



PENNSBURY SCHOOL
DISTRICT

134 YARDLEY AVENUE • P.O. BOX 338 • FALLSINGTON, PENNSYLVANIA 19058-0338

Pennsbury High School Athletics Health and Safety Plan

Summer, 2020

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Introduction

This plan was developed to address the health and safety of student athletes in the Yellow and Green Phases. Distinctions between the two phases are noted. If a distinction is not noted, the procedures are the same for Yellow and Green Phases. Modifications to the Board approved plan will be based on future guidance from the Bucks County Department of Health and/or the Pennsylvania Department of Health, whichever supersedes the other in these matters of public health and safety..

The athletic department will provide pre-practice education sessions with each team and adults supervising the activity (hereby referred to as Coaches) prior to them returning to practice. Attendance will be taken to ensure that all coaches are trained prior to practicing. Coaches will also complete the Safe Sports online training which will certify each coach on COVID-19 safety procedures.

Prior to teams starting practice, the athletic department along with the custodial staff will assess the following:

- Training rooms and treatment rooms assessment for distancing, cleaning procedures, and hygiene practices
- Conduct inventory of available needs including disinfectant and sanitizer stock
- Identify specific needs for each sport for the workouts and training, practice, and competition for each phase

Routine meetings (weekly, bi-weekly, monthly or as needed) will be scheduled to monitor plan implementation and effectiveness as well as reviewing any new guidelines shared by the CDC, the Bucks County Department of Health or the Governor's office.

Health and Safety Expectations

Safely return to play on August 3, 2020 for Voluntary Workouts

- Fall Sports only

- Health and Safety Plan – Board approval per PDE

Gradual return to play

- August 3 – 7 PHASE 1
 - August 10 –21 PHASE 2
 - August 17th PIAA Official Start Date
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General Considerations

- All off-season workouts are voluntary.
 - 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.
 - Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. Everyone should arrive and leave at the scheduled time to avoid overlap in groups. Coaches will give Athletic Director schedules each week for approval.
 - 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 (disinfectant provided).
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Coaches Considerations

- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- All Coaches will complete a free Covid-19 training through [Safe Sports](#).
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat related illnesses.
- Break time will 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 the Pennsbury High School campus.

Athlete Considerations

- In order to participate in training at any level, all athletes will sign and return a [Participation Agreement](#) as well as FamilyID registrations will need to be completed by athletes and parents prior to the 2020-2021 school year. New CIPEE forms may be uploaded when completed.
 - Coaches will have access to the app, which will be used for emergency contact information, and to set up reports for school personnel to track,
 - Medical reports will be created by the athletic trainer highlighting students who may have compromised immune systems.
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Transportation Considerations

Procedures for busing are forthcoming as more information becomes available. PSD athletics will adhere to transportation guidelines established through the district's 2020-21 planning efforts.

Facilities Considerations

Sufficient time should be allocated between practices and games to limit contact between teams and to allow the facilities to be cleaned and disinfected. Sport complexes with multiple fields may operate simultaneous games or practices only if social distancing can be maintained. Each individual game or practice at the complex must adhere to limitations on gatherings as established by the commonwealth's "Process to Reopen PA" colored phase designation for the County of Bucks (25 in "yellow," 250 in "green," facility may not exceed 250.) This includes any systems for entering and exiting district facilities.

Facilities Cleaning

- Appropriate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
 - Individuals will be directed to wash their hands for a minimum of 20 seconds with soap and water before touching any surfaces or participating in workouts.
 - Once usage is allowed, weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
 - Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
 - Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
 - Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
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NFHS Classification of Sports

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 (Winter), 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, 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 uses by competitors.

