

Camp Hill School District



PK-12 Athletics Health and Safety Plan

Contents

Athletics Health and Safety Plan: Camp Hill School District..... 3

- Primary Point of Contact..... 4
- Key Strategies, Policies, and Procedures 4
 - Cleaning, Sanitizing, Disinfecting, and Ventilation..... 4
 - Social Distancing and Other Safety Protocols 5
 - Monitoring Student Athletes and Staff Health..... 8
 - Other Considerations for Student Athletes and Staff 9
- Athletics Health and Safety Plan Professional Development10
- Athletics Health and Safety Plan Communications11

Athletics Health and Safety Plan Summary: Camp Hill School District 12

- Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation.....12
- Social Distancing and Other Safety Protocols.....12
- Monitoring Student Athletes and Staff Health14
- Other Considerations for Student Athletes and Staff.....14

Athletics Health and Safety Plan Governing Body Affirmation Statement 16

Athletics Health and Safety Plan: Camp Hill School District

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 athletic activities and events.

This plan documents Camp Hill School District's strategies and protocols for student athletes and coaching staff, how we will communicate with the stakeholders in our community, and the process for continued monitoring of local health data to assess implications for school sports-related activities and events.

This Athletics Health and Safety Plan may need to transition from more to less restrictive conditions depending upon the public health conditions in our community or additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH). There may be a cycling back and forth between less restrictive to more restrictive designations as public health indicators change.

Anticipated launch date for sports related activities: (Sept. 4, 2020)

Primary Point of Contact

Point of Contact Name	Position of Point of Contact	Contact Information
Ms. Sarah Fanus	Athletic Director	sfanus@camphillsd.k12.pa.us
Ms. Lisa Simpson	Head Athletic Trainer	lsimpson@camphillsd.k12.pa.us

Key Strategies, Policies, and Procedures

[Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency.](#)

Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Action Steps	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)	Maintenance staff custodians will sanitize spaces before athletes and coaches arrive and after they leave.	Mike Hakes-Maintenance	Sanitizing solution Spray bottles	N
Other cleaning, sanitizing, disinfecting, and ventilation practices	Coaches, athletic administration, game help to sanitize if another team/group is using space after their team.	Coaches, athletic administration, game help	Sanitizing solution Spray bottles	Y

Social Distancing and Other Safety Protocols

Requirements	Action Steps	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>Begin with limited contact and a phased approach as approved by Athletic Trainer and Athletic Director.</p> <p>Athletes will be reminded to stay socially distanced when not actively participating in practices and workouts.</p> <p>As competitions begin, student-athletes are expected to social distance and wear face coverings when not actively participating in the contest. Coaches will wear face coverings during competitions.</p>	Coaches	N/A	Y
<p>* Procedures for serving food at events</p>	<p>Concession stands will not be open until further notice.</p> <p>Only prepackaged team meals will be served to student athletes after competitions.</p>	N/A		N/A

Requirements	Action Steps	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>Students must sanitize their hands before and after practice and competitions.</p> <p>Hand sanitizing will also be conducted throughout practices and competitions.</p> <p>Students must bring their own water bottles—water bottles are not to be shared and water fountains should not be used.</p> <p>Students should arrive dressed for practice and games.</p>	Coach	Touchless Water Dispensers and Hand sanitizer	Y
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Signs will be posted in athletic facilities, bathrooms, and locker rooms to remind athletes of healthy habits.</p>	Sarah Fanus- AD	Signage	Y
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>All sports-related activities will adhere to limitations set forth in state and local guidelines.</p>	AD and Event Staff	N/A	N
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>Equipment may be shared but coaches are required to periodically sanitize frequently used items during practices.</p> <p>Anyone without a water bottle should see the Athletic Director or Athletic Trainer.</p> <p>Uniforms and practice clothing must be washed frequently.</p>	Coaches	<p>Sanitizing solution</p> <p>Spray bottles</p> <p>Sanitizing wipes</p>	Y

