

Lewisburg Area School District
Athletic Department
Health & Safety Plan – Phased Re-opening

Any revisions will be placed at the top of the Health and Safety plans until approved by the Board of School Directors. Coaches, student-athletes, and parents will be notified of the changes. In the case of state or federal mandates, procedures will be changed to comply immediately with Board approval as soon as possible.

July 5, 2020 Governor Wolf's Mask Order

Coaches, athletes and spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

This will stay in effect until the time when the order is lifted.

Currently Board Approved Health and Safety Plan

INTRODUCTION

The COVID-19 pandemic has presented athletic programs 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 LASD 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 LASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The following protocols will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators. **The LASD provides the following General Protocols and Specific Protocols for 3 Phases leading to the beginning of the PIAA Regular Season on August 10th.**

GENERAL PROTOCOLS

Protocols for **All Phases** for all student-athletes and coaches.

1. Prior to a student-athlete being allowed to participate in any Lewisburg Area School District Workout, the parents and students must sign a Participation Waiver for Communicable Diseases, including COVID-19. (Appendix A)
2. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19.
3. Healthy hygiene practices will be promoted, including hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing). Hand Sanitizer will be available for team use as resources allow.
4. The LASD will intensify cleaning, disinfection, and ventilation in all facilities, however in most cases the use of locker rooms will be prohibited.
5. Coaches will encourage social distancing through increased spacing, small groups, and limited mixing of groups, if possible.
6. The LASD and its coaches will educate athletes, other coaches, and staff on health and safety protocols and share best practices.
7. Anyone who is sick will stay home.
8. The LASD and coaches will plan for if a student or employee gets sick.

9. The LASD and coaches will regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
10. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared. Facility water fountains should not be used.
11. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
12. Staff and students should self-identify who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunocompromised
 - Obesity
 - Diabetes
 - Kidney or liver disease

The determination of moving from one phase to another will be decided by the HS Principal and the Athletic Director according to data-based decisions and state, regional, or local current information.

Phase 1 (minimum 1 week)

Pre-workout Screening:

- All coaches and students shall be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix B for SAMPLE COVID-19 Screening Form)
- Responses to screening questions for each person shall be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19
- Any person with reported positive symptoms should not be allowed to take part in workouts and student/coach should contact his or her parent/guardian.

Limitations on Gatherings:

- Outdoors
 - No gathering of more than 50 individuals including coaches per scheduled field/court (no guest coaches/close spectators)
 - Controlled non-contact practices only. Work on sport-related individual skills and physical fitness
 - No locker room access
- Indoors
 - No gathering of more than 25 individuals including coaches per scheduled gymnasium (no guest coaches/spectators) – max 20 in the weight room
 - Controlled non-contact practices only. Work on sport-related individual skills and physical fitness
 - No locker room access

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease

- Athletic Facilities should be cleaned in between each group's use of a facility
- Weight Room Equipment should be wiped down after each individual's use

General Guidelines:

- Students should refrain from sharing clothing/pinnies/towels and all should be washed after each practice
- Athletic equipment that may be used by multiple individuals (balls, sticks, bats, tackling dummies, etc.) should be cleaned intermittently during practice as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- Students **MUST** bring their own water bottle. Water bottles must not be shared. Hydration stations and facility fountains should not be used.

Phase 2 (minimum 2 weeks)

Pre-workout Screening:

- All coaches and students shall be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix B for SAMPLE COVID-19 Screening Form)
- Responses to screening questions for each person shall be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19
- Any person with reported positive symptoms should not be allowed to take part in workouts and student/coach should contact his or her parent/guardian.

Limitations on Gatherings:

- Outdoors
 - No gathering of more than 50 individuals including coaches per scheduled field/court (no guest coaches/close spectators)
 - Limited contact practices – still high emphasis on skill development
 - No locker room access
- Indoors
 - No gathering of more than 25 individuals including coaches per scheduled gymnasium (no guest coaches/spectators) – max 20 in the weight room
 - Limited contact practices – still high emphasis on skill development
 - No locker room access

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned in between each group's use of a facility
- Weight Room Equipment should be wiped down after each individual's use

General Guidelines:

- Students should refrain from sharing clothing/pinnies/towels and all should be washed after each practice
- Athletic equipment that may be used by multiple individuals (balls, sticks, bats, tackling dummies, etc.) should be cleaned intermittently during practice as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- Students **MUST** bring their own water bottle. Water bottles must not be shared. Hydration stations and facility fountains should not be used.

Phase 3

Pre-workout Screening:

- All coaches and students shall be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix B for SAMPLE COVID-19 Screening Form)
- Responses to screening questions for each person shall be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19
- Any person with reported positive symptoms should not be allowed to take part in workouts and student/coach should contact his or her parent/guardian.

Limitations on Gatherings:

- Outdoors
 - No gathering of more than 100 individuals including coaches and spectators per scheduled field/court
 - Normal practices and inter-squad scrimmages/scrimmages are allowed
 - Limited access to locker rooms, no concession stands
- Indoors
 - No gathering of more than 50 individuals including coaches and spectators per scheduled gymnasium – max 20 in the weight room
 - Normal practices and inter-squad scrimmages/scrimmages are allowed
 - Limited access to locker rooms, no concession stands

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned in between each group's use of a facility
- Weight Room Equipment should be wiped down after each individual's use

General Guidelines:

- Students should refrain from sharing clothing/pinnies/towels and all should be washed after each practice
- Athletic equipment that may be used by multiple individuals (balls, sticks, bats, tackling dummies, etc.) should be cleaned intermittently during practice as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- Students **MUST** bring their own water bottle. Water bottles must not be shared. Hydration stations and facility fountains should not be used.

Phase 4

Regular Season for PIAA sports.

- We will follow all guidelines set out by the PIAA and the Governor's office starting PIAA activities as of August 10th.

Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

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 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

Steps to follow 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, then Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

Protocols if a student or coach becomes ill with COVID-19 symptoms during practice

- 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

Lewisburg Area School District (LASD)
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. 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 LASD 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 LASD 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.

These recommendations include but may not be limited to:

- Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any in-person practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and may include a temperature check, as needed.
- Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, no handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
- Intensify cleaning, disinfection, and ventilation in all facilities
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
- Educate Athletes, 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
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
Refill Stations and Water Fountains will NOT be initially AVAILABLE!
- PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing.

I understand 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. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the LASD to limit the exposure and spread of COVID-19 and other communicable diseases.

Sport: _____

Print Name of Student Athlete: _____

Signature of Student Athlete: _____ Date: _____

Print Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____

