



Athletics Health and Safety Plan

Athletics Health and Safety Plan Summary: York Suburban School District

Anticipated Board Approval Date: July 13, 2020

Anticipated Launch Date: July 14, 2020

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the School Board, and be posted on the school's publicly available website.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the School Board.



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Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Strategies, Policies and Procedures
<p>Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<p><u>Prior to Return:</u></p> <p>Cleaning schedule in place and recorded</p> <ul style="list-style-type: none"> • Custodial staff will maintain daily summer cleaning • Facilities will go through a “Deep Cleaning” prior to students and staff returning. <p>Use of cleaning products that meet EPA criteria</p> <p>Sanitation stations, signage, and cleaning supplies will be placed at all facilities as feasible.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.</p> <p><u>When Activities Resume:</u></p> <p>Custodial staff will continue with daily cleaning, aided by sanitation efforts by student-athletes, coaches, and athletic-trainers during and immediately after workouts.</p> <p>Facilities will go through “deep cleaning” by custodial staff, particularly for “High Touch” areas as determined necessary by custodial staff.</p> <p>Continue to provide disinfectant supplies in close proximity to all workout areas (as applicable) and hand sanitizing stations at each facility.</p> <p>Appropriate clothing/shoes will be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <ul style="list-style-type: none"> • Student athletes will wear their own appropriate workout clothing (do not share clothing).

	<p>Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited and cleaned between use by individuals when possible.</p> <p>Facilities will be made available around the necessary cleaning schedule.</p> <ul style="list-style-type: none">• The Athletic Department and the Facilities/Custodial Staff will work closely so that workouts are scheduled in accordance with necessary cleaning procedures. <p>Coaches and Athletic Staff will be trained on sanitization procedures by the custodial staff and will be asked to help sanitize workout areas and equipment used by their teams during and after workouts.</p>
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Social Distancing and Other Safety Protocols

Requirements	Strategies, Policies and Procedures
Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	In both the Yellow and Green phases - gatherings, practices, and workouts will not exceed current recommendations by the PADOH, PDE, and PIAA on the maximum number of participants.
Procedures for serving food at events	Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.
Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	<p>Communicate and display signage of the signs and symptoms COVID-19 to coaches/staff and students</p> <p>Communicate practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, disinfecting shared surfaces</p> <p>Discourage spitting, handshakes, high fives, other celebrations that hamper social distancing efforts</p>
Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	<p>Signage will be posted at all facilities with guidelines and practices for:</p> <ul style="list-style-type: none"> • Health Hygiene Practices • Social Distancing Guidelines
Identifying and restricting non- essential visitors and volunteers	<p>Summer Workouts will be limited to “Essential Personnel” which include:</p> <ul style="list-style-type: none"> • Student-Athletes • Coaches • Athletic Trainers • YS Staff <p>In accordance with state regulations, Only Essential personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.</p>

	Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more regulations are released by the local/state governments.
Limiting the sharing of materials and equipment among student athletes	<p>Yellow Phase: Equipment will be limited or eliminated and cleaned between use by individuals frequently.</p> <p>Green Phase: Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited and cleaned between use by individuals as needed..</p> <p>Yellow and Green Phase: Athletes will bring their own water bottle and will not share with teammates. Appropriate clothing/shoes will be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <ul style="list-style-type: none"> • Student athletes will wear their own appropriate workout clothing (do not share clothing).
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<p>Athletes will come dressed in proper workout attire. Locker Rooms will not be utilized during Summer Workouts.</p> <p>When using restrooms, all student-athletes will wash their hands, and utilize the “one in, one out” model.</p> <p>Signage will be displayed indicating the above expectations.</p>
Adjusting transportation schedules and practices to create social distance	<p>Adjusting transportation schedules and Modifications for student/coach transportation to and from athletic events may be necessary. This may include:</p> <ul style="list-style-type: none"> • Reducing the number of students/coaches on a bus/van • Using hand sanitizer upon boarding a bus/van • Social distancing on a bus <p>The Transportation Coordinator will work with the school district, bus companies, Department of Education, state and local governments. To determine necessary modifications.</p>
Limiting the number of individuals in athletic activity spaces, and interactions	In both the Yellow and Green phases - gatherings, practices, and workouts will not

between groups of student athletes	<p>exceed current recommendations by the PADOH, PDE, and PIAA on the maximum number of participants.</p> <p>All Scheduling will need to be done through the Athletic Department to alleviate mixing of groups and ensure occupancy guidelines are followed. The Athletic Department will be in close communication with the facilities/custodial staff.</p>
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Monitoring Student Athletes and Staff Health

