



# Athletics Health & Safety Plan

**PENN-DELCO SCHOOL DISTRICT**

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**INTRODUCTION:** This document is intended to guide members of PDS D Athletics on recommendations for the reopening of our athletic program during the COVID-19 Pandemic in accordance with [Governor Wolf's Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits for PK-12 schools under the PIAA to resume in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#).

## PRIMARY POINT OF CONTACT

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## GENERAL CONSIDERATIONS

- All off-season workouts are open and voluntary.
- There shall be no “Captains practices” or student-led workouts during any phase of this plan.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.
- All practices and times MUST be scheduled with the Athletics office.

## CONSIDERATION FOR COACHES

- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from school nurses and/or athletic trainers on educational strategies for student-athletes.
- Coaches should work with the Supervisor of Athletics, Athletics Coordinator, and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team have left PDSB campus.

## CONSIDERATION FOR ATHLETES

- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared to go and avoid congregating before the workout. Athletes should leave immediately following the workout.
- Athletes must arrive with an adequate hydration supply. Coolers, shared water bottles, and use of water fountains will not be permitted.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds

# PRE-WORKOUT PROCEDURES

- All athletes and coaches in attendance must complete screening prior to each workout.
  - Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the OK by an athletic trainer or administrator.
  - Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
  - Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletics department immediately after practice.
- Athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a face covering to participate. No coolers or hydration stations should be utilized at this time.



# SCREENING PROCEDURES

- Any athletes, coaches, or staff who believes they may be sick should remain at home.
  - Coaches should work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- Coaches will be responsible for completing a screening survey before every workout.
  - No Coach or athlete may remain on campus if the screening survey is not completed.
- Temperature may also be taken before every workout if PDSB sees fit.
- Screening Survey Questionnaire must be read to each individual.
  - If 'yes' to any question or you are concerned that you may be ill, remain home.
  - An athletic trainer will contact parents of athletes who have answered 'yes' to any questions.
  - At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from the treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
- If anyone tests positive for COVID-19 who was at a workout within 14 days, appropriate notification and tracing will be initiated.

## GATHERING SIZES

The following phases will be used in conjunction with the yellow and green phase restrictions on gathering limitations and building occupancy. During the yellow and green phases of reopening, sports-related activities are limited to student athletes, coaches, officials, and staff only.

## **PHASE 1** *(minimum 1 week as long as county infections continue to decrease)*

- Conditioning and individual non-contact drills only with focus on individual skill building versus competition.
- Groups of 25 or less while in yellow phase (including coaches).
  - Consider scheduling multiple sessions or multiple fields if more than 25 want to attend.
- No group huddles.
  - Instruction should be given in a way that maintains appropriate social distancing.
  - Stretching, warmups, and cool-downs should be done in a way that maintains appropriate social distancing.
- No indoor facility use while in the YELLOW STAGE (gyms, locker rooms, fitness center, etc.). Restrooms should be used one at a time if needed.
  - Indoor sports should consider doing conditioning and individual drills outside.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform

## PHASE 2 *(minimum of 1 week according to county assessment of infections)*

- Conditioning, Individual Drills, and Group Drills with focus on limiting contact in close contact sports.
  - No intra-squad scrimmages
- Group Sizes
  - Outside
    - Yellow Phase- Groups of 25 or less (including coaches)
    - Green Phase- Groups of 250 or less (including coaches)
  - Indoor Group Sizes
    - Yellow Phase- No indoor activity
    - Green Phase- Groups of 25 or less inside the gym and groups of 10 or less in the fitness center.
  - Workouts should be contained in pods of 10 or less if possible. These pods remain together for all activity and intermingle with other pods as little as possible.
- No group huddles.
  - Instruction should be given in a way that maintains appropriate social distancing.
  - Stretching, warmups, and cool-downs should be done in a way that maintains appropriate social distancing.
- No locker room use. Restrooms should be used one at a time if needed.
- Fitness Center activities should be limited to those that allow for social distancing (side-spotting should be utilized when needed) and equipment should be sprayed down and wiped after each use. The fitness center will also be deep cleaned by custodial and/or coaching staff at the conclusion of each day.
  - Athletes should take frequent breaks for hand-washing or hand sanitizer use.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
  - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.

- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.



