

Ferndale Area School District

Athletic Health and Safety Plan

The decision to resume sports related activities, including conditioning, practices, and games, is at the discretion of Ferndale Area School District and its governing body. As more or changed public health information is available, the administration will work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

Introduction

The COVID-19 pandemic has presented athletics across the world with a multitude of challenges. The 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 (CDC), among others, has found that while children do get infected by COVID-19, relatively few children are hospitalized. However, some severe outcomes have been reported in children, even a mild or asymptomatic case of COVID-19 can spread the infection to others more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, there are steps schools can take to reduce the risks to students, coaches, and their families.

The FASD 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 FASD realizes the knowledge regarding COVID-19 is constantly changing. FASD will do what is best to put guidelines in place as to protect the health and safety of the student athletes, coaches, and staff members. FASD will coordinate with the school districts that it shares co-operative sports agreements with to ensure required safety measures are being followed. As new information emerges these guidelines may be updated/modified to help reflect the best practices to protect all involved in order to decrease the risk of exposure.

Recommendations

Recommendations for **ALL PHASES** for Junior and Senior High School Athletics

1. Student athletes, coaches, and staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19. FASD's screen will consist of temperature check and symptom questionnaire.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap). Hand Sanitizer will be available for team.
3. Wear a face covering/mask. Face coverings help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.
- Face coverings **will be used** for athletes while practicing or competing unless a medical exemption is received for an individual player or the team from a medical professional unless doing so jeopardizes their health.

- Competitors **will be required** to wear masks while FASD athletes are required to wear masks unless doing so jeopardizes their health.
 - a. If a medical exemption is received for the entirety of the FASD, the competitors will be permitted to compete without a mask as well.
 - b. Decision made at Board of Directors' Meeting 1/13/2021.
- 4. Face masks are mandatory for athletes when not actively participating or competing and for all employees.
- 5. Intensify cleaning, disinfection, and ventilation in all facilities
- 6. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
- 7. Educate student athletes, coaches, and staff on health and safety protocols
- 8. Anyone who is sick must stay home
- 9. A plan is in place if a student or employee gets sick. If a student gets sick or develops COVID-19 symptoms, they will be isolated and their parents/guardians contacted to pick them up. The student must see his/her primary care physician prior to returning to athletics. An employee who gets sick will be removed from the population and sent home. The employee must see their primary care physician prior to returning to athletics. Follow the protocols in the Phased Return to School Health and Safety Plan.
- 10. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
- 11. Student athletes and coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
- 12. PPE (gloves, masks, eye protection) will be used as needed and if situations warrant, or determined by local/state governments.
- 13. Identify student athletes and staff who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions which can include
 - a. Chronic lung disease
 - b. Moderate to severe asthma
 - c. Heart conditions
 - d. Obesity (BMI of 40 or <)
 - e. Diabetes
 - f. Chronic kidney disease undergoing dialysis
 - g. Liver disease
 - h. Immunocompromised
 - i. 65 years and older

Red Phase (Substantial risk of Covid-19 infection)

- All events and meetings or gatherings will be conducted only by following the mandated and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA.

- Student athletes are encouraged to stay physically active while at home; coaches may send home work outs for student athletes to do.
- All local decisions and state government guidelines must be adhered to.

Yellow Phase (Moderate risk of Covid-19 infection)

- Teams are permitted to have in person meetings, open gyms, practices, conditioning sessions, and weightlifting sessions, with implementation of protective measures in place at that time. Athletic competitions are permitted in compliance with PIAA guidelines.
- Gathering sizes permitted according to Governor's Orders and/or PA State Legislative or Legal determination, in conjunction with the Department of Health, Department of Education and Pennsylvania Interscholastic Athletic Association (P.I.A.A.) mandates. The Ferndale Area School District will adhere to local decisions regarding mask and social distancing requirements.

Admission to the facilities will be subject to compliance with mandates and orders of the same in place at that time.

- Effective 9-24-20, two spectators per athlete will be permitted into the gym for athletic events, in addition to game help and officials.

All entering the gym are subject to pre-admission temperature checks.

FASD reserves the right to remove spectators if not social distancing or masking. The facilities will be subject to compliance with mandates from PIAA, PA Department of Health, PA Department of Education, Legislative action, and/or Court rulings.

