary of Responses to Key Questions:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease prior to season start and following each usage.
- Athletic Facilities will be cleaned prior to arrival and post workouts and team gatherings (high touch areas should be cleaned more often).
- Weight Room equipment should be wiped down after an individual's use—team practice areas and locker rooms will be cleaned daily.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Athletic equipment that may be used by multiple individuals (balls, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Coaches and athletic staff will be trained on sanitization procedures by athletic training/maintenance staff prior to season start and may be tasked to help spray down areas/items used by their teams.

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)	<ul style="list-style-type: none">• Maintenance staff and custodians will disinfect spaces before athletes and coaches arrive and after they leave.• All athletic buildings will be cleaned with an approved disinfectant cleaner.• High touch points will be cleaned and disinfected daily.• Athletic facilities/locker rooms will be systematically treated using an electrostatic sprayer with a hospital grade disinfectant.	Director of Facilities and Grounds	Disinfectant solution Spray bottles	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Other cleaning, sanitizing, disinfecting, and ventilation practices	<ul style="list-style-type: none"> Coaches, athletic trainers, game workers help sanitize as needed. 	Coaches, Athletic Trainers, Game Workers	Sanitizing solution Spray bottles	Y

Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
- How will you utilize outdoor space to meet social distancing requirements?
- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

- No gathering of more than (25 Yellow - 250 Green) individuals per location including coaches and staff.
- Controlled non-contact practices only to begin (focus on individual skills and conditioning), modified practices to follow with limited close contact between players.
 - Large teams may be broken into smaller practice groups to minimize exposure should an athlete test positive for COVID-19
 - These groups will be consistent to be able to perform contact tracing if needed.
 - Schedule for return to regular practice will vary with the risk of each sport and the conditioning of athletes returning from sedentary social distancing habits.
 - Athletic trainers and team physician consulted before increasing level of contact between athletes and size of groups.
 - Expectations clearly communicated to coaches.
- Athletes should refrain from sharing clothing/towels and items should be washed after each practice.
- Athletes should wash their hands before and after each practice.
- Hand sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.
- Students MUST bring their own water bottle--water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized.

- Modifications for student/coach transportation to and from athletic events may be necessary. This may include:
 - Reducing the number of students/coaches on a bus/van
 - Using hand sanitizer upon boarding a bus/van
 - Social distancing and mask usage on a bus/van
 - These potential modifications will be determined by the school district, bus companies, Department of Education, state and local governments.
- Sidelines/bench/locker rooms—appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments
 - Tape or paint may be used as a guide for students and coaches
 - Athletes should arrive dressed for practice/games whenever possible in order to minimize time in locker rooms
 - Social distancing should be applied during practices and in locker rooms/bathrooms/gathering areas
 - Face masks will be strongly encouraged, but not required, for students and staff when in locker rooms/bathrooms/gathering areas
 - Bathroom stalls / urinals / sinks will be secured and blocked off in order to ensure social distancing
 - Showers will be secured and students will need to shower at home after practice/contests
- All coaches/staff and athletes will be trained on social distancing and safety protocols.
- Safety protocols will be continuously evaluated by staff to ensure fidelity of implementation.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	<ul style="list-style-type: none"> • Yellow—noncontact practices in groups of no more than 25. Athletes may not share balls or other equipment. • Green—Limited contact to begin. Phased approach as approved by athletic director, athletic trainers and team physician. • Athletes reminded to stay socially distanced when not actively participating in practices and games regardless of color phase. 	Athletic Director / Athletic Trainers / Coaches	N/A	Y
* Procedures for serving food at events	<ul style="list-style-type: none"> • Concession stands and other food must adhere to the guidance for businesses in the restaurant industry provided by the governor. 	Athletic Director and Director of Buildings and Grounds	N/A	Y

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	<ul style="list-style-type: none"> Athletes should wash hands before and after practice. Hand sanitizing stations should be utilized periodically as resources allow. Students must bring their own water bottles—water bottles are not to be shared and water fountains should not be used. Students should arrive dressed for practice as able. Athletes should shower at home after practices and games as able. 	Athletic Director / Athletic Trainers / Coaches	Hand sanitizer	Y
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	<ul style="list-style-type: none"> Signs will be posted in field house, gym, gym lobby, bathroom, and locker rooms in order to remind athletes of healthy habits. 	Athletic Director	Posters	N
* Identifying and restricting non-essential visitors and volunteers	<ul style="list-style-type: none"> No visitors will be allowed at practices/scrimmages. Spectators may be limited by state, league, or local regulation but no guidance exists at this time. 	Athletic Director, Game Managers / Workers / Coaches	N/A	N
Limiting the sharing of materials and equipment among student athletes	<ul style="list-style-type: none"> No sharing of materials or equipment (including balls) during yellow phase. Equipment may be shared during the green phase but coaches should periodically sanitize frequently shared items during practices. Athletes should bring their own water bottle and not share with teammates. Uniforms and practice clothing should be washed frequently. 	Coaches	Sanitizing solution Spray bottles	Y

