

Southeast Delco School District COVID-19 Health & Safety Guidelines for Athletics

PDE/PADOH/PIAA Guiding Principals

Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the PDE Preliminary Guidance for Phased Reopening of Pre-k-12 Schools and the CDC Considerations for Youth Sports.

The decision to resume sports, including conditioning, practices and games, is the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-k-12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity and be posted on the school entity's publicly available website. *The plan does not need to be submitted to DOH or PDE for approval.*¹

Any sports that are in the Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

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.

To conduct games and practices, organizations and teams authorized to conduct in-person activities pursuant to this guidance **must adhere to the following:**

- Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.

¹ <https://piaad3.org/news/2020/6/10/general-governors-office-releases-preliminary-guidelines-for-return-of-piaa-sports.aspx>

- The community, league, or team must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also should be educated on proper hand washing and sanitizing.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- 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. During down time, athletes and coaches should not congregate.
- Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed including 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 multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

- Concession stands, or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

To operate games or practice, organizations and teams that are otherwise permitted to conduct in-person activities pursuant to this guidance **are encouraged to do the following:**

- In counties in the Yellow Phase of Reopening, indoor training or sports may only be conducted by organizations subject to supervision or regulation of the Pennsylvania Interscholastic Athletic Association or National Collegiate Athletic Associations, and only in accordance with guidance provided by those governing bodies. Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.
- Adult athletes are encouraged to wear face coverings when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.
- Limit cash transactions to the extent possible; find alternative ways to charge admission and pay for concessions.
- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility.

Guidance for Caregivers and Spectators

- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults should wear face coverings (masks or face shields) at all times.
- Caregivers or spectators should not enter the field of play or bench areas.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Caregivers should monitor their children for symptoms prior to any sporting event. Children and athletes who are sick or showing symptoms must stay home.

NFHS Guiding Principals

The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. There will also likely be variation in what sports and activities are allowed to be played and held. The NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

Points of Emphasis:

- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Look to guidance from your state and local health departments.
 - The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)
 - Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:
 - State, local or school district guidelines for cloth face coverings should be strictly followed.
 - Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
 - Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
 - In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity. Cloth face coverings may continue to be used during Phase 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.
 - Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
 - Coaches, officials and other contest personnel may wear cloth face coverings at all times during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

- Until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently reached, social distancing and other preventive measures such as face covering will be a “new normal” if workouts, practices and contests are to continue.

Phase 3 (Green)

The facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only.

- **Pre- Workout/Contest Screening: (Taking of Temperature; Health Questionnaire)**
 - Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate healthcare professional.
 - All Players and Coaches will take the Health Questionnaire every day, as well as having their temperature taken and recorded daily
 - A record will be kept of all individuals present.
 - Vulnerable individuals can resume public interactions, but must practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed. Limitations on Gatherings:
 - Gathering sizes of up to 250 individuals, indoors or outdoors.
 - When not directly participating in practices or contests, care will be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.
- **Facilities Cleaning: (Gyms; Weight Room; Auditorium; Locker Rooms; Wrestling Room)**
 - Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
 - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
 - Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
 - Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
 - Weight equipment must be wiped down thoroughly before and after an individual’s use of equipment.
 - Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
 - Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.
 - Students must shower and wash their workout clothing immediately upon returning to home.

- **Physical Activity and Athletic Equipment:**
 - Moderate risk sports practices and competitions may begin.
 - There will be no shared athletic towels, clothing or shoes between students.
 - Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
 - Hand sanitizer will be plentiful at all contests and practices.
 - Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
 - Maximum lifts will be limited, and power cages must be used for squats and bench presses. Spotters will stand at each end of the bar.
 - Modified* practices may begin for Higher risk sports:
 - *Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
 - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

- **Hydration:**
 - All students will bring their own water bottle. Water bottles must not be shared.
 - Hydration stations (water cows, water trough, water fountains, etc.) will not be used

- **Potential Infection Risk by Sport** (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)
 - **Higher 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: Wrestling, football, boy’s lacrosse, competitive cheer, 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 OR sports that use equipment that can’t be cleaned between participants.
 - Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can’t be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football
 - *Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants

- **Lower 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: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)
- **Transportation to events**
 - Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.
- **Social distancing during Contests/Events/Activities**
 - Sidelines/benches Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. 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 tiers will be allowed at an event:
 - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
 - Tier 2 (Preferred): Media
 - Tier 3 (Non-essential): Spectators, vendors

Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

- **Athletic Training Services**
 - Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic. Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.
- **Return to Physical Activity**
 - Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines

for fall sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

- **Hygienic**
 - Illness reporting Create notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.
 - Considerations for Officials, Coaches, Other Personnel
 - Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Phases 1 and 2.
 - Masks may be worn, social distancing enforced and “Hygiene Basics” adhered to in all situations.
 - Hygiene Basics CONTINUE TO PRACTICE GOOD HYGIENE
 - Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
 - Avoid touching your face.
 - Sneeze or cough into a tissue, or the inside of your elbow.
 - Disinfect frequently used items and surfaces as much as possible.
 - Strongly consider using face coverings while in public, and particularly when using mass transit. PEOPLE WHO FEEL SICK SHOULD STAY HOME
 - Do not go to work or school.
 - Contact and follow the advice of your medical provider.
- **OTHER CONSIDERATIONS**
 - Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
 - Wiping down ball and equipment frequently.
 - No pre-game and post-game handshakes/high-fives/fist bumps.
 - Officials and sideline volunteers should be given option to wear face coverings (may use artificial noisemaker in place of whistle).
 - Outside organizations who utilize our fields are required to clean and sanitize high touch surfaces prior to and after their use.

Assessing Risk

Risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.

- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.
 - For example, players and coaches can:
 - focus on individual skill building versus competition;
 - limit the time players spend close to others by playing full contact only in game-time situations;
 - decrease the number of competitions during a season.

Coaches can also modify practices, so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Here is NO sharing of equipment.
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).** During times when players are not actively participating in practice or competition, attention must be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).

- **Players at higher risk of developing serious disease.** Parents and coaches must assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- **Travel outside of the local community.** **Traveling** outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

MOST COMMON Q & A:

FALL SPORTS

Q: Has there been a decision made about fall sports?

A: Fall sports are scheduled to begin as planned at this point this time. We will continue to monitor any additional information provided by the Governor's Office, Department of Health or Department of Education as it relates to interscholastic athletics.

OUT-OF-SEASON ACTIVITIES

Q: Can out-of-season activities begin before July 1st?

A: With the Governor's development of the red; yellow and green phases of opening counties across the Commonwealth, the Board is committed to permitting activities in those areas of the state that may be opened under the Governor's orders. If permitted, PIAA is no longer holding to a common date of July 1 for out of season activities

Q: Can teams attend camps as scheduled?

A: At this point it is still too early to reach any decisions or offer guidance at this time. If ultimately permitted, that would be an individual decision or decision of the school for Team Camps.

Q: Will there be any changes to the rules regarding out-of-season regulations in light of the effects of COVID-19?

A: No. All current rules regarding out-of-season participation will remain in effect.

CHECKLIST FOR COACHES

Protect Players from COVID-19

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



Lower Risk  Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



cdc.gov/coronavirus

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs



Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use



Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure



Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.

Lower Risk



Skill-building drills at home



Within-team competition

Higher risk



Full competition from different areas



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

YOUTH SPORTS GAME PLAN

Reduce the Spread of COVID-19

LOWER RISK

HIGHER RISK



Skill-building drills at home



Team practice



Within-team competition



Competition with teams from your area



Full competition from different areas



cdc.gov/coronavirus

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Coach and Practice Daily Procedures:

We have received questions from the community about if and how COVID-19 will change this school year's activities seasons. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume school activities while following CDC considerations to protect players, families, and our community.

The health and safety of our students, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our students to play. **Please understand that this document as well as our summary actions are fluid and will change as new direction is released in the coming days/weeks.**

- Student athletes, coaches, and staff must be screened daily with no-touch temperature checks and a questionnaire. A positive screen that would warrant further investigation would be a temperature greater than 100.4° F or a “yes” response to any of these three questions:
 - Do you have new onset cough or shortness of breath?
 - Have you had a fever in the past 24 hours?
 - Have you had known exposure to a COVID-19-positive individual?
 - if the temperature is >100.4° F, or if any of the questions have a positive response, that individual will be removed from the group and their parent or guardian notified of the documented concern for illness/fever.
- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later on in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen

Student athletes, coaches, and staff will use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.

- Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued unlabored breathing. Exceptions are swimming, distance running or other high intensity aerobic activity
- While we understand it may be difficult to wear a mask when actively participating in a sport that takes place indoors on a court, (for example: volleyball, basketball, gymnastics) the percentage of time without the mask should be limited to the active participation time.
- At all times, all coaches and staff will be masked 100% of the time.

- Wearing gloves has not been shown to decrease transmission of the virus. Recommendation is for frequent handwashing and avoidance of touching the face.
- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by:
 - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
 - Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
 - Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
 - Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
 - All disinfecting will be performed using hospital grade district provided EPA approved disinfectants.
- Reducing physical closeness or contact between players when possible by having an adult to student ration of 1:24, focusing on conditioning and individual skills. Coaches/Directors will insure students are at least two arms lengths away from each during all drills. Arrival and Departure stations will be marked to promote social distancing. Students will not congregate before or after practice. Pick up and drop offs will be prompt. Physical contact including high-fives and handshakes will be prohibited and replaced with verbal affirmations
- Postponing travel outside of our community to any practices, exhibitions or competitions until we receive further guidance from the Governor, PIAA and the CDC.
- Promoting healthy hygiene practices encouraging students to wash their hands for at least 20 seconds before coming to school and immediately upon returning from school. We will provide hand sanitizer and remind students to cover coughs and sneezes with inside of their elbows. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- When outdoors, coaches, school staff, officials, parents, and spectators shall wear a cloth face covering during practices and games if social distancing of 6 feet is not possible. Players may opt to wear a cloth face covering on the sidelines and the dugouts, and during play if feasible. As a reminder, cloth face coverings will not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- There is to be NO sharing of equipment. **WATER BOTTLES WILL NOT BE SHARED. EACH STUDENT MUST HAVE THEIR PERSONAL BOTTLE AND HAVE ENOUGH WATER TO SUSTAIN THEMSELVES FOR THE DURATION OF PRACTICE.**

- If athlete's immediate family member is diagnosed with COVID-19, the district point of contact MUST be notified IMMEDIATELY.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

Should an athlete become ill before, during, or after a practice, they will be immediately removed from their group, isolated, and their parent/guardian notified. The athlete will only be permitted back with note from their physician caregiver.

If you have a specific question about this plan or COVID-19, points of contact are as follows:

- **Athletic Trainer: John Daley; jdaley@sedelco.org**
- **Director of Athletics: Jason Vosheski; jvosheski@sedelco.org**

You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you. Now, let's play!

Jason Vosheski
Director of Athletics

STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.



APPENDIX

Southeast Delco School District Parent / Athlete Letter

Dear Athletes and Parents,

We are excited to have athletes back on campus and working out starting on (insert date). As we prepare for this, we want you to know what precautions will be taken to keep you safe. We are currently in Phase (*enter number*) as indicated by the National Federation of High School Sports. Once social distancing requirements are further relaxed, we will enter Phase (*enter number*) and communication will be provided to parents and athletes at that time. All updates can be found on the School District Webpage.

COVID-19 Facts

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 athletes, coaches, staff, and their families significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Pennsylvania. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.

Deciding to Re-Open: The decision to re-open is based on the following criteria:

- Reopening is consistent with state and local orders.
- To protect children and employees at higher risk for severe illness, these individuals must remain home.
- Students and employees will be screened upon arrival for symptoms and history of exposure.
- Recommended health and safety actions are in place.
- Healthy hygiene practices such as hand washing and employees wearing a cloth face covering, as feasible is promoted.
- Cleaning, disinfection, and ventilation is intensified.

