

*****SASD Athletics Health and Safety Plan.**

*****Updated March 16, 2021.**

*****Updated November 20, 2020.**

Guidance Updates from PDE and DOH.

“The Athletics Health and Safety Plan must be included in the school entity’s School Health and Safety Plan submitted to PDE.”

Shamokin Area School District



Athletic Department

Guidelines for Reopening of Sports & Extracurricular Activities

*****Updated August 18, September 2 and 28 November 20, 2020**

The Shamokin Area School District will be following the current mitigation efforts by Governor Wolf to limit indoor gatherings to 25 or fewer and outside gatherings to 250 or fewer. For more information, see:

<https://www.governor.pa.gov/covid-19/sports-guidance/>

http://www.piaa.org/assets/web/documents/Return_to_Compensation.pdf

FALL SPORTS RECOMMENDATIONS

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 SASD 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 SASD 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 in order to decrease the risk of exposure for our staff, students, and spectators.

Risk Classification of Sport/Activity

High Risk: Sports 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, marching band

Moderate Risk: Sports 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:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.*

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

GUIDELINES

1. Educate individuals (athletes, coaches and staff) on health and safety protocols.
2. Individuals will:
 - Stay at home if they are sick.
 - Provide their own water bottle. Water bottles must be brought to any team function, cannot be shared, and should be filled prior to arrival.
 - Provide their own face covering, and wear as outlined in each phase. Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings are not required for athletes practicing or competing, and should not be used by athletes engaged in distance running or other high-intensity aerobic training.
 - Undergo a COVID- 19 health screening prior to any team function or activity. 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. Individuals screened during the school day will not be screened again for after school activities.
3. SASD will provide:
 - Hand sanitizer as resources allow.
4. Maintain the highest standards possible for cleaning, disinfection, and ventilation in all facilities.
5. Encourage social distancing through increased spacing, reduced group sizes, and limited mixing between groups when possible.
6. 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”)

7. All facilities must be scheduled for use through the athletic department.

Level 1 (PA Red) – No in person team activities are permitted.

Team Activities Permitted:

- Athletes and coaches may communicate only electronically via on-line meetings or phone.
- Athletes may participate in individual in-home workouts.
- School facilities remain closed per PA State Guidelines.

Level 2 (PA Yellow)

Screening:

- Individuals must be screened, including a no touch temperature check, for signs/symptoms of COVID-19 prior to a team function. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate healthcare professional for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Social distancing should be applied.
- Workouts cannot consist of a gathering of more than 25 individuals per scheduled facility, and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Workouts should be conducted in pods of 13 or less athletes. Pods should remain together throughout the workout.
- Individuals permitted to attend include athletes, coaches, trainers and staff.
- Locker rooms are not available to athletes.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- It is recommended that individuals must wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function or use hand sanitizer.
- Weight room equipment must be wiped down after an individual's use.
- Coaches are required to wipe down all high touch areas after each practice.
- Appropriate clothing/shoes must be worn at all times.
- Hand sanitizer will be made available, as resources allow.

Physical Activity:

- Low Risk Sports may begin practice.
- Moderate and High Risk Sports may practice if modified for non-contact.
- Students cannot share cloth items and these items must be washed after each practice.
- With the exception of balls and field markers (cones, bags, ropes, hurdles, etc), athletic equipment may not be shared by individuals.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot not be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot not be utilized.

Level 3 (PA Green) 1st 14 days

Screening:

- Individuals must be screened, including a no touch temperature check, for signs/symptoms of COVID-19 prior to a team function. (See Appendix for COVID-19 Screening Form).

- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate healthcare professional for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Social distancing should be applied.
- Workouts cannot consist of a gathering of more than 50 individuals per scheduled facility, and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Workouts should be conducted in pods of 25 or less athletes. Pods should remain together throughout the workout.
- Indoor meetings can consist of 50 or less individuals, provided each individual is spaced a minimum of 6 feet apart.
- Individuals permitted to attend include athletes, coaches, trainers and staff.
- Locker rooms are not available to athletes.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- It is recommended that Individuals should wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function or use hand sanitizer.
- Weight room equipment should be wiped down after an individual's use.
- Coaches are required to wipe down all high touch areas after each practice.
- Appropriate clothing/shoes must be worn at all times.
- Hand Sanitizer should be used periodically as resources allow.