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<ul style="list-style-type: none"> Yellow phase—locker rooms will not be used. Athletes should arrive dressed for practice. Green phase—Coaches will keep groups using locker room to a minimum (no more than 50% occupancy) and sanitize between groups as appropriate and able. Athletes will be reminded to wash their hands when they enter and exit the locker room and use hand sanitizer when possible between handwashing's. 	Coaches	Sanitizing solution Spray bottles	Y
Adjusting transportation schedules and practices to create social distance	<ul style="list-style-type: none"> Departure times adjusted so that no two teams are departing at the same time from the same location. Time allotted between practices in shared space (e.g. gym/turf) for coaches or maintenance staff to sanitize space. 	Athletic Director and Athletic Secretary	N/A	N
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<ul style="list-style-type: none"> Limits will be placed to comply with state and local guidelines. Athletes and fans will be reminded to socially distance when not actively participating in drills or competition. There should be no shaking hands, fist bumps, and high fives. All unnecessary contact should be avoided between teammates, other athletes, coaches, officials, spectators, etc. 	Athletic Director / Game Manager	N/A	N
Other social distancing and safety practices	<ul style="list-style-type: none"> Additional social distancing and safety practices may be established based on the evaluation of the implementation of this plan. 	Athletic Director / Athletic Trainers / Team Physician		N

Monitoring Student Athletes and Staff Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
- Who will be responsible for monitoring?
- Where will the monitoring take place?
- When and how frequently will the monitoring take place?

- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

Summary of Responses to Key Questions:

- Any person who has COVID-19 symptoms must not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider.
- COVID-19 screenings conducted by coaches before practice, competition, or travel (questionnaire and temperature checks as per State and Local government recommendations).
- Team attendance and screening responses (for both athletes and coaches) should be recorded each day to aid in longitudinal data tracking for individual athletes and contact tracing should an athlete/coach test positive.
 - Daily screening responses should be submitted by coaches to the school athletic trainer.
- If anyone answers "Yes" to any screening questions OR has a temperature above 100.4 degrees fahrenheit, they should be removed and quarantined in isolation immediately.
 - Their parent/guardian should be notified immediately, and the athlete should leave the team event as soon as possible.
 - A clearance note will be required before the athlete may return to any sport activity.
- Families will be notified of an illness or exposure to the team via head coach communication or similar method.
 - Modifications to practice and competition schedule may be necessary depending on exposure
 - Team physician and school athletic trainers will be consulted to develop a plan to ensure the safety of the rest of the team
 - Modifications to the district's athletic health and safety plan will be posted to the district and athletics websites

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	<ul style="list-style-type: none"> • Student screening for symptoms will be completed by all parents/guardians at home each day before the start of any athletic activities. • Students exhibiting symptoms must not attend any athletic activities. • Verbal screenings before each practice, competition, or team travel conducted by a paid member of the coaching staff. 	Coaches	Checklist, Infrared Thermometer	Y

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	<ul style="list-style-type: none"> Procedures will be established to address quarantining students, staff, or visitors if they become sick or demonstrate a history of exposure. Any individual that becomes sick or demonstrates a history of exposure may be sent home immediately. 	Coaches / Athletic Trainers / Team Physician	Emergency contact list for athletes	Y
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	<ul style="list-style-type: none"> A clearance note will be required from a physician before the athlete / coach can return to practice. 	Athletic Trainers / Team Physician	N/A	N
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols	<ul style="list-style-type: none"> Athletics website will be used to notify stakeholders of changes and rescheduling of events. Stakeholders may also sign up for team specific notifications of schedule changes through the sports scheduling portal (Arbiter Sports). 	Athletic Director	Athletics website	N

Other Considerations for Student Athletes and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
- Which stakeholders will be trained on these protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

