

**PASD Return to
Competition Plan
Health and Safety Plans
Winter 2020**



Palmyra Area School District Athletic Department

Intent

The virus that causes the Coronavirus 2019 Disease (COVID-19) is easily transmitted, especially in group settings, and it is essential that the spread of the virus be suppressed to safeguard public health and safety. COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild, such as a cough. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose or eyes. This document addresses the procedures and protocols the Palmyra Area School District will follow when hosting a PIAA competition, community-based competition or field rental. The contents within this document may be adjusted due to new information or new orders from federal or state level governments.

PIAA Statement

The PIAA is committed to maximizing the athletic opportunities for student-athletes across the Commonwealth and will remain flexible in considering that certain sports may be impacted differently and post-season play may need to be modified. Based on currently known information, the PIAA Sports Medicine Advisory Committee believes that STRICT ADHERENCE by school districts and teams to their school adopted plans and the Governor's School Sports Guidance should provide a reasonably safe environment for student-athletes to participate in interscholastic athletics. Participation in High School sports is voluntary for both the individual and school

General Considerations for All Sports & Activities

- Parents/Guardians should monitor their children of any symptoms prior to any team activity. If there is doubt stay home. (see symptoms below)
- Outside of your immediate family/household physical distancing (6 feet min) is required.
- Parents/Guardians and coaches should assess levels of risk based on individual athletes who may be at a higher risk for severe illness.
- Disinfect your child's personal belongings after each practice, game or activity.
- Identify your child's belongings as to avoid any confusion with similar equipment.
- Regularly wash your hands with soap and water or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces and equipment.

Spectators for Indoor Events

- PASD will meet compliance with the October 6th amended mitigation Order where occupancy limits were revised to 20% of maximum occupancy.
- Face coverings will be required for all attendees at all times. **Student-athletes will adhere to the guidelines established by the Department of Health/Department of Education and the PIAA.**
- Spectators shall comply with the designated seating arrangements in our gymnasium and **adhere** for proper distancing of at least 6 feet.
- Spectators are asked to avoid any unnecessary contact such as shaking hands. Please cover all coughs and sneezes with a sleeve or elbow.

- **Girls & Boys MS & HS Basketball:** 2 tickets per student-athlete for both home and visiting team; parents of JV players must leave at the conclusion of the JV contest unless they have a child who also dresses for Varsity; parents of Varsity players must leave at the conclusion of the varsity contest.
- **Swimming: Due to capacity restrictions in our natatorium, spectators will not be permitted.**
- **MS & HS Wrestling:** 2 tickets per student-athlete for both home and visiting team; MS spectators must leave at the conclusion of the MS match unless they have a child participating on the HS Team.
- The district will adhere to the \$6.00/spectator admission price for an adult and \$3 for students.
- The district administration reserves the right to reevaluate attendance of spectators at home events if the guidance and or legal considerations from the Commonwealth's guidance are altered.

Live Streaming Events

- It will be the Athletic Department's goal to live stream all home events: Girls Basketball, Boys Basketball, Swimming and Wrestling.

Expectations for Student-Athletes, Coaches and Staff for Indoor Events

- Athletes will not be permitted to congregate after school. Get to your destinations and wear face coverings in changing areas when occupied by others. Locker rooms are limited to 25 persons at a time. DO NOT share lockers or clothing.
- Per the Secretary of Health's Order on **November 17, 2020 a face covering is required at all times during indoor practice and competition and anytime 6 feet of physical distancing is not possible when outdoors.** Exceptions include Section 3 of this Order.
- Coaches are required to wear face coverings at all times.
- Avoid shaking hands, high fives, fist bumps, etc. Limit any and all unnecessary contact with teammates, other athletes, coaches, officials or spectators (if permitted).
- All athletes, coaches and staff will be required to bring their own water thermos. A water cooler will be made available for any refills and manned solely by a coach or manager.
- Do not share uniforms, towels or any other equipment.

Transportation to Away Events

- A face covering will be required on a bus or district van.
- Windows should be put down to improve ventilation (weather permitting).
- When feasible, one individual per seat on a bus.
- Parents/Guardians may transport **their child** to an away event and/or take their child home following the contest with an advanced email notification to head coach, including a signed transportation waiver. **Students may not transport themselves.**
- In the event parents/guardians seek to transport another student-athlete on the team, each parent/guardian (of both athletes) must sign the transportation waiver provided and submit to the coach in advance of the event.

Team and Booster Club Activities

- Booster Clubs are encouraged to hold meetings virtually or outdoors using accepted physical distancing guidelines.
- Team meals, bonding events or other means of congregate settings are strongly discouraged.
- Concession stands will not be open this season. No post game meals will be permitted unless they are pre-packaged.

Athletic Training Room

- Face coverings are mandatory in our athletic training room.
- A limit of six (6) athletes will be permitted at one time. Priority care will be given to athletes with games and after school practices.
- Conduct rehabilitation exercises outside if applicable.

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. (See CDC Fact Sheet in Appendix).

Symptoms may include:

- Cough
- Shortness of breath or difficulty breathing
- New olfactory disorder
- New Taste disorder
- Fever
- Headache
- Chills
- Myalgia
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fatigue

What to do if you are sick?

- If you are sick or think you are infected with **COVID-19**, **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 athletic director immediately at 717-821-6619.
- 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 (see attached handout)

What to do if a student or staff become ill with COVID-19 symptoms during school, 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 area.

- 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 activity following a COVID-19 diagnosis?

- Student or staff will be required to 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).

Contact Person for PASD athletics & activities for all questions related to COVID-19

- Brian Weidler, Athletics Director: office 717.838.1331 x 8, emergency 717.821.6619

What PASD Groups are included

- All PIAA sanctioned PASD athletic programs

How to Protect Yourself and Others

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick**. www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



CS 316291A 04/18/2020

cdc.gov/coronavirus

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public**, for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



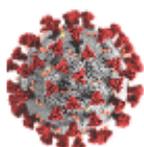
- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

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.



CS174027A 04/12/2020

[cdc.gov/coronavirus](https://www.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 work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff 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 should 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 should 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 should 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 should isolate themselves, meaning they should 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 should 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 should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Re-opening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

Palmyra Area School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19

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 PASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The PASD 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.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated guidance put forth by the PASD to limit the exposure and spread of COVID-19 and other communicable diseases.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____