

Mount Carmel Area School District



Athletic Department Guidelines for Reopening of Sports & Extracurricular Activities

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 MCASD 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 MCASD 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 in order to decrease the risk of exposure for our staff, students, and spectators.

Risk Classification of Sport

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, cheerleading (stunts), dance

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, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

Low Risk: *Sports 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: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

GUIDELINES

1. Educate individuals (athletes, coaches and staff) on health and safety protocols.
2. Individuals will:
 - Stay at home if they are sick.
 - Provide their own water bottle. Water bottles must be brought to any team function, cannot be shared, and should be filled prior to arrival.
 - Provide their own face covering, and wear as outlined in each phase. Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings are not required for athletes practicing or competing, and should not be used by athletes engaged in distance running or other high-intensity aerobic training.
 - Undergo a COVID- 19 health screening prior to any team function or activity. 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. Individuals screened during the school day will not be screened again for after school activities.
3. MCASD will provide:
 - Hand sanitizer as resources allow.
4. Maintain the highest standards possible for cleaning, disinfection, and ventilation in all facilities.
5. Encourage social distancing through increased spacing, reduced group sizes, and limited mixing between groups when possible.
6. 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”)

7. All facilities must be scheduled for use through the athletic department.

Level 1 (PA Red) – No in person team activities are permitted.

Team Activities Permitted:

- Athletes and coaches may communicate only electronically via on-line meetings or phone.
- Athletes may participate in individual in-home workouts.
- School facilities remain closed per PA State Guidelines.

Level 2 (PA Yellow)

Screening:

- Individuals must be screened, including a no touch temperature check, for signs/symptoms of COVID-19 prior to a team function. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate health- care professional, for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Social distancing should be applied.
- Workouts cannot consist of a gathering of more than 25 individuals per scheduled facility, and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Workouts should be conducted in pods of 13 or less athletes. Pods should remain together throughout the workout.

- Individuals permitted to attend include athletes, coaches, trainers and staff.
- Locker rooms are not available to athletes.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- It is recommended that individuals must wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function or use hand sanitizer.
- Weight room equipment must be wiped down after an individual's use.
- Coaches are required to wipe down all high touch areas after each practice.
- Appropriate clothing/shoes must be worn at all times.
- Hand sanitizer will be made available, as resources allow.

Physical Activity:

- Low Risk Sports may begin practice.
- Moderate and High Risk Sports may practice if modified for non-contact.
- Students cannot share cloth items and these items must be washed after each practice.
- With the exception of balls and field markers (cones, bags, ropes, hurdles, etc), athletic equipment may not be shared by individuals.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

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

Level 3 (PA Green) 1st 14 days (June 26th to July 9th)

Screening:

- Individuals must be screened, including a no touch temperature check, for signs/symptoms of COVID-19 prior to a team function. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate health- care professional, for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Social distancing should be applied.
- Workouts cannot consist of a gathering of more than 50 individuals per scheduled facility, and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Workouts should be conducted in pods of 25 or less athletes. Pods should remain together throughout the workout.
- Indoor meetings can consist of 50 or less individuals, provided each individual is spaced a minimum of 6 feet apart.
- Individuals permitted to attend include athletes, coaches, trainers and staff.
- Locker rooms are not available to athletes.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- It is recommended that Individuals should wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function or use hand sanitizer.
- Weight room equipment should be wiped down after an individual's use.

- Coaches are required to wipe down all high touch areas after each practice.
- Appropriate clothing/shoes must be worn at all times.
- Hand Sanitizer should be used periodically as resources allow.

Physical Activity:

- Low risk sports may practice without modification.
- Moderate and High Risk sports may practice if modified for non-contact.
- Students cannot share cloth items and these items must be washed after each practice.
- With the exception of balls and field markers (cones, agility bags, ropes, hurdles, etc), the frequency and duration of shared athletic equipment should be limited. Shared athletic equipment should be cleaned intermittently during practice as deemed necessary and upon completion of practice.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

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

Level 4 (PA Green) Day 15 to 28 (July 10th to July 23rd)

Screening:

- Individuals must be screened, including a no touch temperature check, for signs/symptoms of COVID-19 prior to a team function. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person must be recorded and stored.

- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate health-care professional, for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Social distancing should be applied.
- Workouts can consist of a gathering of a full team. More than 1 team can share a facility, provided:
 - The Gathering Is Not More Than 250 Individuals
 - The facility as a whole does not exceed 50% of total occupancy otherwise permitted by law.
- Indoor meetings of not more than 250 individuals, provided each individual is spaced a minimum of 6 feet apart.
- Individuals permitted to attend include athletes, coaches, trainers and staff.
- Locker rooms are not available to athletes.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function.
- Weight room equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes must be worn at all times.
- Hand sanitizer should be made available to individuals as they transfer locations.

Physical Activity:

- Lower and Moderate risk sports may practice without modification. (scrimmages & 7 v 7 workouts with other schools are permitted)

- High risk sports may practice with limited duration and frequency of contact.
- Students cannot share cloth items and these items must be washed after each practice.
- Athletic equipment, with the exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during and upon completion of team functions.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

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

Level 5 (PA Green) Day 29 until beginning of PIAA Fall season (July 24th to August 17th)

Screening:

- Individuals must be screened for signs/symptoms of COVID-19 prior to a team function. The screening may include a no touch temperature check. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate health- care professional, for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Teams may combine to the total group for all team functions.
- Locker rooms are available per state guidelines.
- Social distancing protocols should remain in place wherever possible.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- It is recommended that individuals should wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function or use hand sanitizer.
- Coaches are required to wipe down all high touch areas after each practice.
- Weight room equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes must be worn at all times.
- Hand sanitizer should be made available to individuals as they transfer locations.

Physical Activity:

- All sports may practice without restriction.
- Students cannot share cloth items and these items must be washed after each practice.
- Athletic equipment, with the exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during and upon completion of team functions.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

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

Level 6 (PA Green) Start of the PIAA Fall season (August 17th)

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms cannot participate in practice/games, and must contact their primary care physician or another appropriate health-care provider.

- Team attendance must be recorded

Limitations on Gatherings:

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be applied if possible.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all 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.
- Weight Room Equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes should be worn at all times.

Physical Activity and Athletic Equipment

- Low, Moderate, and High Risk may resume normal practice and competitions may begin with PIAA approval.
- Students cannot share cloth items and these items must be washed after each practice.
- Athletic equipment, with the exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during practice as deemed necessary and upon completion of team functions.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

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

OTHER RECOMMENDATIONS:

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary. These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer and the wearing of masks may be required upon boarding and riding a bus/van
- Social distancing on a bus

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 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 MCASD 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 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)
- 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.

EDUCATION:

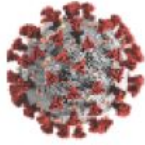
Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms

- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

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.



ES17052A 04/15/2020

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**

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

**Mount Carmel Area School District
Athletic Department
Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 MCASD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, MCASD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the MCASD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the MCASD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the

COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the MCASD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the MCA Athletic and Extracurricular Reopening plan by contacting the MCA District or Athletic Office or by accessing www.mca.k12.pa.us.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **MOUNT CARMEL AREA** reviewed and approved the Athletics Health and Safety Plan on June 25, 2020.

The plan was approved by a vote of:

Yes

No

Affirmed on: **June 25, 2020.**

By:

(Signature of Board President)

(Print Name of Board President)