- Coaches and assistants will be queried as to whether they intend to coach this year given the circumstances and plan the district has in place
 - If a coach presents us with a legitimate medical concern, we will make every effort to work with the coach to reasonably accommodate their concern.
- Athletes and coaches who are sick with COVID-19 or suspect they have symptoms of COVID-19 must STAY HOME to protect others
 - Anyone with active or suspected illness is instructed to contact their physician or appropriate healthcare provider for screening and treatment.
 - A clearance note will be required to return to play or coach.
- Face masks will be strongly encouraged, but not required, for students and staff when physical distancing is not entirely possible.
- Students who are uncomfortable participating due to medical concerns or fear of potential exposure may observe drills from a safe social distance or participate virtually as technology allows and is appropriate for the sport.
- Practices and games may be canceled if there are not enough coaches / board approved volunteers due to illness or individual quarantine.
- Coaches will be trained on these procedures at pre-season meetings with the athletic director and athletic trainer and reminded throughout the season as needed.

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	<ul style="list-style-type: none"> • Students who are uncomfortable participating due to medical concerns or fear of potential exposure may observe drills from a safe social distance or participate virtually as technology allows and is appropriate for the sport. We will attempt to reasonably accommodate medical concerns of coaching staff. 	Coaches	Virtual meeting technology	As needed

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Use of face coverings by all coaches and athletic staff	<ul style="list-style-type: none"> Face masks will be strongly encouraged, but not required, for students and staff when physical distancing is not entirely possible. 	Coaches	Facemasks, if needed	N
* Use of face coverings by student athletes as appropriate	<ul style="list-style-type: none"> Face masks will be strongly encouraged, but not required, for students and staff when physical distancing is not entirely possible. 	Coaches	Facemasks, if needed	N

Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Practice procedures and expectations	Coaches	Branden Lippy - AD	Virtual	Handouts for practice planning	6/30	7/1
COVID-19 Screening	Coaches	Jen McCrabb & Allison Rehm - ATC	Virtual	Thermometers, Screening pages	Prior to 7/1	Prior to 7/1
Winter coach meeting and training	Coaches	Branden Lippy - AD	Virtual	Handouts for practice planning	TBD	
Spring coach meeting and training	Coaches	Branden Lippy - AD	Virtual	Handouts for practice planning	TBD	

Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
Athletics, Health and Safety Plan posted for public	Parents/Students	Branden Lippy - AD	Website	Upon approval	N/A

Athletics Health and Safety Plan Summary: Lampeter-Strasburg School District

Anticipated Launch Date: 7/1/20

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)	<ul style="list-style-type: none">• Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease prior to season start and following each usage.• Athletic Facilities will be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be disinfected more often.• Weight Room Equipment should be wiped down after an individual's use—team practice areas and locker rooms will be cleaned daily.• Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.• Athletic equipment that may be used by multiple individuals (balls, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.• Coaches and athletic staff will be trained on sanitization procedures by maintenance staff prior to season start and may be tasked to help spray down areas/items used by their teams.

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	<ul style="list-style-type: none">• No gathering of more than (25 Yellow - 250 Green) individuals per location including coaches and staff.• Controlled non-contact practices only to begin (focus on individual skills and conditioning), modified practices to follow with limited close contact between players<ul style="list-style-type: none">○ Large teams may be broken into smaller practice groups to minimize exposure should an athlete test positive for COVID-19<ul style="list-style-type: none">▪ These groups will be consistent to be able to perform contact tracing if needed.○ Schedule for return to regular practice will vary with the risk of each sport and the conditioning of athletes returning from sedentary social distancing habits.○ Athletic Trainer and team physician consulted before increasing level of contact between athletes and size of groups.
* Procedures for serving food at events including team meetings and meals	
* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices	
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	
Identifying and restricting non-essential visitors and volunteers	

