

Interim Athletics Health and Safety Plan

Hampton Township School District

Athletics Department

Effective July 1 to August 19, 2020

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, have 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, current science suggests there are many steps schools can take to reduce the risks to students, coaches and their families.

The Hampton Township School District (HTSD) will take the necessary precautions and recommendations from the federal, state and local governments; Centers for Disease Control and Prevention (CDC); National Federation of State High School Associations; and the PIAA. The HTSD 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 students, staff and spectators.

Participating in interscholastic athletics both at the high school and middle school level is a privilege and it is of the utmost importance that athletes work with coaches and staff to help adhere to the following safety guidelines. Doing so is a responsibility of participating in interscholastic athletics, both in and out-of-season. Failure to adhere to the safety guidelines jeopardizes an athlete's ability to participate.

- The HTSD Athletic Trainers have been designated as the primary point of contact for all questions related to COVID-19, and all parents, athletes, officials and coaches will be provided their contact information (Christopher.LEONARD@ahn.org and Kevin.KOTSKO@ahn.org). The team doctor will be consulted on all matters and questions related to COVID-19.
- The HTSD Athletics Department has developed a [plan of action](#) in the event an athlete, coach or official falls ill; will make the plan publicly available; and explain it to the entire athletic community.
- Staff, coaches, athletic trainers and athletes will be educated about the symptoms of COVID-19 and when to stay home through posters and electronic communications. Athletes will be educated on [proper hand washing](#), proper hygiene and the [disinfection of equipment and facilities](#).
- During out-of-season activities, coaches will screen and monitor athletes for symptoms/signs prior to workouts and practices, including daily temperature checks (as needed) coupled with a number of screening questions for the following symptoms:
 - 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
 - Have you been exposed to anyone who has tested positive for COVID-19?
 - Have you traveled internationally in the past two weeks?

A daily log will be kept with the aforementioned information. If individuals participating in athletics show symptoms, has a temperature of 100.4 degrees or higher or are sick, they will be sent home. (Please refer to the below section *Positive Cases and Coaches, Staff or Athletes Showing COVID-19 Symptoms* for further detail regarding protocol of sick athlete.)

- Coaching staff and other adult personnel should wear face coverings (masks or face shields) when working in close proximity (within 6 feet) of athletes. Face masks may not be worn if it jeopardizes a coach's health. In that case, a social distance of at least 6 feet should be maintained.
- Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches and workout areas. Athletes and coaches should not congregate. During out-of-season activities, athletes will not be granted access to locker rooms and will be instructed, by their coach, of where and when to report for out-of-season conditioning/workouts.
- All athletes, coaches and officials must bring their own water and drinks to team activities. Athletes should bring multiple water bottles labeled with their name. Team water coolers for sharing through disposable cups are not allowed. Water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed, including but not limited to chewing gum, spitting, licking fingers and eating sunflower seeds.
- Avoid shaking hands, fist bumps or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment will be properly disinfected between uses.
- If multiple practices/workouts are held at the same facility, adequate time will be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each venue must adhere to the applicable gathering occupancy limits (maximum of 25 people if in yellow phase, and 250 people if in green phase), and the venue, as a whole, may not exceed 50% of total occupancy permitted by law.

OTHER RECOMMENDATIONS

Facilities Cleaning/Sanitation

- Hand sanitizing prior to, during and after athletic practices/workouts.
- Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day.

- Weight room equipment will be wiped down after each use.
- Athletes must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times in the weight room to minimize sweat transmitting onto equipment.
- Additional hand sanitizing stations will be provided both during the regularly defined PIAA season and as much as possible during out-of-season activities.

WHO SHOULD BE ALLOWED AT OUT-OF-SEASON WORKOUTS/CONDITIONG?

The HTSD Athletics Department will continue to monitor and evaluate guidance provided as it relates to spectators attending high/middle school athletic functions. As it stands, the following people are accordingly grouped into tiers from essential to non-essential, and this will determine who will be allowed at an event until further notice:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security

- Only Tier 1 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.