Requirements	Action Steps	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	Communal spaces, such as the field house, will be used only for the purposes of equipment storage and health screenings. Face coverings will be required while in those spaces.	Coaches	Sanitizing solution Sanitizing wipes Spray bottles	Y
Adjusting transportation schedules and practices to create social distance	Students are required to wear masks in school vans and buses. One student per seat on buses and 6 students max on school vans.	Sarah Fanus-AD	N/A	N
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	All sports-related activities will adhere to limitations set forth in state and local guidelines. Athletes will be reminded to socially distance when not actively participating in drills or practices. There should be no shaking hands, fist bumps, and high fives. All unnecessary contact should be avoided between teammates, other athletes, coaches, officials, etc.	Sarah Fanus- AD, Event Staff	N/A	Y
Other social distancing and safety practices	Touchless water dispensers are installed at Siebert Park and College Park pole building.	Mike Hakes- Maintenance Director Athletic Trainer Athletic Director	Touchless water dispensers	N

Monitoring Student Athletes and Staff Health

Requirements	Action Steps	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	Screenings will be conducted before each practice, individual workout, or competition.	Coaches	Checklist Thermometer	Y
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	Follow Public Health Guidance for Pre-K to 12 Schools	Coaches Athletic Trainer	Emergency contact list for athletes	Y
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	Follow Public Health Guidance for Pre-K to 12 Schools	Athletic Trainer Dena Higgins— School Nurse	N/A	N
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols	CHSD website/social media platforms will be used to notify stakeholders of changes and rescheduling of events.	Sarah Fanus- Athletic Director	Athletics website	N

Other Considerations for Student Athletes and Staff

Requirements	Action Steps	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	Students who are uncomfortable participating due to medical concerns or fear of potential exposure may observe drills and competitions from a safe social distance. Medical concerns of coaching staff will be addressed on a case-by-case basis.	Coaches		N
* Use of face coverings by all coaches and athletic staff	Coaches and athletic staff are required to wear face coverings at all times.	Coaches	Facemasks if needed	N
* Use of face coverings by student athletes as appropriate	Athletes must wear face coverings when not actively participating in drills and competitions to protect themselves and others around them including on the sidelines, communal spaces and buses/vans.	Coaches Athletic Trainer	Facemasks if needed	N
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	The Athletic Trainer will consult with school and medical personnel regarding these cases.	Athletic Trainer Dena Higgins— School Nurse	Medical Documentation of complex needs	
Management of Coaches and Athletic Staff	The daily reporting of symptom questionnaire sheet will be submitted to Athletic Trainer and Athletic Director.	Lisa Simpson- Head Athletic Trainer/ Sarah Fanus- AD	Symptom questionnaire	

Athletics Health and Safety Plan Professional Development

The success of our 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. The following are components of our professional learning plan.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Competitions and Practice procedures and expectations	Coaches	Lisa Simpson- Head Athletic Trainer/ Sarah Fanus- AD	In Person	Handouts for practice planning	Prior to 9/2/20	9/1/20
COVID-19 Screening	Coaches	Lisa Simpson- Head Athletic Trainer/ Sarah Fanus- AD	In Person	Screening pages	Prior to 9/2/20	9/1/20
Competitions Procedures	Student Athletes	Coaches/ Lisa Simpson- Head Athletic Trainer/ Sarah Fanus- AD	In Person/Virtual	Sport and Location specific hand-out	Prior to 9/2/20	On-going
Competitions Procedures	Parents	Coaches/ Sarah Fanus- Head Athletic Trainer/ Sarah Fanus- AD	Virtual/ In-person/Email	Sport and Location specific hand-out	Prior to 9/4/20	On-going

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. We will establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in our community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
Health and Safety Plan posted for public	Parents/Students	Sarah Fanus—AD	Website	Upon approval	N/A

Athletics Health and Safety Plan Summary: Camp Hill School District

Anticipated Launch Date: September 4, 2020

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Protocols 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>	<ul style="list-style-type: none"> • Cleaning schedules have been created and implemented for all athletic facilities to mitigate the spread of communicable diseases prior to season start and following each usage. • High use facilities will be cleaned with greater frequency. • Weight Room Equipment will be wiped down after an individual's use—team practice areas and restrooms will be cleaned daily. • Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces. • Athletic equipment that may be used by multiple individuals (balls, tackling dummies, shot put, discus, pole vault, etc.) will be cleaned intermittently during practices and events. • Coaches and athletic staff were trained on sanitization procedures by maintenance staff prior to season start and will be tasked to help spray down areas/items used by their teams.

