

WILLIAM PENN CHARTER SCHOOL
ATHLETICS PANDEMIC HEALTH & SAFETY PLAN
Spring 2022



Updated: March 2022

Health & Safety Plan: Athletics, Spring 2022

The Penn Charter Athletic Department is committed to providing a safe environment for student athletes to experience the benefits of exercise, teamwork and engagement with members of the Penn Charter coaching staff.

We will continue to review new government guidance and will implement strict guidelines to ensure the safety of student and adult community members. No plan can totally eliminate the risk of transmission of COVID-19. However, PC will strive to implement research-based strategies to mitigate transmission of illness, the need for quarantine, lost academic time or other unintended consequences. We are all in this together to achieve our goal of assembling as a community and participating in the sports we enjoy.

Principles:

- The health and safety of our student-athletes, coaches, support staff and community members is our highest priority. We will minimize risk by referring to guidelines and best practices put forth by the Centers for Disease Control and Prevention (CDC), Children’s Hospital of Philadelphia (CHOP) PolicyLab, Pennsylvania Department of Education (PA DOE), Philadelphia Department of Public Health (PDPH) and National Federation of State High School Associations (NFHS).
- Team settings for physical activity are beneficial to the social and emotional well-being of our students.

What is COVID-19?

Coronavirus (SARS-CoV-2/COVID-19) is a virus transmitted mainly through large respiratory droplets propelled into the air, typically through coughing and sneezing. Research indicates that the virus can be more easily transmitted during activities such as speaking loudly, singing or exercising. It is easily transmissible in large crowds, in contained indoor spaces with poor ventilation, and through close contact with an infected person. COVID-19 can also be transmitted from infected individuals even during the presymptomatic and/or asymptomatic phase. While we can’t eliminate the risk entirely, we can control the spread by following social distancing guidelines.

Symptoms of COVID-19 may include:

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| — fever or chills | — new loss of taste or smell |
| — cough | — sore throat |
| — shortness of breath or difficulty breathing | — congestion or runny nose |
| — fatigue | —nausea or vomiting |
| — muscle or body aches | — headache |

Vaccination

Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. Individuals who are up-to-date with all eligible vaccine doses against COVID-19 are at low risk of symptomatic or severe infection, hospitalization and death.

In general, people are considered up-to-date with vaccination:

- two weeks after their second dose in a two-dose series, such as the Pfizer or Moderna vaccines, and have received eligible booster doses 5 months after second dose in the series.

All athletes are **strongly encouraged** to obtain the COVID-19 vaccination series and, when eligible, the Covid booster.

Benefits of fully vaccinated individuals:

- Significantly reduces the likelihood of serious disease, hospitalization and death.
- Reduces asymptomatic transmission of the virus.
- Will be able to engage in activities or with organizations that mandate vaccination status in order to attend/participate.

Masking

Indoor Masking Policy

- **Masks are recommended, but not required, however consideration should be given to the space, ventilation, and duration of the team meeting, film sessions, etc. as well as the comfort level of the participants. Individuals are permitted to mask at any time and in any situation**
- Masks must be worn for large group gatherings of 25+ individuals.

Outdoor Masking Policy

- In general, individuals do not need to wear masks outdoors due to increased ventilation and lack of data supporting transmission risk. However, **outdoor masking may be required in certain situations**, depending on: the nature, density and duration of the activity; the vaccination status of the individuals and groups involved; the levels of community transmission; and other factors.
- Masks must meet the following criteria:
 - Multi-layer surgical mask or KN95
 - Fit snugly over the nose and mouth with adjustable ear straps to prevent gaps
 - Contain a nose clip

- Gaiters and valve masks are not permitted

Special Masking Situations

- Due to the federal mandate, **all individuals will be required to wear a mask** on any form of PC or public transportation, including buses and vans. Windows should be open to allow for proper ventilation.
- For carpools, and ride-sharing, mask wearing is strongly recommended when individuals are not from the same household and/or are unvaccinated.
- Students and adults who choose to wear masks outdoors, regardless of whether they are vaccinated or not, should feel comfortable doing so.

Indoor Sports/Strength & Conditioning Sessions **(Subject to change as conditions allow)**

- Masks are recommended while in the Blaine Center.

Arrival/Check-in Procedures **(Subject to change as conditions allow)**

- All athletes must complete CrisisGo Safety iPass screening each day they are participating in athletics. On a school day, morning screening will serve as the daily check-in. On non-school days the CrisisGo Safety iPass screening will take place at the practice facility.
 - Boys & Girls Lacrosse Graham Athletics & Wellness Center
 - Boys & Girls Tennis Kline & Spector Squash Center
 - Boys & Girls Track Graham Athletics & Wellness Center
 - Boys & Girls Crew TBD
 - Baseball Graham Athletics & Wellness Center
 - Softball Graham Athletics & Wellness Center

Locker Rooms

- The Graham lockers rooms are open and available. Athletes should spend as little time as possible in the locker rooms.

Bathrooms

- Bathroom facilities in the Graham, the Kline & Spector Squash Center and the portable bathrooms in Chigwell Close will be available. Please follow signage for the permitted occupancy number of each bathroom space.