Requirement(s)	Strategies, Policies and Procedures
<p>Limiting the sharing of materials and equipment among student athletes</p> <p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p> <p>Adjusting transportation schedules and practices to create social distance between students</p> <p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p> <p>Other social distancing and safety practices</p>	<ul style="list-style-type: none"> ○ Expectations clearly communicated to coaches. • Concession stands and other food must adhere to the guidance for businesses in the restaurant industry provided by the governor. • Athletes should refrain from sharing clothing/towels and items should be washed after each practice. • Athletes should wash their hands before and after each practice. • Hand sanitizer should be used periodically as resources allow. • Spotters for maximum weight lifts should be stationed at each end of the bar. • Students MUST bring their own water bottle--water bottles must not be shared. • Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized. • Modifications for student/coach transportation to and from athletic events may be necessary. This may include: <ul style="list-style-type: none"> ○ Reducing the number of students/coaches on a bus/van ○ Using hand sanitizer upon boarding a bus/van ○ Social distancing and mask usage on a bus/van ○ These potential modifications will be determined by the school district, bus companies, Department of Education, state and local governments • Sidelines/bench/locker rooms—appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments <ul style="list-style-type: none"> ○ Tape or paint may be used as a guide for students and coaches ○ Athletes should arrive dressed for practice/games whenever possible in order to minimize time in locker rooms. ○ Social distancing should be applied during practices and in locker rooms/bathrooms/gathering areas. ○ Face masks will be strongly encouraged, but not required, for students and staff in locker rooms/bathrooms/gathering areas. ○ Bathroom stalls / urinals / sinks will be secured and blocked off in order to ensure social distancing. • All coaches/staff and athletes will be trained on social distancing and safety protocols.
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Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<ul style="list-style-type: none"> • Any person who has COVID-19 symptoms will not be allowed to participate or be present in practice/games, and should contact their primary care physician or another appropriate health-care provider.

Requirement(s)	Strategies, Policies and Procedures
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<ul style="list-style-type: none"> • COVID-19 Screenings conducted by coaches before practice, competition, or travel (Questionnaire and Temperature Checks as per State and Local government recommendations). • Team attendance and screening responses (for both athletes and coaches) should be recorded each day to aid in longitudinal data tracking for individual athletes and contact tracing should an athlete/coach test positive <ul style="list-style-type: none"> ◦ Daily screening responses should be submitted by coaches to the school athletic trainer. • If anyone answers "Yes" to any screening questions OR has a temperature above 100.4 degrees Fahrenheit, they should be removed and quarantined in isolation immediately <ul style="list-style-type: none"> ◦ Their parent/guardian should be notified immediately, and the athlete should leave the team event as soon as possible. ◦ A clearance note will be required before the athlete may return to any sport activity. • Families will be notified of an illness or exposure to the team via Remind app or similar method <ul style="list-style-type: none"> ◦ Modifications to practice and competition schedule may be necessary depending on exposure. ◦ Team physician and school athletic trainer will be consulted to develop a plan to ensure the safety of the rest of the team. ◦ Modifications to the district's athletic health and safety plan will be posted to the district and athletics websites.

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<ul style="list-style-type: none"> • Coaches and assistants will be queried as to whether they intend to coach this year given the circumstances and plan the district has in place <ul style="list-style-type: none"> ◦ If a coach presents us with a legitimate medical concern we will make every effort to work with the coach to reasonably accommodate their concern. • Athletes and coaches who are sick with COVID-19 or suspect they have symptoms of COVID-19 will STAY HOME to protect others <ul style="list-style-type: none"> ◦ Anyone with active or suspected illness is instructed to contact their physician or appropriate healthcare provider for screening and treatment. ◦ A clearance note will be required to return to play. • Face masks will be strongly encouraged, but not required, for students and staff when physical distancing is not entirely possible. • Students who are uncomfortable participating due to medical concerns or fear of potential exposure may observe drills from a safe social

Requirement(s)	Strategies, Policies and Procedures
	<p>distance or participate virtually as technology allows and is appropriate for the sport.</p> <ul style="list-style-type: none"> • Practices and games may be canceled if there are not enough coaches / board approved volunteers due to illness or individual quarantine. • Coaches will be trained on these procedures at pre-season meetings with the athletic director and athletic trainer and reminded throughout the season as needed.

Amendment 8/3/2020:

Should any component(s) of the PK-12 Athletics Health and Safety Plan conflict with a State health or safety order applicable to schools, the requirements of the State health or safety order shall take precedence.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Lampeter-Strasburg School District** reviewed and approved the Athletics Health and Safety Plan on **June 29, 2020**.

The plan was approved by a vote of:

5 Yes

0 No

Affirmed on: **June 29, 2020**

By:

Melissa S. Herr
(Signature of Board President)

MELISSA S. HERR
(Print Name of Board President)

Phased School Reopening Health and Safety Plan Amendment reviewed on **August 3, 2020**.

The amendment was approved by a vote of:

8 Yes

0 No

Amended on: **August 3, 2020**

By:

Melissa S. Herr
(Signature of Board President)

MELISSA S. HERR
(Print Name of Board President)