

# Interboro Athletic Department

July 2020

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this school year's activities seasons. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume school activities while following CDC considerations to protect players, families, and our community.

The health and safety of our students, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our students to play. **Please understand that this document as well as our summary actions are fluid and will change as new direction is released in the coming days/weeks.**

- Student athletes, coaches, and staff will be screened daily with no-touch, infrared temperature checks and a symptom questionnaire. A positive screen that would warrant further investigation would be a temperature greater than 100.3° F or a “yes” response to any of these three questions:
  - Do you have NEW onset cough, fever, sore throat, or shortness of breath?
  - Have you had a fever in the past 24 hours?
  - Have you had known exposure to a COVID-19-positive individual or have you traveled to a quarantine state?

If the temperature is >100.3° F, or if any of the questions have a positive response, that individual will be removed from the group and their parent or guardian notified of the documented concern for illness/fever. They will then need to contact their primary care physician or our Sports Medicine Team for further assistance and testing. Athletes will need to follow the COVID-19 Return to Play Protocol in order to return to their sport.

- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.
- Student athletes, coaches, and staff must wear masks when in all indoor and outdoor spaces. Players are always to wear face coverings, unless it limits breathing. This is inclusive of the athletic training rooms and weight rooms.

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- Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued unlabored breathing. Exceptions are swimming, distance running or other high intensity aerobic activity
- While we understand it may be difficult to wear a mask when actively participating in a sport that takes place indoors on a court, (for example: volleyball, basketball, gymnastics) the percentage of time without the mask should be limited to the active participation time.
- At all times, all coaches and staff will be masked 100% of the time.
- Wearing gloves has not been shown to decrease transmission of the virus. Recommendation is for frequent handwashing and avoidance of touching the face.
- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by:
  - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
  - Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
  - Appropriate clothing/shoes must always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.
  - Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
  - All disinfecting will be performed using hospital grade district provided EPA approved disinfectants.
- Reducing physical closeness or contact between players when possible by having an adult to student ration of 1:24, focusing on conditioning and individual skills. Coaches/Directors will ensure students are at least two arms lengths away from each during all drills. Arrival and Departure stations will be marked to promote social distancing. Students will not congregate before or after practice. Pick up and drop offs will be prompt. Physical contact including high-fives and handshakes will be prohibited and replaced with verbal affirmations
- Postponing travel outside of our community to any practices, exhibitions or competitions will be taking place until we receive further guidance from the Governor, PIAA and the CDC.

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- Promoting healthy hygiene practices encouraging students to wash their hands for at least 20 seconds before coming to school and immediately upon returning from school. We will provide hand sanitizer and remind students to cover coughs and sneezes with inside of their elbows. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- When outdoors, coaches, school staff, officials, parents, and spectators shall wear a cloth face covering during practices and games if social distancing is not possible. Players may opt to wear a cloth face covering on the sidelines and the dugouts, and during play if feasible. As a reminder, cloth face coverings should not be placed on children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- Limiting the sharing of equipment is imperative, so we encourage students to bring their own equipment when possible (helmets, gloves, mouthpieces, etc.). If equipment needs to be shared, it will be wiped down before and after each use.
- **WATER BOTTLES WILL NOT BE SHARED. EACH STUDENT MUST HAVE THEIR PERSONAL BOTTLE AND HAVE ENOUGH WATER TO SUSTAIN THEMSELVES FOR THE DURATION OF PRACTICE. IF A STUDENT DOES NOT BRING THEIR OWN WATER BOTTLE, THEY ARE BARRED FROM PARTICIPATING THAT DAY. BRING ENOUGH WATER FOR YOUR ENTIRE WORKOUT. NO ATHLETE WILL BE DENIED WATER- EMERGENCY FILLUPS WILL BE DONE CASE BY CASE.**
- If an athlete's immediate family member is diagnosed with COVID-19, the district point of contact **MUST** be notified **IMMEDIATELY**.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — will not be allowed to attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, sore throat, or shortness of breath. Call your doctor if you think you or a family member are sick.

Should an athlete become ill before, during, or after a practice, they will be immediately removed from their group, isolated, and their parent/guardian notified. The athlete will only be permitted back after completing the COVID-19 Return to Play Protocol with note from their physician/caregiver.

