

**Daniel Boone Area School District
Athletic Department
Athletics and Activities Health and Safety Plan**

As more public health information is available, the administration may work with impacted entities to release further guidelines which could impact fall, winter, or spring activities.

INTRODUCTION

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

The DBASD 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 DBASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. To make a fully informed decision, families are also encouraged to review the most up-to-date information regarding the transmission, symptoms and health risks associated with the COVID-19, on the website www.cdc.gov/coronavirus. These recommendations will be adjusted as needed as new information becomes available to decrease the risk of exposure for our staff, students, and spectators.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** for Middle School and Senior High Activities.

- Students, coaches, and staff will undergo a COVID- 19 health screening prior to any practice, event, or 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. Screening will include a questionnaire at arrival to practice. Students, coaches and staff are required to take their temperature every day prior to departing for activity. Students, coaches or staff with temperatures at 100.4 or higher should not attend practice and contact their primary care physician or another appropriate health-care provider. A clearance from the physician will be required to return to activity.
- 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 use as resources allow.
- Ensure appropriate cleaning, disinfection, and ventilation in all facilities.
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
- Educate students, coaches, and staff on health and safety protocols.
- Anyone who is sick must stay home.
- Have a plan in place if a student or employee gets sick.
- No concession stands will be permitted
- Regularly communicate and monitor updates to current CDC, state and local guidelines.
- Students, coaches and staff MUST provide their own water bottle for hydration and will not be permitted to participate without one. Water bottles must not be shared.
- Students, coaches and staff MUST provide their own PPE (gloves, masks, eye protection).

CLASSIFICATION OF ACTIVITY

High Risk: Activities 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, cheerleading (stunts), dance, basketball

Moderate Risk: 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 activities that use equipment that cannot be cleaned between participants.

Examples: volleyball, baseball, softball, soccer, ice hockey, field hockey, lacrosse, tennis, pole vault, high jump, long jump, 7 on 7 football

Low Risk: Activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: marching band, running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

****High/Moderate Risk Activities may move to a Low risk category with non-contact modifications. Activities should be limited to individual skill development drills that maintain social distancing.**

LEVELS OF PARTICIPATION

PHASE 1 (PA State Red)

Activities: No In-person gatherings allowed. Students, coaches and staff may communicate via online meetings (zoom, google meet, etc.). Students may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Students, coaches and staff should abide by guidelines set forth by the local and state governments.

PHASE 2 (Re-entry to activity | PA State Yellow or Green - once permitted by PIAA)

Duration: 14 days with no confirmed cases | Tier 1 individuals only

Activities will be outdoor only and may include: meetings, individual skill instruction, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.

Pre-workout Screening:

- All students, coaches and staff should be screened for signs/symptoms of COVID-19 prior to a workout/practice. Screening will include a questionnaire (See Appendix for COVID-19 Screening Form) at arrival to practice. Students, coaches and staff are required to take their temperature every day prior to departing for activity. Students, coaches and staff with temperatures at 100.4 or higher should not attend practice and contact their primary care physician or another appropriate health-care provider. A clearance from the physician will be required to return to activity.
- 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 should not be allowed to take part in practice and should contact his or her primary care provider or other appropriate health-care professional.
- Regularly communicate and monitor updates to current CDC, state and local guidelines.

Limitations on Gatherings:

- No gathering of more than 10 individuals including coaches and staff per scheduled training spaces.
- Practices should be conducted in “pods” with the same students always training together.
- Equipment use individually.
- Controlled non-contact practices only, modified game rules.

- Social Distancing should always be applied during practices – minimum 6 feet between each individual.
- Coaches and staff will wear masks in accordance with the Department of Health mandate.
- No locker room use. Students should report to practice in proper gear and immediately return home to shower at the end of the workout.
- No training room use unless scheduled by the Athletic Trainer.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and post practice. Group gatherings and high touch areas should be cleaned more often.
- Weight Room Equipment must be used outside and wiped down after an individual's use.
- Appropriate clothing/shoes must always be worn.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- One bathroom will be available per facility. Use should be one person at a time, with hand sanitizer upon entry and exit and following CDC handwashing guidelines.
- Students must be encouraged to shower and wash their workout and practice clothing immediately upon returning home.

