

# Upper Dauphin Area School District Athletic Department Extracurricular Activities Health and Safety Plan

## INTRODUCTION

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 Upper Dauphin Area School District (UDASD) 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 UDASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These guidelines 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 UDASD uses Level One, Level Two and Level Three to identify the various operational levels for operating before, during and after a public health emergency. Level One implies normal operations, Level Two implies modified in-person activities with social distancing, PPE, and other mitigation requirements and Level Three implies a shutdown of in-person activities similar to what was done in the Spring of 2020. Extracurricular Activities will align with the operational level selected for the overall operations of the district. This plan applies to all extracurricular activities within the UDASD.

## GUIDELINES

The following are the guidelines for operating Extracurricular Activities while in 'Level Two' as defined in the Upper Dauphin Area School District Health and Safety Plan: 2020-21 School Year.

1. Students, 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 operational level. The purpose is to check for signs and symptoms of COVID-19.
  - a. Coaches and staff must screen and monitor students for symptoms prior to and during games and practices (PA Governor, 2020, n.p.).
  - b. If individuals participating in extracurricular activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home (PA Governor, 2020, n.p.).
2. Promote healthy hygiene practices such as 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 students while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other students, coaches, officials, and spectators (PA Governor, 2020, n.p.).

6. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
7. Educate students, coaches, and staff on health and safety protocols
8. Anyone who is sick must stay home
9. Follow the plan in place if a student or employee gets sick per the Upper Dauphin Area School District Health and Safety Plan: 2020-21 School Year.
10. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
11. Students, coaches, and staff MUST provide their own water bottle for hydration. Water bottles must not be shared.
12. Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health (PA Governor, 2020, n.p.).
13. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
14. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds (PA Governor, 2020, n.p.).
15. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC “People Who are at a Higher Risk for Severe Illness”)

## **CLASSIFICATION OF EXTRACURRICULAR ACTIVITIES**

**High Risk\*\*:** Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts), dance

**Moderate Risk\*\*:** Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

**Low Risk:** Activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross-country, throwing events, swimming, golf, weightlifting, sideline cheer

\*\* High/Moderate Risk Sports may move to a Low risk category with non-contact modifications.

### **Phase 1 (PA State Red and UDASD Level Three)**

- All school facilities remain closed as per PA State Guidelines
- Students, coaches, and staff may communicate via online meetings (zoom, google meet, etc.) based on existing policies
- Students may participate in home workouts including strength and conditioning.
- Students, coaches, and staff should abide by guidelines set forth by the local and state governments.

### **Phase 2 (PA State Yellow and UDASD Level Two)**

#### **Pre-workout Screening:**

- All coaches, students, and staff should be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form)

- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional

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

- No gathering of more than 25 individuals including students, coaches, and staff per scheduled area.
- Controlled non-contact practices only, modified game rules
- No Concession stands
- Coaches and Students must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, Students and coaches should not congregate (PA Governor, 2020, n.p.).

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic-facilities to mitigate any communicable disease
- Extracurricular Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces

#### **Physical Activity:**

- Lower risk activity practices may begin
- Modified practices may begin for Moderate and High risk activities (practices must remain non-contact and include social distancing where applicable)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Extracurricular equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events 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

#### **Hydration:**

All Students, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used (PA Governor, 2020, n.p.).

### **Phase 3 (PA State Green and UDASD Level Two)**

#### **Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider.
- Group attendance should be recorded

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

- No gathering of more than 250 individuals including coaches and spectators per scheduled area.
- Students, coaches, and staff must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and

workout areas. During down time, students, coaches, and staff should not congregate (PA Governor, 2020, n.p.).

- Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry (PA Governor, 2020, n.p.).

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all extracurricular facilities to mitigate any communicable disease
- Extracurricular Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces

#### **Physical Activity and Extracurricular Equipment:**

- Low, Moderate, and High Risk practices and competitions may begin (As per State, Local, and PIAA Guidelines)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events 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

#### **Hydration:**

All Students, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used (PA Governor, 2020, n.p.).

## **OTHER GUIDELINES**

### **Transportation:**

Modifications for student/coach/staff transportation to and from athletic events may be necessary.

This may include:

- Reducing the number of students/coaches/staff on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

### **Social Distancing during Contests/Events/Activities**

Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.

Consider using tape or paint as a guide for students and coaches.

### **Who should be allowed at events?**

- Group people into tiers from essential to non-essential and decide which will be allowed at an event:
  1. Tier 1 (Essential) – Students, coaches, officials, event staff, medical staff, security
  2. Tier 2 (Preferred) – Media
  3. Tier 3 (Non-essential) – Spectators, vendors

- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
- During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student Students, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities (PA Governor, 2020, n.d.).
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

### **Overnight/Out of State Events/ Events in COVID-19 Hot Spots**

- The UDASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students and staff to unnecessary or potential high risk exposure.

### **Positive Cases and Coaches, Staff, or Students Showing COVID-19 Symptoms**

#### **What are the 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. (See CDC Fact Sheet in Appendix)

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

#### **What to do 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.

**What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?**

- 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.

**EDUCATION**

Staff, coaches, parents and students will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Students should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted
- Facility showers cannot be used
- Student Students should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an athletic trainer

**PRIMARY CONTACT**

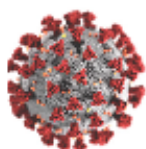
The Upper Dauphin Area School District has designated its School Safety and Security Coordinator, Mr. Brent Bell to be the Pandemic Coordinator and primary contact related to COVID-19.

# APPENDIX





# 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.



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[cdc.gov/coronavirus](https://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.

## RESOURCES

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

### **Centers for Disease Control and Prevention**

**Website:** [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,  
“Schools Decision Tree”

### **PA Department of Health**

**Website:** [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Re-opening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

PA Governor. (2020, June 10). Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Students and the Public. Retrieved from <https://www.governor.pa.gov/covid-19/sports-guidance/>