Hydration

- Student-athletes are required to bring their own refillable water bottles.

- Student-athletes are not permitted to share water bottles.
 - Student-athletes will be able to refill their water bottles at touchless portable water stations at specified field locations and at the refillable stations already installed in these school buildings: Upper School, Graham, pool building, Dooney Field House lobby, and Squash Center.
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Cleaning and Disinfecting Procedures

- For athletes, the use of 60 percent alcohol-based hand sanitizer will be mandatory upon entering and leaving each workout session.
 - PC Athletics staff will clean and disinfect equipment between each session and after the last training session of the day. The use of personal equipment from home will not be permitted.
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Athletic Training

The athletic training staff will be available for injury recognition and care.

Athletic Trainers

Jessica Rawlings: jrawlings@penncharter.com

Jeremy Eith: jeith@penncharter.com

Pandemic Coordinator

Debra Foley: dfoley@penncharter.com

Athletic Training Suite

The athletic training suite is located in the Graham and has been appropriately set up to allow for proper social distancing between students.

- Athletes permitted to attend school after exposure to Covid will be required to wear a mask in all indoor spaces for the 10 day Mask-to-Stay period.
 - Students will not be required to wear face masks while indoors in the athletic training suite unless they are in the Mask to Stay.
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Contain the Spread: Best Practices for Athletes

We can be successful in decreasing the risk of transmission of COVID-19 if everyone practices these simple guidelines consistently:

- **When sick, please stay at home.**
- Avoid touching your face, eyes, nose and mouth.
- Wash hands with soap and water for at least 20 seconds as frequently as possible, or use at least a 60 percent alcohol-based hand sanitizer if soap and water are not available.
- Cover coughs or sneezes with a sleeve or elbow or use a tissue, not your hands.
- Do not shake hands, fist bump, high five or hug.

- Do not share food or fluids and do not spit.
- Regularly clean high-contact surface areas or equipment.

Monitoring of PC Athletes for COVID-19 Symptoms

- Prior to arrival on campus, parents must complete each student's CrisisGo Safety iPass screening, which includes an at-home temperature check and COVID-19 questionnaire.
- Students must bring their QR code or student ID to school/workouts for scanning verification of the completed CrisisGo Safety iPass.

If You Are Experiencing Symptoms

- An athlete or employee experiencing any symptoms **MUST** remain at home, **regardless of vaccination status**. If symptoms persist, it is important to clarify the source of those symptoms. Please remain at home and obtain testing.

Possible Exposure

- Due to the uncertainty of the Covid variants, all individuals, regardless of vaccination status, identified as a close contact exposure should be tested 5-7 days after exposure. Individuals **DO NOT** need to quarantine, as long as they remain symptom-free, but should wear a mask in all indoor settings for 10 days.

The PC pandemic coordinator will be responsible for coordination of follow-up with ill and/or exposed cases with the Philadelphia Department of Public Health.

Please contact Debra Foley at covidsupport@penncharter.com.

Care of the Ill Athlete

On-Campus Illness

- Any student-athlete or employee who reports **any** COVID-19 symptom will not be permitted to remain on campus. The individual must notify the school pandemic coordinator at covidsupport@penncharter.com.
- Any student-athlete who presents with symptoms upon arrival or once on campus will be isolated in an area near the athletics training tent until a parent/guardian can return for immediate pickup. The individual will wear a mask while waiting. Any ill student-athletes must be picked up as soon as possible. A decision will be made with the parents/guardians of a student driver for safe transport home.
- Any employee who reports symptoms while on campus must leave immediately.

Confirmed COVID-19 Case: If a student-athlete or staff member has a confirmed diagnosis of COVID-19.

- In accordance with PDPH guidance, a COVID-19 positive individual should remain home until all of the following are true: 1) at least 5 days since the onset of symptoms; 2) fever free

and no longer taking anti-fever medications for 24 hours; and 3) symptoms are resolved 4) rapid antigen/PCR testing is negative on Day 6.

Return to Play after Covid Infection: Student-Athlete

- All student-athletes who test positive for COVID-19 with or without symptoms should be isolated per public health guidelines.
- All student-athletes with recent past Covid-19 infections should be closely monitored for developing cardiopulmonary symptoms after return to play. The requirement for a full cardiopulmonary evaluation will be dependent on the individual's symptom presentation during the illness period and as recommended by the student-athletes primary care physician. School-specific return-to-play protocols will be dependent on the severity or category of symptomatology and medical recommendation.

Testing

In the past year, Penn Charter has established relationships with different labs and testing modalities. The goal of testing mitigation is to keep athletes healthy and allow teams to safely participate in interscholastic competition.

- During times of substantial or high community transmission, unvaccinated athletes on identified high-risk contact sport teams may be required to participate in weekly screening testing in order to participate on the team.

Spectators/Visitors

- There are no restrictions on spectators
- We will reevaluate our spectator policy as we experience rises and falls in disease levels.

Away-game spectator policies will be shared via coaches' weekly emails to families.

Resources

[AAP COVID-19 Interim Guidance: Return to Sports](#)

[PDPH School Guidance](#)