



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: Upper Adams 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?
 - By following the Health and Safety Action Plan below, which follow guidelines and recommendations shared by PDE, PDOH, CDC, and Local Health Officials.
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
 - Plan reviewed by Upper Adams School District Administration and Biglerville High and Upper Adams Middle School Administration.
 - Plan must be approved by the school board prior to returning to activity.
- How will you communicate your plan to your local sports and school communities?
 - The Health and Safety Action Plan will be shared on our district website.
 - Virtual or face to face meetings/trainings if feasible for coaches and staff.
 - Communications will occur through multiple platforms such as email, social media, district website and meetings.
- 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?
 - Monitor updates on the current state of the virus and impending restrictions at the federal, state, and local levels.
 - Consult with local health officials as necessitated by changing COVID-19 conditions and follow their guidance/recommendations to the greatest extent possible.
 - Screening data results for symptoms which include, but are not limited to individuals in close contact with positive cases, and positive cases from our staff and/or students.
 - Communicate and work in conjunction with the Upper Adams School District Administration to monitor and modify activities based on changes to COVID-19.

Anticipated launch date for sports related activities: July 6, 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
Anthony Graham	Athletic Director	a.graham@upperadams.org

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?

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)	Use of COVID-19 and EPA approved cleaning products	Chris McMahon Aramark Facilities Director	Cleaning products approved for COVID-19 and meet EPA criteria	Yes
	Cleaning schedule is place and recorded	Anthony Graham Athletic Director	Healthy hygiene products	
	Scheduling of facilities to allow the necessary time between scheduled practices and proper cleaning and disinfecting.	Head Coaches	Individual forms of hydration	
	Provide Disinfectants for all sponsored programs and workout stations.		All schedules disseminated to all involved parties	
	Hand sanitizing stations at each facility with at least 60% alcohol.			
	Ensure that appropriate clothing and shoes are worn at all times to minimize transmission to equipment and surfaces.			
	Use of shared equipment and supplies such as balls, fitness equipment, bats, etc., will be limited to the greatest extent possible and cleaned between use by individuals.			
Custodial staff, Athletic Trainers, Coaches and Students will all have a shared responsibility in the role of cleaning and sanitizing				

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	<p>Outdoor practice and workouts are preferred to indoor activities and will be prioritized as much as possible.</p> <p>When using indoor space, all feasible efforts will be made to increase ventilation.</p>			

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:

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>Yellow Phase: No gathering of more than 25 total individuals. Controlled non-contact practices only, modified game rules. Activity should focus on individual skill and fitness development.</p> <p>Green Phase: No gathering of more than 250 total individuals. Use smaller groups during training when possible.</p>	<p>Anthony Graham Athletic Director</p> <p>Head Coaches</p>	<p>UASD Health and Safety Plan for Athletics</p> <p>Written communication and educational resources</p> <p>Signage at facilities</p>	<p>Yes</p>
<p>* Procedures for serving food at events</p>	<p>Concession stands will remain closed until further notice. Should it be deemed appropriate to open, concession stands or other food service will adhere to the guidance for businesses in the Restaurant industry.</p>	<p>Anthony Graham Athletic Director</p>	<p>Guidelines for Businesses in the Restaurant Industry</p>	<p>No</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Communicate the signs and symptoms of COVID-19 to coaches, staff and students.</p> <p>Promote practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in the elbow, social distancing and disinfecting shared surfaces.</p> <p>Discourage spitting, handshakes, high fives and other celebrations that reduce social distancing efforts.</p> <p>Continue to monitor and make available the most up to date COVID-19 information.</p> <p>Encourage all participants to shower and wash workout clothes immediately upon returning home.</p>	<p>Anthony Graham Athletic Director</p> <p>Head Coaches</p>	<p>UASD Health and Safety Plan for Athletics</p> <p>Written communication and educational resources</p> <p>Signage promoting healthy hygiene practices posted at facilities.</p>	<p>Yes</p>
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Signage will be posted at all facilities with suggested guidelines and practices for health and hygiene practices and social distancing guidelines.</p>	<p>Chris McMahon Facilities Director Aramark</p>	<p>Signage</p>	<p>No</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>Attendance will be taken at daily screenings. Summer workouts will be limited to Essential Personnel which include:</p> <ul style="list-style-type: none"> • Students • Coaches • Athletic Trainers • UASD Staff <p>Only essential personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.</p> <p>Use of facilities to outside organizations is suspended until further notice.</p>	<p>Anthony Graham Athletic Director</p> <p>Head Coaches</p>	<p>Communication by UASD Athletic Department</p>	<p>No</p>
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>Yellow Phase: Equipment will be limited or eliminated when possible and cleaned between use frequently.</p> <p>Green Phase: Use of shared objects and equipment will be limited and cleaned between use as feasible.</p> <p>Yellow and Green Phase: Athletes should bring their own water bottle and not share with teammates. Ensure appropriate attire is worn at all times. Sharing of clothing and other personal items will be prohibited.</p>	<p>Anthony Graham Athletic Director</p> <p>Head Coaches</p>	<p>Sanitizing Stations</p> <p>Sanitizing wipes</p> <p>Availability of Equipment</p>	<p>Yes</p>
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>Athletes should come dressed in proper workout attire. Locker rooms will not be utilized during summer workouts.</p> <p>Portable toilets will be on campus for restroom use. If inside restroom is needed, all students are encouraged to wash their hands and utilize the “one in, one out” model.</p>	<p>Anthony Graham Athletic Director</p> <p>Head Coaches</p>		<p>Yes</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Adjusting transportation schedules and practices to create social distance	<p>Adjusting transportation schedules and modifications for student/coach transportation to and from athletic events may be necessary. This may include:</p> <ul style="list-style-type: none"> • Reducing the number of students/coaches on a bus or van. • Using hand sanitizer prior to boarding bus or van. • Social distancing on the mode of transportation. <p>UASD Athletic Department, Transportation Department and Administration will work with contracted bus companies and hired drivers to determine necessary modifications.</p>	Anthony Graham Athletic Director		No
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<p>The number of individuals participating in an activity will comply with state and local guidelines (25 yellow phase and 250 green phase).</p> <p>All contest and practice scheduling will be done through the Athletic Department to prevent mixing of groups and to ensure occupancy guidelines are followed. The Athletic Department will work closely with the Facilities Director and Staff.</p>	Anthony Graham Athletic Director	Signage at Facilities Communication by UASD Athletic Department	No
Other social distancing and safety practices				

