

INTERBORO ATHLETIC DEPARTMENT

Dear Athletes and Parents,

We are excited to have athletes back on campus and working out starting on **July 20th**. As we prepare for this, we want you to know what precautions will be taken to keep you safe. We are currently in Phase *Green* as indicated by the National Federation of High School Sports/State of PA. Once social distancing requirements are further relaxed, additional communication will be provided to parents and athletes. All updates can be found on the Interboro Athletics Webpage.

COVID-19 Facts

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 athletes, coaches, staff, and their families significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Pennsylvania. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.

Deciding to Re-Open: The decision to re-open is based on the following criteria:

- Reopening is consistent with state and local orders.
- To protect children and employees at higher risk for severe illness, these individuals must remain home.
- Students and employees will be screened upon arrival for symptoms and history of exposure.
- Recommended health and safety actions are in place.
- Healthy hygiene practices such as hand washing and employees wearing a cloth face covering, as feasible is promoted.
- Coaches and staff must always wear a mask.
- Players are always to wear a face covering, unless it limits breathing.
- Cleaning, disinfection, and ventilation is intensified.
- Social distancing through increased spacing, small groups and limited mixing between groups will be promoted.

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- The coaching staff will be trained on health and safety protocols.
- Ongoing monitoring is in place.
- Procedures to check for signs and symptoms of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick is encouraged to stay home and follow the Covid-19 Return to Play Protocol.
- A plan has been developed for if students or employees get sick while at workouts. Please see the Return to Play Protocol link on the Interboro Athletics website
- Regular communication and monitoring developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures is in place.
- Student and employee absences will be monitored.
- Consult with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

Prior to Arriving

Prior to arriving for workouts, athletes and staff should self-screen for COVID-19 symptoms before coming onto campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional for further testing and follow the COVID-19 Return to Play Protocol. Our Sports Medicine Team at Springfield Hospital can help facilitate further testing as well. Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks then follow the COVID-19 Return to Play Protocol.

Self-screen Symptoms:

Cough	Chills/ Repeated shaking with chills	Muscle pain
Shortness of breath or difficulty breathing	Congestion or runny nose	Headache
Sore throat	Loss of taste or smell	Diarrhea
Feeling feverish or a measured temperature greater than or equal to 100.3 degrees Fahrenheit	Known close contact with a person confirmed positive	Nausea or Vomiting

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition listed below, they should not attend workouts.

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including those with chronic lung disease or moderate to severe asthma, serious heart conditions, and those who are immunocompromised.

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- Conditions that can cause people to be immunocompromised include: cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications, severe obesity (body mass index [BMI] of 40 or higher), diabetes, chronic kidney disease undergoing dialysis, and liver disease
- Athletes must always wear appropriate and adequate clothing to reduce sweat transfer and skin contact. Cut off tank tops are discouraged to be worn during workouts and practices.

Once on Campus

- When students are arriving at workouts or activity, they must wait six feet apart.
- Avoid all unnecessary forms of contact.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.
- Any person with positive symptoms reported will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional for further testing and follow the COVID-19 Return to Play Protocol.
 - Our Sports Medicine Team in Springfield Hospital can help facilitate further testing.
- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional for further testing and follow the COVID-19 Return to Play Protocol.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building.
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Athletes should arrive prepared for the activity and avoid congregating prior to or after the activity.
- Appropriate face coverings are always to be worn except when it limits a player breathing (i.e. running sprints or during active lifts).

Sport Participation

- Attendance is optional.
- Workouts will always be planned outdoors with a minimum distance of 6 feet between each individual. Athletes will practice/exercise in small groups or pods of approximately 5-10 athletes until recommendations change.
- Hand sanitizer will be plentiful and available.
- There will be no shared athletic towels, clothing or sport related equipment between the students.
- Students and coaches will wash hands or use hand sanitizer after they have touched something another person recently touched.
- Students and coaches may wear non-medical grade face masks.

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- All students must bring their own water bottle. Water bottles will not be shared. If a student does not bring a water bottle to practice/workouts, they are not allowed to participate.
- BRING ENOUGH WATER FOR YOUR ENTIRE WORKOUT. NO ATHLETE WILL BE DENIED WATER- EMERGENCY FILLUPS WILL BE DONE CASE BY CASE.
- Hydration stations (coolers, water fountains and waterboy system, etc.) will not be utilized.

Post Workout Procedures

- When students are leaving workouts, they must wait six feet apart.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
- Facilities will be cleaned after each workout.
- Athletes are required to leave immediately following the end of activity.

Athletics Workout Schedule

- To follow protocols mandated in Interboro Return to Sports Guidelines on the Interboro Athletics Website.

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

We look forward to getting back to some resemblance of normalcy in sport and will continue to provide information and updates to athletes and parents via the Athletics Website.

Sincerely,

Interboro Athletic Department Staff