



PK-12 Athletics Health and Safety Plan

The decision to resume sports-related activities, including conditioning, practices and games, is within 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 to 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. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.

-Pennsylvania Department of Education

Table of Contents

Athletics Health and Safety Plan..... 1

Table of Contents.....2

Introduction.....3

Preparing Students and Staff3

Classification of Sports.....3

Reopening Phases4

Face Coverings5

Student Athlete/Coaches/ Who Test Positive for Covid-19.....5

Key Principles5

Disinfection and Sanitization6

Safety6

Student/Staff/Coach Check-In Procedures7

Covid -19 Symptoms, Testing and Management.....7

Entering and Exiting Facilities8

Limitations on Gatherings8

Workout Groups8

Attendance8

Transportation9

Contest Attendees9

Overnight and Out of State Events9

Expectations10

Plan Initiation Timeline10

Student and Staff Covid-19 Screening11

Manheim Township School District Participation Waiver12

Athletics Health and Safety Governing Body Affirmation Statement14

MANHEIM TOWNSHIP ATHLETIC DEPARTMENT
ATHLETIC HEALTH & SAFETY PLAN

RETURN TO ATHLETICS GUIDELINES
INTRODUCTION

On behalf of Manheim Township School District, we are pleased to present this outline for the return of our students to in-person, on-campus training. The health and safety of our students, faculty and community is our number one priority. Therefore, the following guidelines are based on recommendations from the following offices and organizations:

- Governor Tom Wolf
- Pennsylvania Interscholastic Athletic Association (PIAA)
- Center for Disease Control (CDC) and Department of Health DOH)
- National Federation of High School (NFHS)
- Local health officials

Manheim Township will continue to work closely with the PIAA and the aforementioned individuals and organizations so that timely and accurate information can guide appropriate responses to any changes or updates to these procedures. It should be understood that this guidance is preliminary and subject to change as conditions change within our state and local communities.

The protocols outlined in this plan are designed to minimize risk for our students, staff and community. It is vital to the health and safety of all involved that our students and staff are fully conscious of this at all times and take responsibility for these guidelines with the utmost seriousness.

PREPARING STUDENTS & STAFF

All Manheim Township coaching staff members will meet with Athletic Director, Jason Strunk, to learn and review the enclosed procedures and protocols. This meeting will be scheduled to take place after July 30th, 2020 (before any student workouts begin).

CLASSIFICATION OF SPORTS

Higher Risk: Sports that involve close, sustained contact between participants. Examples: cheerleading (stunts), football, lacrosse and wrestling

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place. Examples: baseball, basketball, field hockey, soccer, softball, tennis, track (jump events), volleyball and 7 on 7 football.

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment. Examples: bowling, cross country, golf, swimming and diving, rifle, sideline cheer and track (running and throwing events).

Source: NFHS

REOPENING PHASES

- **Red, Phase 1:** Team Activities: No In-person gatherings allowed, Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning.
 - All school facilities remain closed as per PA State Guidelines.
 - Athletes and Coaches should abide by guidelines set forth by the local and state governments.

- **Yellow, Phase 2:** Team Activities may include: team meetings, open gym, kick around, weight training/conditioning. Follow the guidance of PIAA for sports that may open during this phase.

Procedures and protocols in this phase include:

- Pre-workout Screening
 - Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.
 - No gathering of more than 25 individuals Subject to change as per state guidelines.
 - Adequate cleaning of facilities before, during and after workouts
 - Low risk sports can practice; modified practice for contact sports
-
- **Green, Phase 3 (once permitted by PIAA)**
Team activities may now include:
 - 1 on 1 drills/competition (high and moderate risk sports)
 - 5 on 5 drills/competition (high and moderate risk sports)
 - 7 on 7 football
 - Scrimmages (high and moderate risk sports)
 - Follow the guidance of PIAA for sports that may compete during this phase.

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider. A clearance will be required to return to play.
- No gathering of more than 250 individuals. Subject to change as per state guidelines.

- Low, Moderate, and High Risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- **Return to Practice and Competition (once permitted by PIAA)**
 - Follow the guidance of PIAA for sports that may return to full practice during this phase
 - Follow the guidance of PIAA for sports that may compete during this phase.
- **Pre-workout/Contest Screening:**
 - Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider.
 - All sports may resume normal practice and competition
 - Gatherings as per state guidelines

Source: Governor Tom Wolf; NFHS

FACE COVERINGS (YELLOW AND GREEN PHASE)

- Coaches, athletes and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, dugout etc. and anytime 6 feet of social distancing is not possible.

