

Weatherly Area High School Athletics
COVID-19 Athletics Department



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 WASD 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 WASD 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

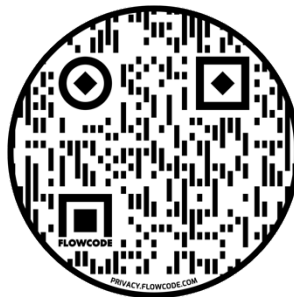
Recommendations for **ALL PHASES** for Junior and Senior High Athletics

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.
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 are **required** for athletes before, after, AND during practicing/competing. *As of 11/17/2020. 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 – Don't make students feel they will jeopardize future playing time if they don't attend practice/game if they are not feeling well.
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 Sever Illness")

- a. Athletes / staff who can be seen as high risk:
 - i. Diabetes
 - ii. Chronic Lung Disease (including asthma)
 - iii. Severe obesity (BMI >40)
 - iv. Chronic kidney disease
 - v. Cardiac conditions
 - vi. Immunocompromises (transplant recipients, immunosuppressant medications)
 - vii. Individuals 65 and older
 - viii. If there is concern that someone is immunocompromised or has any concerns regarding their risk in terms of participation in sports and activities they should consult their health care provider prior to returning to sports
12. All the state orders and recommendations per the PA Secretary of Health and the Governor are in effect and must be followed unless other noted by the Secretary of Health or the Governor themselves. This includes stay at home orders, social distancing and masking requirements/recommendations.

COVID-19 Screening:

- Athletes and coaches will be screened before every practice.
- All athletes will have access a QR Code that will take them to the “Weatherly Area Sports Medicine (WASM) COVID-19 Screening Questionnaire” via Google Forms.



- How to scan the QR Code:
 - Open camera application
 - Hold the camera over the code, do not take a picture of it
 - A link will appear at the top of the screen
 - Click the link to access the survey.
- Students will have a smaller version of the QR code that is laminated that the student will be able to keep with them to be able to scan before coming to practice up to 1 hour before practice.
- The QR Code is linked to a Google Sheet. All answers will be automatically placed into the Google Sheet. This allows the screener to see the date, timestamps and responses.
- Students temperatures will be taken by the athletic trainer, athletic director or coach. It will be imputed into the Google Sheet manually.
- Students who have a temperature of 100.4 or higher will be sent home

- The WASM COVID-19 Screening Questionnaire is composed of the following questions (all questions are required to be answered in order to submit the response):
 - First Name ○ Last Name ○ Have you traveled outside of Pennsylvania in the past 14 days?
 - Type in the answer box

In the Event of a Positive COVID-19 Test

- **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
- 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.
- Consistent with applicable law and privacy policies, coaches, staff, officials and families of athletes (when feasible) shall self-report to the school district if they have symptoms of COVID-19, a positive test for COVID-19 or were exposed to someone with COVID-19 in the last 14 days in accordance with health information sharing regulations for COVID19 and other applicable laws and regulations.
- Those who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) should be advised to stay at home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals that had close contact should be excluded from practice for 10-14 days. Close contact is defined as having close (within 6ft) and prolonged (>30 minutes) contact with the COVID-19 patient. ○ The notification should be given by whom the Pandemic Team for Weatherly Area High school designated for informing students of possible exposure.
- Close off all areas used by the sick person and do not utilize them until they have been cleaned and disinfected.
 - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.
- WASD is not responsible for COVID-19 testing, but shall screen for symptoms of COVID-19 before practices and events.

- The athlete is **required** to have a medical note clearing them to return to sport from a health care provider.

*CDC does not recommend isolation of contacts of a person being evaluated for COVID-19 until the diagnosis is confirmed.

Hygiene, Hydration and Sanitation:

- Promote healthy hygiene practices such as hand-washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible.
- Athletics' staff will be masked at all times when on site.
 - Hand sanitizer will be available for team use as resources allow.
 - PPE (gloves, masks, eye protection) will be used as needed and as situations warrant.
- Athletes will take all of their equipment home daily and have it washed before returning to practice, open gyms, etc.
- Everyone (Students and coaches) **MUST** bring their own water bottles that are filled. Water fountains will not be accessible.
 - Cups/water bottles/water coolers will not be accessible for athletics for practices.
- Athletic trainers should be the only ones utilizing the ice machine for treatments.
- Ensure all high touch, high traffic areas are included in cleaning and disinfecting schedules.

New Restrictions

1. *As of 11/17/2020, the Pennsylvania Secretary of Health orders the use of face coverings while:
 - Participating in indoor activity in a gym, fitness center or group fitness classes.
 - Outdoors with others who are not members of a person's household and unable to maintain sustained physical distance.
2. Equipment uses at practices, open gyms, etc., must be disinfected after each session by the coaches/staff. Please limit public equipment use and restrict sharing of equipment.
3. The athletics department will supply spray/wipes for equipment. Maintenance will be responsible for cleaning facilities throughout the day and prior to daily use.
4. Weights and machines must be disinfected in between each person's use.
5. No handshakes, celebrations, high fives, fist/elbow bumps, chest bumps, hugging, etc.
6. Provide continual reminders of ways to limit exposure to COVID-19 (hand washing, coughing in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
7. 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.
8. Workout pods shall be developed and utilized to promote minimal interaction with other teammates for as long as possible. Athletes working out in pods shall not cross-contaminate or intermix with other pods until cleared to do so by the sports medicine staff and the athletic director.
9. Student-athletes shall come to practice/workouts dressed and ready to go.