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:

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	All staff and students will be screened for signs and symptoms of COVID-19 prior to a workout, practice or event. The screenings will be a combination of a temperature check and verbal/written questionnaire (See Appendix for screening form). Responses to screening questions and attendance for each person should be recorded and stored.	Anthony Graham Athletic Director Julie Davis Athletic Trainer Head Coaches	Screening Forms Thermometers	Yes

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>Immediately separate coaches, staff, officials and student athletes with COVID-19 symptoms at any activity.</p> <p>Isolate individual with symptoms and follow procedures for safely transporting the individual home.</p> <p>Notify local health officials, staff and families of exposure or confirmed case while maintaining confidentiality.</p> <p>Close off areas contaminated and do not use before cleaning and disinfecting. Wait at least 24 hours before cleaning and disinfecting.</p>	<p>Anthony Graham Athletic Director</p> <p>Julie Davis Athletic Trainer</p> <p>Coaches</p>	<p>Emergency Contact List</p> <p>Isolation room/area</p>	<p>Yes</p>
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>Students or staff must have medical clearance from their physician or appropriate healthcare professional in order to return-to-play for any activity after an assumed case of COVID-19.</p> <p>UASD will work with appropriate healthcare professionals, staff, students and families to ensure requirements of returning to activities following quarantine/isolation are met.</p>	<p>Julie Davis Athletic Trainer</p>		<p>No</p>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>UASD will utilize the COVID-19 communication plan to notify all stakeholders along with updates posted to the website and social media platforms. (See appendix for Communication Plan)</p>	<p>Anthony Graham Athletic Director</p>	<p>UASD Communication Plan</p>	<p>No</p>
<p>Other monitoring and screening practices</p>	<p>UASD Athletic Director will maintain contact with other schools on an as needed basis as it pertains to student and staff health concerns.</p>	<p>Anthony Graham Athletic Director</p>		<p>No</p>

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:

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	<p>Screenings and contact tracing</p> <p>Completion of Acknowledgement of Risk of COVID-19 during out of season activities prior to participation.</p> <p>Students who express concerns will work with athletic trainer and staff to develop a plan to return-to-play that works for all stakeholders.</p>	Anthony Graham Athletic Director	PPE as needed	No
* Use of face coverings by all coaches and athletic staff	Coaches and staff should wear masks at all times when in contact with athletes and other coaches and staff.	Anthony Graham Athletic Director	PPE as needed	No

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 student athletes as appropriate	<p>When feasible, coaches and staff will wear masks at all times when within a six foot radius of athletes and other coaches and staff.</p> <p>When feasible, students will wear masks before and after practice or activity. Masks may be removed for practice or activity while continuing to social distance.</p>	Anthony Graham Athletic Director	PPE as needed	No
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	Students and staff who are at a higher risk will have the opportunity to work with district personnel to develop a personal health plan that may guide their ability to participate in an activity.	Julie Davis Athletic Trainer		No
Management of Coaches and Athletic Staff	Supervision, monitoring and frequent communication will all programs.	Anthony Graham Athletic Director		No

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	Extracurricular staff	Anthony Graham Athletic Director	Virtual Meetings Review of Health and Safety Plan Written communication and Educational Resources	UASD Health and Safety Plan for Athletics Written communication and educational resources.	7/6/2020	Prior to 08/01
Cleaning procedures and Expectations Social Distancing Healthy Hygiene Practices	Extracurricular Staff	Anthony Graham Athletic Director Chris McMahon Facilities Director Aramark	Virtual Meetings Review of Health and Safety Plan Written communication and educational resources	UASD Health and Safety Plan for Athletics Written communication and educational resources Signage at Facilities	7/6/2020	Prior to 08/01