POSITIVE CASES AND COACHES, STAFF OR ATHLETES SHOWING COVID-19 SYMPTONS

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.

Symptoms may include:

- o Fever or chills
- o Cough
- o Shortness of breath or difficulty breathing
- o Fatigue
- o Muscle or body aches
- o Headache
- o New loss of taste or smell

- o Sore Throat
- o Congestion or runny nose
- o Nausea or vomiting
- o 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) if you have symptoms of COVID-19, test positive for COVID-19 or were exposed to someone with COVID-19 within the last 14 days.
- It will be determined if others who may have been exposed (athletes, students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.

What to do if an athlete or staff become ill with COVID-19 symptoms during practice?

- Every effort will be made to isolate the ill individual from others, until the athlete or staff member can leave the practice. Areas used by the sick individual will be closed off and not used, until cleaned and disinfected.
- If it is an athlete a parent/guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- 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.

Return of athlete or staff to athletics following a COVID-19 diagnosis?

- Athletes 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.

SUMMARY

Custodial Actions:

- Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day. This includes, but is not limited to, all restrooms at the fieldhouse, training room, weight rooms, stadium restrooms and water fountains.
- Provide informational signage at all restrooms, locker rooms and training rooms on how to prevent the spread of COVID-19.
- Ensure weekend (Saturday) and weekday (evenings) custodial coverage to clean all athletic areas.
- Provide additional hand sanitizer in athletic training room, weight room, gymnasiums and fieldhouse.
- Provide additional cleaning supplies in the athletic training room and also have some available for coaches to take on the field to sanitize equipment before, during and after workouts.

Athletes' Actions:

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME.
- Masks are required to be worn when not participating in an athletic practice or conditioning.
- Practice social distancing.
- Mandatory PIAA pre-participation physicals will be required prior to the start of the fall athletics season (August 10, football; August 17, all high school athletics; August 19, all middle school athletics).
- During out-of-season practices/workouts, no athletes will be permitted to maintain a locker at the fieldhouse or any athletic area.

- Avoid touching your face as much as possible.
- Wash clothes often.
- Do not share towels, razors, and other personal hygiene items.
- Follow good hygiene practices, such as washing hands frequently, the use of hand sanitizer when available and showering and washing workout clothing immediately upon returning home.
- Bring a large personal water bottle (labeled with your name), as no bottles will be permitted to be shared. It is recommended that all athletes bring multiple water bottles to practices/workouts.
- Work with coaches to assist in disinfecting sports equipment that is used during practices/workouts.
- Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If not cleared, to participate in groups, a home workout will be provided.

We ask that our athletes assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all. Failure to adhere to the guidelines provided by the athletics department and coaches may result in an inability to participate in interscholastic athletics.

Coaches' Actions

- Coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.
- Practice social distancing with athletes and other staff members.
- Wear protective masks directed by the CDC and other state/federal governmental mandates when working in close proximity to others. If a medical condition exists and a mask cannot be worn, all coaches must maintain recommended social distancing practices.

- It is recommended for coaches to create waves/pods for athletes to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper social distancing measures.
- With the use of each piece of shared athletics equipment all items will be disinfected at the conclusion of use in conjunction with the athletes' assistance.
- Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 ([proper hand washing](#)).
- Provide proper guidance to athletes on proper handwashing techniques.
- Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc.; do not receive help from players.
- Training vests and pinnies must not be shared among players during a practice/workout. Once worn, pinnies and vests must be laundered prior to next use.
- Coaches should discuss any concerns regarding underlying health issues regarding COVID-19 with the Athletic Trainers and Athletics Director.

Athletic Trainers' Actions:

Follow [guidance by the National Athletic Trainers' Association](#) as it pertains to COVID-19. This includes, but is not limited to, the following measures.

Limit athletes/coaches athletic training room occupancy to promote social distancing (number of athletes permitted to be determined by Athletic Trainers).

- Athletic Trainers will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.

