

**Rockwood Area School District
Athletic Department
Athletic, Health and Safety Plan**

This guidance is preliminary; as more public health information is available, the plan may be adjusted. The plan is aligned and is consistent to the RASD Health and Safety Plan for reopening schools. The plan was created in conjunction with health and safety guidelines currently in place by the local, state, and federal government for COVID-19.

RECOMMENDATIONS

Recommendations for **the Green & Yellow Phases** for Junior and Senior High School Athletics

1. Athletes, coaches, and staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. Parents and Guardians will be expected to screen children for symptoms before attending a practice, event or team meeting.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and the use of hand sanitizer.
3. Face coverings are recommended, as feasible, to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing. Students or Coaches may be asked by the school nurse, athletic trainer, or an administrator to wear a mask in the event the student becomes symptomatic. Student athletes, coaches, athletic staff should have a mask with them at all times.
4. Signs related to COVID-19 protective measures will be posted in highly trafficked areas.
5. Intensify cleaning, disinfection, and ventilation in all facilities.
6. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, as feasible.
7. Educate athletes, coaches, and parents on health and safety protocols.
8. Anyone who is sick must stay home.
9. If a student, coach or staff member gets sick or develops COVID-19 symptoms, they will be isolated and have their parents/guardians contacted to pick them up. It is recommended they obtain an appointment with their primary care physician prior to returning to athletics.
10. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
11. Athletes and coaches are recommended to provide their own water bottle for hydration. Water bottles must not be shared.
12. Identify staff and students who may be at a higher risk of severe illness or immunocompromised from COVID-19 due to underlying medical conditions.
13. Serving food/concessions at events will be maintained by the booster organization. The booster organization will be responsible for following Guidelines for businesses in the restaurant industry, as feasible. This may include individual meals/boxed lunches, individual packages utensils and food, and offering additional hand sanitizer.

PHASES OF ATHLETIC PARTICIPATION

The following phases should be followed until preseason athletics officially starts. (August 12, 2020 for Varsity football all other Fall sports would be August 19, 2020).

Phases will be in accordance with Governor Wolf's county-wide re-opening procedures.

Red:

Coaches may give athletes individual drills or workouts to improve their skills at home. Athletes are NOT to complete assigned drills/workouts with other athletes.

Yellow:

Athletes may perform non-contact drills and skills as a team. Athletes should not share water bottles, clothing, towels or equipment, etc. during this phase. It is recommended the athlete bring their own water or sports drink during this phase. Coaches may break athletes into small groups throughout the session to limit exposure. Groups should remain at the size of 25 individuals when possible. All equipment, balls, etc, are to be cleaned after each practice, and throughout practice as deemed necessary.

Green:

Resume sporting events as normal. All equipment, balls, bags, etc. are to be cleaned at the end of each practice. Athletes should shower immediately upon returning home after practice. It is recommended each athlete bring their own water bottle or sports drink.

TRANSPORTATION

Modifications for student transportation to and from athletic events and practices, as feasible.

This may include:

- Reducing the number of students/coaches on a bus/van
- Assigned seating, family members sit together, and or no more than two students per seat
- Using hand sanitizer upon boarding a bus/van
- Disinfect all high touch surfaces on busses at least daily
- Social distancing on a bus as feasible
- Schedule stagger arrival and departure times for practices and games, as feasible

These potential modifications will be determined by the school district, bus companies, Department of Education, State, and Local governments.

EVENTS/PRACTICES -

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as feasible.

As of June 22, 2020 the following guidance on spectators, non essential visitors and volunteers will include:

1. Yellow & Green Phase – Athletes, coaches, officials, event staff
Only essential personnel will be permitted to attend events until state/local governments lift restrictions on mass gatherings.
Respecting the social distancing numbers of 25 & 250 depending on the phase.
*Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.
2. Red Phase - postponed/cancelled events and/or practices.

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or High)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- 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. See Information in Appendix.

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- An ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of student or staff to athletics following a COVID-19 diagnosis?

- Students or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION

Staff, Coaches, Parents, and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (handwashing, coughing in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Students should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used
- Student-Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an athletic trainer

This document was created with reference to the Pennsylvania Department of Education PK-12 Athletic Health and Safety Planning Guide. For questions or concerns related to this plan, please contact Misty Demchak Rockwood Area Jr/Sr High School Principal.