



PK-12 Athletics Health and Safety Plan Template

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 local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

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 governing body prior to posting on the school entity's public website.

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Athletics Health and Safety Plan: MONTOURSVILLE AREA SCHOOL DISTRICT

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
- How will you communicate your plan to your local sports and school communities?
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?

Summary of Responses to Key Questions:

Anticipated launch date for sports related activities: **June 29, 2020**

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Mr. Stephen Alexander	Athletic Director	salexander@montoursville.k12.pa.us

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

In the following tables, an asterisk (*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
- What protocols will you put in place to clean and disinfect throughout the day?
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

Summary of Responses to Key Questions:

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<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>Locker rooms will be closed to student access in yellow and green phases.</p> <p>A limited number of restrooms will be available for use that will be sanitized daily under yellow and green phases.</p> <p>Drinking fountains will be closed and their use will not be permitted.</p> <p>Bottle fillers will be permitted for individual hydration bottles. Bottle fillers will be cleaned, sanitized, and disinfected daily under yellow and green phases.</p> <p>Transportation will be limited to 2 per seat and masks or face shields will be required for all passengers. The vehicle will be sanitized, cleaned, and disinfected after each use in the yellow and green phases.</p> <p>Parent(s)/Guardian(s) will have the option to transport their child in the event of transportation being required.</p>	<p>Joe Gnoffo, Director of Buildings and Grounds</p>	<p>Cleaning supplies, custodial staff, disinfecting wipes, spray, paper towels, garbage cans with liners, gloves, disinfecting foggers</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Other cleaning, sanitizing, disinfecting, and ventilation practices	<p>The wellness center and weight room will be cleaned, sanitized, and disinfected regularly under the yellow and green phases.</p> <p>Gyms will be closed.</p> <p>Activities other than strength and aerobic conditioning will take place outdoors. Strength and aerobic conditioning can take place in the wellness center and weight room. Students will be required to clean, sanitize, and disinfect all surfaces after each use in the yellow and green phases. This is typical practice, but will be reinforced in this plan.</p>	Joe Gnoffo, Director of Buildings and Grounds	Cleaning supplies, custodial staff, disinfecting wipes, spray, paper towels, garbage cans with liners, gloves, disinfecting foggers	Y for student-athletes as well

Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
- How will you utilize outdoor space to meet social distancing requirements?
- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>Coaches and student-athletes will maintain 6-ft. of social distancing when possible. Student-athletes will do the same. This will occur in the yellow and green phases.</p>	<p>Coaches</p>	<p>CDC posters, emailed reminders, website</p>	<p>Y</p>
<p>* Procedures for serving food at events</p>	<p>No food will be served at events in Yellow or Green phases.</p> <p>Student-athletes will provide their own hydration in the yellow and green phases.</p>	<p>N/A</p>	<p>N/A</p>	<p>N</p>
<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Student-athletes will be required to wash their hands when leaving. Hand sanitizing stations will be provided.</p> <p>Student-athletes will be reminded to arrive in their workout gear and wash it daily in the yellow and green phases.</p>	<p>Head Coaches</p>	<p>CDC guidelines on handwashing</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	Signs will be posted in the hallways, wellness center, weight room, entrances, exits, and team facilities.	Stephen Alexander, Athletic Director	CDC materials	N
* Identifying and restricting non-essential visitors and volunteers	There will be no unapproved volunteers or visitors. All practices(open and official) will be closed to volunteers not approved as part of the coaching staff and/or visitors in the yellow and green phases.	Coaches	N/A	N
Limiting the sharing of materials and equipment among student athletes	<p>There will be enough equipment provided for individual workouts. In the event items do need to be shared, they will be cleaned, disinfected, and sanitized prior to the next person using them. In some cases this is not possible and we will limit the amount of shared equipment.</p> <p>For the weight room and wellness center, student-athletes will clean, sanitize, and disinfect the equipment at the end of their use. This occurs in the yellow and green phases.</p>	Coaches	N/A	N
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<p>The weight room and wellness center will be limited to 25 student-athletes at any given time and scheduled through the Athletic Director. The locker rooms will be closed.</p> <p>The athletic trainer's room will be limited to 4 student-athletes at a time. Surfaces will be cleaned, sanitized, and disinfected regularly in the yellow and green phases.</p> <p>Locker Rooms will be closed in the yellow and green phases.</p>	<p>Stephen Alexander, Athletic Director</p> <p>Ethan Showers, Athletic Trainer</p>	Coaches will schedule facilities through the Athletic Director using the Facility Tracker	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Adjusting transportation schedules and practices to create social distance	<p>Schedules will be created through the athletic office. There is a natural staggering by sport. We have different facilities at different schools. Most everything will be conducted outdoors. The exception will be the weight room and wellness center which will be limited to 25 student-athletes at a time. All schedules will be done through the Athletic Director in the yellow and green phases.</p> <p>Transportation will be limited by staggering practice times and locations in yellow and green phases.</p>	Stephen Alexander, Athletic Director	Coaches will schedule facilities through the Athletic Director using the Facility Tracker	N
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<p>The weight room and wellness center will be limited to 25 student-athletes at any given time and scheduled through the Athletic Director.</p> <p>The locker rooms will be closed.</p> <p>The athletic trainer's room will be limited to 4 student-athletes at a time. Surfaces will be cleaned, sanitized, and disinfected regularly in the yellow and green phases.</p> <p>Locker Rooms will be closed in the yellow and green phases.</p>	Stephen Alexander, Athletic Director	N/A	N
Other social distancing and safety practices	Every effort will be made to keep students 6-feet apart for drills, conditioning, and workouts.	Coaches	N/A	N