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Monitoring/Screening Student Athletes and Staff	Extracurricular Staff	Anthony Graham Athletic Director Julie Davis Athletic Trainer	Virtual Meetings Review of Health and Safety Plan Written Communication and educational resources	UASD Health and Safety Plan Written communications and educational resources	07/30/2020	Prior to 08/01
Communication Plan	Extracurricular Staff	Anthony Graham Athletic Director	Virtual Meetings Review of Health and Safety Plan Written Communication and educational resources	UASD Health and Safety Plan Written communications and educational resources	07/30/2020	Prior to 08/01

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
UASD Health and Safety Plan	Extracurricular Staff	Anthony Graham Athletic Director	UASD Health and Safety Plan for Athletics and Information and Resources posted on UASD Website	Following Board Approval	
	Students and Parents/guardians of students				
	UASD Community				
Communication Plan	Extracurricular Staff	Anthony Graham Athletic Director	UASD Health and Safety Plan for Athletics and Information and Resources posted on UASD Website	Following Board Approval	
	Students and Parents/guardians of students				
	UASD Community				

Athletics Health and Safety Plan Summary: Upper Adams School District

Anticipated Launch Date: August 18, 2020

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
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Use of cleaning products approved for COVID-19 and meet EPA criteria.</p> <p>Cleaning schedule in place and recorded</p> <p>Facility scheduling – Allowing necessary time in between scheduled practices for proper cleaning</p> <p>Provide disinfectants and PPE to all programs returning to play</p> <p>Hand sanitizing stations at each facility with at least 60% alcohol</p> <p>Ensure appropriate clothing and shoes are worn at all times</p> <p>Use of shared objects and equipment will be limited to the greatest extent possible and cleaned between use</p> <p>Facilities and custodial staff, Athletic Trainers, Coaches and Students will have shared responsibility to complete their roles in cleaning and sanitizing</p>

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>Identifying and restricting non-essential visitors and volunteers</p>	<p>Yellow Phase: No gathering of more than 25 individuals Green Phase: No gathering of more than 250 individuals</p> <p>Concession stand will remain closed until further notice. If deemed appropriate to open, the concession stand and other food services will adhere to the guidance for Businesses in the Restaurant industry.</p> <p>Communicate the signs and symptoms of COVID-19 to coaches, staff and students</p> <p>Promote and encourage practices that can mitigate exposure to COVID-19, which include but are not limited to washing hands, social distancing, coughing in the elbow and disinfecting shared surfaces.</p> <p>Discourage spitting, handshakes, high fives and other celebrations that diminish social distancing efforts.</p> <p>Continue to monitor and disseminate pertinent COVID-19 information released by relevant governing bodies.</p> <p>Promote and encourage all participants to shower and wash workout clothes immediately upon returning home.</p> <p>Signage will be posted at all facilities with suggested guidelines and practices for health and hygiene practices and social distancing guidelines.</p>

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>Attendance will be taken at daily screenings. All activities will be limited to essential personnel which include students, coaches, athletic trainer, UASD Staff, officials and game help</p> <p>Only essential personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.</p> <p>Yellow Phase: Equipment will be limited or eliminated when possible and cleaned between use by individuals frequently.</p> <p>Green Phase: Use of shared objects and equipment will be limited and cleaned between use by individuals as feasible.</p> <p>Yellow and Green Phase: Athletes should bring their own water bottle and not share with other participants. Ensure appropriate clothing/shoes are worn at all times. Participants will not share workout clothing.</p> <p>Athletes should come dressed in proper workout attire for event. Locker rooms will not be utilized during summer workouts and restricted, as feasible, moving forward</p> <p>Portable toilets are available on campus. If a restroom is needed, all students are encouraged to wash their hands and utilize the “one in, one out model.</p> <p>Adjusting transportation schedules and modifications for student/coach transportation to and from athletic events may be necessary. This may include reducing the number of</p>

Requirement(s)	Strategies, Policies and Procedures
<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>	<p>students/coaches on a bus or van, using hand sanitizer upon boarding a bus or van and social distancing on a bus.</p> <p>The transportation department will work with the athletic department, bus companies, the Department of Education and state and local governments to determine necessary modifications.</p> <p>Number of individuals participating in an activity will comply with state and local guidelines: 25 Yellow and 250 Green</p> <p>All scheduling will be done through the athletic department to curb mixing of groups and to ensure occupancy guidelines are followed. The Athletic Department will be in close communication with the facilities and custodial staff.</p>

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> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>All staff and students will be screened for signs/symptoms of COVID-19 prior to a workout or practice. The screening consists of a list of questions and a temperature check (See Appendix for Screening Form). Responses to screening questions and attendance for each person should be recorded and stored.</p> <p>Immediately separate coaches, staff, officials and student-athletes with COVID-19 symptoms at any activity.</p> <p>Isolate individual with symptoms and follow procedures for safely transporting the individual home</p> <p>Notify local health officials, staff and families of exposure or confirmed case while maintaining confidentiality.</p>

Requirement(s)	Strategies, Policies and Procedures
<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>	<p>Coaches and staff will wear masks at all times when within a six foot radius of athletes and other coaches and staff.</p> <p>Students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance.</p> <p>Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic trainers to develop a personal health plan that may guide their ability to participate in an activity.</p> <p>Supervision, monitoring and frequent communication with all programs.</p>

APPENDIX

Upper Adams School District Athletic Department

Athlete and Staff COVID-19 Screening

Name: _____ Date: _____

Grade: _____ Activity: _____

Students/Coaches should self-report as deemed necessary prior to each practice/event.