Physical Activity:

- Low risk sports may practice without modification.

- Moderate and High Risk sports may practice if modified for non-contact.
- Students cannot share cloth items and these items must be washed after each practice.
- With the exception of balls and field markers (cones, agility bags, ropes, hurdles, etc), the frequency and duration of shared athletic equipment should be limited. Shared athletic equipment should be cleaned intermittently during practice as deemed necessary and upon completion of practice.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot not be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot not be utilized.

Level 4 (PA Green) Day 15 to 28

Screening:

- Individuals must be screened, including a no touch temperature check, for signs/symptoms of COVID-19 prior to a team function. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate healthcare professional for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Social distancing should be applied.
- Workouts can consist of a gathering of a full team. More than 1 team can share a facility, provided:
 - The Gathering Is Not More Than 250 Individuals
 - The facility as a whole does not exceed 50% of total occupancy otherwise permitted by law.
- Indoor meetings of not more than 250 individuals, provided each individual is spaced a minimum of 6 feet apart.

- Individuals permitted to attend include athletes, coaches, trainers and staff.
- Locker rooms are not available to athletes.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function.
- Weight room equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes must be worn at all times.
- Hand sanitizer should be made available to individuals as they transfer locations.

Physical Activity:

- Lower and Moderate risk sports may practice without modification. (scrimmages & 7 v 7 workouts with other schools are permitted)
- High risk sports may practice with limited duration and frequency of contact.
- Students cannot share cloth items and these items must be washed after each practice.
- Athletic equipment, with the exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during and upon completion of team functions.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot not be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot not be utilized.

Level 5 (PA Green) Day 29 until beginning of PIAA Fall season

Screening:

- Individuals must be screened for signs/symptoms of COVID-19 prior to a team function. The screening may include a no touch temperature check. (See Appendix for COVID-19

Screening Form).

- Responses to screening questions for each person must be recorded and stored.
- Any person (including athletes, coaches, and staff) with positive symptoms reported cannot take part in team functions, must be sent home and should contact his or her primary care provider or other appropriate healthcare professional for clearance.

Limitations on Gatherings:

- No concession stand operations permitted.
- Teams may combine to the total group for all team functions.
- Locker rooms are available per state guidelines.
- Social distancing protocols should remain in place wherever possible.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts or team gatherings.
- It is recommended that individuals should wash their hands for a minimum of 20 seconds with warm water and soap prior to participating in a team function or use hand sanitizer.
- Coaches are required to wipe down all high touch areas after each practice.
- Weight room equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes must be worn at all times.
- Hand sanitizer should be made available to individuals as they transfer locations.

Physical Activity:

- All sports may practice without restriction.
- Students cannot share cloth items and these items must be washed after each practice.
- Athletic equipment, with the exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during and upon completion of team functions.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot not be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot not be utilized.

Level 6 (PA Green) Start of the PIAA Fall season

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms cannot participate in practice/games, and must contact their primary care physician or another appropriate health-care provider.
- Team attendance must be recorded

Limitations on Gatherings:

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be applied if possible.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic 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.

Physical Activity and Athletic Equipment

- Low, Moderate, and High Risk may resume normal practice and competitions may begin with PIAA approval.
- Students cannot share cloth items and these items must be washed after each practice.
- Athletic equipment, with the exception of wrestling ear guards and football helmets/pads, may be shared by individuals provided it is cleaned intermittently during practice as deemed

necessary and upon completion of team functions.

- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot not be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot not be utilized.

OTHER RECOMMENDATIONS:

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary. These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van and wearing masks may be required
- Social distancing on a bus

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) – Athletes, 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.
- 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 SASD 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 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 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
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix

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 Athletes 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, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

Stadium Attendance Plan - Football Only

Players

Tickets	Grade	SR	JR	SO	FR	Total
4	Seniors/Juniors/Sophomore/Freshmen	11	15	17	4	47
	Tickets	44	60	68	16	188

Cheer

Tickets	Grade	SR	JR	SO	FR	Total
4	Seniors/Juniors/Sophomore/Freshmen	9	4	7	3	23
	Tickets	36	16	28	12	92