The Chester County Health Department and they will conduct investigations for positive test results and contact tracing for close contacts. Questions can be directed to 610-344-6225

If you have a specific question about this plan or COVID-19, points of contact are as follows:

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- **Sports Medicine Fellow, Dr. Vincent Marchese** ([Vincent.Marchese@crozer.org](mailto:Vincent.Marchese@crozer.org))
- **Team Physician, Dr. David Webner** (Office #: 610-328-8830)
- **Athletic Trainer, Jenna Syken** ([Jenna.Syken@interborosd.org](mailto:Jenna.Syken@interborosd.org))

You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).

We look forward to seeing you. Now, let's play!

Thank you and stay healthy,

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## COVID-19 Health & Safety

### Guidelines for Athletics

#### PDE/PADOH/PIAA Guiding Principals

Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the Pennsylvania Department of Education (PDE) Preliminary Guidance for Phased Reopening of Pre-K-12 Schools and the Centers for Disease Control (CDC) Considerations for Youth Sports.

The decision to resume sports-related activities, including conditioning, practices and games, is 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-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. *The plan does not need to be submitted to the Department of Health (DOH) or PDE for approval.*<sup>1</sup>

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. 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. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

To conduct games and practices, organizations and teams authorized to conduct in-person activities pursuant to this guidance **must adhere to the following:**

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<sup>1</sup> <https://piaad3.org/news/2020/6/10/general-governors-office-releases-preliminary-guidelines-for-return-of-piaa-sports.aspx>

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- Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- The community, league, or team must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also must be educated on proper hand washing and sanitizing.
- Coaching staff and other adult personnel must always wear face coverings (with or without face shields), unless doing so jeopardizes their health.
- Coaches and athletes must always maintain appropriate social distancing possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches must not congregate.
- Athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.3 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups/shared bottles are not allowed. Fixed water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

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- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility may not exceed 50% of total occupancy otherwise permitted by law.
- Concession stands, or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

To operate games or practice, organizations and teams that are otherwise permitted to conduct in-person activities pursuant to this guidance **are encouraged to do the following:**

- In counties in the Yellow Phase of Reopening, indoor training or sports may only be conducted by organizations subject to supervision or regulation of the Pennsylvania Interscholastic Athletic Association (PIAA) or National Collegiate Athletic Association (NCAA), and only in accordance with guidance provided by those governing bodies. Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.
- Student athletes are encouraged to wear face coverings when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.
- Limit cash transactions to the extent possible; find alternative ways to charge admission and pay for concessions.
- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility.

## Guidance for Caregivers and Spectators

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- Seating areas, including bleachers, must adhere to social distancing requirements with respect to seating for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults should always wear face coverings (masks or face shields).
- Caregivers or spectators should not enter the field of play or bench areas.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Caregivers should monitor their children for symptoms prior to any sporting event. Children and athletes who are sick or showing symptoms must stay home.

## NFHS Guiding Principals

The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. There will also likely be variation in what sports and activities can be played and held. The NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

### Points of Emphasis:

- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Look to guidance from your state and local health departments.



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- The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)
- Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:
  - State, local or school district guidelines for cloth face coverings should be strictly followed.
  - Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
  - Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.
  - In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity. Cloth face coverings may continue to be used during Phase 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.
  - Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
  - Coaches, officials and other contest personnel must always wear cloth face coverings during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)
- Until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently reached, social distancing and other preventive measures such as face covering will be a “new normal” if workouts, practices and contests are to continue.

## Phase 1 (RED)

- **Pre- workout Screening:**
  - All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and a symptom checklist questionnaire.
  - Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Sample Monitoring Form).
  - A record will be kept of all individuals present at each workout.

