Purpose of Presentation

- Prove a brief overview of the Summer Athletics Health & Safety Plan as presented for approval
- **Establish Purpose:** The Summer Athletics Health & Safety Plan is intended to:
  - Guide QCSD Members on recommendations for the reopening of our Athletics Program during the COVID pandemic while adhering to the necessary precautions and recommendations from the federal, state, and local governments, CDC, PDE, PA and Bucks County DOH, as well as the NFHS and PIAA to ensure safety of our athletes, coaches and staff
  - Begin Reconditioning Student Athletes with the assumption that PIAA plans to begin Fall Sports on time
    - August 10th – Football Heat Acclimatization Period
    - August 17th – All Other Fall Sports
    - Student Athletes have deconditioned during COVID-19
  - Outlay the gradual return to play through 3 phases
- **Friendly Reminders:**
  - All workouts and practices before the official PIAA start date are strictly voluntary
  - Coaches will adhere to all PIAA Out-of-season rules and guidelines
  - Recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our athletes, coaches and staff
  - All athletes, coaches and staff MUST follow the guidelines outlined in this document. Non compliance will result in removal from summer workouts and practices
Considerations

▪ General
  ➢ Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. Off campus workouts will be allowed with the same screening and safety requirements.
  ➢ Only student athletes, coaches and staff at workouts. Spectators/parents must remain in their vehicles.

▪ Coaches
  ➢ All coaches will complete Education/Training for Coronavirus (virtual meeting and coronavirus tutorials)
  ➢ Design activities that allow for risk mitigation strategies (social distancing, hand hygiene, etc.).
  ➢ Break time may need to 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 QCSD campus.
  ➢ All workouts/practices must be scheduled with the Coordinator of Athletics

▪ Athletes
  ➢ Communicate all health and fitness-related concerns with coaches and athletic trainers immediately
  ➢ Athletes should arrive prepared to go and avoid congregating before the workout. Athletes must leave immediately following the workout
  ➢ Promote healthy hygiene practices
  ➢ No contact between teammates (including shaking hands, fist pumps and high fives)
  ➢ Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds
Key Components of All Phases

- Pre-Workout and Screening Procedures will Occur
  - Athletes will receive educational materials on COVID-19 symptoms and risk mitigation strategies
  - Athletes, coaches and staff are required to have a mask on their person at all times
  - Screening will take place in all 3 Phases with screening responses recording and stored

- Facilities Cleaning, Physical Activity and Athletic Equipment
  - Facilities and athletic equipment cleaning schedules before, during and after workouts
  - Sanitary guidance for athletes, coaches and staff to adhere to mitigate any communicable diseases
  - No shared athletic towels, clothing or shoes between students and individual clothing/towels must be washed and cleaned after every workout.

- Hydration
  - All students MUST bring their own water bottle. Water bottles cannot be shared.
  - Hydration stations will not be utilized

- PLAN OF ACTION IF PARTICIPANT(S) FALL(S) ILL
Significance of the Phases

PHASE 1: (Projected July 1 – July 14)
Conditioning and Individual Contact Drills Only
Limitations of Gatherings | Facilities Cleaning | Physical Activity and Athletic Equipment | Hydration

PHASE 2: (Projected July 15 – July 28)
Conditioning, Individual and Group Drills with Focus on Limiting Contact in Close Contact Sports
Limitations of Gatherings | Facilities Cleaning | Physical Activity and Athletic Equipment | Hydration

PHASE 3: (Projected July 29 – August 11)
Teams are Allowed to Scrimmage as Part of the Workout
Limitations of Gatherings | Facilities Cleaning | Physical Activity and Athletic Equipment | Hydration
Resources

- PA 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- June 10, 2020
- Process to Reopen Pennsylvania- June 9, 2020
- PIAA Press Release- June 10, 2020
- PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020
- CDC COVID-19 Considerations for Youth Sports- May 29, 2020
- NFHS Guide for Opening Up High School Athletics and Activities- May 2020
- NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers- May 2020
- KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs- June 2, 2020
- Bucks Officials Propose Guidelines June 15, 2020

Contacts

The Primary Points of Contact for COVID-19, Athletic Related Questions

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