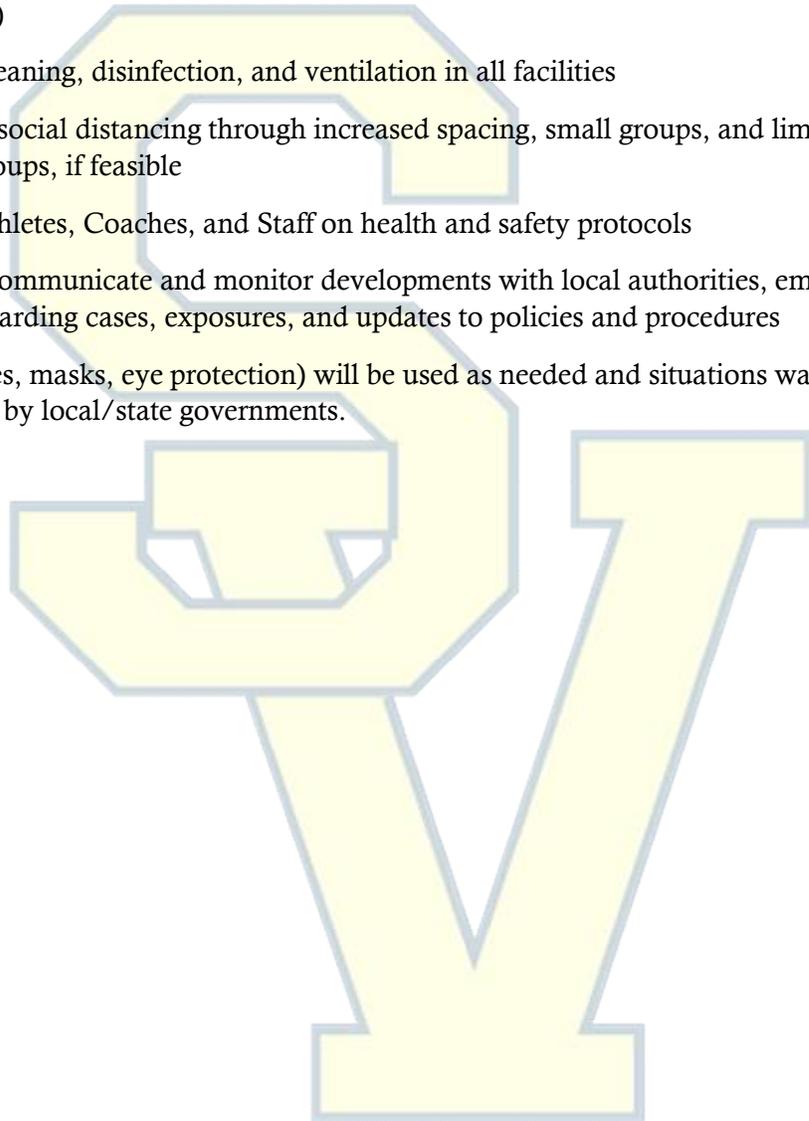
## **PHASE 3** *(Minimum of 14 days once in green phase, but may need to be modified depending on PIAA, PDE, or DOH guidance.)*

- No limitation on contact drills or intra-squad scrimmages.
- Group sizes TBD based on PDE & DOH Guidance.
  - Special considerations should be given in confined spaces (i.e. fitness center) to allow for social distancing.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings may be required for all coaches depending on PDE & DOH guidance.
- Spectators/Parents may be limited or restricted based on gathering limitations of Process of Reopen Pennsylvania Document.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
  - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fistbumps, and high fives.
- Team meetings should allow for social distancing or take place on a virtual platform.

# FURTHER RECOMMENDATIONS

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

1. 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.)
2. Intensify cleaning, disinfection, and ventilation in all facilities
3. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
4. Educate Athletes, Coaches, and Staff on health and safety protocols
5. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
6. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.