Band

Tickets	Grade	SR	JR	SO	FR/8/7	Total
4	Seniors/Juniors/Sophomore/Freshmen	14	10	16	14	54
	Tickets	56	40	64	56	216

Total Player/Cheerleader/Band Tickets

496

Total Tickets

Shamokin Area spectators	496
Shamokin Area players/coaches	53
Shamokin Area cheerleaders/advisors	25
Shamokin Area band/advisors	58
Opponent players/coaches/staff	64
Opponent spectators	96
Workers/officials	42
Media	5
Total	839

- * Applies to Varsity Football games only
- * Masks must be worn at all times while inside the stadium
- * Social distancing will be enforced by security
- * An entry gate will be assigned to each school to control social distancing
- * Fans on opposing sides will not be allowed to cross to the opponents side
- * Band will play pregame only and will exit the stadium

- * Junior High and Junior Varsity games will not exceed 250 people
- * Boys Soccer and Girls Soccer games will not exceed 250 people
- * Junior High Softball games will not exceed 250 people

High School Gymnasium Attendance Plan

Players

Tickets	Grade	SR	JR	Total
4	Seniors/Juniors	2	3	5
	Tickets	8	12	20
		SO	FR	Total
2	Sophomore/Freshman	9	18	27
	Tickets	18	36	54
Total Player/Cheerleader/Band Tickets				54

Total Tickets

Shamokin Area Spectators	54	
Shamokin Area Players/coaches	35	
Opponent players/coaches	25	(avg: 23 players, 2 coaches)
Opponent spectators	46	
Workers/officials	6	
Media	1	
	167	

- * Player and spectator numbers could change per sport and opponent
- * Applies to Girls Volleyball and Boys/Girls Basketball
- * 5 players will be allowed on the bench/chairs which will be spaced at 6' apart
- * Additional substitutes will be located behind wall in gym
- * Each team will be assigned a section of the bleachers
- * Fans/Parents will be assigned the middle section of the bleachers
- * Masks must be worn at all times
- * Social distancing will be enforced by security

WINTER SPORTS RECOMMENDATIONS

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** including Junior and Senior High Athletics (MS and HS)

1. Athletes, 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 Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures at 100.4 or higher will be sent home.
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 athletes 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. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. ***Athletes and Coaches MUST provide their own water bottle for hydration.*** Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments.

11. 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”)
12. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry and/or CDC guidelines.

PROCEDURES

Scheduling:

- To avoid traveling into COVID hot spots, games/scrimmages will only be scheduled with schools within a certain radius geographically. The Athletic Director has been given the authority to schedule/postpone/cancel games based on the COVID status in a geographical area. Exceptions may be made for post-season events, where our district does not control opponents or sites.
- To mitigate the risk of a “super spreading” situation, events with multiple teams (tournaments, invitational meets) competing at the same time and venue are highly discouraged. All efforts will be made to only schedule “one vs one” competitions for the winter season. Exceptions may be considered for league, district, or state events (i.e.- All League Meets, League Playoffs, District playoffs, District Duals, PIAA Championships)
- If hosting a tournament consideration should be given to limit the number of persons allowed in the facility at one time to comply with government guidelines

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
- COVID-19 Screenings - Questionnaire and Temperature Checks will be mandatory prior to any practices or contests, screening will be done using Google Forms and will be monitored daily
- Team attendance should be recorded by coaching staff

- Only essential personnel will be permitted in facilities during practices, events or team meetings

Limitations on Gatherings:

- As per State and Local Guidelines
- When not directly participating in practices or contests, masks should be worn and social distancing should be considered and applied when able
- Visitors and spectators are permitted to attend events, but not to exceed 20% of the maximum capacity for the given venue: Gymnasium- 200 capacity (1,000 max); Natatorium- 40 capacity (200 max)

Facilities:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Diving boards and wrestling mats should be sanitized prior to and following each use
- Weight Room Equipment should be wiped down after and individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces
- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events as deemed necessary by the school, PIAA and state/local governments. Consider using tape or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Winter sports may begin normal practice and competition on the designated date per PIAA.
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- All adult staff (coaches, trainers, etc.) must wear masks/face coverings at all times.
- Face coverings must be worn by participants when not engaged in physical activity.