- Social distancing through increased spacing, small groups and limited mixing between groups will be promoted.
- The coaching staff will be trained on health and safety protocols.
- Ongoing monitoring is in place.
- Procedures to check for signs and symptoms of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick is must to stay home.
- A plan has been developed for if students or employees get sick while at workouts.
- Regular communication and monitoring developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures is in place.
- Student and employee absences will be monitored.
- Consult with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

Prior to Arriving

Prior to arriving for workouts, athletes and staff must self-screen for COVID-19 symptoms before coming onto campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Self-screen Symptoms:

Cough	Chills	Muscle pain
Shortness of breath or difficulty breathing	Repeated shaking with chills	Headache
Sore throat	Loss of taste or smell	Diarrhea
Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit	Known close contact with a person confirmed positive	

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition listed below, they should not attend workouts.

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including: those with chronic lung disease or moderate to severe asthma, serious heart conditions, and those who are immunocompromised.

- Conditions that can cause people to be immunocompromised include: cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications, severe obesity (body mass index [BMI] of 40 or higher), diabetes, chronic kidney disease undergoing dialysis, and liver disease
- Athletes must wear appropriate and adequate clothing at all times to reduce sweat transfer and skin contact.

Once on Campus

- When students are arriving to athletic workouts, they must walk six feet apart.
- Avoid all unnecessary forms of contact.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.
- Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional.
- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building.
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Athletes must arrive prepared for the activity and avoid congregating prior to or after the activity.
- Appropriate face coverings are to be worn at all times except during vigorous activities.

Sport Participation

- Attendance to athletic practices is optional.
- Workouts will be planned outdoors with a minimum distance of 6 feet between each individual at all times. Athletes will practice/exercise in small groups or pods of approximately 5-10 athletes until recommendations change.
- Hand sanitizer will be plentiful and available.
- There will be NO shared athletic towels, clothing or sport related equipment between the students.
- Students and coaches will wash hands or use hand sanitizer after they have touched something another person recently touched.
- Students and coaches will wear non-medical grade face masks.
- All students must bring their own water bottle. Water bottles must not be shared. BRING ENOUGH WATER FOR YOUR ENTIRE WORKOUT. NO ATHLETE WILL BE DENIED WATER- EMERGENCY FILLUPS WILL BE DONE CASE BY CASE.
- Hydration stations (coolers, water fountains and water-boy system, etc.) will not be utilized.

Post Workout Procedures

- When students are leaving workouts, they must walk six feet apart.
- Students will shower and wash their workout clothing immediately upon returning to home.
- Facilities will be cleaned after each workout.
- Athletes are required to leave immediately following the end of activity.

Athletics Workout Schedule

- To follow protocols mandated in Academy Park's Return to Sports Guidelines

We look forward to getting back to some resemblance of normalcy in sport and will continue to provide information and updates to athletes and parents via the Athletics Website.

Sincerely,

Academy Park Athletic Department Staff

Parent/Guardian (Print) _____

Signature _____

Athlete/Player _____

Signature _____

Date _____

COVID-19 Athlete Pre-Screen

Responses to screening questions for each person must be recorded and stored so that there is a record of everyone present in case a student develops COVID-19

Name: _____ Grade _____ Date & Time: ___/___/2020 ___: ___ am/pm

Students must have a personal water bottle prior to being allowed to participate.

Does the student have a personal water bottle? Circle Yes or No

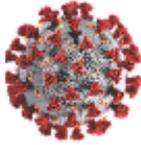
Any individual (staff or student) who answers yes to any underlying condition or symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health- care professional.

Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer school. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Underlying Conditions (Individual or within household)	CIRCLE ONE	
	YES	NO
Do you have chronic lung disease or moderate to severe asthma?	YES	NO
Do you have severe obesity (body mass index [BMI] of 40 or higher)?	YES	NO
Do you have chronic kidney disease undergoing dialysis?	YES	NO
Do you have liver disease?	YES	NO
Do you have diabetes?	YES	NO
Do you have a serious heart condition?	YES	NO

Current Symptoms (Individual or within household)		
Chills	YES	NO
Cough	YES	NO
Muscle Pain	YES	NO
Fever	YES	NO
Sore Throat	YES	NO
Headache	YES	NO
Shortness of Breath/difficulty breathing	YES	NO
Loss of smell and/or taste	YES	NO
Diarrhea	YES	NO
Contact with a Covid-19 positive person	YES	NO

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.