Source: State and PDE Guidelines

STUDENT ATHLETES/COACHES WHO TEST POSITIVE FOR COVID -19

- Follow MTSD Health & Safety Procedures for students and staff.

KEY PRINCIPLES:

- Educating students and staff on health and safety protocols.
- Monitoring developments with governing bodies and adjusting our plan as new information becomes available.
- Hygiene - Hand washing/sanitizing will be emphasized before, during, and after activities.
- Cleaning and sanitation - Routine and enhanced cleaning and sanitation measures will be implemented by staff.
- Safe access to facilities - Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.

- Screening Procedures for students and staff - Daily symptom and temperature screening assessment will be required of students and staff.
- All students must have a COVID-19 Pre-Screening form on file to participate.
- Students and staff following the protocols in place to ensure maximum safety for all.

Source: Governor Tom Wolf; NFHS; CDC

DISINFECTION & SANITIZATION

- Athletic facilities and equipment will be disinfected and sanitized before, during, and after work out sessions.
- Spray bottles and disposable wipes will be in close proximity to all workout stations.
- All sports balls and equipment used during the sport specific skill training will be sanitized after each session.
- Hand sanitizer will be provided in multiple locations (indoor and outdoor). Students and staff will use hand sanitizer before, during, and after each workout session.
- Students are required to wash hands or sanitize hands after exiting the restroom.

Sources: Governor Tom Wolf; NFHS; CDC

SAFETY

- Coaches, athletes and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout (etc.), and anytime 6 feet of social distancing is not possible.
- Masks/face coverings will be used at all times when not working out (IE: When entering the facilities, walking through the halls, using the restroom, in the dugout etc). Gloves, masks and eye protection regulations may be adjusted based upon mandated local/state governing bodies. (This applies to both students and staff)
- Students shall not share wearable equipment with other students (batting helmets etc.).
- Students will bring their own water. No student shall share food or water.
- Touchless water fountain and filling stations usage is permissible.
- Students are prohibited from chewing gum, eating sunflower seeds, spitting or licking fingers during workouts.
- All workout stations shall be at least 6 feet apart (weight room and turf field), depending upon which phase we are operating in.
- Students and staff will remain 6 ft apart when exercising with the only exception being for safety reasons (spotting, etc).
- Dependent upon the phase, indoor activities and spaces including locker rooms are permitted.

- Social distancing will be applied in locker rooms and bathrooms.
- There will be no unnecessary contact such as high fives, fist bumps etc.

Sources: Governor Tom Wolf, NFHS; CDC

STUDENTS/COACH/STAFF CHECK IN PROCEDURES

- COVID-19 Daily Screenings
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to athletic activity. The screenings could include a verbal, written, and/or electronic questionnaire and a temperature check.
- Responses to screening questions for each person are to be recorded and stored for contact tracing purposes.
- Any person with positive symptoms reported will not be allowed to take part in workouts and are to contact his or her primary care provider or other appropriate health-care professional and notify district administration (Athletic Director or Principal). A clearance will be required to return to play.

Sources: Governor Tom Wolf; NFHS; CDC

COVID-19 SYMPTOMS, TESTING & MANAGEMENT

Students and staff who appear to have symptoms or who become sick during the day will be immediately separated from other students, staff and instructed to return home. A symptomatic student will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received. Students who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by meeting the criteria listed below:

- 1) Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
- 2) Negative results of an FDA Emergency Use Authorized COVID-19 test. OR
- 3) The student is symptom free for 72 hours without the use of medication, and at least 10 days have passed since symptoms first appeared.

Positive Test Confirmed: If a student tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications. **The student must obtain a clearance note from their doctor prior to returning to workouts.** If a student has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with them that has tested positive for COVID -19:

- 1) The student should inform Manheim Township Staff or administrators and quarantine for 14 days. Manheim Township will notify students who may have been exposed to COVID-19 and provide guidance. Fellow students may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received.

ENTERING AND EXITING FACILITIES

- A detailed plan specific to each facility in regards to entering and exiting the facility will be shared by each coach to parents and students. Drop off and pick up locations will also be included in this communication.
- A hand sanitizing station will be set up at the facility's screening checkpoint where all students must sanitize their hands prior to entry/re-entry into the facility.
- Students will honor social distancing when entering the facility.
- Non-essential personnel (parents, siblings, etc.) will not be allowed to watch workout and practice sessions. This will follow the guidelines to limit the number of people inside and outside of each facility.
- Those dropping off and picking up students will need to stay in their vehicles.