# Coaches Expectations Cheat Sheet

- All coaches must pre-screen before every workout and if showing symptoms, STAY HOME and report symptoms to the Athletic Department.
- Attend mandatory pre-workout “Covid-19 Mitigation Training” with Athletic Department
- Schedule all voluntary workouts with the athletic department
  - While in the Yellow stage, must be in groups of less than 25
  - No weight room or gym while in Yellow Stage
  - Once county hits “GREEN” maximum is 250 people and gym and weight room will open with restrictions
- Screen all athletes INDIVIDUALLY before each workout
  - Immediately report any positive findings to the athletic department or other administrator
- Take attendance at each workout
- Send screening results and attendance to the athletic department immediately after each workout.
- Adults must wear face covering at all times unless doing so jeopardizes your health.
- Plan activities that focus on individual skill for Phase 1
  - Attempt to keep athletes in similar PODS for all workouts
- Gradually build in group activity for Phase 2 by limiting direct contact as much as possible
  - Attempt to keep athletes in similar PODS for all workouts
- No group huddles for Phase 1 or 2.
- All athletes and coaches must bring own water
- Coaches and athletes must disinfect equipment after each days workout
- Parents must stay in car
- Do not allow congregation before, during, or after workout
- Only allow bathroom breaks 1 athlete at a time
- No locker room use until Stage 3
- Encourage social distancing and proper handwashing
- Stay on campus until the last player has left

# **Athlete and Family Expectation Cheat Sheet**

- Athletes and parents/guardians must pre-screen before workouts. If showing symptoms, STAY HOME and report symptoms to coach
- Athletes must wear a mask to the workout and once workout is over.
  - It is not expected that athletes wear a mask during workout.
- Athletes must leave campus immediately after workout is over(no congregating on campus)
- Athletes must bring their own source of hydration to each workout.
- Athletes may not spit, chew gum, lick fingers, or eat sun flower seeds
- Must allow for screening by coach before every workout
- Must social distance as much as possible
- Must limit unnecessary contact
  - No hand shakes, high fives, fist/elbow bumps, etc.
- While in Stage 1 and 2, parents/guardians may not stay at the workout and must remain in their car upon pickup and drop-off.
- In Stage 3, parents and spectators may be allowed dependent on the limitations set forth by the State of PA but are encouraged to remain in their car.
  - If out of the car, spectators and parents are expected to wear masks at all times.

# APPENDIX 1

## **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 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

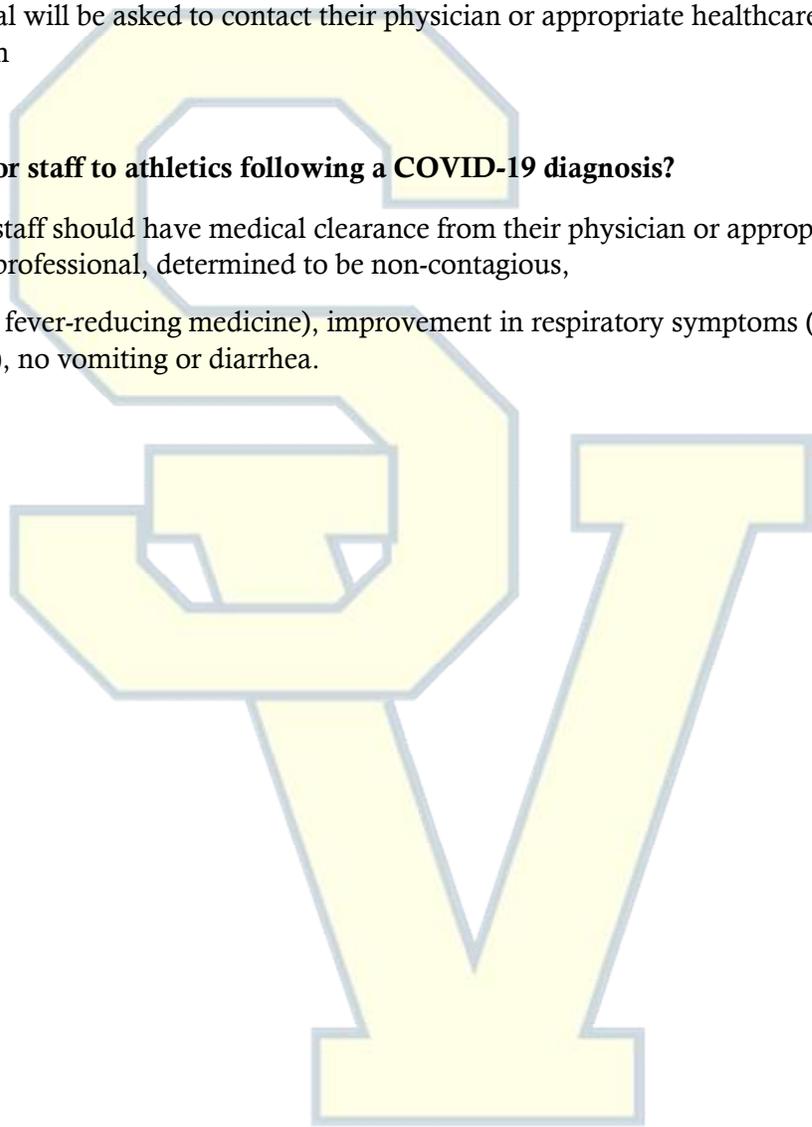
**What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?**

- 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
- 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?**

- 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.