CS1740576 04/15/2020

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 will work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff will 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 will 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 will 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 must 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 must isolate themselves, meaning they will 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 will 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 will take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact must 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**

Date Created: 6/10/2020

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”

The Board of School Directors for **Southeast Delco School District** reviewed and approved the Phased Sports Reopening Health and Safety Plan Athletics Supplement on **June 25, 2020**.

The plan was approved by a vote of:

Yes

No

Attest on: **June 25, 2020**

By:

(Signature of Board President)

(Print Name of Board President)

(Signature of Board Secretary)

(Print Name of Board Secretary)

APPENDIX II

Guidelines for Coaches: (We will be going to the GREEN Phase as of Friday, June 26th, 2020)

Dear Coaches,

I hope that you and your family are well. This has been an unusual and trying off-season for everyone and we're hoping to get back to a somewhat normal schedule. It will, however be a new normal. Let it be known that the successes of these procedures and of athletics in general are largely up to you as coaches. The players will follow your lead and instruction. You are the people that need to make sure that we are successful. Please read the below procedures for you to follow on a daily basis; then please sign and return to Mr. Vosheski. Once that is done, your sport may resume activity.

- Players and coaches will wash their hands prior to going to practice
 - They will also use hand sanitizer or wash hands during practice, when they are given the chance
- If you are not feeling well, stay home
- Take the temperature of the players every day upon their arrival to practice and record it
 - Players also have to complete the health screening questionnaire; daily
- EVERY player MUST bring their own water bottle to practice:
 - NO water fountain use
 - NO coolers
 - NO sharing
- Players MUST wear their workout clothing to practices
 - If equipment is worn (football), it MUST be cleaned prior to wearing it and after your done with it for the day
 - NO sharing of equipment
 - If a ball is used in the sport, that can come in direct contact with the player
 - It must be wiped down after use, before it can be used again that day
- If it can be avoided, lockers and locker rooms will not be used
 - If a locker room is being used:
 - The locker room MUST be cleaned before and after practices are held; every day
 - Social distancing MUST occur in the locker room
 - A max of 10-15 players can be in the locker room at any time
 - The time allowed in the locker room will be limited per group
- Workouts must be sectioned off at the beginning to 10-15 players per station
 - There will be a gradual increase of the players per group over the course of the summer
 - 10-15 for about 2 weeks
 - 20-30 for a week
 - Full participation prior to August 10th (getting ready for the upcoming seasons)
- The above model will be used for any workout involving the weight room as well
- If using the weight room:

- All equipment MUST be wiped down before and after use
- If a player needs to be spotted for an exercise; the spotters will be on each side of the barbell (NOT directly over the lifter)
- Outside ventilation will be utilized when given the opportunity
- Outside ventilation will be used when possible if practicing inside the gym
- NO outside people will be attending practices or walking into the gyms
 - ONLY coaches, players, managers, and trainers are permitted at practices for the time being
 - Volunteer coaches are not permitted to be at practice
 - UNLESS it is given the ok by the school board
- Masks MUST be worn by coaches and trainers and managers at ALL practices
- Players do not currently have to wear masks while practicing
- Uniforms and pinnies MUST be washed after each practice or game
- ALL equipment that is worn by the players; practice jerseys, pants, girdles, etc. MUST be washed after that day's practice or game
 - Coaches will collect and wash them