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer (Fall)

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

Phase 1 Voluntary Workouts August 3-August 7

Team activities may include:

- **Low Risk sport practices.**
 1. Golf- skill work, course management, and practice rounds.
 2. Cross Country- individual stretching and conditioning runs
 3. Cheerleading- cheers, jumps, and socially distant dances routines
- **Moderate Risk sport modified practices.**
 1. Soccer-individual skill work and conditioning, no game play
 2. Field Hockey- individual skill work and conditioning, no game play
 3. Volleyball- individual skill work and Conditioning
 4. Tennis-Individual skill work, singles hitting only and conditioning
- **High Risk sports may participate in non-contact fitness conditioning.**
 - Football- Conditioning only and preparation for PIAA required [heat acclimatization](#) August 10-14.
- Due to the restrictions, PSD will only entertain requests for open workouts for the upcoming season.

Gathering Limitations:

- When not directly participating in practices or contests, social distancing should be considered and applied.
- Gymnasium – 12 or less individuals
- Outside Facility – 25 or less individuals, including coaches and players.
- No group huddles or Instruction can be given in a socially distant manner. (Stretching, warmups, and cooldowns can be done in a socially distant manner.)
- No locker room use. Restrooms should be used one at a time if needed.
- No fitness center use.
- No athletic training room will be open. ATC's will be outside and available for all athletes.
- Limitation of two hours for practices with groups including arrival, screening, practice and departure and cleaning. Equipment
- No shared equipment.
- No handshakes, fist-bumps, high fives, etc.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.

- Balls will be used for individual training only (i.e. footballs, soccer balls, tennis balls, etc.).

Team equipment will be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant.

Note: No materials will remain on-site. A plan will be developed for football, field hockey, and other members of sports who will wear padded equipment will be established.

Coaches and officials will wear a face covering at all times. Athletes will wear a face covering when appropriate.

Communicate all health and fitness-related concerns with coaches and the athletic trainer immediately.

Athletes should arrive prepared to practice and avoid any congregating before the workout. Athletes will leave campus immediately following the workout / training.

- 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.

All athletes and coaches must complete a [screening form](#) prior to workouts at home and before arriving on campus each day.

- Masks / Face Coverings are to be worn at all times with the exception of during activity / training.
- Maximum of 25 (Coaches / Athletes) in a group
- Pods of 10 to ensure contact tracing
- Attendance must be taken for every workout
- Outdoor only workouts
- Disinfect all shared equipment before and after each workout
- No shared water
- 1 person will use the restroom at a time
- Schedule is to be staggered and approved by Athletic Director
- No spectators or parents at workouts
- Parents must stay in their car at drop off and pickup

Phase 2 Official PIAA Start Date (August 10-21)

Team Activities may include:

- **Low Risk sport practices**
 1. Golf- Team tryouts, skill development and practice rounds
 2. Cross Country- Conditioning and group conditioning runs
 3. Cheerleading- Conditioning, cheers, chants, dances and jumps
- **Moderate Risk sport practices, tryouts and competitions**
 1. Soccer-Tryouts, conditioning, small and large sided games, and scrimmages
 2. Field Hockey- Tryouts, conditioning, small and large sided games, and scrimmages
 3. Volleyball-Tryouts, conditioning, individual and team drills, and scrimmages
 4. Tennis- Conditioning, Skill development, rallying, and practice matches
- **High Risk sport practices may begin with non-contact of participants.**
 - Football- Conditioning, skills and drills, 7on7, install Offense and defense. No contact drills.

Due to the restrictions, PSD will only entertain requests for open workouts for the upcoming season.

Gathering Limitations:

- **Outdoor Facility:** May not exceed 50% of total occupancy; 50 or less individuals including coaches and players.
- **Gymnasium:** 25 individuals or less including coaches and players.
- No locker room use. Restrooms should be used one at a time if needed.
- No fitness center use.
- Limitation of two hours for practices with groups including arrival, screening, practice and departure and cleaning. Equipment
- Athletes should refrain from sharing equipment including towels, pinnies, etc.
- No handshakes, fist-bumps, high fives, etc.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Limit shared objects to those required for sport only.

Any athletic 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.

Team equipment will be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant.

Note: No materials will remain on-site. A plan will be developed for football, field hockey, and other members of sports who will wear padded equipment will be established.

Coaches and officials will wear a face covering at all times. Athletes will wear a face covering when appropriate.