10. Coaches shall promote and incorporate healthy habits for their teams including handwashing, hydration, proper sanitation, appropriate laundering, and social distancing.
11. Coaches shall demonstrate proper communication with their teams to ensure student-athletes who develop symptoms/positive testing/close contact with someone who tested positive for COVID-19 are not reporting to workouts/practice and are self-isolating.
12. Coaches and staff shall be reporting symptoms of COVID-19 or close contact with (+) testing to the athletic department to ensure they are not reporting to Weatherly with possible infection transmission.
13. Frequent staff meetings and updates shall occur to promote effective communication.
14. Coaches shall restrict team meetings to reduce transmission.
15. Spotters during weight room workouts shall stand at each end of the bar.

Athletic Training Services

- Athletes shall schedule a time per the athletic trainers' schedule to complete rehabilitation, pre-practice taping/wrapping/padding/bracing. Students will have access to the schedule for equal opportunity.
 - 1 athlete at a time is permitted in the athletic training room.
 - 15-minute time slots will be available for access to the athletic trainers.
 - Students experiencing a true medical emergency will be primary focus.
 - Students will be provided at-home exercise programs when applicable to reduce in-person contact.
 - Student-athletes receiving care are **required** to sanitize before entering the athletic training room.
 - **Students are required to be masked during entire visit including treatment and rehabilitation.**
 - Food and drinks are not allowed, unless medically directed.
- Athletic trainer will be on-site during all workouts, practices and competitions to ensure compliance with guidelines.
 - This is the responsibility of the coach to reach out for schedule changes or updates.
- The athletic trainer(s) should be notified immediately if a student athlete/staff member is sent home and/or develops symptoms of COVID-19 at any time. Contact tracing may occur following.
- **St. Luke's University Health Network requires all athletic trainers to be masked at all times unless in their office with the door shut and are not anticipating any in-person interactions. *as of 11/17/2020.**
- Athletic training equipment will be properly sanitized / cleaned by the athletic training staff on as used basis.

In-Season Sport General Guidelines

- All students and coaches will complete a pre-practice screening consisting of symptom checklist, exposure risk and travel PRIOR to attending a WASH sport/activity.

- Students who are sent home from school with a COVID-19 related symptoms/signs shall not attend athletics' until cleared by a physician.
- The school nurse shall communicate with the St. Luke's athletic trainers in the event a student develops symptoms and/or is sent home from school.
- All Governor's orders and guidelines must be followed and will be enforced by the WASD administration. It is also the responsibility of the coaching staff to ensure these guidelines are being followed by their teams while on-site.
- Hand sanitizer will be available during all practices and events.
- Spectators or visitors shall not be present for practices and events.
- The WASD AD will be notified if a team is constantly noncompliant with rules and regulations (i.e. social distancing, not completing pre-screening, etc.)
- All documentation including temperature and symptom checklists shall comply with HIPAA guidelines.
- Weight room will be closed until further notice.

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.

Phase 1 (PA State Yellow)

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

Phase 2 (PA State Green) after July 1st (or sooner if PIAA allows) Pre-workout

Screening:

- All coaches and students 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 coaches and spectators per scheduled field/court.
 - Controlled non-contact practices only, modified game rules
 - No Concession stands
 - Social Distancing should be applied during practices and in locker rooms, and gathering areas
- 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 an 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:**
- Lower risk sports practices may begin
 - Modified practices may begin for Moderate and High risk sports (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
 - Athletic 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

Phase 3 (PA State Green) after July 1st (or sooner if PIAA allows) 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.
 - 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:

- 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.
- Athletic 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

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
- 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) – 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 WASD 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.

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, 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 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.

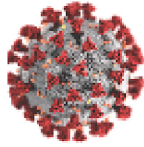
- No students allowed in training areas without the presence of an athletic trainer

TRAVEL ADVISORY:

- As of 11/20/2020, the Pennsylvania Secretary of Health issued an order that Pennsylvanians visiting other states are **required** to have a **negative COVID-10 test within 72 hours prior to their return**, OR to quarantine **for 14 days** upon return to Pennsylvania.
 - <https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Order%20of%20the%20Secretary%20Travel%2011.17.2020.pdf>

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.



CS1748874 04/19/2020

cdc.gov/coronavirus



WHAT IS CONTACT TRACING?

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”

“COVID-19 Information for Travelers”

“[Universal Masking FAQ](#)”

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

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

COVID-19 Release of Liability Agreement

I _____ acknowledge the contagious nature of the COVID-19 virus and that the CDC and many other public health authorities still recommend social distancing. I further acknowledge that Weatherly Area School District has put in place preventative measures to reduce the spread of the COVID-19 virus. I acknowledge that Weatherly Area School District cannot guarantee that I will not become infected with the COVID-19 virus. I acknowledge that I have received and understand the WASD COVID-19 Safety Plan prepared by the administration. I understand the risk of becoming exposed to or infected with the COVID-19 virus and hereby release and agree to hold Weatherly Area School District harmless from any liability related to myself or anyone associated with me who may become affected by the COVID-19 virus.

Signature

Date

Updated on 11/19/2020