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Protocols and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<ul style="list-style-type: none"> • All sports-related activities will adhere to limitations set forth in state and local guidelines.

Requirement(s)	Strategies, Protocols and Procedures
<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>Limiting the sharing of materials and equipment among student athletes</p> <p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p> <p>Adjusting transportation schedules and practices to create social distance between students</p> <p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p> <p>Other social distancing and safety practices</p>	<ul style="list-style-type: none"> • When appropriate, it is preferable for students to gather outside rather than inside to potentially reduce the risk of virus spread. • When possible, student athletes, and staff should maintain consistent grouping of people, to minimize virus spread. <ul style="list-style-type: none"> ○ Large teams may be broken into smaller practice groups to minimize exposure should an athlete test positive for COVID-19. • All sports-related activities will adhere to limitations set forth in state and local guidelines. • Athletes must refrain from sharing clothing/towels and these items must be washed after each practice and competition. • Athletes must sanitize their hands before and after each practice and competition. • Hand sanitizing will be conducted throughout practices and competitions. • Spotters for maximum weight lifts should be stationed at each end of the bar. • Students MUST bring their own water bottle--water bottles must not be shared. • “No-touch” water dispensers will be utilized. • Sidelines/bench/locker rooms— social distancing will be maintained when possible on sidelines/bench during competitions, practices and workouts. <ul style="list-style-type: none"> ○ Tape or paint may be used as a guide for students and coaches. ○ Athletes must arrive dressed for practices and games. ○ Social distancing practices will be followed during practices and competitions as well as bathrooms/gathering areas. ○ It is required that athletes and coaches wear face coverings in bathrooms/gathering areas • All coaches/staff and athletes will be trained on social distancing and safety protocols • Concession stands will not be open until further notice.

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Protocols 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>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<ul style="list-style-type: none"> • Any person who has COVID-19 symptoms will not be allowed to participate in practices or competitions. • COVID-19 Screenings will be conducted by coaches before practices and competitions. • Team attendance and screening responses (for both athletes and coaches) must be recorded each day to aid in longitudinal data tracking for individual athletes and contact tracing should an athlete/coach test positive. <ul style="list-style-type: none"> ○ Daily screening responses will be submitted by coaches to the Athletic Director and Athletic Trainer. • Anyone answering “Yes” to any screening questions will be removed and isolated immediately. <ul style="list-style-type: none"> ○ The parent/guardian will be notified immediately, and the athlete will leave the team event as soon as possible. • Families will be notified of an illness or exposure to the team via email, Remind app or similar method. <ul style="list-style-type: none"> ○ Modifications to practice and competition schedule may be necessary depending on exposure. ○ Athletic Director and Athletic Training Staff will develop a plan to ensure the safety of the rest of the team. ○ Modifications to the CHSD Athletic Health and Safety Plan will be posted to the District and Athletics websites/social media platforms. • The Athletic Department in conjunction with Superintendent and high school principal will provide notification to families on cancellation of sports related activities and school closures using District notification systems.

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Protocols and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<ul style="list-style-type: none"> • Coaches and assistants will be queried as to whether they intend to coach this year given the circumstances and plan the district has in place. • Athletes and coaches who are sick with COVID-19 or suspect they have symptoms of COVID-19 will STAY HOME to protect others. <ul style="list-style-type: none"> ○ Anyone with active or suspected illness is instructed to contact their physician or appropriate healthcare provider for screening and treatment. • The use of face coverings will be in accordance with the PA Department of Health regulations and guidelines. • Students who are uncomfortable participating due to medical concerns or fear of potential exposure may observe drills and competitions from a safe social distance. • Practices or games may be canceled if there are not enough coaches / board approved volunteers due to illness or individual quarantine. • All stakeholders will be trained on these procedures by the Athletic Director and Athletic Trainer and reminded throughout the season as needed.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Camp Hill School District** reviewed and approved the Athletics Health and Safety Plan on

The plan was approved by a vote of:

8 Yes

 No

Affirmed on: Septmeber 21, 2020

By:



(Signature of Board President)

Stephen B. Karl

(Print Name of Board President)