

# Summer Athletics Health & Safety Plan



Revised on July 7, 2020

# Quakertown Community School District

## INTRODUCTION

This document is intended to guide members of QCSD Athletics on recommendations for the reopening of our athletic program during the COVID-19 Pandemic in accordance with [Governor Wolf's Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits PK-12 schools under the PIAA to resume athletics in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#). Additional guidance and best practices included in this document come from [COVID-19 Re-Socialization of Sports from SLUHN Perspective A Guide for Secondary Schools \(6-10-20\).pdf](#) and Bucks County Dept. of Health <http://www.buckscounty.org/sitefinitypxn/newreader/2020/06/16/bucks-officials-propose-guidelines-for-public-schools-to-reopen> (June 15) <https://www.governor.pa.gov/newroom/gov-wolf-sec-of-health-signs-expanded-mask-wearing-order/> <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

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.

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## PRIMARY POINT OF CONTACT

The primary point of contact for all questions related to COVID-19 in relation to athletics:

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## GENERAL CONSIDERATIONS

- All off-season workouts are open and voluntary.
- While there is still an inherent risk of infection for those participating, everyone in attendance must be actively working towards decreasing the risk of transmission to others.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone must arrive and leave at the scheduled time to avoid overlap in groups.
- Off campus workouts will be allowed with the same screening and safety requirements.
- All athletes must clean individual equipment (personal and school-issued) and clothing after every use. Coaches must clean all team/shared equipment after every use.
- Only student athletes, coaches and staff at workouts. Spectators/parents must remain in their vehicles.
- Athletes and coaches returning to PA after visiting one of the following states may not report to voluntary summer workouts for 14 days upon return to Pennsylvania. (Alabama, Arizona, Arkansas, California, Florida, Georgia, Idaho, Louisiana, Mississippi, Nevada, N. Carolina, S. Carolina, Tennessee, Texas and Utah).

All athletes, coaches and staff MUST follow the guidelines outlined in this document. Non-compliance will result in removal from summer workouts and practices.

## CONSIDERATION FOR 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.).

- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
  - Consider that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if athletes miss sessions, they may need to start at a previous level.
  - Coaches must work with the Coordinator of Athletics and/or the Head Athletic Trainer for guidance on adhering to each phase's recommendations
- 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.

## CONSIDERATION FOR ATHLETES

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes must arrive prepared to go and avoid congregating before the workout. Athletes must leave immediately following the workout.
- Promote healthy hygiene practices (hand washing/sanitizing, social distancing and masks when appropriate)
- 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.

## PRE-WORKOUT PROCEDURES

- All athletes in attendance will receive educational materials on COVID19 symptoms and risk mitigation strategies.
- Athletes, coaches and staff are required to be screened when they arrive onsite where the sporting activity will occur.
- Athletes, coaches and staff are required to have a mask on their person at all times. Masks must be worn during the screening process and if social distancing is unavoidable. Coaches and staff may wear a protective shield instead of a mask.
- Coaches must maintain accurate attendance of each workout and submit an attendance list to the athletics department immediately after practice.
- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of workout and as needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a face covering to participate.

- No coolers, shared water bottles, or hydration stations will be utilized at this time. Water fountains will not be available.

## SCREENING PROCEDURES

- Any athletes, coaches, or staff members who believe they may be sick are to remain at home.
  - Coaches must work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- Phase 1 & 2
  - All athletes & staff must be screened prior to a workout (including temperature checks). Screening responses will be recorded & stored. Symptomatic people cannot participate & must contact their health care provider. Vulnerable individuals must consult their health care provider prior to overseeing or participating in sports related activities.
- Phase 3
  - Continue health screenings of all athletes and staff. Anyone with a fever or cold symptoms in the previous 24 hours will not participate & must contact their health care provider. Records will be kept of all people present. Vulnerable individuals can resume public interactions but must practice social distancing and minimize exposure settings where distancing may not be practical.
- Athletes who previously were diagnosed with COVID-19 and have since recovered must receive clearance from the treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
- Positive COVID-19 Case
  - Consistent with applicable law and privacy policies, have coaches, staff, umpires/officials, and families of athletes (as feasible) self-report to the school if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations.
  - All those who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) must be advised to stay home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contacts must be excluded from practice for 14 days. Close contact is defined as having close (within 6ft) and prolonged ( $\geq 30$  minutes) contact with the COVID-19 patient.
  - Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
  - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfecting products, including storing them securely away from children.
  - Develop a notification system (e.g., letter) schools can use to notify health officials and close contacts of cases of COVID-19. ▪ Be prepared for possibility of temporary closures and team isolations in the event of recurrent outbreaks and its implications.
  - Create system to notifying staff, officials, families, and the public of facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).

- Schools are not responsible for testing for COVID-19 but will screen for symptoms of COVID-19.

## PLAN OF ACTION IF PARTICIPANT FALLS ILL

In the case a participant in one of our facilities has a probable or confirmed case of COVID-19, the District will implement the protocols below:

- Secure and decontaminate the affected areas by:
  - Closing off areas visited by the person who is a probable or confirmed case of COVID-19.
  - Opening outside doors and windows and using ventilation fans to circulate air in the area.
  - Waiting at least 24 hours, or as long as practical, before cleaning and disinfecting the affected area.
  - Cleaning and disinfecting all shared areas such as bathrooms, break rooms, shared equipment used by the sick person.
- Identify others who were in close contact (within about 6 feet for 10 minutes or more) with a person with a probable or confirmed case of COVID-19 from the period 48 hours before symptom onset to the time at which the patient isolated.
- If any person who was in close contact remains asymptomatic, that person must adhere to the practices set out by the CDC in its April 20, 2020 Interim Guidance for Implementing Safety Practice for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19.
- If an affected person becomes sick during a workout, the person must go home immediately. Information on others who had contact with the ill person during the time the person had symptoms and 48 hours prior to symptoms must be compiled. Others with close contact within 6 feet of the person during this time are considered exposed.
- Promptly notify others who were close contacts of any known exposure to COVID-19 at the business premises, consistent with applicable confidentiality laws.
- Inform others that if they have symptoms (i.e., fever, cough, or shortness of breath), they must stay home.
- Athletes who are sick must not return to workouts until cleared by their health care provider and have met the CDC criteria to discontinue home isolation.

### **Phase 1** (projected date of July 1 to July 14)

#### **Conditioning and individual non-contact drills only**

#### **Limitations on Gatherings:**

- No gathering of more than 25 people at a time (outside only in Phase 1). When possible, workouts must be conducted in smaller groups that always work together in Phase I.
- Locker rooms will not be utilized during Phase 1. Students must report to workouts in proper gear and immediately return home to shower at end of the workout.
- There must be a distance of 3'-6' feet between each individual at all times.

No group huddles

- Instruction must be given in a way that maintains appropriate social distancing
- Stretching, warm ups, and cooldowns must be done in a way that maintain appropriate social distancing.

Team Meetings must take place in a virtual setting

## **Facilities Cleaning:**

- Adequate cleaning schedules must 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 must be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer must be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

## **Physical Activity and Athletic Equipment:**

- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels must be washed and cleaned after every workout.

- All athletic equipment, including balls, must be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- Examples (including but not limited to):
  - o A basketball player can shoot with a ball(s), but a team will not practice/pass a single ball among the team where multiple players touch the same ball.
  - o A football player will not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there will be no sharing of tackling dummies/donuts/sleds.
  - o A volleyball player is not to use a single ball that others touch or hit in any manner.
  - o Softball and baseball players are not to share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they must be collected and cleaned individually.
  - o Wrestlers may skill and drill without touching a teammate.
  - o Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
  - o Tennis players may do individual drills, wall volleys and serves.
  - o Runners must maintain the recommended 6 feet of distancing between individuals

## **Hydration:**

- All students **MUST** bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

## **Phase 2** (projected date of July 15 to July 28)

**Conditioning, individual drills and group drills with focus on limiting contact in close contact sports**



## Limitations on Gatherings:

- Teams may workout and practice together.....limiting contact but sharing balls and equipment. All equipment must be cleaned at the end of use.
- When possible, workouts must be conducted in smaller groups that always work together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a distance of 3-6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

### No group huddles

- Instruction must be given in a way that maintains appropriate social distancing
- Stretching, warm ups, and cooldowns must be done in a way that maintain appropriate social distancing.

Team Meetings must take place in a virtual setting

## Facilities Cleaning:

- Adequate cleaning schedules must 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 must be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer must be plentiful and available to individuals as they transfer from place to place.
- Weight equipment must be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes must 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 must be covered.

- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

## **Physical Activity and Athletic Equipment:**

- There will be no shared athletic towels, clothing or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- All athletic equipment, including balls, must be cleaned intermittently during practices and contests.
- Hand sanitizer must be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear must be cleaned between each use.
- Maximum lifts must be limited and power cages must be used for squats and bench presses. Spotters must stand at each end of the bar.

## **Hydration:**

- All students MUST bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

**Phase 3** (Details for Phase 3 are TBD pending additional information from PDE and/or DOH).

**Teams are allowed to scrimmage as part of the workout.**

## **Gatherings:**

Gatherings are still limited to athletes, coaches and staff only.

- When not directly participating in practices or contests, care must be taken to maintain a minimum distance of 3-6 ft between each individual. Consider using tape or paint as a guide for students and coaches.

## Facilities Cleaning:

- Adequate cleaning schedules must 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 must be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer must be plentiful and available to individuals as they transfer from place to place.
- Weight equipment must be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes must 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 must be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

## Physical Activity and Athletic Equipment:

- There will be no shared athletic towels, clothing or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- Hand sanitizer must be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear must be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear must be worn by only one individual and not shared.
- Maximum lifts must be limited and power cages must be used for squats and bench presses. Spotters must stand at each end of the bar.

## Hydration:

- All students MUST bring their own water bottle. Water bottles must not be shared.

**These 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.**

## RESOURCES

1. [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
2. [Process to Reopen Pennsylvania-](#) June 9, 2020
3. [PIAA Press Release-](#) June 10, 2020
4. [PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools-](#) June 3, 2020
5. [CDC COVID-19 Considerations for Youth Sports-](#) May 29, 2020
6. [NFHS Guide for Opening Up High School Athletics and Activities-](#) May 2020
7. [NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers-](#) May 2020
8. [KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs-](#) June 2, 2020
9. [COVID-19 Re-Socialization of Sports from SLUHN Perspective A Guide for Secondary Schools \(6-10-20\).pdf](#) June 8, 2020
10. <http://www.buckscounty.org/sitefinitypfxn/newreader/2020/06/16/bucks-officials-propose-guidelines-for-public-schools-to-reopen> June 15, 2020

## QCSD Head Coaches

### FALL

Cross Country – Mike Mooney  
Field Hockey – Kate Kemp  
Football – George Banas  
Golf - Steve Oltman  
Boys Soccer – Lee Bishop  
Girls Soccer – Mike Koch  
Girls Tennis – Kathy Anderson  
Girls Volleyball - Kellie Csrenko

### WINTER

Boys Basketball – Tony DaCosta  
Girls Basketball – Brittany Bamford  
Bowling – Allen Hunsicker  
Swimming – Tony Carty  
Boys Indoor Track – John Farrell  
Girls Indoor Track – Jason Anderson  
Wrestling – Kurt Handel  
Boys Volleyball – Andy Snyder

### SPRING

Baseball – Jon Pallone  
Boys Lacrosse – Jay Donis  
Girls Lacrosse – Tracy Hibsman  
Softball – Dave Scott  
Boys Tennis – Beth Perez  
Boys Track – John Farrell  
Girls Track – Jason Anderson