Coach _____

Sport _____

Print _____

Date _____

Athletic Director _____

Administrator _____

APPENDIX III

Academy Park Football Protocol

1. The athletes will be asked to arrive at Academy Park as usual; practicing social distancing along the way
 - a. Once entering the athletic wing of the school; players will have their temperature taken and recorded, their attendance recorded, and their health screening questionnaire completed
 - b. After all of that is done, they will be sent to 1 of 5 locations, with a max of 15 players per station
2. Each group will line up using social distancing guidelines along the rail entering the athletic wing of the high school
3. Once the athlete is screened they will be assigned to 1 of the 5 workout areas in the picture below: (Wt. Room 1; Field 2; Aux. gym 3; Room 261 4; Room 263 5)
4. Wt. Room will be for strength building; Field for speed training; gym for conditioning; classroom for video and learning
5. Before the athletes switch rooms the coaches will sanitize all equipment used with a Professional Electrostatic Handheld sprayer, proper PPE and EPA approved sanitation spray.
6. Each station will run for 15 minutes
7. During the workouts we will follow all state approved guidelines, all clothing worn will be taken home to be washed, and only personal water bottles will be used with no sharing.
8. Players' equipment will be wiped down immediately after practice
9. Locker room use will be done in shifts; the same way that the workouts (pre-practice) are being done
 - a. No more than 10-15 players will be in the locker room at one time
 - i. They must wear masks while in there
 - ii. They will have a max of 3 minutes to get their belongings and get out to the practice field
10. Each player MUST bring their own towel and water bottle for practice
11. Players MUST shower once their return home
12. All coaches and managers MUST wear masks while on the practice field; or in the wt. room; gym; classroom
13. On-field practices will be by position for the first 2 weeks
 - a. With helmets being worn
 - b. Groups of 10-15 will be utilized
14. After that, there will be a gradual increase to more players practicing together
 - a. At this point the groups will start with 10-15; and may increase to 25 (players and coaches included)
15. By the start of August; the team plans on continuing with the above, but practices will expand to more of a team practice

Academy Park Field Hockey

- All players and coaches will be screened upon coming to practice. Temperatures taken. Check list with names and temps recorded. Attendance has been and will be taken each day
- Mask wearing will be at the discretion of the players
- Coaches MUST wear masks while at practices with the players
- Locker room use MUST be monitored by a coach, and limited to 10 girls at a time
 - While maintaining social distancing
- Players will bring what they need to each practice
- Equipment: Balls, Med Kit, Cones, Hurdles, Ladder, etc. will be kept with the coach and sprayed with disinfectant before and after each practice
- Field Hockey nets are assigned to two players to bring out and return for practice and that will remain as a job for the players. Sanitizing of the nets will take place
- All players and coaches will have their own water and ice. There will be no communal water or ice coolers
- Hand sanitizer will be brought by each player and coach
- No sharing of any personal equipment: Shin guards, mouth guards, goggles, towels, field hockey sticks
- Pinnies will be washed by coach after each practice. Uniforms will be washed after each game
- Warm up will be done by everyone being 6 ft. apart
- Distance running: No groups and must be separated.
- Drill work will be done in groups of 6
- After practice all players will leave the area in reverse of how they entered
- Game day the table and chairs will be wiped down along with the scoreboard
- A job list will be used and sanitation will be a priority

We look forward to beginning our season and keeping everyone healthy while enjoying the sport and competition!

Academy Park Cross Country Protocol

Practice Pre-screening and Entrance

- Athletes arrive to Knight Park and have their temperatures taken and recorded

- Responses to the health screening questionnaire on how they feel and if they are experiencing any symptoms will be collected and recorded
- If everything checks out, athlete will be allowed to participate
- Social distancing will be observed at all times

In practice Drills

- All drills will be socially distanced
- Any drills with body contact will be eliminated
- Any drills with objects (medicine balls, relay batons, jump rope, weights, etc.) will be eliminated
- Only body-weight drills will be performed
- All runs, intervals, hills, sprints, etc., will be socially distanced at all times

Post Practice Locker Room and Exit

- Athletes will wash the clothes that they wore immediately after returning home

Notes

- There will be no use of water coolers, ice chests, or any other communal object.
- There will be no distribution of water bottles, ice pops, or any other consumable
 - Athletes MUST provide their own water bottles
- Coaches will wear a mask at all times
- Athletes will be instructed not to touch anything but their own property
- Sharing of anything will be prohibited

Academy Park Soccer (Boys & Girls)

Phase I: Individual and Small Group Training

Core features

- All coaches MUST wear masks while at practice
- Player must bring their own water bottles; NO coolers or water jugs will be used
- Players must arrive to practice in what they are planning on wearing and go directly to the field
- Only small group trainings; NO more than 6 per station
- Maintain social distancing during training
- After practice, players will return home and shower and wash their clothes upon entering their home

