

## **Oley Valley School District Extracurricular and Athletic Health and Safety Plan 2020**

### **INTRODUCTION**

The COVID-19 pandemic has presented athletics and extracurricular activities 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, advisors, and their families.

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

#### **High Risk Groups**

People with a higher risk of COVID-19 should not participate in athletic or extracurricular activities or attend any event or activity. Some of the higher risk categories are:

- People at a higher risk for severe illness
- People who are immunocompromised
- Older Adults
- Individuals with moderate or severe Asthma
- Individuals with HIV
- Individuals with Liver disease

#### **Point of Contact**

The primary point of contact for this plan is the Athletic Director. The secondary contacts are the Athletic Trainers and the HS and MS Principals.

### **RECOMMENDATIONS**

Recommendations for **PHASES** for Middle School and High Athletics and Extracurricular Activities

1. In the GREEN phase, Athletes, Coaches, Advisors, and Staff shall self-assess for COVID-19 symptoms at home before arriving at any school sponsored activity or event. In the YELLOW phase, Athletes, Students, Coaches, Advisors, and Staff may 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. It may include a questionnaire and temperature check as needed.

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 athletes while practicing or competing.) Hand Sanitizer will be available for students and employees to use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in facilities and for equipment
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Students, Coaches, Advisors, and Staff on health and safety protocols. A waiver form acknowledging the risks of participation and communicable diseases along with precaution steps must be signed before participation in athletics or extracurricular activities.
6. Anyone who is sick must stay home
7. If a student, athlete, or employee gets sick, they will be sent home
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
10. There will be no chewing gum, spitting, or eating at the event or activity.
11. Students will not be permitted to shake hands, high five one another, fist or chest bump.
12. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or as determined by local/state governments.
13. 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”)

### **CLASSIFICATION OF SPORTS AND EXTRACURRICULAR ACTIVITIES**

**High Risk:** Sports and activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. (Wrestling, Cheerleading – stunting)

**Moderate Risk:** Sports and activities 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 cannot be cleaned between participants. (Basketball, Volleyball, Baseball, Softball, Soccer, Field Hockey, Lacrosse, Track Jumping events)

**Low Risk:** Sports and activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by students and/or competitors. (Cross-Country, Track Running and Throwing events, Swimming, Golf, Sideline Cheerleading)

\*\* High/Moderate Risk Sports and activities may move to a Low Risk category with non-contact modifications.

### **Phase 1 (PA State RED)**

- All school facilities remain closed as per PA Local and State Guidelines
- Athletes, Students, Coaches, and Advisors may communicate via online meetings (zoom, google meet, etc.)
- Athletes may participate in home workouts including strength and conditioning.
- Athletes, Students, Coaches, and Advisors should abide by guidelines set forth by the local and state governments.

### **Phase 2 (PA State YELLOW and GREEN) out of season conditioning and training and other activities after July 1, 2020:**

#### **Pre-workout Screening:**

- In the YELLOW and GREEN phases, Athletes, Students, Coaches, and Advisors are required to self-assess for COVID-19 symptoms at home before arriving at any school sponsored activity or event.
- In the YELLOW and GREEN phases, Athletes, Students, Coaches, and Advisors may undergo a COVID-19 health screening prior to any practice, event, or team meeting by the athletic trainers, coaches, or other medical personnel. The type of screening will be dependent upon the available resources. The purpose is to check for signs and symptoms of COVID-19. It may include a questionnaire and temperature check as needed. Failure to comply with the required screenings will result in the individual being sent home.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts, practices, events, games, and activities. Said individual should contact his or her primary care provider or other licensed healthcare professional.

#### **Limitations on Gatherings in YELLOW and GREEN**

- No gathering of more than 25 individuals in YELLOW and no more than 250 individuals in GREEN including coaches
- No spectators per scheduled field/court unless permitted by PIAA or preapproved by the OVSD
- Controlled non-contact practices only
- Concession stands are not permitted.
- Social Distancing should be applied during practices, in locker rooms, and at gathering areas, where feasible

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often

- Fitness Room Equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces

**Physical Activity:**

- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High-risk sports (practices must remain non-contact and include social distancing where applicable)
- Students should not be sharing clothing/towels and clothing should be washed after each practice, including pinnies
- Athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow

**Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers and water fountains) should not be utilized

**Restrooms:**

- A maximum of two (2) individuals may be in the restroom at any given time.
- These spaces will be cleaned on a regular basis.

**Phase 3 (PA State Yellow and Green) start of official PIAA practices and competitions****Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms will not be allowed to participate in practice/games and should contact their primary care physician or a licensed healthcare provider.
- Team attendance must be recorded at every event or activity

**Limitations on Gatherings:**

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when practical

**Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Fitness Room Equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces

**Physical Activity and Athletic Equipment:**

- Low, Moderate, and High-Risk practices and competitions may begin (As per State, Local, and PIAA Guidelines)
- Students must not share clothing/towels and clothing must be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow

#### **Hydration:**

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers and water fountains) should not be utilized

#### **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
- Social distancing on a bus, when practical

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

#### **Social Distancing during Contests/Events/Activities**

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

#### **Who should be allowed at PIAA events?**

- Group people into tiers from essential to non-essential and decide which will be allowed at an event:
  1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
  2. Tier 2 (Preferred) – Media
  3. Tier 3 (Non-essential) – Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
- 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.

#### **Overnight/Out of State Events/ Events in COVID-19 Hot Spots**

- The OVSD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high-risk exposure.

## **Positive Cases and/or Athletes, Students, Coaches, and Advisors 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
- 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 someone is sick:**

- If an Athlete, Student, Coach, and/or Advisor is sick with COVID-19 or thinks they are infected with the virus, **STAY AT HOME**. It is essential that they take steps to help prevent the disease from spreading to people in their home or community. If an individual thinks they have been exposed to COVID-19 and develops a fever and symptoms, call a healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, advisor, 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, activity 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 the ill individual is a student, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individuals 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:**

- 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.

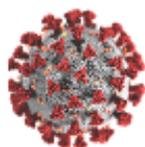
**EDUCATION:**

Staff, Coaches, Parents Advisors, Students, 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 (hand washing, cough 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 Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Students, Coaches and Advisors must sign a waiver recognizing that they have been informed of the potential dangers and how to reduce the risks of COVID-19.
- Students must come dressed for practice or the activity
- Limit indoor activities and the areas used. Locker room use is not permitted until further notice.
- 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



# 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 social 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.

**RESOURCES:**

NFHS: Guidance for Opening Up High School Athletics and Activities (per update May 2020)

**Centers for Disease Control and Prevention**

**Website:** [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others,”

“Schools Decision Tree”

**PA Department of Health**

**Website:** [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Re-opening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC