

SUSQUEHANNA COMMUNITY SCHOOL DISTRICT

ATHLETIC HEALTH & SAFETY PLAN

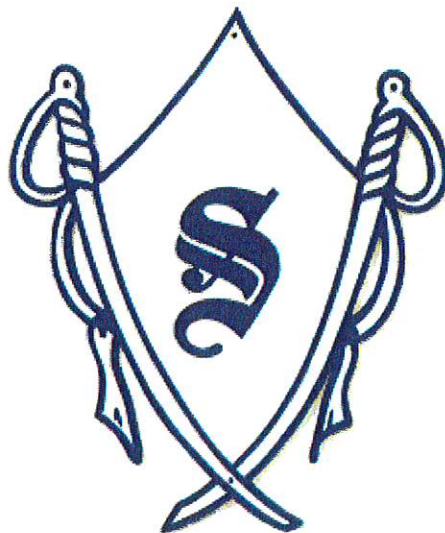


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**Susquehanna Community School District
Athletic Department
Resocialization of Sports Recommendations**

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 SCSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as PIAA. The SCSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available to decrease the risk of exposure for our staff, students, and spectators.

This document is intended to guide members of the Susquehanna Community School District Athletic Department during the COVID-19 Pandemic. This guidance (as well as dates and other recommendations contained herein) is preliminary and will be updated as more public health data and other information is made available by state and local officials, in addition to any guidance from PIAA. This document addresses the procedures athletic programs and teams must follow to limit the spread of COVID-19 to the extent they are permitted to conduct in-person operations. Any update to this document will be provided as approved by Susquehanna Community School District (SCSD) administration.

The virus that causes the coronavirus disease 2019 ("COVID-19") is easily transmitted, especially in group settings, and the spread of the virus must be slowed to safeguard public health and safety, as well as the well-being of our faculty, staff, and students.

COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes.

ADMINISTRATION

- Bronson Stone, Superintendent
- Brent Soden, Jr./Sr. High School Principal
- Peter Supko, Elementary Principal
- Roxann Lloyd, Athletic Director

RECOMMENDATIONS and CONSIDERATIONS

Recommendations for ALL PHASES for Athletics at Susquehanna Community School District

- Athletes, Coaches, and Staff will undergo a COVID- 19 health screening before any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. Temperatures at 100.4°F or higher will be sent home.
- Coaches, athletes, and spectators must wear face coverings at all times. [Updated Mask Mandate- 11/20/2020](#). The order reflects guidance from the CDC. In Section 3: Exceptions to Covering Requirement addresses “not otherwise feasible”. If wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition, or a disability. They must have a medical or mental condition or disability, documented in accordance with Section 504 of the Rehabilitation Act or IDEA, that precludes the wearing of a face covering in a school. Everyone must wear face coverings when on the sidelines, in the dugout, etc. as well. *(Jan. 4, 2021) LIAA Superintendents have stated that all basketball games will be played with masks on for the 2021 season.
- 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 athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
- Intensify cleaning, disinfection, and ventilation in all facilities
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
- Educate Athletes, Coaches, and Staff on health and safety protocols
- Anyone who is sick must stay home
- Plan in place if a student or employee gets sick
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
- PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments.
- 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”)

Considerations for ALL PHASES for Athletics at Susquehanna Community School District

- All off-season workouts are open and voluntary in accordance with PIAA rules.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others by adhering to prevention guidelines.
- All athletes should clean individual equipment (personal and school-issued) and clothing daily. Coaches should thoroughly clean all team/shared equipment after every use.
- SCSD will educate all athletes, staff, and families about the symptoms of COVID-19 and when to stay home. All coaches and athletes will be educated on proper handwashing.

- Coaches and athletes must practice social distancing, especially locker rooms, sidelines, dugouts, benches, and workout areas, when feasible. During downtime, no one should congregate.
- Everyone participating in athletics should bring their own water as hydration stations will not be in use.
- All participants will avoid shaking hands, “fist-pumps,” or high-fives before, during, or after contest and practices.

CONSIDERATIONS FOR COACHES

- Coaches will review and consider the CDC guidance on Considerations for Youth Sports, PIAA recommendations, and SCSD COVID-19 Athletics Health and Safety Plan to modify practices and games to mitigate the risk of spreading the virus.
- Coaches must wear face coverings at all times.
- Coaches will complete all requirements for COVID-19 training as required by SCSD and PIAA.
- The coaching staff and other adult personnel should wear face coverings when social distancing is not feasible unless doing so jeopardizes their health.
- Coaches must take attendance at every practice using the Family ID app.
- Coaches must monitor athletes for symptoms before and during practices and games.
- Coaches will design activities that focus on increasing risk mitigation strategies (social distancing, handwashing, etc.)
- Coaches should consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Coaches will design activities to resume gradually 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.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- The use of any SCSD facility must be arranged adhering to the district’s use of facilities process, with approval obtained before team use.
- No offsite practices will be considered at this time unless necessitated by the nature of the sport, i.e. cross country, golf.

CONSIDERATIONS FOR ATHLETES

- Athletes will utilize their own equipment where possible and clean all equipment and clothing after workouts/contests. Equipment should be separated and not shared. If the equipment is shared, all equipment must be disinfected between users.
- Athletes will bring their own water, labeled with their name for every practice or contest.
- Athletes are required to wear face coverings at all times. [Updated Mask Mandate-11/20/2020](#). The order reflects guidance from the CDC. In Section 3: Exceptions to Covering Requirement addresses “not otherwise feasible”. If wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition, or a disability. They must have a medical or mental condition or disability, documented in accordance with Section 504 of the Rehabilitation Act or IDEA, that precludes the wearing of a face covering in a school. Everyone must wear face coverings when on the sidelines, in the dugout, etc. as well.

- Communicate health and fitness-related concerns with coaches, the athletic trainer or athletic director immediately.
- Athletes should arrive and leave the facilities promptly, with no loitering wearing a mask.
- Athletes will take SCSD Athlete Pledge via the Family ID app (Appendix A).
- Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

CONSIDERATIONS FOR TRANSPORTATION

SCSD athletics will adhere to transportation guidelines established through the district's 2020-21 planning effort. Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

- Reducing the number of students/coaches 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, Department of Health, and local governments.

FACILITIES CONSIDERATIONS

Ample time should be planned between practices and games to limit contact between teams and to allow the facilities to be cleaned and disinfected. Each game or practice at the campus must adhere to limitations on gatherings as established by the Commonwealth of PA.

Facilities Cleaning

- Appropriate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Athletic facilities should be cleaned before arrival and post workouts and team gatherings; high touch areas should be cleaned more often.
- Individuals will be directed to wash their hands for a minimum of 20 seconds with soap and water before touching any surfaces or participating in workouts.
- Hand sanitizing stations will be available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes will always be worn 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 will be covered.
- Students are encouraged to shower and wash their workout clothing immediately upon returning home.

ATTENDANCE AT EVENTS

- Individuals will be assigned to tiers to determine who will attend athletic events:
 - Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
 - Tier 2 – Media
 - Media must make contact with the school prior to attending to make appropriate arrangements for attendance.
 - Tier 3 – Parent/guardians, spectators, vendors

- 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 state/local governments
 - Tickets to events will be distributed to parents/guardians ensuring the capacity of the facility does not exceed 15% outdoors and 10% indoors. Tickets must be presented for entry.
 - Face-coverings are required of spectators and vendors
- Concession stands, selling of food or merchandise at events must be prepackaged and adhere to the [PA Business and Restaurant Industry Guidance](#).
- When spectators are permitted, seating areas must adhere to social distancing guidelines of 6 feet of spacing for anyone not in the same household.
- Face coverings must always be worn by everyone, age 2 and up.
- Parents/guardians and other spectators are restricted from attending all practices.

OFFICIALS GUIDELINES

- Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the coaching staff and school personnel.
- Officials are required to wear face coverings at all times. [Updated Mask Mandate-11/20/2020](#). The order reflects guidance from the CDC. In Section 3: Exceptions to Covering Requirement addresses “not otherwise feasible”. If wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition, or a disability. They must have a medical or mental condition or disability, documented in accordance with Section 504 of the Rehabilitation Act or IDEA, that precludes the wearing of a face covering in a school. Everyone must wear face coverings when on the sidelines, in the dugout, etc. as well.

PREGAME CONFERENCE

- Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of 6 feet.
- No handshakes are permitted.
- Maintain social distancing while performing all pregame responsibilities.

OFFICIALS’ TABLE

- Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials’ table.

PREGAME AND POSTGAME CEREMONY

- No shaking hands during introductions.
- Traditional pre-game introductions should be altered to ensure social distancing occurs.
- No postgame shaking hands.

TEAM BENCHES

- There must be separation between the team bench and spectator seating behind the bench

FUNDRAISING GUIDANCE

At this time, teams should be limiting their fundraising and reevaluating all purchases and planned events. Large social gatherings will not be permitted. Indoor activities are strongly discouraged at this time. Our teams should not burden our local businesses with fundraising requests; but rather, find a way to support all those local businesses and long-time supporters of SCSD Athletics in our community. Teams should not plan on regular gatherings outside practice/contest time given by the school.

PHASES OF PARTICIPATION

LOW/MODERATE/SUBSTANTIAL

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 healthcare provider. A clearance may be required to return to play.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

Limitations on Gatherings:

- As per State and Local Guidelines
- When not directly participating in practices or contest, social distancing should be considered and applied when able

Facilities Cleaning:

- Please reference page 6

Hydration:

- Students MUST bring their own water bottles. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water troughs, etc.) should not be utilized.

OTHER RECOMMENDATIONS

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.

Overnight/Out of state events/events in COVID-19 hotspots

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

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES 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 (100.4°F or higher)
- Persistent cough
- Respiratory symptoms (shortness of breath/difficulty breathing)
- Report of a new loss of taste or smell
- Acute vomiting or diarrhea
- Known exposure to a COVID-19 positive individual
 - The CDC recommends a 14-day quarantine, post-exposure to a known COVID-19 positive individual
 - An option exists for a 10-day quarantine without testing or a seven-day quarantine with a negative test on or after day-five of quarantine as long as the person doesn't develop symptoms
 - Parent/guardian must notify the school of this exposure (570-853-4921)

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. You must 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, coach, or school nurse)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of health professionals and the PA DOH.

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 or transported home
- An ill individual will be asked to contact their physician or appropriate healthcare professional for direction
- Areas used by the sick person will be closed off and not used until after cleaning and disinfecting of the area occurs.

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) for 24 hours improvement in respiratory symptoms and 10 days have passed since symptoms first appeared., improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.
- Student-athlete and/or staff will be recommended to get a COVID-19 test

EDUCATION:

Staff, Coaches, Parents, and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls, and social media):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (handwashing, 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 and PIAA.
- Limit indoor activities and the areas used. Facility showers cannot be used.
- Student-Athletes 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/coach.

APPENDIX A



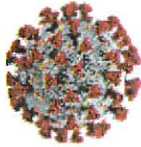
SCSD STUDENT ATHLETE PLEDGE



- I will complete the screening survey on the same day as the workout prior to the scheduled practice.
- I will stay home and not participate in training if I am exhibiting any symptoms of Covid 19.
- I will communicate all health concerns with the coaches or athletic director.
- I will pack enough water to remain hydrated throughout the practice session. My water will be labeled with my name.
- When possible, I will arrive dressed in my training gear, so I arrive for practice ready to go.
- I will pack all personal supplies, including equipment and hand sanitizer.
- I will have my facemask ready to wear to and from training, and when not active in training.
- I will sanitize my hands prior to and when leaving practice/event.
- I will social distance myself from coaches and teammates where applicable

APPENDIX B

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



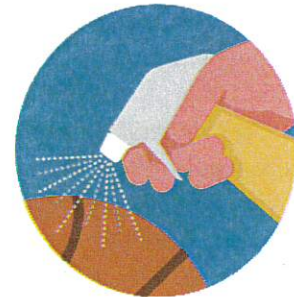
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cdc.gov/coronavirus

CHECKLIST FOR COACHES

Protect Players from COVID-19

- ☐ Send a welcome email or call parents and/or players. Inform them about **actions that the sports program will take to protect players**. Remind them to stay home if sick or if they have been around someone who is sick.
- ☐ Be a role model. **Wear a cloth face cover** and encourage parents, fans, officials, and sports staff to wear one during practices and games.
- ☐ Provide **hand sanitizer with at least 60% alcohol** to players before and after practice/game, or encourage them to wash their hands with soap and water.
- ☐ Educate players about **covering coughs and sneezes** with a tissue or their elbow. Discourage spitting.
- ☐ Remind players about **social distancing** and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- ☐ Check with your sports administrator to make sure they are following **cleaning and disinfection** recommendations.
 - Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
 - Cleaning and disinfecting shared equipment



Lower Risk

Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



CS 117099-8 05/28/2020

cdc.gov/coronavirus

Susquehanna Community School District
Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 SCSD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, SCSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the SCSD Athletic Health and Safety Plan include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the SCSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the SCSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Student/Athlete Name (Printed): _____ **Sport:** _____

Signature of Parent/Guardian: _____ **Date:** _____

Signature of Student Athlete: _____ **Date:** _____

