

Tunkhannock Area School District
Athletic Department
Reimplementations of Extracurricular Activities Recommendations
Jun 29 - July 31, 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, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The TASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as PIAA. The TASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators. As of June 10, the Governor's office and PIAA have allowed sports activities to be in counties in the yellow or green phase of reopening.

RECOMMENDATIONS:

Recommendations for **ALL PHASES** for Junior and Senior High Athletics (Extracurricular)

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing). Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate Athletes, Coaches, and Staff on health and safety protocols.
6. Anyone who is sick must stay home.
7. Plan in place if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
11. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See-CDC "People who are at a higher risk for severe illness")

CLASSIFICATION OF SPORTS (suggested)

High Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts), dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis pole vault, high jump, long jump, 7 on 7 football

Low Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer.

****High/Moderate Risk Sports may move to a Low Risk category with non-contact modifications.**

Phase 1 (PA State Red)

- All school facilities remain closed as per PA State Guidelines
- Athletes and Coaches may communicate via online meetings (Zoom, Google meet, etc.).
- Athletes may participate in home workouts including strength and conditioning.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments. Currently, no organized sports are allowed.

Phase 2 (PA State Yellow)

Pre-workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or appropriate healthcare professional.

Limitations on Gatherings:

- No gathering of more than 25 individuals including coaches per scheduled field/court.
- Controlled non-contact practices only, modified game rules.
- No concession stands.
- Social Distancing should be applied during practices and gathering areas.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight room equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Physical Activity:

- Lower risk sports practices may begin.
- Modified practices may begin for Moderate to High Risk sports (practices must remain non-contact and include social distancing where applicable).
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.

- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary and when feasible.
- Hand Sanitizer should be used periodically as resources allow, hand washing with soap and water may be used.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration:

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

Phase 3 (PA State Green)

Pre-workout/Contest Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check. (See Appendix for COVID-19 Screening Form)
- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate healthcare provider.
- Team attendance should be recorded.

Limitations on Gatherings:

- As per State and Local Guidelines (50% building occupancy and 250 people gatherings).
- When not directly participating in practices, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight room equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Physical Activity and Athletic Equipment:

- Low, Moderate, and High Risk practices may begin (as per State, Local, and PIAA Guidelines). At this time, TASD will not participate in any scrimmages.
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary, and when feasible.
- Hand Sanitizer should be used periodically as resources allow, hand washing with soap and water may be used.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.

Positive Cases and Coaches, Staff or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

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

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (non-allergy)
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- Parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

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

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION:

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

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face, and mouth, no spitting, gum chewing, etc.).
- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging, etc.).
- The content of this Return to Sport Guidelines Document.
- Any pertinent COVID-19 information release by state/local governments, and PIAA.
- Students should come dressed for activity.
- Limit indoor activities and the areas used. Locker room use is not permitted currently. Facility showers cannot be used currently.
- Student athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an athletic trainer
- No scrimmages or competitions July1-July31, 2020.
- Campus is open only to teams who will compete in the Fall of 2020.
- Campus is available only Monday through Friday from July 1-July 31, 2020.
- Protocols will be developed for scheduling practices and use of the weight room.

****TASD reserves the right to amend, alter, make additions to these reimplementation guidelines as more information becomes available or as government regulations change.**