Temperature will be taken from a designated trained individual. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

For the column - “Close Contact” - the answer should reflect the following question:

Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

DATE	TEMP	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***

Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.(See - CDC “People Who are at a Higher Risk for Severe Illness”).

Athletics – Health and Safety Action Plan Communication Plan

Point of Contact Flowchart

(Coaches and Athletic Trainer will contact Athletic Director – Athletic Director will contact the individuals below)

1. Athletic Trainers and Coaches
 - a. Athletic Trainer – Julie Davis
2. Athletic Director: Anthony Graham
3. HS Principal: Beth Graham
4. MS Principal: Shane Brewer
5. Superintendent: Dr. Wesley Doll
6. Health Officials

Experiencing Symptoms or Positive Case:

- Refer person to their PCP or online urgent care
- If no other options, provide COVID-19 phone line
- If in distress, go to Emergency Department. Call ahead to make them aware

UASD Communication following exposure to an individual with symptoms or positive case:

- Contact Local Health Officials
- Review screening and attendance forms for contact tracing
- Communicate to UASD Point of Contacts
- Contact individuals who came in contact

Position	Name	Phone Number	E-Mail
Athletic Director	Anthony Graham	717-677-7191	a.graham@upperadams.org
Athletic Trainer	Julie Davis	717-677-7191	j.davis@upperadams.org

REASONABLE ASSUMPTION OF RISK

		<input type="checkbox"/> V/JV <input type="checkbox"/> JH		<input type="checkbox"/> HS <input type="checkbox"/> MS	
ATHLETE/STUDENT NAME	Last, First	SPORT/ACTIVITY	LEVEL	SCHOOL	

The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. Even though schools can take many steps to reduce the risks to students, coaches, and their families, it is not possible to eliminate all risk of furthering the spread of COVID-19. Athletes and their families should assess these risks before deciding to participate in preseason optional activities. Athletes may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as lung disease, moderate to severe asthma, heart conditions, being immunocompromised, obesity, diabetes, and kidney or liver disease.

Parents and athletes are expected to abide by all guidelines for participation. The guidelines were developed to protect the health and safety of all involved. Due to the seriousness of COVID-19, violators will be suspended from summer activities.

By consenting to participate, the athlete and parent fully understand and assume the risks of the athlete becoming infected with COVID-19 which could lead to serious health problems. Furthermore, the virus could be transmitted to family members ending in negative outcomes including death.

I give my son/daughter permission to participate in optional summer preseason programs.

 Parent/Guardian Name PRINT Parent/Guardian Signature Date

YAIAA Recommended Competition Procedures and Protocols

OFFICIALS

1. CONTACT THE HOST SCHOOL:

- a. Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
 - i. Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
 - ii. Request separate and secured parking areas away from other participants.
 - iii. Request hand sanitizer be available at scorer's table, if applicable, and use it between periods and during time outs. (Officials are encouraged to bring their own in the event none is available.)
 - iv. Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.

2. Officials will be required to complete pre-screening protocol prior to competitions.

- a. Officials that present COVID-19 symptoms prior to the event should contact the Athletic Director, assignor, or YAIAA Executive Director in a timely manner to allow for alternative arrangements to be implemented.
- b. Upon arrival, officials will complete and sign off on a COVID-19 pre-screening questionnaire. Officials are required to accurately report symptoms in an effort to minimize transmission opportunities.

3. Officials are recommended to arrive dressed for competition to help mitigate exposure to COVID-19. Facilities will be offered as necessary.

4. Officials may be asked to sign a liability waiver by the school. While not a PIAA requirement, it may be a host site requirement. You should inquire the host school before arriving whether that requirement exists and, if so, request an opportunity to review the document in advance. If you are unwilling to sign it, you should decline the engagement. You should not wait until arriving on site to ask to see the waiver or to inform the school that you will not sign it.

5. Officials must pay special attention to playing rules that require distances between players during play.

6. Reminders should be issued for situations that involve hygiene (spitting, etc.)

7. Maintain distance from players if an altercation occurs and minimize the times you are within 6 feet of others.

8. Be aware of the location of medical personnel while you are on school property.
9. Limit the exchanging of documents between yourself and others
10. Once the contest begins, avoid conversations within 6 feet with coaches
11. Wash your hands frequently.
12. Officials' Uniforms and Equipment.
 - a. Electronic whistles are permissible.
 - i. Choose a whistle whose tone will carry outside.
 - ii. Be aware of the increased risk of inadvertent whistles.
 - b. Face coverings by participants are permitted.
 - c. Gloves may be worn by contestants.
 - d. Bring your own towels and hygiene materials. Do not share them with others.
13. Individuals are required to wear face coverings in accordance with the Secretary of the Pennsylvania Department of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - a. Officials are not required to wear face coverings while officiating a contest, but they are permitted. You should seriously consider wearing a face covering when officiating. Coverings must be worn when entering the host site and while inspecting the field/court prior to the contest unless social distancing can be maintained while doing so.
 - b. There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
14. Officials are recommended to bring their own water and water bottle.
15. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
16. At the completion of the event, officials are recommended to exit the facility quickly and are encouraged not to congregate or interact with the teams, coaches, or staff members.
17. If an official tests positive for or exhibits COVID-19 symptoms, every effort should be made to contact all affected schools.
 - a. Notify the school/s immediately (Principal, Athletic Director, or office staff)
 - b. If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.
18. GAME DAY:

- a. Complete a personal health assessment on the day of your contest. If you feel sick – STAY HOME. Notify the contracted schools, your partner(s) and the assignor to let them know.
- b. Notify site administrator immediately if your temperature is 100.4 or above. o “Vulnerable individuals” are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
- c. Communicate with school athletic administrator frequently during the days leading up to your contest about school expectations.
- d. Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently.
- e. When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
- f. Do not share uniforms, towels, apparel and equipment.
- g. Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field.
- h. Bring your own water bottle or rehydration beverages. o Use a mask when communicating verbally within 6 feet of others.
- i. In an effort to maintain social distancing, officiating positions may need to be changed in a manner that are not necessarily in conformance with standard officiating mechanics.
- j. If an official is sent home or unable to officiate for any reason, follow the PIAA policy on “Absence or Withdrawal of Official at Contest”, in the Policies and Procedures section of the PIAA Handbook.

19. PREGAME CONFERENCE:

- a. Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- b. Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- c. Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- d. Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of 6 feet.
- e. No handshakes are permitted.
- f. Maintain social distancing while performing all pregame responsibilities.
- g. Encourage bench personnel to observe social distancing of 6 feet.

h. Encourage social distancing of 6 feet between substitutes and teammate(s).

20. OFFICIALS' TABLE:

a. Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table.

21. PREGAME AND POSTGAME CEREMONY:

- a. No shaking hands during introductions.
- b. Traditional pre-game introductions should be altered to ensure social distancing occurs.
- c. No postgame shaking hands.

22. PERSONAL RESPONSIBILITIES:

- a. Training
 - i. Review current and past year rule and case books.
 - ii. Attend online and in-person meetings to review the rules for the coming year.
 - iii. Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.
- b. Positive COVID-19 Test
 - i. You should notify the school(s) administration where you officiated and partners of those contests.

23. UNIFORM OF CONTESTANTS:

- a. Long sleeves are permissible.
- b. Long pants are permissible.
- c. Undergarments are permissible but must be of a similar length for the individual and a solid like color.

24. Sport Specific Recommendations for Officials:

- a. CONSIDERATION FOR CROSS COUNTRY OFFICIALS:
 - i. Please review the General Considerations for Officials.
 - ii. Follow social distancing guidelines: Pre and Post Meet conferences. Clerking at the start line. Tabulations and posting of results.
 - iii. Consider using electronic whistle.
- b. CONSIDERATION FOR FIELD HOCKEY OFFICIALS:

- i. Please review the General Considerations for Officials.
 - ii. Officials may use electronic whistles during contests but must be aware of the increased risk of inadvertent whistles.
 - iii. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- c. CONSIDERATION FOR FOOTBALL OFFICIALS:
- i. Please review the General Considerations for Officials.
 - ii. Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
 - iii. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes.
 - iv. The football should be changed or sterilized by sidelined personnel frequently.
 - v. Officials will have to limit the handling of other officials' equipment (ex. assist in picking up flags or bean bags).
- d. CONSIDERATION FOR SOCCER OFFICIALS:
- i. Please review the General Considerations for Officials.
 - ii. Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
 - iii. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- e. CONSIDERATION FOR VOLLEYBALL OFFICIALS:
- i. Please review the General Considerations for Officials.
 - ii. Officials are permitted to use electronic whistles but must be aware of signaling difficulties when using both hands and the increased chance of inadvertent whistles.
 - iii. Use of a three ball rotation system should be considered for matches. This would allow for periodic sanitation of the balls.

ROSTERS

1. Roster size should be determined by the local district with the following considerations:

- a. Reduced roster size is preferred when appropriate
- b. Away football teams are recommended to limit roster size to a traveling squad
2. Plans for rosters size, capacity, and local procedures should be communicated in a timely manner prior to the event.

SPECTATORS

1. In accordance with Governor Wolf’s plan for phased re-opening, sports related activities at the PK-12 level are limited to student-athletes, coaches, officials and staff only.
 - a. In the “Yellow Phase,” no more than 25 participants (including students, coaches/staff, and officials) may be present.
 - b. In the “Green Phase,” no more than 250 participants or 50% of the maximum capacity of that venue (including students, coaches/staff, and officials) may be present.
 - c. Events will be closed to ALL spectators.
2. The Preliminary School Sports Guidance document which was released by the Governor’s Office states that, “The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.” We anticipate that more information will be forthcoming from the Governor’s Office and Department of Education.
3. Should spectators eventually be permitted to attend contests, we anticipate that such attendance will be subject to some important limitations that were also included in the Preliminary School Sports Guidance:
 - a. Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults must face coverings (masks or face shields) at all times.
 - b. Spectators should not enter the field of play or bench areas.
 - c. Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.