- Athletic Trainers may be required to wear masks depending upon state and federal mandates. If a medical condition exists and a mask cannot be worn, all athletic trainers must maintain recommended social distancing practices.
- Clean and disinfect all hard surfaces which include, but are not limited to, training tables, taping tables, doorknobs, phone, coolers, ice machine and other equipment that is utilized during routine participation for athletes.
- No admittance to the training room unless deemed medically necessary by the Athletic Trainers.
- Provide proper guidance to athletes on proper handwashing techniques, as outlined in the beginning of the document.

Parent/Guardian Actions:

- Ensure that your athlete's temperature is taken each morning, before practice/workout. If the temperature is greater than 100.4, your child is not permitted to attend practice/workout. THEY MUST STAY HOME. If, at any time, your child is not able to attend out-of-season practice/workout due to fever, please email the head coach and the Athletic Trainers (Christopher.LEONARD@ahn.org or Kevin.KOTSKO@ahn.org).
- Please make sure your athlete brings a large water bottle labeled with their name for every practice/workout. Sharing water bottles is prohibited.
- When dropping off or picking up athletes please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the social distancing guidelines.
- Parents/Guardians are not permitted to attend workout/practice sessions.
- Parents/Guardians are requested to pick up their athlete at the designated practice end time to reduce congregation.
- Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 ([proper hand washing](#)).
- Parents/Guardians should assess their athlete's level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Trainer to discuss any concerns you have in reintroducing your child to organized athletics.

Athletics Health and Safety Plan Summary: **Hampton Township School District**

Interim Health and Safety Plan for Athletics for summer training and preseason practice

Anticipated Launch Date: This plan will be in effect from July 1 to August 19

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Facilities Cleaning/Sanitation</p> <ul style="list-style-type: none">• Hand sanitizing prior to, during and after athletic practices/workouts.• Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day.• Weight room equipment will be wiped down after each use.• Athletes must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times in the weight room to minimize sweat transmitting onto equipment.• Additional hand sanitizing stations will be provided both during the regularly defined PIAA season and as much as possible during out-of-season activities. <ul style="list-style-type: none">• Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day. This includes, but is not limited to, all restrooms at the fieldhouse, training room, weight rooms, stadium restrooms and water fountains.

Requirement(s)	Strategies, Policies and Procedures
	<ul style="list-style-type: none"> • Provide additional cleaning supplies in the athletic training room and also have some available for coaches to take on the field to sanitize equipment before, during and after workouts. • Disinfection of Equipment and Facilities - CDC

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>*Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p>	<ul style="list-style-type: none"> • Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches and workout areas. Athletes and coaches should not congregate. During out-of-season activities, athletes will not be granted access to locker rooms and will be instructed, by their coach, of where and when to report for out-of-season conditioning/workouts. • Meals will not be served. • Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 (proper hand washing). This is expected to be reinforced by parent/guardian, coach and athletic trainers. Additionally, student athletes should shower and wash workout clothing immediately upon returning home.

Requirement(s)	Strategies, Policies and Procedures
<p>*Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<ul style="list-style-type: none"> • The custodial staff will provide informational signage at all restrooms at the fieldhouse, locker rooms and training rooms on how to prevent the spread of COVID-19.
<p>Identifying and restricting non-essential visitors and volunteers</p>	<ul style="list-style-type: none"> • Parents/Guardians are not permitted to attend workout/practice sessions. • When dropping off or picking up athletes please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the social distancing guidelines.
<p>Limiting the sharing of materials and equipment among student athletes</p>	<ul style="list-style-type: none"> • With the use of each piece of shared athletics equipment all items will be disinfected at the conclusion of use in conjunction with the athletes' assistance. • Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc.; do not receive help from players. • Training vests and pinnies must not be shared among players during a practice/workout. Once worn, pinnies and vests must be laundered prior to next use.
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<ul style="list-style-type: none"> • Locker rooms will be closed during out-of-season practices/conditioning. • It is recommended for coaches to create waves/pods for athletes to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper social distancing measures.