Physical Activity:

- Lower risk activity practice may begin. Modified activity may begin for Moderate and High-risk activities (practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development and return to fitness.)
- There should be no shared equipment.
- All equipment must be cleaned AT LEAST after every practice session prior to leaving and equipment should be cleaned throughout practices where possible.
- Appropriate clothing/shoes must be worn at all times.
- Hand Sanitizer should be used periodically as resources allow.
- Students MUST be encouraged to shower and wash their workout and practice clothing immediately upon returning home.

Hydration:

- Students MUST bring their own water bottle.
- Water bottles must not be shared.
- Hydration stations (water cows, water troughs, etc.) should not be utilized.

PHASE 3

DURATION: 14 Days with no confirmed cases | Tier 1 individuals only

Activities may include: volleyball, baseball, softball, soccer, field hockey, lacrosse, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/game and should contact their primary care physician or another appropriate health-care provider. A clearance from the physician will be required to return to activity.
- Students, coaches and staff should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a questionnaire at arrival to practice. Students, coaches and staff are required to take their temperature every day prior to departing for activity. Students, coaches and staff with temperatures at 100.4 or higher should not attend practice and contact their primary care physician or another appropriate health-care provider. A clearance from the physician will be required to return to activity.
- 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.
- Regularly communicate and monitor updates to current CDC, state and local guidelines.

Limitations on Gatherings:

- No gathering of more than 25 people in training spaces.
- Practices should be conducted in “pods” with the same 25 students always training together.
- When not directly participating in practices or contests, social distancing should be considered and applied when able.
- Coaches, athletes and staff must wear masks in accordance with the Department of Health’s mandate.
- No locker room use.
- No training room use unless scheduled by the Athletic Trainer.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and post workouts. Group gatherings and high touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after an individual’s use.

- Appropriate clothing/shoes must always be worn.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- One bathroom will be available per facility. Use should be one person at a time, with hand sanitizer upon entry and exit and following CDC handwashing guidelines.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Equipment:

- Low, Moderate and High-Risk practices. (As per State, Local, and PIAA Guidelines)
- Students should 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 Sanitizer should be used periodically as resources allow.
- Weight rooms can be utilized under social distancing guidelines. Weight room spotters should be stationed at each end of the bar.

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but MUST be cleaned after every practice/event.

PHASE 4

Activities include: All activities may begin full person to person contact and competition.

Pre-Workout/Contest Screening

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in practice and should contact his or her primary care provider or other appropriate health-care professional.
- COVID-19 Screenings (Questionnaire and Self Temperature Checks) may continue as per State and Local government recommendations).
- Attendance should be recorded.
- Regularly communicate and monitor updates to current CDC, state and local guidelines.

Limitations on Gathering

- Gathering sizes of up to 500; Students may combine to the total group for full practices and competitions.

- When not directly participating in practice or contests, social distancing is required.

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and post practice. Group gatherings and high touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes must always be worn.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment

- All activities may resume normal practice and competition.
- Students should 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, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Coaches, athletes and staff must wear masks in accordance with the Department of Health's mandate.
- Weight room spotters should be stationed at each end of the bar.
- Locker room, team meeting room use is permitted under social distancing guidelines (6-foot separation). All items should be placed in a locker (not on the floor) and be removed daily.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but **MUST** be cleaned after every practice/event.

PHASE 5 Return to Competition

Activities include: All activities in full including competition.

Pre-Workout/Contest Screening

- Any person who has had a fever or cold symptoms in the previous 24-hours should not be allowed to take part in practice and should contact his or her primary care provider or other appropriate health-care professional.
- COVID-19 Screenings (questionnaire and self-temperature checks) should continue
- Attendance should be recorded.

Limits on Gathering

- Tier 1, Tier 2, & Tier 3 groups will be allowed
 - The total number of people in the stadium will be limited to the current guidelines set by the governor or DOH.
 - Attendance is limited to family and students only.
 - A maximum of 20 Daniel Boone Students may be spectators for outdoor events.
 - Indoor event attendance will be limited to 2 per participant
- All participants, coaches, officials, and other game workers will be admitted for Indoor events. JV and Varsity may remain in the gym during the other team's games.
- Spectators attending events will be required to adhere to the following guidelines:
 - Wear face coverings at all times while on district property
 - Socially distance beyond their family unit.
 - Spectators unable to comply with guidelines set by DBASD will be asked to leave and forfeit their privilege to attend DBASD events for the remainder of the school year.
 - If a spectator refuses to leave the police will be contacted, and it will be considered trespassing.
 - Opposing spectators unwilling to comply with guidelines set by DBASD will be asked to leave and risk their entire district's privilege of attending any events held at DBASD for the remainder of the school year.
- Spectators are prohibited from viewing the contest from outside the stadium on district property.
- Unmanageable trespassing may result in a stoppage of play
- Anyone not feeling well should refrain from attending extracurricular events at any location.