HOME EVENT RECOMMENDATIONS

1. Local procedures should be communicated to the visiting school and officials in a timely manner prior to the event.
2. Make sure to have an administrative contact (cell number and email address) for all events.
3. Establish a routine of enhanced cleaning and sanitation measures.
 - a. Disinfect and sanitize athletic facilities and equipment between levels of competitions.
 - b. Provide disinfectant supplies in close proximity (as applicable).
4. Event staff is recommended to wear a mask/face covering prior to, during and after the competition as recommended by the Pennsylvania Department of Health and should practice social distancing when possible.

- a. Hosting schools should make an effort to provide opportunities for social distancing at head tables or designated event staff locations.
5. Visiting teams are recommended to arrive dressed for competition to limit facility usage. Hosting schools should communicate locker room and facility plans/concerns prior to the event.
6. Student-athletes and coaches are recommended to wear mask/face coverings prior to, after, and while not actively engaged in the competition and practice social distancing when feasible.
 - a. Student-athletes, coaches/staff, and officials are recommended to wear a mask/facial covering during the pre-game captains meeting and practice social distancing.
 - b. No handshakes should be permitted prior to, during, or after the competition.
 - c. Student-athletes, coaches/staff, and officials should exit the facility promptly after the completion of the event. The hosting school should make every effort to limit congregating after the event to help mitigate exposure to COVID-19.
7. Concessions should adhere to the Guidance for Businesses in the Restaurant Industry.
8. Any meals provided for traveling teams should be consumed off of the hosting school's campus.
9. Time outs should be flexible in order to adhere to CDC recommendations.
10. Live Streaming will be permitted at events. Home teams should communicate any live streaming procedures with the opposing team prior to the event.
11. Have a plan in place if someone begins to show symptoms.
12. If your school will require anyone to execute a liability waiver before entering the premises, that requirement and document should be provided to all persons in advance so that it may be reviewed.

SPORT-SPECIFIC RECOMMENDATIONS (FALL)

1. Cross Country
 - a. Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
 - b. Cross country meets should consider using staggered, wave or interval starts.
 - c. Possible Rule Modifications:
 - i. Consider widening the course to at least 6 feet at its narrowest point. Finish:
 - ii. Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.

- iii. If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
 - iv. Consider using image-based equipment at the finish line to assist with picking places and reducing congestion.
 - d. Pre and Post Race Ceremony:
 - i. Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
 - ii. The use of team tents on site is discouraged.
 - iii. Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.
 - e. Student-athletes, coaches/staff, and officials should practice social distancing during the pre-meet walk through.
 - f. Organizational items such as popsicle sticks, note cards, etc. should not be reused and discarded after completion.
 - g. Event staff are recommended to wear a mask/face covering and gloves when collecting organizational items.
 - h. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- 2. Cheerleading
 - a. Student-athletes and coaches should practice social distancing when possible.
 - b. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- 3. Field Hockey
 - a. PREGAME CONFERENCE:
 - i. Limit attendees to one official, the head coach from each team, and a single captain from each team.
 - ii. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet during the conference.
 - iii. Suspend handshakes prior to and following the Pregame Conference.
 - b. TEAM BENCHES:
 - i. Team areas may be expanded to promote social distancing.
 - ii. Encourage bench personnel to observe social distancing of 6 feet.
 - c. BALL INDIVIDUALS:

- i. Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
- d. SUBSTITUTION PROCEDURES:
 - i. Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- e. OFFICIALS' TABLE:
 - i. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
 - ii. If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.
- f. OTHER:
 - i. Players choosing to use a penalty corner mask should not share their mask with other individuals.
- g. PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:
 - i. No pregame introduction line. Send players to their field positions for introductions.
 - ii. Water bottles should not be allowed on the field of play and should be used off the playing surface.
 - iii. Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
 - iv. No post game shaking hands.
- h. FIELD HOCKEY RULES INTERPRETATIONS:
 - i. EQUIPMENT AND ACCESSORIES:
 - 1. Face coverings are permitted.
 - 2. Gloves are permitted.
 - 3. Players' goggles are optional equipment.
- i. LEGAL UNIFORM:
 - i. Long sleeves are permitted.
 - ii. Long pants are permitted.
 - iii. Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

- j. OFFICIALS UNIFORM AND EQUIPMENT:
 - i. Long-sleeved shirt/jackets are permitted.
 - ii. Electronic whistles are permitted.
 - iii. Face coverings are permitted.
 - iv. Gloves are permitted.
- k. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
- l. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- m. Student-Athletes should avoid picking up the balls.
- n. If multiple players are present in the penalty box, appropriate social distancing practices should be utilized.
- o. Head table should be limited to essential personnel only. Bookkeepers are recommended to sit on the team bench if social distancing recommendations can not be exercised.

