

Downingtown Area School District



Summer Athletics: Health and Safety Plan



INTRODUCTION

This document is intended to guide members of Downingtown Area School District Athletics Program on recommendations for the reopening of our athletic program during the COVID-19 Pandemic in accordance with [Governor Wolf’s Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits PK-12 schools under the PIAA to resume athletics in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#).

While the plan is a requirement for the PIAA and athletes, the concepts and principles will be applied to our marching band participants where feasible and appropriate.

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PRIMARY POINT OF CONTACT

The primary point of contact for all questions related to COVID-19 and athletics.

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GENERAL CONSIDERATIONS

- All off-season workouts are open and voluntary.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working toward decreasing the risk of transmission to others.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.

CONSIDERATIONS FOR COACHES

- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from school nurses and/or athletic trainers on educational strategies for student-athletes.
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
 - Consider that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if athletes miss sessions, they may need to start at a previous level.
 - Coaches should work with the Director of Athletics, Assistant Athletic Director, and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Follow all employee guidelines in the DASD Reopening Guide for Staff.
- Coaches must stay until all members of their team have left DASD campus.
- Notification of any use of DASD facility (indoor or outdoor) must be given to the athletics department prior to entry into the facility.

CONSIDERATIONS FOR ATHLETES

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared to go and avoid congregating before the workout. Athletes should leave immediately following the workout.
- Athletes must arrive with an adequate hydration supply. Coolers, shared water bottles, and use of water fountains will not be permitted.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.

PRE-WORKOUT PROCEDURES (ALL PHASES)

- All athletes and coaches in attendance must complete an educational session on COVID-19 symptoms and risk mitigation strategies prior to first workout.
- All athletes and coaches in attendance must complete screening prior to each workout.
 - Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the ok by an athletic trainer or athletic administrator.
 - Coaches and/or Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
 - Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletics department immediately after practice.
- Athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a face covering to participate. No coolers or hydration stations should be utilized at this time.

SCREENING PROCEDURES

- Any athletes, coaches, or staff who believes they may be sick should remain at home.
 - Coaches should work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- A screening survey should be completed (**within two hours to the start of the workout**) the same day as workout. Athletes and/or coaches may not remain on campus if the screening survey is not completed.

- Athletes should complete screening in consultation with parents.
- Screening Survey Questions (electronic survey):
 - In the past 72 hours, have you or anyone in your household experienced symptoms of acute respiratory illness, such as: a fever of 100.4°F or higher, fatigue, body aches, cough, shortness of breath, sore throat, runny/stuffy nose, chills?
 - In the past 14 days, have you had close contact (i.e. within 6 feet for more than a few minutes) with anyone who tested positive for COVID-19 (AKA coronavirus), is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?
- If 'yes' to either question or you are concerned that you may be ill, remain home.
 - A coach/athletic trainer will contact parents of athletes who have answered 'yes' to any questions.
 - At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from treating health care provider and notify coaches and/or athletic trainers so an appropriate return to play plan can be established.
- If anyone tests positive for COVID-19 who was at a workout within 14 days, appropriate notification and tracing will be initiated.

PLAN IF PARTICIPANT FALLS ILL

In the case a participant in one of our facilities has a probable or confirmed case of COVID-19, the District will implement the protocols below:

- Secure and decontaminate the affected areas by:
 - Closing off areas visited by the person who is a probable or confirmed case of COVID-19.
 - Opening outside doors and windows and using ventilation fans to circulate air in the area.
 - Waiting at least 24 hours, or as long as practical, before cleaning and disinfecting the affected area.

- Cleaning and disinfecting all shared areas such as bathrooms, break rooms, shared equipment used by the sick person.
- Identify others who were in close contact (within about 6 feet for 10 minutes or more) with a person with a probable or confirmed case of COVID-19 from the period 48 hours before symptom onset to the time at which the patient isolated.
- If any person who was in close contact remains asymptomatic, that person should adhere to the practices set out by the CDC in its April 20, 2020 Interim Guidance for Implementing Safety Practice for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19.
- If an affected person becomes sick during a workout, the person should go home immediately. Information on others who had contact with the ill person during the time the person had symptoms and 48 hours prior to symptoms should be compiled. Others with close contact within 6 feet of the person during this time are considered exposed.
- Promptly notify others who were close contacts of any known exposure to COVID-19 at the business premises, consistent with applicable confidentiality laws.
- Inform others that if they have symptoms (i.e., fever, cough, or shortness of breath), they should stay home.
- Athletes who are sick must not return to workouts until cleared by their health care provider and have met the CDC criteria to discontinue home isolation.

