

Boyertown Area School District
Department of Athletics
Health & Safety Plan for Athletics and Marching Band

Introduction

The Boyertown Area School District (BASD) will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA.

BASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The Health and Safety plan for Athletics & Marching Band will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

The approved plan will be posted electronically on the following websites:

www.boyertownasd.org

www.boyertownathletics.com

Point of Contact

The primary point of contact for all questions related to COVID-19 as in relation to the Health and Safety Plan for Athletics and Marching Band:

Mr. Dominic Palladino, M.S.Ed., CAA
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Anticipated launch date for sports related activities: July 1, 2020

Requirements

The following requirements are for **all Middle School and Senior High School contests and practices**.

1. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. 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) or the use of hand sanitizer.
3. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
4. Educate Athletes, Coaches, and Staff on health and safety protocols with information supplied to you by the school district, not from your personal research.
5. Anyone who is sick is required to stay home. If you are sick, report it to your immediate supervisor. Alternative plans can always be made!
6. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
7. Personal Protective Equipment (PPE) (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments. Everyone who participates in sport activities including coaches, athletes (including

cheerleaders), and spectators must wear a face covering, such as a mask, unless they fall under an exception in Section 3 of the PA Dept of Health Mask order.

- a. Indoors - Coaches, athletes (including cheerleaders), and spectators must wear face coverings, when indoors and where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. This includes while actively engaged in workouts, competition, and on the sidelines, etc.
 - b. Outdoors - Coaches, athletes (including cheerleaders), and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while on the sidelines, in the dugout, etc. Masks do not need to be worn when actively engaged in activity. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.
 - c. Student-athletes who are actively engaged in practice or competition (outdoor events only) do not need to wear a mask or face covering. Masks/face coverings must be worn when not actively engaged (sidelines, dugouts) when social distancing cannot take place.
 - d. All coaches must wear masks/facecoverings when social distancing cannot take place.
8. All events are subject to guidelines set forth by the PIAA, District One, PAC, and BASD. BASD has the right to, at any time, to open or close events to spectators based on guidelines set forth.
 9. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. Make alternative arrangements if needed.
 10. Coaches and Athletic Staff must complete all required Professional Development listed in this Health & Safety Plan before practices (voluntary or scheduled), meetings, or game may take place in person.

Considerations:

1. Off-season workouts are voluntary and cannot be mandated by coaches or athletic department staff.
2. Custodial staff will clean and disinfect commonly shared athletic equipment and areas on a minimum nightly basis.
3. Different times will occur for practices, so overlap between and amongst sports does not occur on campus who share the same facilities and locker rooms. All practices (out-of-season and in-season) will be coordinated through the Athletic office.
4. Activities will resume in a gradual fashion in order to avoid injuries, heat related illnesses, and understand that some athletes may not be at their optimal condition/fitness levels.
5. Meetings were held with coaches of all levels (Varsity, JV, and Middle School) to discuss practice plans and safe protocols for returning to play.
6. Once play resumes, all scheduling modifications (canceling and/or rescheduling) of practices and games will be done by the Director of Athletics or BASD Administration.

Professional Development

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
COVID-19 for Coaches	Coaches	Dominic Palladino, Director of Athletics	Online	NFHS	7/1/2020	
Using Non-Contact Thermometers	Coaches	Dominic Palladino, Director of Athletics	In-person	Documentation	7/1/2020	
COVID-19 Monitoring Form - How to use	Coaches	Dominic Palladino, Director of Athletics	In-person	Documentation	7/1/2020	

Classification of Sports

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, boys lacrosse, competitive cheer

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, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 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

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

1. Reducing the number of students/coaches on a bus/van
2. Using hand sanitizer upon boarding a bus/van
3. Social distancing on a bus
4. Limiting events to a certain performance level (Varsity, JV, Freshman, Middle School)

If parents do not want their child riding a team bus or van, they may provide their own transportation adhering to the following guidelines:

1. The student-athlete must be present at the pre-departure screening
2. If the student drives, they must follow the team bus to its location. If parents are driving the student, they can meet the bus at its destination.
3. After the contest, the student must meet the bus back at Boyertown and check in with their coach.
4. Written documentation signed by the parent/guardian of each occurrence must be given to the coach before the contest.

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Who is allowed to attend an event?

Grouping of people into tiers from essential to non-essential and decide which 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

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

Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

The Boyertown Area 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.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update their website as we learn more about COVID-19.

COVID-19 Everyday Prevention Actions

The Centers for Disease Control and Prevention is working to help keep you and your community safe from the threat of novel, or new coronavirus. Take the following everyday steps to help avoid the spread of all respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, throw the tissue away, and then wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects or surfaces such as remote controls and doorknobs. Avoid close contact with people who are sick.
- Stay home if you are sick. Call your doctor if you develop fever, cough, or difficulty breathing.

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?

1. Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
2. If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
3. The 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?