- Athletic equipment that may be used by multiple individuals (balls, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Weigh-ins for wrestling should be conducted in an open area with participants social distanced as much as possible
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- All activities must follow the NFHS, PIAA, CDC and Department of Health guidelines

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but **MUST** be cleaned after every practice/event

Transportation:

- Masks must be worn by participants and staff when being transported to away events
- Social distancing will be encouraged when possible
- Hand sanitizer will be available on all buses/vans

General:

- Participants should avoid shaking hands, fist bumps, etc. prior to or following a contest
- Masks may be worn by officials and participants during competition if there is a concern or someone feels they are at risk
- Ticket sales will be determined by the number of spectators permitted to an event.
Currently each player/coach on the home school will be given 4 admissions and the visiting team will be given 2 admissions per player/coach
- Cheerleaders will be permitted at home events only, visiting team will not be allowed to have cheerleaders attend

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 or chills (100.4 or High)
- 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
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix

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 Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Temperature taking and keeping a log
- 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

- 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
- The visiting team must show proof of a screening log to the game manager proving that all coaches and athletes have been screened before entering the home schools' facilities

SPRING SPORTS RECOMMENDATIONS

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

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 SASD 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 SASD 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 in order to decrease the risk of exposure for our staff, students, and spectators.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** including Junior and Senior High Athletics (MS and HS)

1. Athletes, 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 Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures at 100.4 or higher will be sent home.
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 athletes 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. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. ***Athletes and Coaches MUST provide their own water bottle for hydration.*** Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
11. 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”)
12. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

CLASSIFICATION OF SPORTS

High Risk: Sports 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: Sports 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: Sports 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. Team Activities should be limited to individual skill development drills that maintain social distancing.

LEVEL OF PARTICIPATION

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.

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.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded

Limitations on Gatherings:

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

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic 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 and individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Athletic Equipment:

- All sports may resume normal practice and competition

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, 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:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but **MUST** be cleaned after every practice/event.

OTHER RECOMMENDATIONS

Transportation:

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
- Wearing of masks at all times when using District transportation

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.
- Masks should be worn when not participating in competition/practice (dugout/bench areas, etc.)

Who should be allowed at events?

- Personnel and spectators will be allowed to attend events according to the local/state occupancy guidelines.
- 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 SASD 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 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 or chills (100.4 or High)
- 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
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

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 Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Temperature taking and keeping a log
- 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
- 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

The visiting team must show proof of a screening log to the game manager proving that all coaches and athletes have been screened before entering the home schools' facilities.



Spring Sport QR Code



Pennsylvania Heartland Athletic

President: Jeremy Winn Vice-President: Paula Reber

Member Schools
Bloomsburg
Central Columbia
Central Mountain
Darville
Hughesville
Jersey Shore
Lewisburg
Loyalsock
Midd-West
Mifflinburg
Milton
Montoursville
Mount Carmel
Selinsgrove
Shamokin
Shikellamy
Southern
Columbia
Warrior Run
Williamsport

To: Designee of _____

From: _____

Date: _____

This is to certify that the following were screened for Covid-19 symptoms before boarding the transportation to your school/stadium and were found to be symptom free and below the 100.4 degree temperature threshold.

_____ **Total number of Coaches**

_____ **Total number of Athletes**

Attest: _____
Athletic Trainer / Designee

We will be using the temperature check but may also include any or all of the screening questions listed below per school:

1. Do you have fever/chills?
2. Do you have a cough?
3. Do you have a sore throat?
4. Do you have shortness of breath?
5. Do you have a loss of taste or smell?
6. Do you have vomiting/diarrhea?
7. Have you been in contact with anyone who contracted COVID in the last 10-14 days?
8. Have you traveled out of PA in the last 14 days? If so; where?

2020-2021 SUPPLEMENTAL ACKNOWLEDGEMENT, WAIVER AND RELEASE: COVID-19

The COVID-19 pandemic presents athletes with various challenges concerning this contagious illness. Some severe outcomes have been reported in children, and children with mild or even asymptomatic cases of COVID-19 can spread the infection to others who may be far more vulnerable. 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 it is not possible to eliminate all risk of being infected with or furthering the spread of COVID-19, the risk can be reduced. PIAA has urged all member schools to take necessary precautions and comply with guidelines from the federal, state, and local governments, the CDC and the PA Departments of Health and Education to reduce the risks to athletes, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, these guidelines may be modified to further implement steps needed to decrease the risk of exposure to athletes, coaches and others. Additionally, each school has been required to adopt internal protocols to reduce the risk of transmission. We acknowledge that we have received and reviewed the school's health and safety plan.