4. Football

- a. TEAM BOX:
 - i. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
 - ii. Teams should reduce game rosters to allow for more social distancing on sidelines.
 - iii. Where feasible, extend the 2-yard sideline belt to 5 yards. Maintain social distancing of 6 feet at all times while in the team box. Do not share uniforms, towels and other apparel and equipment.
- b. BALL:
 - i. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - ii. The ball holders should maintain social distancing of 6 feet at all times during the contest.
 - iii. Clean the ball on a ball rotation to the sidelines. Have ball individuals wear gloves and be supervised and directed by an adult staff member or member of coaching staff.
- c. FACE MASKS:
 - i. Cloth face coverings are permitted.
 - ii. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest.

- iii. Face shields – It is recommended that teams promote their use by players. Face shields may be worn for play as well as on the sidelines. Helmet manufacturer Shutt has developed a face shield and another is manufactured by Oakley that is being used by the NFL. It will fit the Riddell helmet.
- d. TOOTH AND MOUTH PROTECTORS:
 - i. Student-Athletes are recommended to 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.
- e. GLOVES:
 - i. Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- f. CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES:
 - i. A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for rehydration.
 - ii. For social-distancing purposes the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
 - iii. Each game official and player should have their own beverage container.
 - iv. Encourage the minimization of offensive and defensive huddles and encourage coaching staffs to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.
- g. INTERMISSION BETWEEN PERIODS AND AFTER SCORING:
 - i. The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.
- h. PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:
 - i. Water bottles are discouraged on the field of play and should be used off the playing surface.
 - ii. Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
 - iii. No post game of shaking hands.
- i. FINAL CONSIDERATIONS FOR FOOTBALL:

- i. Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
 - ii. Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
 - iii. Everyone should have their own beverage container that is not shared.
 - iv. Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
 - v. Gloves are permitted for all coaches and team staff and for all game administration officials.
 - vi. Try and limit the number of non-essential personnel who are on the field level throughout the contest.
 - vii. If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- j. Football/s should be sanitized during breaks and/or between possessions.
 - k. Student-athletes are encouraged to arrive dressed for competition to limit facility usage.
 - l. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
 - m. The use of a press box should be limited to home team essential personnel only or to the extent where appropriate social distancing practices are possible. Press Box usage plans should be communicated prior to the event.
 - i. No Media is permitted in the Press Box
 - n. Hosting schools should have alternative plans for chain crews in case availability is limited.

5. Golf

- a. **COMPETITION CONSIDERATIONS:**
 - i. Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
 - ii. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
 - iii. Normal golf groups are permitted.
 - iv. Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
 - v. To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)

- vi. Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- vii. Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- viii. To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- ix. It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.
- b. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
- c. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.

6. Soccer

a. PREGAME CONFERENCE:

- i. Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- ii. Move the location of the pregame conference to center of the field. All individuals should maintain a social distance of 6 feet.
- iii. No handshakes prior to and following the Pregame Conference.

b. BALL INDIVIDUALS:

- i. Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players

c. TEAM BENCHES:

- i. Encourage bench personnel to observe social distancing of 6 feet. Team areas may be expanded to promote social distancing.

d. SUBSTITUTION PROCEDURES:

- i. Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.

- e. OFFICIALS TABLE:
 - i. Limit to essential personnel who includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- f. PREGAME, HALF-TIME AND POST MATCH CEREMONY:
 - i. No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
 - ii. Water bottles are discouraged on the field of play and should be used off the playing surface. Goalkeepers are encouraged to keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
 - iii. Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant and off the playing surface, where possible.
 - iv. No post game shaking hands.
- g. SOCCER RULES INTERPRETATIONS:
 - i. EQUIPMENT AND ACCESSORIES:
 - 1. Cloth face coverings are permitted.
 - 2. Gloves are permitted.
 - ii. LEGAL UNIFORM:
 - 1. Long sleeves are permitted.
 - 2. Long pants are permitted.
 - 3. Under garments are permitted but must be of a similar length for the individual and a solid like color for team.
 - iii. OFFICIALS UNIFORM AND EQUIPMENT:
 - 1. Long-sleeved shirt/jackets are permitted.
 - 2. Electronic whistles are permitted.
 - 3. Face coverings are permitted.
 - 4. Gloves are permitted.
- h. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
- i. Soccer balls should be sanitized during breaks in the games.

- j. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- k. Head table should be limited to essential personnel only. Bookkeepers are recommended to sit on the team bench if social distancing recommendations can not be exercised.