1. Athletes/Coaches who were previously diagnosed with COVID 19 and have recovered must receive a written clearance from his/her physician and submit the written documentation to the Director of Athletics and Athletic Trainer prior to returning to participate in the sport.
2. If any student tests positive for COVID 19 and attended a workout/practice or was on the school campus within a 14-day period, he/she must appropriately notify the Director of Athletics of the matter and testing results. Contact tracing will then be initiated by school personnel and communicated directly to the Director of Athletics and/or Building Principal.
3. 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 of Staff

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

1. COVID-19 signs and symptoms
2. 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.)
3. No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
4. The content of this Health & Safety Plan.
5. Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

References:

COVID-19 Everyday prevention actions:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/CDC-COVID-19-PSA-Everyday-Prevention-Actions.pdf>

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public. - June 10, 2020 <https://www.governor.pa.gov/covid-19/sports-guidance/>

NFHS: Guidance for Opening Up High School Athletics and Activities - May 2020

https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

Symptoms of Coronavirus -

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

Athletics Health and Safety Plan Summary: **Boyertown Area School District**

Anticipated Launch Date: July 1, 2020

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)	All areas used will be cleaned daily. Cleanings will take place in all areas used by student-athletes or staff.

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Social Distancing protocols will be used when possible. Indoor groups must be limited to 25% of max capacity.
* Procedures for serving food at events including team meetings and meals	Outdoor groups must be limited 50% of facility max occupancy. Practice, game, and activity spaces will be scheduled by the Athletic Office. Teams will not overlap facilities.

*** Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices**

*** Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs**

Identifying and restricting non-essential visitors and volunteers

Limiting the sharing of materials and equipment among student athletes

Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)

Adjusting transportation schedules and practices to create social distance between students

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

Other social distancing and safety practices

Prepackaged meals only. No buffet style meals.

Social distancing protocols must be used.

Concession stands can open if social distancing restrictions involving spectators are lifted. Concession stands must follow proper CDC/PA DOH guidelines. Only prepackaged food is available for sale.

Wash hands before and after activities.

Use of hand sanitizer if needed.

Game ball(s) are disinfected before, during and after every game and practice.

Everyone who participates in sport activities including coaches, athletes (including cheerleaders), and spectators must wear a face covering, such as a mask, when actively engaged in activity unless they fall under an exception in Section 3 of the PA Dept of Health Mask order.

- a. Indoors - Coaches, athletes (including cheerleaders), and spectators must wear face coverings, when indoors and where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. This includes while actively engaged in workouts, competition, and on the sidelines, etc.
- b. Outdoors - Coaches, athletes (including cheerleaders), and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their

household. This includes while on the sidelines, in the dugout, etc. Masks do not need to be worn when actively engaged in activity. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

- c. Student-athletes who are actively engaged in practice or competition (outdoor events only) do not need to wear a mask or face covering. Masks/face coverings must be worn when not actively engaged (sidelines, dugouts) when social distancing cannot take place.
- d. All coaches must wear masks/facecoverings when social distancing cannot take place.

No shared water containers are permitted. Each student-athlete must provide their own water bottle. Touchless water coolers will be available at a hydration station at practices. This area will be set-up by a member of the athletic department staff

Signs indicating proper hygiene and hygiene practices will be posted in common areas.

Any equipment that must be shared must be disinfected between users. Game balls must be disinfected when feasible

Locker rooms will be scheduled for use by the Athletic Office. occupancy is 25% of max occupancy .

School District transportation will be provided per guidelines outlined in the BASD Health & Safety Plan.

	<p>Student-athletes may be transported by a parent/guardian to off-site events with proper documentation Social Distancing protocols will be used when possible.</p>
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Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>Student-Athletes, coaches, and athletic department staff will fill out the "COVID-19 Monitoring Form" Students/Staff - will be quarantined in the officials' locker room located in the athletic wing until proper travel arrangements can be made.</p> <p>Any student-athletes or Coaches who have traveled to a COVID-19 Hotspot as outlined by the PA DOH are not allowed to participate in any practice, game, or voluntary workout for a period of 14 days during the recommended self-quarantine period.</p> <p>Student-athlete/staff of opposing schools will follow the same protocol as above</p> <p>Students or staff must 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.</p> <p>Changes in safety protocols - update documents on websites and advertise the changes on social media and email contacts</p>

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Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<p>Safety protocols will be implemented for any student-athlete or staff member who needs accommodations</p> <p>Accommodations will be made for staff members who are unable to return to their position due to medical reasons Required while social distancing guidelines are in effect.</p> <p>Safety protocols will be implemented for any student-athlete or staff member who needs accommodations due to medical reasons Coaches and athletic department staff will fill out the “COVID-19 Monitoring Form” before starting each activity.</p> <p>Anyone who has been in close contact with a person with COVID-19 must be reported to the Director of Athletics and Building Principal. CDC and PA DOH protocol will be followed.</p>
<p>Revised – July 3, 2020 Revised – July 6, 2020 Revised – July, 23, 2020</p>	

<p>Revised - August 19, 2020 Revised - October 27, 2020 Revised - November 23, 2020 Revised - December 2, 2020 Revised - April 9, 2021 Revised - May 11, 2021</p>	
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