Facility Cleaning

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and post practice and competition. Group gatherings in high touch areas should be cleaned more often.
- Weight room equipment should be wiped down after each individual use.
- Appropriate clothing/shoes must be worn.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Limit to two persons in the bathroom.

Physical Activity and Athletic Equipment

- Students should refrain from share clothing items and towels. These should be washed after each practice or competition.
- Equipment, with exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during practice and competition as deemed necessary, and upon completion of activity.
- Hand sanitizer should be used periodically as resources allow.
- Coaches and staff and athletes must wear masks in accordance with the Department of Health mandate.
- Sideline/bench social distancing must be appropriate and maintained in areas of no activity during contests and events, as deemed necessary by the school, PIAA, state and local governments.
- Parents or those providing transportation should remain in their vehicles.
- Locker room, team meeting room use is permitted under social distancing guidelines. All items should be placed in a locker and removed daily.
- No gum chewing, spitting, licking of fingers or eating sunflower seeds. Students, coaches and staff will not be permitted to shake hands, high five one another, chest bump, hug or fist bump during activity.

Hydration

- Individuals must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water fountains, coolers, water troughs) cannot be utilized.

Other Guidelines

Transportation

- Bus or van transportation will be provided to away events. Face coverings will be mandatory for all trips and all regulations established by the busing contractor or school district will be strictly followed and enforced. Modifications for team 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 and exiting bus/van.
 - Social distancing on bus/van.

Social Distancing during Contests/Events/Activities

- Sidelines/Benches will maintain appropriate social distancing, as deemed necessary by the school, PIAA, state and local governments.

Who Should be Allowed at Events

- Tier 1 Essential – athletes, coaches, event staff
- Tier 2 Non-essential – Media

- Tier 3 Non-essential – Spectators, Vendors
- Non-essential Tier 2 must obtain clearance prior to attending an event.
- Spectators will be permitted in accordance with State and Local government gathering limits. Changes to seating capacity and social distancing may be necessary for each venue facility.

Overnight Events

- The DBASD 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 student to unnecessary or potential high-risk exposure.

Masks

- All athletes must masks in accordance with the Department of Health’s guidelines
- Masks must be worn by coaches at all times

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
- 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).
- Administration 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?

- The student or staff member should be immediately removed from the group, masked and isolated.
- The parent or guardian should be notified immediately, and arrangements will be made for the student to be picked up.
- The 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?

- According CDC Guidelines, an individual who was diagnosed with COVID-19 may return when all four of the following criteria are met:
 - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
 - Individual has improvement in respiratory symptoms (e.g., cough, shortness of breath)
 - At least ten days have passed since symptoms first appeared
 - Written documentation of clearance from a health care provider (MD, DO, NP, PA)

EDUCATION

Staff, coaches, parents and students 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, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- No handshakes, celebrations (high fives, fist or elbow bumps, chest bumps, hugging, etc.).
- No athletes allowed in the training areas without the presence of an athletic trainer.

DBASD Contact for COVID-19 Related Questions/Concerns

Rob.Hurley@dboone.org Assistant to the Superintendent

APPENDIX:

DATE:

PRINT STAFF NAME:

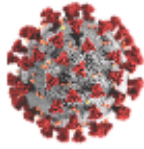
ACTIVITY:

STAFF SIGNATURE:

- Students, Coaches and Staff should self-report as deemed necessary prior to each practice/event.
- Students, Coaches and Staff must take temperature prior to departing for practice. Temperature must be below 100.4.
- The other symptoms should be marked as “N” – NO or “Y” Yes answers.
- For the column “Close Contact” the answer should reflect the following question:
 Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.)
 If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

NAME	Temp below 100.4	Fever Chills	Cough	Sore Throat	Short of Breath	Loss of Taste/Smell	Vomiting Diarrhea	**Close contact	Runny nose or congestion	Muscle aches	Travel	Mask	Water

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.



CS174057A 04/19/2020

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

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 FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website, www.health.pa.gov, or the

Help is available, contact the Crisis Text Line by
texting **PA to 741-741**

Date Created: 4/30/2020

RESOURCES:

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

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “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