Phase II: Full Team Training

Core features

- Full team training allowed
 - Groups may expand to 25 total players/coaches on the field at one time
 - The remainder of the team must be off of the field
- Continue to maintain social distancing

Phase III: Full Team Competition

Academy Park Tennis Protocol

Practice Pre-screening and Entrance

- Athletes arrive to Knight Park Courts and have their temperatures taken and recorded
- Responses to the health screening questionnaire on how they feel and if they are experiencing any symptoms will be collected and recorded
- If everything checks out, athlete will be allowed to participate
- Social distancing will be observed at all times
- Athletes will wash the clothes that they wore immediately after returning home

Notes

- There will be no use of water coolers, ice chests, or any other communal object.
- There will be no distribution of water bottles, ice pops, or any other consumable
 - Athletes MUST provide their own water bottles
- Coaches will wear a mask at all times
- Athletes will be instructed not to touch anything but their own property
- Sharing of anything will be prohibited

Academy Park Volleyball Plan

- All Coaches and managers will be required to have Covid-19 Screening prior to participation in any activity daily, with their temperature being taken
- Attendance MUSST be taken everyday
- Player will complete the health screening questionnaire daily
 - And have their temperature taken everyday
- Players must bring their own water bottles to practice
 - Water fountains will not be used and no coolers will used either

- Players MUST wear their workout clothes to the gym
- All players will maintain social distancing
- All coaches and managers must wear masks while at practice
- Volleyballs will be wiped down after being used during and after practice
- Coaches and players will periodically wash their hands or use hand sanitizer during practice

Academy Park Basketball Training and Workout Plan

SCREENING

- All Coaches and SAs are required to have Covid-19 Screening prior to participation in any activity daily, with their temperature being taken
- Attendance will be taken everyday
- Player will complete the health screening questionnaire daily
 - And have their temperature taken everyday
- Players must bring their own water bottles to practice
 - Water fountains will not be used and no coolers will be used either
- Players MUST wear their workout clothes to the gym
- All players MUST maintain social distancing
- All coaches and managers must wear masks while at practice
- Basketballs will be wiped down after being used during and after practice
- Coaches and players will periodically wash their hands or use hand sanitizer during practice

Academy Park Wrestling Proposal

- Temperatures of the players must be taken upon arrival to practice and recorded
- The pre-screening health questionnaire must also be completed and handed in
- Attendance must be taken at all practice
- All coaches and managers MUST wear masks while at practice and the weight room
- All players must follow ALL of the guidelines for the weight room use as well; wiping down the machines before and after use; and keeping social distancing within
- Ventilation is a key to maintaining fresh air in an otherwise closed room. Would it be possible to have an exhaust fan installed through the outside wall? We wouldn't need it to run all the time. Possibly during practice at times or for an hour after each

practice. It could be put on a timer to run for an amount of time and then shut off automatically to ensure efficiency on electricity. Simply placing a fan at the door facing out would not suffice as fresh air has no place to enter.

- Mats will be cleaned on a daily basis as usual
 - Mats must also be cleaned at the end of practice
- All players must bring their own water bottles for practice
- All players must shower either in the locker room or immediately after arriving home
- All practice clothes MUST to be washed as well
- The locker room must be wiped down as well, at the end of practice

Academy Park Indoor Track

- All Coaches are required to have Covid-19 Screening prior to participation in any activity daily, with their temperature being taken
- Attendance is to be taken everyday
- Players MUST complete the health screening questionnaire daily
 - And have their temperature taken everyday
- Players MUST bring their own water bottles to practice
 - Water fountains will not be used and no coolers will be used either
- Players MUST wear their workout clothes to the gym
- All players MUST maintain social distancing
- All coaches MUST wear masks while at practice
- Batons will be wiped down after being used during and after practice
- Coaches and players will periodically wash their hands or use hand sanitizer during practice
- Practice will be outdoors when applicable; otherwise the boys and girls team MUST practice indoors, but separately from each other
 - Separate hallways
 - Separate stairwell