



# **Biglerville High School**

## **Department of Athletics**

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**161 N. Main St., Biglerville, PA 17307**

**ADDENDUM**  
**UPPER ADAMS SCHOOL DISTRICT**  
**Biglerville High School and Upper Adams Middle School**  
**WINTER ATHLETICS COVID-19**  
*November 17, 2020*

This update is an addendum to the UASD Athletics Health and Safety Plan as it pertains to the 2020-2021 Winter sports season and COVID-19. These guidelines will ensure that UASD takes the necessary precautions and recommendations from the PIAA, PDE, CDC, PDOH, Pennsylvania State Government and various healthcare providers to provide our student athletes and community the assurance of a safe return to play and continuation of the 2020-2021 Winter sports season. This update to the 2020-2021 Winter sports season is a fluid document and the guidelines and/or recommendations will be adjusted as needed as new information becomes available to decrease the risk of exposure to Covid-19 for our staff, students and spectators. It is extremely important that these guidelines and/or recommendations are strictly followed to for the safety and well-being of all students, staff and community members.

### **GENERAL GUIDELINES FOR ALL SPORTS**

- All student-athletes and staff will complete a daily COVID-19 health screening to include temperature checks prior to all practices, home events, and prior to leaving campus for an away event. It is required that all coaches keep record of all daily screenings.
- It is imperative we communicate with all members of our programs that if you are not feeling well or have any signs and symptoms of COVID-19, **STAY HOME**. If any student or staff member has any of the signs and symptoms related to COVID-19, they will be separated from the group, contact with parent/guardian will be made for student-athletes and they will be sent home. A doctor's note will be required to return to activity by all students or staff that have any of the signs or symptoms listed on the screening form.
- Masks/face coverings are required for all coaches, staff, and essential personnel. Student-athletes are required to wear mask or face coverings at all times when not in activity/practice/game.
- Social distancing of at least 6 feet should be maintained at all times where feasible. While not in the nature of good sportsmanship, coaches will discourage the acts of hugging, high fives, shaking hands, and fist bumps.
- Promote healthy hygiene practices such as taking showers as quickly as possible after practice and games, hand washing, social distancing, cleaning of equipment and practice gear, not sharing personal equipment, using the elbow when having to sneeze or cough, use of hand sanitizer and not sharing water bottles. UASD will provide hand sanitizer for all programs. UASD will also provide PPE such as gloves and masks as needed.
- Intensify cleaning and disinfecting of all equipment during activity. Cleaning supplies will be provided by UASD.
- Continually educate athletes, coaches, and staff about health and safety protocols.
- UASD coaches and staff will ensure that facilities have been properly cleaned, sanitized, and ventilated as stated in the UASD Athletics Health and Safety Plan.
- The Athletic Trainer will coordinate with all programs a hydration plan to provide student-athletes and coaches water in a safe manner.
- Student-athletes must bring their own water bottle to all practices and games. Student-athletes, coaches, and staff will not share water bottles.

## **FACILITIES**

- Locker room use is restricted.
- Due to the nature of wrestling and the importance of hygiene, limited access to a predetermined locker room for showers will be granted. Coaches will plan, coordinate, and supervise access to locker rooms.
- Student-athletes, coaches, staff, and visiting schools will arrive for practices and games dressed and ready to practice and play.
- Student-athletes that have attended school and need to change will have the ability to use a locker room area to change. Locker room use will be predetermined and this process will be supervised by coaches and admittance to a locker room will be limited to four (4) students at one time.
- Restrooms will be provided and we will utilize the “one in one out” method.
- At the completion of our events, facility areas that were used for practices or contests will be thoroughly cleaned and sanitized.