Requirements	Strategies, Policies and Procedures
Monitoring student athletes and staff for symptoms and history of exposure	<p>All staff and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings range from a verbal/written questionnaire to a temperature check, or combination of both. <i>(See Appendix for Screening Form)</i> Responses to screening questions and attendance for each person should be recorded and stored.</p> <p>Completion and submission of “Participation Acknowledgement for Communicable Diseases Including COVID-19” prior to participation.</p> <p>Students and staff who are at a higher risk will have the opportunity to work with school personnel, to develop a personal health plan that will guide their participation.</p>
Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	<p>Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any activity</p> <p>Isolate individual with symptoms and follow procedures for safely transporting the individual home</p> <p>Notify local health officials, staff, and families of exposure or probable case while maintaining confidentiality</p> <p>Close off areas used by a sick person and do not use before cleaning and disinfection.</p>
Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	<p>Individuals with symptoms, positive cases, or exposure to the aforementioned will only be considered for returning to activities, following a 14-day quarantine and no fever for three days. Students or staff will submit written medical clearance from their physician or appropriate healthcare professional indicating they are safely able to resume activities prior to return.</p> <p>The aforementioned points of contact for YSSD will work with appropriate healthcare professionals, staff, student-athletes and families to ensure requirements of returning to</p>

	activities following quarantine/isolation are met.
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and changes in safety protocols	YSSD Points of Contact will utilize the communication plan to notify all stakeholders along with updates posted to the website and social media platforms.

Other Considerations for Student Athletes and Staff

Requirements	Strategies, Policies and Procedures
Protecting student athletes and coaching staff at higher risk for severe illness	<p>Screenings and Contact Tracing</p> <p>Completion and submission of “Participation Acknowledgement for Communicable Diseases Including COVID-19” prior to participation.</p> <p>Students and staff who are at a higher risk will have the opportunity to work with school personnel, to develop a personal health plan that will guide their participation.</p>
Use of face coverings by all coaches and athletic staff	Coaches/Staff will wear masks at all times when in contact with athletes and other coaches/staff - unless wearing a mask presents health issues. Coaches/staff will follow any directives from the Governor’s Office or PADOH regarding face coverings.
Use of face coverings by student athletes as required	Student athletes will follow any directives from the Governor’s Office or PADOH regarding face coverings.
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers , to develop a personal health plan that will guide their participation.
Management of Coaches and Athletic Staff	Supervision, monitoring, and frequent communication with all programs.

APPENDICES

APPENDIX A: COVID 19 MONITORING FORM - ATHLETE/COACH

Sport: _____

Coach: _____

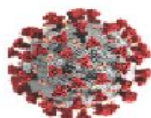
Students/Coaches should self-report prior to each practice/event. Temperatures may be taken from a designated and trained individual as needed. The other symptoms should be selected as either Yes or No.

****For the Close Contact column, 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?**

If any responses are “Yes”, students will NOT be allowed to practice or compete and will be asked to leave school grounds as will a student/coach whose temperature is 100.4 or higher. Parents/Guardians will be notified.

Name	Date	Time	Temp	Fever/ Chills	Cough	Sore Throat	Shortness of Breath	Loss Taste/Smell	Vomiting/ Diarrhea	Close Contact
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
				Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

Appendix B: 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.



CE174052.1 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.

Appendix C: RESOURCES

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

Centers for Disease Control and Prevention [Website](#):

[CDC - Coronavirus Homepage](#)

[CDC - Symptoms List](#)

[CDC - Social Media Tool Kit \(Signage and Documents\)](#)

[CDC - How to prevent getting sick](#)

[CDC - Considerations for Youth Sports](#)

[CDC - Reduce the Spread of COVID-19 in Youth Sports](#)

PA Department of Health [Website](#):

[PDOH - Coronavirus Homepage](#)

[Coronavirus Symptoms](#)

[What is Contact Tracing](#)

[Phased Reopening Plan by Governor Wolf](#)

PA Guidance for Sports:

[Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public](#)

[PDE - Preliminary School Sports Guidance](#)

[PDE - Athletics Health and Safety Planning Guide](#)

[Guidance for Businesses in the Restaurant Industry](#)

[WellSpan: COVID-19 Information](#)

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **York Suburban School District** reviewed and approved the Athletics Health and Safety Plan on **July 13, 2020**.

The plan was approved by a vote of:

8 Yes
1 No

Affirmed on: **July 14, 2020**

By:



(Signature of Board President)

John H. Posenau

(Print Name of Board President)