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- Any person with positive symptoms reported will not be allowed to take part in workouts and must follow the COVID-19 Return to Play Protocol.
  - The Sports Medicine Team at Springfield Hospital can help facilitate further testing.
- Individuals who have COVID symptoms and a negative COVID-19 test should be quarantined at home and follow the COVID-19 Return to Play Protocol.
- The Chester County Health Department will conduct investigations for positive test results and contact tracing for close contacts. Questions can be directed to 610-344-6225
  - Vulnerable/immune compromised individuals will not oversee or participate in any workouts during Phase 1.
- **Limitations on Gatherings:**
  - No gathering of more than 10 people at a time (inside or outside).
  - Locker rooms will not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
  - Workouts must be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
  - There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
- **Facilities Cleaning:**
  - Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
  - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
  - Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
  - Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
  - Weight equipment must be wiped down thoroughly before and after an individual’s use of equipment.
  - Appropriate clothing/shoes must always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.
  - Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

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- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- **Physical Activity and Athletic Equipment:**
  - There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
  - Students must wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
  - All athletic equipment, including balls, must be cleaned after each use and prior to the next workout.
  - Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
  - Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
  - Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- **Examples (including but limited to):**
  - A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
  - A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
  - A volleyball player should not use a single ball that others touch or hit in any manner.
  - Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
  - Wrestlers may skill and drill without touching a teammate.
  - Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
  - Tennis players may do individual drills, wall volleys and serves.
  - Runners should maintain the recommended 6 feet of distancing between individuals
- **Hydration:**
  - All students shall bring their own water bottle. Water bottles must not be shared.

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- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized
- IF A STUDENT DOES NOT BRING THEIR OWN WATER BOTTLE, THEY ARE BARRED FROM PARTICIPATING THAT DAY

## Phase 2 (Yellow)

The facility may not exceed 50% of total occupancy otherwise permitted by law. 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.

### • **Pre-Workout/Contest Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and symptom questionnaire.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see sample monitoring form below).
- A record will be kept of all individuals present at each workout.
- Any person with positive symptoms reported will not be allowed to take part in workouts and must follow the COVID-19 Return to Play Protocol.
  - The Sports Medicine Team at Springfield Hospital can help facilitate further testing.
- Individuals who have COVID symptoms and a negative COVID-19 test should be quarantined at home and follow the COVID-19 Return to Play Protocol.
- The Chester County Health Department will conduct investigations for positive test results and contact tracing for close contacts. Questions can be directed to 610-344-6225
- Vulnerable/immune compromised individuals will not oversee or participate in any workouts during Phase 2.

### • **Limitations on Gatherings:**

- No gathering of more than 25 people at a time inside. Up to 25 individuals may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there must always be a minimum distance of 6 feet between everyone.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate

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social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

- **Facilities Cleaning:**

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes must always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

- **Physical Activity and Athletic Equipment:**

- Lower risk sports practices and competitions may resume
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, must be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear must be cleaned between each use.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

- **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.

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- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- IF A STUDENT DOES NOT BRING THEIR OWN WATER BOTTLE, THEY ARE BARRED FROM PARTICIPATING THAT DAY

## Phase 3 (Green)

The facility may not exceed 50% of total occupancy otherwise permitted by law. 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.

- **Pre- Workout/Contest Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and symptom questionnaire.
- A record will be kept of all individuals present at each workout
- Any person with positive symptoms reported will not be allowed to take part in workouts and must follow the COVID-19 Return to Play Protocol.
  - Our Sports Medicine Team at Springfield Hospital can help facilitate further testing.
- Individuals who have COVID symptoms and a negative COVID-19 test should be quarantined at home and follow the COVID-19 Return to Play Protocol.
- Chester County Health Department will conduct investigations for positive test results and contact tracing for close contacts. Questions can be directed to 610-344-6225
- Vulnerable/immune compromised individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

- **Limitations on Gatherings:**

- Gathering sizes of up to 250 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between everyone. Consider using tape or paint as a guide for students and coaches.

- **Facilities Cleaning:**

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- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment must be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes must always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
  
- **Physical Activity and Athletic Equipment:**
  - Moderate risk sports practices and competitions may begin.
  - There will be no shared athletic towels, clothing or shoes between students.
  - Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
  - Hand sanitizer will be plentiful at all contests and practices.
  - Athletic equipment such as bats, batting helmets and catchers gear must be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
  - Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
  - **Modified\* practices may begin for Higher risk sports:**
    - \*Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
    - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.
  
- **Hydration:**
  - All students shall bring their own water bottle. Water bottles must not be shared.