Monitoring Student Athletes and Staff Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
- Who will be responsible for monitoring?
- Where will the monitoring take place?
- When and how frequently will the monitoring take place?
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

Summary of Responses to Key Questions:

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>Student-athletes will be screened using a Google Form which will record their name, date, time, facility, Covid-19 related screening answers, and a temperature check. This will be recorded in Google Sheets electronically and maintained while in the yellow and green phases.</p> <p>Student-athletes should bring their personal electronic device to participate in the screening. QR codes will be hanging at the entrances to check in and be screened.</p> <p>Coaches will take the student-athlete temperature and have them record it.</p> <p>In the event a student-athlete does not have a personal electronic device, the coach will use their own to enter the information.</p> <p>If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete's parents are not present, escort the student-athlete to a designated isolation room or an area away from others. They need to immediately put a mask on.</p> <ul style="list-style-type: none"> • Parents should be notified. • The student-athlete is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19. 	<p>Stephen Alexander, Athletic Director</p>	<p>Google Forms, Google Sheets, QR Code creator, scanning thermometers</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete's parents are not present, escort the student-athlete to a designated isolation room or an area away from others. They need to immediately put a mask on.</p> <ul style="list-style-type: none"> • Parents will be notified. • The student-athlete is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19. <p>If an individual receives a positive COVID-19 diagnosis:</p> <ul style="list-style-type: none"> • Notify the Coach, Athletic Trainer, and Athletic Director immediately. • Athletic Director will notify the building principal and superintendent immediately. • Athletic Trainer will notify the public health authority immediately. <p>Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.</p> <p>Google Forms and Google Sheets information will be used to notify individuals that they were exposed. The facilities will be closed and a thorough cleaning, sanitizing, and disinfecting of the area will be conducted.</p>	<p>Ethan Showers, Athletic Trainer</p>	<p>N/A</p>	<p>N</p>

<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized).</p> <p>The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction, and arrhythmias that have been in association with COVID-19.</p> <p>Individuals must meet all the following criteria to return to sport:</p> <ul style="list-style-type: none"> • At least 14 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring clinical worsening of symptoms. • Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath) • The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA). • Individuals without a medical provider can contact their local public health agency. • Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned. • Medical providers should take into consider the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation. • After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as 	<p>Ethan Showers, Athletic Trainer</p>	<p>N/A</p>	<p>N</p>
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
	<p>a joint decision between the medical provider, coach and athletic trainer.</p> <ul style="list-style-type: none"> If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, pre- syncope or syncope the athlete/coach should be evaluated by a medical provider. 			

Other Considerations for Student Athletes and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
- Which stakeholders will be trained on these protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	Face coverings will be used around these student-athletes at all times.	Ethan Showers, Athletic Trainer	N/A	N
* Use of face coverings by all coaches and athletic staff	All coaching staff will be required to wear face coverings in the weight room and wellness center and when screening student-athletes at arrival. If the workouts are outdoors, face coverings will not be recommended in the yellow and green phases.	Coaches	N/A	Y

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Use of face coverings by student athletes as appropriate	Student-athletes will be required to wear face coverings in hallways. They will not be required when outside or working out in the weight room or wellness center. This will occur in the yellow and green phases.	Coaches	N/A	N
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	These will be implemented on an individual basis through the athletic trainer and the student-athlete's medical provider. This will occur in or out of the yellow and green phases.	Ethan Showers, Athletic Trainer	N/A	N
Management of Coaches and Athletic Staff	The athletic director is responsible for managing the coaches and athletic staff. All schedules will be cleared through him. If there are ongoing issues, they will be brought to the Principal's attention.	Stephen Alexander, Athletic Director	N/A	N

Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Athletic Health and Safety Plan	Coaches, Parents, Student-Athletes	Stephen Alexander, Athletic Director Coaches	ZOOM Session	Plan	6/24/2020	6/26/2020
CDC's Consideration for Youth Sports	Coaches, Parents, Student-Athletes	Stephen Alexander, Athletic Director Coaches	ZOOM Session	CDC's "Consideration for Youth Sports" Document	6/24/2020	6/26/2020
PA Governor's Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public	Coaches, Parents, Student-Athletes	Stephen Alexander, Athletic Director Coaches	ZOOM Session, In-Person sessions	PA Governor's "Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public" Document	6/24/2020	6/26/2020

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date

Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
Athletic Health and Safety Plan	Parents	Stephen Alexander, Athletic Director	ZOOM, Website, ParentLink	6/24/2020	6/26/2020
CDC's Consideration for Youth Sports	Parents	Stephen Alexander, Athletic Director	ZOOM, Website, ParentLink	6/24/2020	6/26/2020
PA Governor's Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public	Parents	Stephen Alexander, Athletic Director	ZOOM, Website, ParentLink	6/24/2020	6/26/2020

Athletics Health and Safety Plan Summary: **MONTOURSVILLE AREA SCHOOL DISTRICT**

Anticipated Launch Date: **JUNE 29, 2020**

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Locker rooms will be closed to student access in yellow and green phases.</p> <p>A limited number of restrooms will be available for use that will be sanitized daily under yellow and green phases.</p> <p>Drinking fountains will be closed and their use will not be permitted.</p> <p>Bottle fillers will be permitted for individual hydration bottles. Bottle fillers will be cleaned, sanitized, and disinfected daily under yellow and green phases.</p> <p>Transportation will be limited to 2 per seat and masks or face shields will be required for all passengers. The vehicle will be sanitized, cleaned, and disinfected after each use in the yellow and green phases.</p> <p>Parent(s)/Guardian(s) will have the option to transport their child in the event of transportation being required.</p>

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>Coaches and student-athletes will maintain 6-ft. of social distancing when possible. Student-athletes will do the same. This will occur in the yellow and green phases.</p>

Requirement(s)	Strategies, Policies and Procedures
<p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>Identifying and restricting non-essential visitors and volunteers</p> <p>Limiting the sharing of materials and equipment among student athletes</p> <p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p> <p>Adjusting transportation schedules and practices to create social distance between students</p> <p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p> <p>Other social distancing and safety practices</p>	<p>No food will be served at events in Yellow or Green phases.</p> <p>Student-athletes will provide their own hydration in the yellow and green phases.</p> <p>Student-athletes will be required to wash their hands when leaving. Hand sanitizing stations will be provided.</p> <p>Student-athletes will be reminded to arrive in their workout gear and wash it daily in the yellow and green phases.</p> <p>Signs will be posted in the hallways, wellness center, weight room, entrances, exits, and team facilities.</p> <p>There will be no unapproved volunteers or visitors. All practices(open and official) will be closed to volunteers not approved as part of the coaching staff and/or visitors in the yellow and green phases.</p> <p>There will be enough equipment provided for individual workouts. In the event items do need to be shared, they will be cleaned, disinfected, and sanitized prior to the next person using them. In some cases this is not possible and we will limit the amount of shared equipment.</p> <p>For the weight room and wellness center, student-athletes will clean, sanitize, and disinfect the equipment at the end of their use. This occurs in the yellow and green phases.</p> <p>The weight room and wellness center will be limited to 25 student-athletes at any given time and scheduled through the Athletic Director. The locker rooms will be closed.</p> <p>The athletic trainer's room will be limited to 4 student-athletes at a time. Surfaces will be cleaned, sanitized, and disinfected regularly in the yellow and green phases.</p> <p>Locker Rooms will be closed in the yellow and green phases.</p>

Requirement(s)	Strategies, Policies and Procedures
	<p>Schedules will be created through the athletic office. There is a natural staggering by sport. We have different facilities at different schools. Most everything will be conducted outdoors. The exception will be the weight room and wellness center which will be limited to 25 student-athletes at a time. All schedules will be done through the Athletic Director in the yellow and green phases.</p> <p>Transportation will be limited by staggering practice times and locations in yellow and green phases.</p> <p>The weight room and wellness center will be limited to 25 student-athletes at any given time and scheduled through the Athletic Director.</p> <p>The locker rooms will be closed.</p> <p>The athletic trainer's room will be limited to 4 student-athletes at a time. Surfaces will be cleaned, sanitized, and disinfected regularly in the yellow and green phases.</p> <p>Locker Rooms will be closed in the yellow and green phases.</p> <p>Every effort will be made to keep students 6-feet apart for drills, conditioning, and workouts.</p>