By signing this form, the undersigned acknowledge, after having undertaken to review and understand both the symptoms and possible consequences of infection, that (1) they are aware of the contagious nature of COVID-19 and the risks that they may be exposed to or contract COVID-19 or other communicable diseases by permitting the undersigned student to participate in interscholastic athletics; (2) such exposure or infection may result in serious illness, personal injury, permanent disability and/or death; (3) this risk may result from or be compounded by the actions, omissions, or negligence of others; (4) participants will, in the course of competition, interact with and likely have physical contact with athletes from their own, as well as other, schools, including schools from other areas of the Commonwealth; (5) while risks can be managed in part, PIAA and its member schools cannot eliminate such risks nor guarantee that transmission will not occur for those participating in interscholastic athletics; and (6) participation in interscholastic athletics at any time, and especially during the COVID-19 pandemic, is strictly voluntary.

Notwithstanding the risks associated with COVID-19, we agree that we are voluntarily allowing the undersigned student to participate in interscholastic athletics for the 2020-2021 school year. We willingly agree to comply with the stated guidelines put forth by PIAA and the student's school to limit the exposure and spread of COVID-19 and other communicable diseases.

WE ALSO HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY AND/OR DEATH RELATED TO COVID-19 TO THE STUDENT AND ALL FAMILY MEMBERS ARISING FROM SUCH PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF PIAA OR OTHERWISE. WE ALSO EXPRESSLY AGREE TO WAIVE AND RELEASE OUR MEMBER SCHOOL(S), PIAA, ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, MEMBER SCHOOLS, SUCCESSORS AND ASSIGNS (collectively, "Releasees") FROM ANY AND ALL CLAIMS ON ACCOUNT OF ILLNESS, DISABILITY, DEATH OR OTHER HARM ARISING OUT OF OR ATTRIBUTABLE TO THE STUDENT'S PARTICIPATION IN INTERSCHOLASTIC ATHLETICS AND BEING EXPOSED THEREFROM TO, OR CONTRACTING, COVID-19, WHETHER, ARISING FROM THE NEGLIGENCE OR OTHERWISE ANY RELEASEE. WE COVENANT THAT WE WILL NOT MAKE OR BRING ANY CLAIM AGAINST ANY RELEASEE AND FOREVER RELEASE AND DISCHARGE RELEASEES FROM LIABILITY UNDER SUCH CLAIMS.

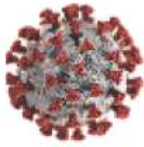
Additionally, we shall defend, indemnify, and hold harmless all Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including attorney fees, fees, as well as the costs of enforcing any right to indemnification and the costs of pursuing any insurance providers, incurred by/awarded against any Releasees in a final judgment arising out or resulting from any claim by, or on behalf of, any of us or any of our family members, related to COVID-19.

Signature of Student _____ Date: _____
Print Student's Name

Signature of Parent/Guardian _____
Print Parent/Guardian's Name

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.



ES174874 04/12/2020

[cdc.gov/coronavirus](https://www.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 FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website, www.health.pa.gov, or the

Help is available, contact the Crisis Text Line by texting **PA**
to **741-741**

RESOURCES:

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

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “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

Shamokin Area Athletic Department
Athlete and Staff COVID-19 Screening

Name: _____ Date: _____

Grade: _____ Sports: _____

Students/Coaches should self-report as deemed necessary prior to each practice/event.

Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

For the column “Close Contact” the answer should reflect the following question:

Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.)

If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

DATE	TEMP	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***

Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Shamokin Area School District** reviewed and approved the Phased School Reopening Health and Safety Plan on **September 15, 2020**.

The plan was approved by a vote of:

_____ **Yes**

_____ **No**

Affirmed on: **September 15, 2020**

By:

(Signature of Board President)*

(Print Name of Board President)

*Electronic signatures on this document are acceptable using one of the two methods detailed below.

Option A: The use of actual signatures is encouraged whenever possible. This method requires that the document be printed, signed, scanned, and then submitted.

Option B: If printing and scanning are not possible, add an electronic signature using the resident Microsoft Office product signature option, which is free to everyone, no installation or purchase needed.