Requirement(s)**Strategies, Policies and Procedures**

Adjusting transportation schedules and practices to create social distance between students

Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes

Other social distancing and safety practices

- Parents/Guardians are requested to pick up their athlete at the designated practice end time to reduce congregation.
- If multiple practices/workouts are held at the same facility, adequate time will be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each venue must adhere to the applicable gathering occupancy limits (maximum of 25 people if in yellow phase, and 250 people if in green phase), and the venue, as a whole, may not exceed 50% of total occupancy permitted by law.
- Parents/Guardians are requested to pick up their athlete at the designated practice end time to reduce congregation.
- When dropping off or picking up athletes please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the social distancing guidelines.
- It is recommended for coaches to create waves/pods for athletes to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper social distancing measures.
- Avoid shaking hands, fist bumps or high fives before, during or after games and practices. Limit unnecessary

Requirement(s)	Strategies, Policies and Procedures
	<p>physical contact with teammates, other athletes, coaches, officials and spectators.</p> <ul style="list-style-type: none"> • Activities that increase the risk of exposure to saliva must not be allowed, including but not limited to chewing gum, spitting, licking fingers and eating sunflower seeds. • Athletes must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times in the weight room to minimize sweat transmitting onto equipment.

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<ul style="list-style-type: none"> • Parents/Guardians please ensure that your athlete's temperature is taken each morning, before practice/workout. If the temperature is greater than 100.4, your child is not permitted to attend practice/workout. THEY MUST STAY HOME. If, at any time, your child is not able to attend out-of-season practice/workout due to fever, please email the head coach and the Athletic Trainers (Christopher.LEONARD@ahn.org or Kevin.KOTSKO@ahn.org). • Coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings. • Athletic Trainers will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office

Requirement(s)	Strategies, Policies and Procedures
<p>*Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.</p> <ul style="list-style-type: none"> • If Athlete’s are feeling any symptoms of COVID-19 or has a fever they must stay home. <ul style="list-style-type: none"> • Every effort will be made to isolate the ill individual from others, until the athlete or staff member can leave the practice. • If it is an athlete a parent/guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up. • The ill individual will be asked to contact their physician or appropriate healthcare professional for direction. • COVID 19 Response Protocol - HTSD Athletics <ul style="list-style-type: none"> • The ill individual will be asked to contact their physician or appropriate healthcare professional for direction. • 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. • Athletes 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. • COVID 19-Response Protocol - HTSD Athletics
<p>*Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p>	

Requirement(s)	Strategies, Policies and Procedures
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<ul style="list-style-type: none"> • At the direction of the Athletic Director any cancellations will be communicated via electronic communications to coaches.

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>*Use of face coverings by all coaches and athletic staff</p> <p>*Use of face coverings by student athletes as appropriate</p>	<ul style="list-style-type: none"> • Parents/Guardians should assess their athlete’s level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Trainer to discuss any concerns you have in reintroducing your child to organized athletics. • Coaches should discuss any concerns regarding underlying health issues regarding COVID-19 with the Athletic Trainers and Athletic Director. • Masks are required to be worn when not participating in an athletic practice or conditioning. • We ask that our athletes assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all. Failure to adhere to the guidelines provided by the athletics department and

Requirement(s)	Strategies, Policies and Procedures
<p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<p>coaches may result in an inability to participate in interscholastic athletics.</p> <ul style="list-style-type: none"> • Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If not cleared, to participate in groups, a home workout will be provided. • The HTSD Athletics Department will continue to monitor and evaluate guidance provided as it relates to out-of-season athletics to ensure the safety and wellbeing of coaches, athletes and athletic staff.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for the Hampton Township School District reviewed and approved the Athletics Health and Safety Plan on Monday, June 22, 2020.

The plan was approved by a vote of:

 8 Yes

 0 No

Affirmed on: Monday, June 22, 2020

By:



(Signature of Board President)

Bryant B. Wesley, II, Esq.

(Print Name of Board President)