LIMITATIONS ON GATHERINGS

- No gathering of more than (25 Yellow - 250 Green) individuals per group, including staff, per practice area. Subject to change as per state guidelines.
- Social Distancing should be applied during practices and in and gathering areas.

Sources: Governor Tom Wolf; NFHS

WORKOUT GROUPS

- Student Athletes should, when possible, remain with their cohort during athletic activities.

ATTENDANCE

- Staff are not required to participate in voluntary workouts and activities. Communication will be sent to staff that participation in workouts and activities is voluntary.
- Students are not required to participate in voluntary workouts and activities. Communication will be sent to students that participation in workouts and activities is voluntary.

TRANSPORTATION

Modifications for student/coach transportation to and from athletic events will include:

- We will monitor team and coaching staff sizes to best balance and assign transportation methods that align with our social distancing protocols.
- All athletes/coaches will wear face masks & drivers will wear face shields.
- Using hand sanitizer upon boarding a bus/van

- Load bus from back to front with assigned seating, no more than two per seat leaving the first row empty
- Open Windows, if weather allows, to improve ventilation

CONTEST ATTENDEES

- Per PDE Guidance, during the Yellow or Green phases of reopening, sports related activities on the PK-12 level are limited to 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.
- MTSD will not operate concession stands at Home contests until spectators are permitted to attend

OVERNIGHT AND OUT OF STATE EVENTS

- Manheim Township School District will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

EXPECTATIONS

- As we begin athletic training and coaching of our athletes, the expectation is to ease the students back into workouts slowly and steadily.
- As a district, we take these protocols seriously and expect everyone working with our students to adhere to implementing these guidelines.
- We must have clear lines of communication and we expect staff to contact us with any questions about protocols and procedures.
- It is our expectation that students and staff work diligently in carrying out these guidelines to the best of their knowledge and understanding to ensure maximum safety at all times.
- Coaches and staff are encouraged to reach out to the Athletic Director directly if there are any questions regarding our policies and guidelines to safely return our students back to workouts.

PLAN INITIATION TIMELINE

- 6/18/20 - MT School Board presentation and approval of Athletic Health & Safety Plan
- 6/22/20 - First day permitting off-season workouts to resume in compliance the Athletic Health & Safety Plan

- 7/21/20 - Presentation at Steering Committee Meeting #3
- 7/30/20 - MT School Board presentation and vote of finalized Athletic Health & Safety Plan
- Ongoing - monitoring at the Federal, State and Local levels

Student and Staff COVID-19 Screening

Name: _____ Date: _____

Grade: _____ Sports: _____

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

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

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

of the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. As knowledge regarding COVID-19 is constantly changing, MTSD reserves the right to adjust and implement precautionary methods as necessary to further decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the MTSD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Students and Staff on health and safety protocols.
5. Require Students and Staff to provide their own water bottle for hydration.

By signing this form, the undersigned, individually and on behalf of the undersigned's student, voluntarily agrees to the following waiver and release of liability. The undersigned agrees to release and fully discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the MTSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold each of them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities for COVID-19 related claims and injuries, including any claims of negligence by the School District and its agents, servants, volunteers and employees.

The undersigned acknowledges that participation in athletic programs, events, and activities is a voluntary activity and may include a possible exposure to a communicable viral disease including, but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledges that he/she is aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

The undersigned, individually and on behalf of the undersigned's student, knowingly and freely assumes all such risks, both known and unknown, even if arising from the negligence of others, and assumes full responsibility for our student's participation in athletics. As a condition of participating in the athletic activity, we agree that our student shall comply with the stated

recommendations put forth by the MTSD to limit the risk of exposure to and spread of COVID-19 virus and other communicable diseases. We certify that our student is in good physical condition or believe our student to be in good physical condition and allow his/her participation in this sport is voluntary and the result of our conscious and deliberate decision.

Sport: _____

Signature of Parent/Guardian: _____

Date: _____

Signature of Student Athlete: _____

Date: _____

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for Manheim Township School District reviewed and approved the Athletics Health and Safety Plan on July, 30, 2020.

The plan was approved by a vote of:

9 Yes

0 No

Affirmed on: July, 30, 2020

By:



(Signature of Board President)

Nikki Rivera

(Print Name of Board President)