# APPENDIX 3

## *Marching Band Protocols*

### Ensemble Protocols & Logistics

1. All staff members and any volunteers must wear face coverings at all times, unless doing so jeopardizes their health.
  - a. Performers are strongly encouraged to wear masks at any point when they are not active in the rehearsal and/or performance process. Gaiter style face coverings are recommended for all members as they are easy to remove off the face when playing an instrument is needed. Gaiter style coverings can be described as the type worn around the neck and easily pulled to cover the face when needed.
2. Any “full ensemble” meetings should be held in a virtual environment during the yellow and green phases.
3. All collection of paperwork and finances related to band operations should be done **electronically**.
  - a. Booster organizations that are approved as 501(c)3 can work with online payment options (PayPal, Venmo et al) to collect any necessary fees.
  - b. Cash transactions for band-related fees are strongly discouraged.
4. Bands should delay uniform sizing and distribution until they are in the **green phase** AND as close to the **end of the summer/beginning of the school year** as possible.
  - a. Directors should consider any performances in late August through late September to be done in a “relaxed” uniform.

### Rehearsal Considerations

1. Rehearsals held for a group during the yellow and green phases must be limited to the 25 participants (yellow) / 250 participants (green) restrictions. Refer to individual school district guidelines for any participant restrictions beyond this.
  - a. Minimal staffing should be used during the yellow phase to maximize the amount of students that can attend a rehearsal.
  - b. **During the yellow phase, parent volunteers should not be present on campus unless involved in the direct pickup/drop-off of students. Parents MUST remain in vehicles during this process for ALL PHASES.**
  - c. A marching group could be split into multiple groups of 25 participants provided that the groups are kept separate for the duration of the rehearsal from drop off to pick up. This includes separation of all staff, section leaders, and directors.
2. No rehearsals can be considered “mandatory for participation” for any groups that are rehearsing in the yellow or green phases.
3. Rehearsals **must** be held 100% outside during the summer voluntary workouts. This may require last minute cancellations of rehearsals by ensembles.

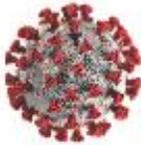
4. Students must transport their individual instruments to/from every rehearsal. For students that play large instruments (drums, mallet percussion, sousaphones/tubas et al), the following plan should be in place.
  - a. If students must enter a building to retrieve equipment, doors should be propped open for the duration of the retrieval window. If possible, one door should be used as an entrance and another as an exit to maintain a one-way flow and minimize contact.
5. Depending on the outdoor rehearsal facility for each band, students should keep all of their belongings in one 6' x 6' contained space. This could be designated by a painted area or specific yard line on a field if applicable.
6. All participants must bring their own water bottles and drinks to all activities regardless of yellow or green phases. **Participants will be sent home if they do not bring their own water due to hydration safety concerns.**
7. Whenever possible, warmup activities (be it musical or visual) should be done with a minimum of a 3-step distance between performers (6 feet).
8. Physical training activities should be performed with a minimum of a 6-step distance between performers (12 feet).
9. Staff instruction of all students should be done from a distance of 6-feet. If there is a need to move closer to correct a student's playing position, embouchure, posture, etc., they should do so as quickly as possible and move back away.

### **Recommended Sanitization Procedures for Instruments & Equipment**

Adequate cleaning schedules should be created and implemented for all facilities used to mitigate any communicable diseases.

1. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture, storage rooms, instrumental equipment, bathrooms, etc.).
2. Shared musical equipment should be wiped down thoroughly before and after an individual's use. This includes anytime equipment is transported from one location to another.
3. Students must be encouraged to shower and wash their rehearsal clothing immediately upon returning to home.

# 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)