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"> * Monitoring student athletes and staff for symptoms and history of exposure * Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure * Returning isolated or quarantined coaching staff, student athletes, or visitors to school 	<p>Student-athletes will be screened using a Google Form which will record their name, date, time, facility, Covid-19 related screening answers, and a temperature check. This will be recorded in Google Sheets electronically and maintained while in the yellow and green phases.</p> <p>Student-athletes should bring their personal electronic device to participate in the screening. QR codes will be hanging at the entrances to check in and be screened.</p>

Requirement(s)	Strategies, Policies and Procedures
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>Coaches will take the student-athlete temperature and have them record it.</p> <p>In the event a student-athlete does not have a personal electronic device, the coach will use their own to enter the information.</p> <p>If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete's parents are not present, escort the student-athlete to a designated isolation room or an area away from others. They need to immediately put a mask on.</p> <ul style="list-style-type: none"> • Parents should be notified. <p>The student-athlete is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19.</p> <p>If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete's parents are not present, escort the student-athlete to a designated isolation room or an area away from others. They need to immediately put a mask on.</p> <ul style="list-style-type: none"> • Parents should be notified. • The student-athlete is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19. <p>If an individual receives a positive COVID-19 diagnosis:</p> <ul style="list-style-type: none"> • Notify the Coach, Athletic Trainer, and Athletic Director immediately. • Athletic Director will notify the building principal and superintendent immediately. • Athletic Trainer will notify the public health authority immediately. <p>Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.</p>

Requirement(s)	Strategies, Policies and Procedures
	<p>Google Forms and Google Sheets information will be used to notify individuals that they were exposed. The facilities will be closed and a thorough cleaning, sanitizing, and disinfecting of the area will be conducted.</p> <p>Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized).</p> <p>The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction, and arrhythmias that have been in association with COVID-19.</p> <p>Individuals must meet all the following criteria to return to sport:</p> <ul style="list-style-type: none"> • At least 14 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring clinical worsening of symptoms. • Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath) • The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA). • Individuals without a medical provider can contact their local public health agency. • Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned. • Medical providers should take into consider the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation. • After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as a joint decision between the medical provider, coach and athletic trainer. <p>If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness,</p>

Requirement(s)	Strategies, Policies and Procedures
	<p>palpitations, lightheadedness, pre- syncope or syncope the athlete/coach should be evaluated by a medical provider.</p> <p>If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student-athlete's parents are not present, escort the student-athlete to a designated isolation room or an area away from others. They need to immediately put a mask on.</p> <ul style="list-style-type: none"> • Parents should be notified. • The student-athlete is not eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19. <p>If an individual receives a positive COVID-19 diagnosis:</p> <ul style="list-style-type: none"> • Notify the Coach, Athletic Trainer, and Athletic Director immediately. • Athletic Director will notify the building principal and superintendent immediately. • Athletic Trainer will notify the public health authority immediately. <p>Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.</p>

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p>	<p>Face coverings will be used around these student-athletes at all times.</p> <p>All coaching staff will be required to wear face coverings in the weight room and wellness center and when screening student-athletes at arrival. If the workouts are outdoors, face coverings will not be recommended in the yellow and green phases.</p> <p>Student-athletes will be required to wear face coverings in hallways. They will not be required when outside or working out in the weight</p>

Requirement(s)	Strategies, Policies and Procedures
<p>Management of Coaches and Athletic Staff</p>	<p>room or wellness center. This will occur in the yellow and green phases.</p> <p>These will be implemented on an individual basis through the athletic trainer and the student-athlete's medical provider. This will occur in or out of the yellow and green phases.</p> <p>The athletic director is responsible for managing the coaches and athletic staff. All schedules will be cleared through him. If there are ongoing issues, they will be brought to the Principal's attention.</p>

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors for **MONTOURSVILLE AREA SCHOOL DISTRICT** reviewed and approved the Athletics Health and Safety Plan on **JUNE 23, 2020**.

The plan was approved by a vote of:

_____ **Yes**

_____ **No**

Affirmed on: **JUNE 23, 2020**

By:

(Signature of Board President)

DAVID SHIMMEL

(Print Name of Board President)