

**South Williamsport Area School District  
Health and Safety Plan for Athletics, Extra & Co-Curricular Activities**

**INTRODUCTION**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. 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. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The South Williamsport Area School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the PIAA. The South Williamsport Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed in order to decrease the risk of exposure for our staff, students, and spectators.

**RECOMMENDATIONS**

Recommendations for **ALL PHASES** for Junior and Senior High Athletics

1. Students, 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.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for students while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage physical distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate Students, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home.
7. Have a plan in place if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Students and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
11. 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")

## CONSIDERATION OF RISK

These descriptions are meant as guides for coaches, parents, and students for consideration of the risk presented by participation in athletics or co-curricular activities covered by this health and safety plan.

**High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, and cheerleading (stunts).

**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, tennis, pole-vault, high jump, weight training, and long jump.

**Low Risk:** Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, sideline cheer, marching band, and color guard.

## DEFINITIONS

The following definitions shall apply to this plan.

- **STUDENT** shall refer to any student participating in school sports, extra / co-curricular activity.
- **COACH** shall refer to any board approved employee providing supervision to students.
- **HEAD COACH** shall refer to the board approved primary supervising coach.

## PHASES FOR RESUMING ATHLETICS AND CO-CURRICULAR / EXTRA-CURRICULAR ACTIVITIES

### Phase 1 (Schools Closed (No Instruction Remote or Otherwise))

- Students and Coaches may communicate via online meetings (zoom, google meet, etc.)
- Students may participate in home workouts including strength and conditioning.
- Students and Coaches should abide by guidelines set forth by the local and state governments.

### Phase 2 Schools Open (In-Person or Remote)

#### Pre-workout Screening:

- Each Head Coach will be the primary point of contact for all questions relating to COVID-19. Head Coaches will identify themselves as the contact person to parents and students. Contact information will be provided prior to the start of any pre-season activities.

- All Coaches, as employees of the district, will be screened for signs/symptoms of COVID-19 each day they report to work. (See Appendix for COVID-19 Screening Form for Coaches). The Athletic Director will monitor the self-screening of coaches during the season.
- Students will be monitored by Coaches for signs or symptoms of COVIDS-19.
- Any person with positive symptoms reported or where the coach has reason to believe symptoms may be present, will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Parents of students will be notified immediately.
- Individuals with signs or symptoms of COVID-19 are prohibited from returning until they are symptom free without medication for 24 hours (48 hours for fever of 100.4F or higher).

**Limitations on Gatherings:**

- Gatherings for **indoor** facilities are limited to a maximum number allowable for the facility as determined by state order.
- Gathers for **outdoor** facilities are limited to a maximum number allowable for the facility as determined by state order.
- Students should practice within the same group. Changes to groups can be made gradually as needed. Group attendance will be tracked daily by coaches. (See Appendix for Student Group Attendance Record)
- Concession stands must adhere to DOH guidelines for Restaurants and Businesses.
- Physical distancing should be applied, where practical, during practices and in locker rooms, and gathering areas.

**Face Coverings / Masks:**

- As ordered by the Secretary of Health November 20, 2020, all persons under the age of 2 and without underlying medical conditions, must wear a face covering when outside their home including when actively participating in athletics as detailed below:
  - Athletes must wear a facemask while in the gym, during practices, and while attending athletic events, and all other locations covered by the PA-DOH order.
  - As detailed by the PA-DOH, athletes may remove a facemask during active competition when wearing the mask exacerbates an existing medical condition or creates a medical condition including difficulty breathing by water droplets entering the mouth. These decision will be made on a case-by-case basis by the athlete and the head coach.
  - Facemasks should not be worn by athletes during competition when doing so creates an unsafe condition such as swimming, wrestlers with headgear, or football players with a helmet and mouth guard as examples. The Athletic Director will evaluate these situations on a case-by-case basis.
- The Athletic Director will consult with all opposing teams regarding their district's requirements for face coverings and work with that school on a mutual acceptable standard for both teams to placing safety first and ensuring equal conditions of competition.

**Facilities Cleaning:**

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease. The Director of Buildings and Grounds will create and monitor the cleaning schedule. Logs noting date, time, and staff initials will be maintained at each location.
- Indoor athletic facilities will be cleaned prior to arrival or post workouts.
- Weight Room Equipment will be wiped-down daily by custodial staff.
- District will provide the coaching staff with spray bottles, disinfectant, and paper towels to periodically wipe-down shared equipment, balls, etc. during and at the conclusion of practices.

**Physical Activity:**

- Low, Moderate, and High Risk practices and competitions may begin as per State, Local, and PIAA Guidelines.
- Practices should remain non-contact and include physical distancing where applicable.
- Students must refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand washing with soap and water for 20 seconds should occur periodically during events and practices. Hand Sanitizer may be used as resources allow.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Spotters for weight lifts should be stationed at each end of the bar.

**Hydration:**

- Students MUST bring their own water bottles. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) will NOT be utilized.

**OTHER RECOMMENDATIONS:**

**Transportation:**

- Modifications for student/coach transportation to and from athletic events may be necessary. This may include:
  - Reducing the number of students/coaches on a bus/van.
  - Using hand sanitizer upon boarding a bus/van.
  - Physical distancing.
- Facemasks are required during transportation.
- These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.
- Athletes and coaches traveling to away games will complete a safety screening and temperature check before boarding the bus.

**Physical Distancing during Contests/Events/Activities**

- Sidelines/Bench – appropriate physical distancing will be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.

### **Event Attendance**

Event attendance will be determined by groups below ensuring limits on maximum occupancy and physical distancing can be maintained as required by state orders

- *Group 1* - Student participants, coaches, officials, event staff, medical staff, security
- *Group 2* - Parents / Guardians
- *Group 3* - Non-Participating Students, Other School Staff, General Admission, Media, etc.

Sports passes will not be sold / distributed until event attendance restrictions are lifted by state and local governments.

### **Overnight / Out of State Events / Events**

Travel will be evaluate for each event and follow all local/state government guidelines on a case by case basis. Every consideration will be made as to not expose students to unnecessary risk of exposure to COVID-19 or other infectious diseases.

## **COVID-19 SIGNS AND SYMPTOMS**

### **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
- 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

### **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.

### **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.
- 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:**

Individuals may return to activities when the following conditions are met:

- Student 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 Students will be educated on the following through posters, flyers, meetings, emails, and phone calls as appropriate:

- COVID-19 signs and symptoms.
- Requirements for completion of Employee Health Screenings, Student Group Attendance Rosters, and other appendices.
- Proper ways to limit exposure to COVID-19. (Hand washing, cough in your elbow, disinfecting touched surfaces, physical 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 Health and Safety Plan document.
- Any pertinent COVID-19 information released by state/local governments, PDE, and PIAA.
- Students should come dressed for activity to avoid needing to change.
- Limit indoor activities and the areas used. Gymnasium locker-room is prohibited until further notice.
- Facility showers are prohibited.
- Students should remain with their assigned groups during each workout to limit contact with other people.

## **MODIFICATION**

If necessary to maintain compliance with guidance, orders, or laws from state, local governments, department of health, or to protect the health and safety of students, staff, or the community, the Superintendent in consultation with the district's Pandemic Coordinator, is authorized to amend this plan as necessary.

Changes to the plan will be posted to the district web site and shared with Coaches, Students, Families, and the Board of Directors.

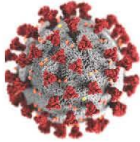
# APPENDIX







# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



## WHAT IS CONTACT TRACING?

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain physical distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.