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.

All athletes and coaches must complete a [screening form](#) prior to workouts at home and before arriving on campus each day.

- Masks / Face coverings are to worn at all times with the exception of activity / training.
- Maximum of 50 (Coaches / Athletes) in a group
- Pods of 10 to ensure contact tracing
- Attendance must be taken for every workout
- Indoor workouts
- Disinfect all shared equipment before and after each workout
- 1 person in restroom at a time
- Schedule staggered
- No spectators or parents at workouts
- Parents must stay in their car at drop off and pickup

Communication / Data

Action or Activity	Communication Method or Responsible Person(s)
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Approval of plan to start Voluntary workouts	Website / Social Media
Pre-Participation Waiver	Students
COVID-19 Certification	Safe Sports
Daily updates or changes	Social Media / One way Coaches App (Remind)
Daily Screening	Athletic Trainer
Screening Form	Coaches - appendix B
Weekly updates or changes	Website / Social Media / One way Coaches App (Remind)
Positive test communication	Administration

Attendance at Events

Individuals will be assigned to tiers in order to determine who will be in attendance at athletic events:

- Tier 1** (Essential) – Athletes, coaches, officials, event staff, medical staff, security
- Tier 2** - Media
- Tier 3** - Parent/guardians, spectators, vendors

- Only Tier 1 and 2 personnel will be allowed to attend events until the commonwealth lifts restrictions to allow for gatherings of more than 250 individuals.
- Concessions stands, selling of food or merchandise at events is prohibited at this time.
- When spectators are permitted, seating areas must adhere to social distancing guidelines of 6 feet of spacing for anyone not in the same household. Face coverings must be worn by adults at all times.

- Parents/guardians and other spectators are restricted from attending all practice and contests at this time. This will be revised as more information becomes available.
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Fundraising Guidance

At this time, teams should be limiting their fundraising and reevaluating all purchases and planned events. Large social gatherings will not be permitted. Indoor activities are strongly discouraged at this time. Our teams should not burden our local businesses with fundraising requests; but rather, find a way to support all those local businesses and long-time supporters of PSD Athletics in our community. Teams should not plan on regular gatherings outside practice/contest time given by the school.

Potential Questions

Q: What happens if a student athlete has a fever over 100.4 Degrees?

A: Stay Home.

Q: What happens if a student athlete becomes ill with COVID-19 symptoms during/post workout?

A: Student will be isolated, parent/guardian will be called to pick up student and urged to contact a physician.

Q: What if a student /coach comes in contact with someone who has been diagnosed with COVID-19?

A:

- The athlete or coach will Notify School (Principal, Athletic Director, Trainer, Coach, Pandemic Coordinator).
- Head Coach will pull attendance / group records to see who else may have been in contact.
- Contact Tracing will be implemented with help of local health agencies.

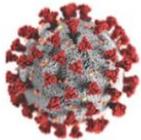
Q: When can the student athlete return?

A: Medical clearance from physician or appropriate healthcare professional

*****The Health and Safety Plan can be adjusted per CDC / DOH /
PDE BCDH and PIAA guidelines****

Appendix A

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://www.cdc.gov/coronavirus)

Appendix B

Pennsbury High School Athletics Athlete & Staff COVID-19 SCREENING

Name: _____ Date: _____

Grade: _____ Sport: _____

Student/Coaches should self report as deemed necessary prior to each practice/event. Temperature may be taken at home and recorded by a parent or guardian, or on site by a trained individual. The other symptoms should be marked as “N” - No or “Y” - Yes

For the column “Close Contact” the answer should reflect the following questions:

- In the past 14 days, have you had close contact (i.e. within 6 feet for more than a few minutes) with anyone who tested positive for COVID-19, is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?
- In the past 72 hours, have you or anyone in your household experienced symptoms of acute respiratory illness, such as: a fever of 100.4°F or higher, fatigue, body aches, cough, shortness of breath, sore throat, runny/stuffy nose, chills?
- If ‘yes’ to either question or you are concerned that you may be ill, remain home. You will not be able to practice or compete and will be asked to leave school grounds immediately. Parents/Guardians will be notified.
- The coach or athletic director 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.