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- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- IF A STUDENT DOES NOT BRING THEIR OWN WATER BOTTLE, THEY ARE BARRED FROM PARTICIPATING THAT DAY
- **Potential Infection Risk by Sport** (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)
  - **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, boy’s lacrosse, competitive cheer, 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 OR sports that use equipment that can’t be cleaned between participants.
    - Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can’t be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 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 to events**
  - Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.
- **Social distancing during Contests/Events/Activities**
  - Sidelines/benches



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- Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.
- Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers 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

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

- **Athletic Training Services**

- Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic. Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

- **Return to Physical Activity**

- Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with several other organizations in developing consensus guidelines for fall sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

- **Hygienic**

- Illness reporting
  - Create notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.
- Considerations for Officials, Coaches, Other Personnel

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- Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Phases 1 and 2.
- Masks may be worn, social distancing enforced and “Hygiene Basics” adhered to in all situations.
- Hygiene Basics **CONTINUE TO PRACTICE GOOD HYGIENE**
  - Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
  - Avoid touching your face.
  - Sneeze or cough into a tissue, or the inside of your elbow.
  - Disinfect frequently used items and surfaces as much as possible.
  - Strongly consider using face coverings while in public, and particularly when using mass transit. **PEOPLE WHO FEEL SICK SHOULD STAY HOME**
  - Do not go to work or school.
  - Contact and follow the advice of your medical provider.

Both

- **OTHER CONSIDERATIONS**

- Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
- Wiping down ball and equipment frequently.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Officials and sideline volunteers should be given option to wear face coverings (may use artificial noisemaker in place of whistle).

Outside organizations who utilize our fields are required to clean and sanitize high touch surfaces prior to and after their use.

- **ATHLETIC TRAINING ROOM PROTOCOL**

- By current standards all athletes will be required to wear a face mask when in the athletic training room at the high school and at South Ave. complex.
- Treatment times will be assigned in 20-minute intervals for treatments.
  - HEP’s (home exercise programs) will be given on a case-by-case basis with weekly check-ins with the Athletic Trainer.
- No more than 2 athletes at a time in the High School Training room
- No more than 1 athlete at a time in the South Ave Training room
  - Pre-game tapings for football can be done outside on a portable table to ensure social distancing.

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- Both Athletic Training rooms will be disinfected every night and all surfaces wiped down before and after the athletes enter and exit.
- **PHYSICALS FOR FALL 2020 SPORTS**
  - Paperwork will be submitted via the FamilyID website
  - Paperwork will be looked over by medical staff once submitted
  - Appointments at Crozer Sports Medicine in Springfield Hospital will be available for July 28<sup>th</sup> and July 30<sup>th</sup> from 6pm-8pm via the Sign-Up Genius Link on Family ID.
  - There will be 10-minute time slots with 2 people allowed per 10-minute slot.
  - It is first come first serve to sign up.
  - If your paperwork has not been completed and submitted to Family ID OR you are late to your time slot, you will lose your spot.
  - There will be NO MAKE-UPS.
  
- **IMPACT TESTING FOR FALL 2020 SPORTS**
  - Athletes who are entering 9th & 11th grade or are in 8th grade and playing Fr. football will need to complete a baseline test done at home to adhere to social distancing guidelines.
  - The link with instructions to complete the test will be shared via Family ID

## Assessing Risk

Risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.

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- **Highest Risk:** Full competition between teams from different geographic areas.

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.
  - For example, players and coaches can:
    - focus on individual skill building versus competition.
    - limit the time players spend close to others by playing full contact only in game-time situations.
    - decrease the number of competitions during a season.

Coaches can also modify practices, so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).** During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain

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proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).

- **Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- **Size of the team.** Sports with many players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- **Travel outside of the local community. Traveling** outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

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## WHAT IS CONTACT TRACING?

### 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.

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- 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 FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health's website, [www.health.pa.gov](http://www.health.pa.gov), or the

Help is available, contact the Crisis Text Line by texting **PA to 741-741**

Date Created: 6/19/2020

## RESOURCES:

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

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “Phased Re-opening Plan by Governor Wolf”

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## COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.3°F)
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	



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