## **BASKETBALL**

- All essential personnel (game help, officials, trainers, athletes, coaches, etc..) will be screened by designated UASD staff upon arrival. These screenings will include a temperature check. Record will be filed.
- Visiting team and staff will arrive dressed and ready to play. Facility use such as locker rooms will be restricted. Visiting team will also provide the host school with a signed COVID-19 Participation Form acknowledging that all traveling members of visiting school have been screened for signs and symptom of COVID-19. The participation form for visiting schools will include temperature checks.
- Only the scoreboard operator and the home statistician will be seated at the scorer’s table. The visiting statistician will socially distance at the visiting team bench area.
- Cleaning and sanitizing supplies such as sanitizing wipes and hand sanitizer with at least 60% alcohol will be located at the scorer’s table if needed.
- The south set of bleachers in both the North Gym and Pitzer Gym will be utilized solely for essential personnel (game help, officials, team personnel, athletic trainer, etc.) to properly practice social distancing. Areas will be clearly marked.
- The north set of bleachers in both the North Gym and Pitzer Gym will be utilized for spectators and cheerleaders only to properly practice social distancing. Areas will be clearly marked.
- Both teams will be provided an area for pregame and halftime meetings. These areas will be determined prior to the event and will provide enough space to properly social distance.
- Everyone in attendance, except for students in activity and officials working the contest, will be required to wear a mask/face covering.
- Game balls will be sanitized during timeouts and breaks during the contest.
- Scorer’s table will be sanitized prior to and at halftime of each contest.
- When the contest is over, teams will not line up and shake hands. Teams will recognize each other from their respective benches.
- At the completion of the event, all persons at the event will gather their belongings and exit the facility. Gatherings at the end of contests will be prohibited.

## **WRESTLING**

- All essential personnel (game help, officials, trainers, coaches, athletes, etc..) will be screened by designated UASD staff upon arrival. These screenings will include a temperature check. Record will be filed.
- Visiting team and staff will arrive dressed and ready to play. Facility use such as locker rooms will be limited. Visiting team will also provide the host school with a signed and dated COVID-19 Participation Form acknowledging that all traveling members of the visiting school have been screened for signs and symptom of COVID-19. The participation form for visiting schools will include temperature checks.
- Only the scoreboard operator and the home statistician will be seated at the scorer’s table. The visiting statistician will socially distance at the visiting team bench area.

- Cleaning and sanitizing supplies such as wipes and hand sanitizer will be located at the scorer's table if needed.
- The south set of bleachers in both the North Gym and Pitzer Gym will be utilized solely for essential personnel (game help, officials, team personnel, athletic trainer, etc.). Areas will be clearly marked. The bleachers will be marked in a manner that establishes proper social distancing.
- The north set of bleachers in both the North Gym and Pitzer Gym will be utilized for spectators and cheerleaders only. Areas will be clearly marked. The bleachers will be marked in a manner that establishes proper social distancing.
- Wrestling will utilize two competition mats for all home dual matches. As one competition mat is being used, the other competition mat will be cleaned and sanitized.
- All persons attending the event, except for student-athletes and officials in activity, will be required to wear a mask/face covering.
- Due to the nature of wrestling and hygiene being of the utmost importance, at the completion of each individual wrestling match, student-athletes will have access to take a shower in a predetermined locker room facility. It will be the responsibility of the coaches of the respective teams to ensure the proper supervision of these student-athletes.
- When the game or contest is over, teams will not line up and shake hands. Teams will recognize each other from their respective benches.
- At the completion of the event, all persons at the event will gather their belongings and immediately exit the facility. Gatherings at the conclusion of contests will be prohibited.

### **AWAY EVENTS**

- UASD Athletic Office will contact opposing school to discuss status of opposing school in relation to COVID-19 per our plan and to outline any policies or guidelines that must be followed by the visiting school.
- Traveling team must perform COVID-19 screening of all student-athletes and staff prior to getting on the bus.
- Head coaches must fill out and sign a COVID-19 Participation Form For Team at Events. This signed acknowledgement must be delivered to game management personnel upon arrival at visiting school.
- Coaches must have emergency contact information for student-athletes in their possession.
- Coaches will have a plan in place if student/player is showing symptoms.
- If using school vans for travel, coaches must sanitize vans with equipment and product provided by UASD. Training will be provided to all coaches and staff that will be utilizing UASD vans to travel to athletic contests.

### **OFFICIALS**

- Facility use is restricted. Officials must arrive dressed and prepared to work the contest.
- Officials will be screened upon arrival and before they can enter the venue. Screenings will consist of questions pertaining to the signs and symptoms of COVID-19 and a temperature check. Officials will also be required to sign-off on the screening. If an official does not pass the screening, they will be required to leave campus and will not work the event.
- Face masks/coverings must be worn at all times prior to and at the conclusion of the contest.
- Upon completion of the contest, officials will exit facility promptly. Security will escort officials from the building.

### **MEDIA**

- In situations that allow, media will be admitted to our athletic events. Media will be counted towards the limitations set forth by the Governor.
- Media personnel will make contact with the host school prior to the contest.
- UASD game management staff will screen and temperature check all media staff.
- Media will not be allowed in the team bench area.
- Mask or face covering must be worn at all times.
- Interviews with coaches or student-athletes will be limited and only if social distancing requirements can be met.