GATHERING SIZES

The following phases will be used in conjunction with the state of Pennsylvania's yellow and green phase restrictions on gathering limitations and building occupancy and the DASD Pandemic Plan. 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. If still in Yellow phase and a team has more than 25 participants who want to attend, consider a rotating schedule, dividing the group among different coaches and fields, or multiple sessions.

- RED** - No sports are allowed in counties designated as being in the Red phase.
- YELLOW** - Groups of 25 or less (including coaches).
- GREEN** - Groups of 250 or less (including coaches).

PHASE 1: Limiting Phase of the DASD Pandemic Plan - Chester County in Yellow Phase

- **Phase 1 will be utilized during the initial summer conditioning period and/or anytime we are in the yellow phase**
- Conditioning and individual non-contact drills only with focus on individual skill building versus competition.
- Groups of 25 or less while in yellow phase (including coaches).
 - Consider scheduling multiple sessions if more than 25 want to attend.
- No group huddles.
 - Instruction should be given in a way that maintains appropriate social distancing.
 - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- No indoor facility use (gyms, locker rooms, fitness center, etc.). Restrooms should be used one at a time if needed.
 - Indoor sports should consider doing conditioning and individual drills outside.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform

PHASE 2: Limiting Phase of DASD Pandemic Plan - Chester County in Green Phase

- Conditioning, Individual Drills, and Group Drills with focus on limiting contact in close contact sports.
 - No intrasquad scrimmages
- Group Sizes
 - Outside
 - Green Phase- Groups of 250 or less (including coaches)
 - Indoor Group Sizes
 - Green Phase- Groups of 25 or less inside the gym and groups of 25 or less in the fitness center.
 - Workouts should be contained in pods of 12 or less if possible. These pods remain together for all activity and intermingle with other pods as little as possible.
- No group huddles.
 - Instruction should be given in a way that maintains appropriate social distancing.
 - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- No locker room use. Restrooms should be used one at a time if needed.
- Fitness Center activities should be limited to those that allow for social distancing (side-spotting should be utilized when needed) and equipment should be sprayed down and wiped after each use. The fitness center will also be deep cleaned by custodial and/or coaching staff at the conclusion of each day.
 - Athletes should take frequent breaks for hand-washing or hand sanitizer use.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.

- Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.
- Phase 2 will be utilized for the middle portion of the summer, with the goal of skill improvement versus competition and to prepare our programs to move to Phase 3

PHASE 3: Limiting and/or Monitoring Phase of DASD Pandemic Plan-Governor/PIAA Approve Fall Sports

- No limitation on contact drills or intrasquad scrimmages.
- Group sizes TBD based on PDE & DOH Guidance.
 - Special considerations should be given in confined spaces (i.e. fitness center) to allow for social distancing.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings may be required for all coaches depending on PDE & DOH guidance.
- Spectators/Parents may be limited or restricted based on gathering limitations of Process of Reopen Pennsylvania Document.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
 - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fistbumps, and high fives.
- Team meetings should allow for social distancing or take place on a virtual platform.

RESOURCES

1. [PA Guidance for Sports 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](#)
2. [Process to Reopen Pennsylvania- June 9, 2020](#)
3. [PIAA Press Release- June 10, 2020](#)
4. [PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020](#)
5. [CDC COVID-19 Considerations for Youth Sports- May 29, 2020](#)
6. [NFHS Guide for Opening Up High School Athletics and Activities- May 2020](#)
7. [UPMC Sports Medicine Playbook: Returning to Sports During COVID-19 Minimum Guidelines \(High School\)- May 28, 2020](#)
8. [NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers- May 2020](#)
9. [KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs- June 2, 2020](#)
10. [Washington University Resocialization of Sports Recommendations- June 1, 2020](#)