7. Tennis

a. PRE-MATCH CONFERENCE:

- i. Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.

b. TEAM AREAS:

- i. Make sure team personnel observe social distancing of 6 ft.

c. DURING MATCHES:

- i. Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
- ii. Maintain physical distancing if changing ends of the court.
- iii. Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- iv. When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
- v. Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
- vi. Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
- vii. Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

d. TENNIS BALLS:

- i. Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:
 1. Use four or six tennis balls.
 2. Open two cans of tennis balls that do not share the same number on the ball.
 3. Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)

4. Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.
 - e. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
 - f. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
 - g. Each Team is recommended to provide game balls during competition.
 - h. Student-Athletes should change sides on opposite sides of the court.
 - i. The home team participant should flip score cards during the competition to limit exposure to high touch areas.
 - j. Athletes should return the balls when not in play by kicking or returning the ball in a manner that does not require using hands.
8. Volleyball
 - a. PRE-MATCH CONFERENCE:
 - i. Limit attendees to the first referee, head coach, and one captain from each team.
 - ii. Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
 - iii. Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.
 - b. TEAM BENCHES
 - i. Suspend the protocol of teams switching sides/benches between sets.
 1. Home team will select their bench prior to the match and remain on the same side for the duration of the match.
 - ii. Team areas may be expanded to promote social distancing outside of playable areas.
 - c. DECIDING SET PROCEDURES:
 - i. Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - ii. Suspend the protocol of teams switching sides/benches before a deciding set.

- d. SUBSTITUTION PROCEDURES:
 - i. Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- e. OFFICIALS' TABLE:
 - i. Limit to essential personnel (which includes home team scorer, libero tracker and timer), with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- f. VOLLEYBALL OFFICIALS MANUAL CONSIDERATIONS:
 - i. PRE AND POST MATCH CEREMONY
 - 1. Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.
- g. VOLLEYBALL RULES INTERPRETATIONS:
 - i. EQUIPMENT AND ACCESSORIES:
 - 1. Cloth face coverings are permitted.
 - 2. Gloves are permitted.
 - ii. LEGAL UNIFORM
 - 1. Long sleeves are permitted.
 - 2. Long pants are permitted.
 - 3. Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.
 - iii. OFFICIALS UNIFORM AND EQUIPMENT:
 - 1. By state association adoption, long-sleeved, all-white collared polo shirt/sweater is permitted. (Electronic whistles are permitted.)
 - 2. Face coverings are permitted.
 - 3. Gloves are permitted.
- h. A three-ball system should be implemented and game balls should be rotated between points. Game balls not in play should be sanitized before returning to play.
- i. Student-athletes and coaches are recommended to stay on one bench for the duration of the competition to limit exposure opportunities to COVID-19.

- j. Head table should be limited to essential personnel only. Bookkeepers are recommended to sit on the team bench if social distancing recommendations can not be exercised.

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

1. Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - a. If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - b. Cover your mouth and nose with a tissue when coughing or sneezing.
 - c. Adhere to school adopted plans if you begin to show symptoms. o
2. Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - a. Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
3. Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests. o
4. Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)
5. Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - a. Social distancing should be maintained during the National Anthem and on sidelines.
 - b. Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
6. Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - a. Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.

- b. 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.
- c. There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
7. Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting Teams to ensure that they have safe access to water for their participants.
8. If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

BAND AND CHEERLEADERS

1. The visiting team's marching band and cheerleaders are not to travel to limit gathering size. Local guidelines regarding band and cheerleaders should be communicated in a timely manner prior to the event.

MEDIA

1. In accordance with Governor Wolf's plan for phased re-opening, sports related activities at the PK-12 level are limited to student-athletes, coaches, officials and staff only.
2. In the event that media is permitted to the competition:
 - a. Media members should complete a personal health assessment daily.
 - i. If temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - b. The media must make contact with the school prior to attending to make appropriate arrangement for attendance.
 - c. Media availability may be limited especially if there are limits on capacity.
 - d. Media should be restricted to areas outside of the team areas.
 - e. Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
 - f. Media are required to wear face covering in accordance with the Secretary of Health's order of July 1st 2020, unless they meet exceptions under Section 3 of that order.
 - g. Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
 - h. Press box availability may be limited.

CONSIDERATIONS FOR STUDENT-ATHLETES:

1. Teams should consider making each student responsible for their own supplies.
2. Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
3. Hand sanitizer should be plentiful at all contests and practices.
4. Athletes should tell coaches immediately when they are not feeling well.
5. 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.
6. Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - a. Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
7. Bring and use your own water bottle.
 - a. High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
 - b. Student-athletes should follow established guidelines for hydration.
 - c. Please see National Athletic Trainer Association (NATA) Resource: Healthy Hydration For Young Athletes
8. Student-athletes are encouraged to shower as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

1. Communicate your guidelines in a clear manner to students and parents.
2. Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
3. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
4. Coaches should limit game day squad sizes for social distancing purposes.
5. Coaches are reminded to wear proper coaching attire per weather conditions.
6. Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR PARENTS/GUARDIANS: (A family’s role in maintaining safety guidelines for themselves and others):

1. Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
2. Parents/Guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
3. Provide personal items for your child and clearly label them.
4. Disinfect your student's personal equipment after each game or practice.
5. Be prepared with face coverings for members of your family if permitted to attend events.
6. Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

1. Make sure to communicate with the host school prior to the competition to discuss plans.
2. Follow all policies and guidelines the host school has communicated.
3. Make sure your team is bringing its own medical supplies and emergency action plans.
4. Have a plan in place if someone begins to show symptoms.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Upper Adams School District** reviewed and approved the Athletics Health and Safety Plan on **August 15, 2020**

The plan was approved by a vote of:

Yes
 No

Affirmed on: **(INSERT DATE AS MONTH, DAY, YEAR)**

By:

(Signature of Board President)

(Print Name of Board President)