Date	No Symptoms	Temp	Fever Chills	Cough	Sore Throat	Short of Breath	Loss Taste/Smell	Vomiting Diarrhea	Close Contact ***

Appendix C

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. Symptoms may include:

- Fever of 100.4 F or higher 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 should you 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. (Notify the building athletic director.)
- A determination will be made on possible exposure of students, coaches and staff for the need to notify, isolate, and/or monitor 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 Bucks County Department of Health.

What should be done if a student or staff member becomes ill during practice or an event?

- The ill individual will be isolated until the student or staff member can leave the school or event.
- If a student, a 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 and should not return to activity until medical clearances from their healthcare provider.
- Areas used by the sick person will be closed off and not used until after cleaning and disinfecting of the area occurs (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).

Appendix D



WHAT IS THE CONTACT TRACING PROCESS?

CONTACT TRACING

Contact tracing is the process of identifying, notifying, and monitoring anyone who came in close contact with an individual who tested positive for COVID-19 while they were infectious (2 days before onset of symptoms until the end of the person's isolation period). Contact tracing is a key strategy for preventing the further spread of infectious diseases, such as COVID-19. Close contacts of a case are considered to have been exposed to COVID-19, and may go on to develop the disease. Identifying and quarantining close contacts limits their ability to spread disease should they become infectious and helps to limit community spread.

WHAT DOES CONTACT TRACING LOOK LIKE?

1. When an individual is tested and confirmed positive for COVID-19, they are asked to isolate for a minimum of ten days. They must also be fever free for 72 hours without the use of anti-fever medication and show an improvement in symptoms before isolation can be discontinued. These individuals are called cases.
2. Positive COVID-19 test results are reportable to the PA Department of Health. Within 24 hours of receiving the positive result, trained public health staff conduct an interview with the case to obtain a list of close contacts they had while infectious. Cases are considered to be infectious beginning two days before onset of symptoms or two days before the date of the positive result if the person did not have symptoms. The cases are encouraged to utilize calendars, social media, etc. to remember where and who they were around during their infectious period. During the case investigation, the public health staff attempt to obtain as much information as possible on the contacts (address, phone, email, etc.) and then share the contact information with the designated contact tracers.
3. Contact tracers reach out to educate, inform and support those who had a known close contact with a COVID-19 positive individual through phone calls, texts, emails and mailings. To protect patient privacy, close contacts are only informed that they may have been exposed to an individual with COVID-19.
4. Close contacts are told to:
 - Stay home and maintain social distancing through the end of their quarantine period (14 days from the date of their last exposure to a case).
 - Monitor themselves daily for symptoms of COVID-19, including checking their temperature.
 - Be aware that they could possibly spread the infection to others, even if they do not feel sick.
 - Exceptions to these instructions may occur for healthcare workers and critical infrastructure workers who have no symptoms. They may be permitted to work with special precautions in place, such as daily symptom checking prior to reporting to work and masking while at work.
5. With consent, contacts are enrolled into a daily symptom monitoring system called Sara Alert. The Sara Alert system sends the contacts a daily symptom questionnaire via text, email, or robo-call, using whichever method is preferred by the contact. Public health staff and contact tracers review the contacts' responses on a real-time dashboard and promptly reach out to anyone who answers "yes" to having a symptom(s).
6. If a contact develops symptoms, they should isolate themselves and let their healthcare provider and public health staff know. The contact will be evaluated to see if they need medical care and/or COVID-19 testing.



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

- A **contact** is an individual who had close contact while the case patient was infectious. This person should quarantine themselves, meaning they should stay at home to limit community exposure and watch to see if symptoms develop.
- A **contact of a contact** is an individual who had or continues to have close contact with a **contact**. This person should take everyday preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently, however quarantine is not necessary. This person should also 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 [CDC's website](#).

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