- ⊖ Effective 10-2-20, attendance at indoor gatherings is limited to 25 people in the gym and 250 people at the athletic fields. No spectators are permitted in the gym during athletic events (Varsity, JV, Junior High Volleyball).

- ⊖ Effective 10-6-20, attendance at indoor gatherings is limited to 20% of maximum capacity. Two spectators per athlete will be permitted into the gym for athletic events, in addition to game help and officials.

All entering the gym are subject to pre-admission temperature checks.

FASD reserves the right to remove spectators if not social distancing or masking. The facilities will be subject to compliance with mandates from PIAA, PA Department of Health, PA Department of Education, Legislative action, and/or Court rulings.

- Effective 1-22-2021, 1 fan, a parent or guardian of each home team athlete (cheer and basketball player), will be permitted to attend the game up to the 10% capacity mandate is reached.

Green Phase (Low risk of Covid-19 infection)

- All sporting activities may resume in compliance with the PIAA guidelines.
- Teams are permitted to have in person meetings, open gyms, practices, conditioning sessions, and weightlifting sessions, with implementation of protective recommended and mandatory safety measures in place at that time.

Gatherings and attendance permitted will be according to Governor's Orders, PA State Legislative action and/or Court rulings, in conjunction with the PA Department of Health, PA Department of Education and PIAA mandates. The Ferndale Area School District will adhere to mask and social distancing requirements.

Screenings

All student athletes, coaches, and staff reporting for practices/open gyms and games/competitions will need to be screened prior to participating. Anyone who refuses to get screened will not be permitted to participate or remain at the venue. No one will be permitted to enter the venue or building unless they have been through the screening process.

FASD's screenings will consist of but are not limited to

- Temperature checks: anyone with a temperature of 100.4°F and above will need to go home. Upon arrival it is permitted to wait 5-10 minutes prior to checking a temperature, this will help stabilize temperatures (especially for those that walk).
- Questionnaire: anyone being screened will be asked if they have any symptoms of COVID-19 (or they may view a list of symptoms) which may include
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- ★ If someone does have any symptom(s), questions will be asked to clarify if this is abnormal or a new occurrence.
- Close contact question: everyone will be asked if they have had close contact to anyone that has tested positive. Close contact is defined as being within 6 feet for more than 15 consecutive minutes, without PPE equipment of someone who has tested positive for COVID-19.

- Those exhibiting a fever, reporting symptoms, or having had close contact with a COVID-19 patient will not meet the criteria to participate in practice/games and will need to be isolated until they can be picked up or sent home.
- Screens will be performed by the Athletic Trainer, Athletic Director, School Nurse, administrators, or coaches. Those who will perform screens will be asked to sign an accountability agreement. Athletes will not be permitted to conduct screenings.

Practices/Open Gyms

- Anyone coming for practice/open gyms will need to pass the screening criteria.
- Equipment should be cleaned periodically during practices when feasible.
- All equipment should be cleaned and sanitized after practice. Any clothing used for student athletes during practice (pinnies, practice jerseys, etc.) should be washed after each practice.
- Student athletes should take all personal equipment and clothing home to be washed daily.
 - In the event the coaches feel clothing or equipment has not been properly laundered/cleaned they reserve the right to not allow the student athlete to participate.
- Student athletes should not share personal equipment (towels, clothing, shoes, etc.)
- Student athletes and coaches should bring their own water bottle to practice; no water bottles should be shared.
- Hydration stations can be used but must be sanitized after each practice, and intermediately during practice when possible.
- Hand sanitizer should be used periodically during practices, if available.
- If locker rooms and showers are used, they need to be cleaned/sanitized after practice daily (for football the tank should be cleaned/sanitized daily when used).
- Social distancing should be practiced when possible, student athletes should stand at least 6ft apart when not actively involved in drills.
- Student athletes will not be required to wear face masks or face coverings when actively participating in practice/open gyms.

Weight Room Sessions

- Everyone entering the weight room will need to be screened.
- Everyone entering the weight room should use hand sanitizer (if available).
- Social distancing should be used when possible, those who need a spotter should try to utilize two spotters on each side instead of one standing above their head.

- Depending on the amount of student athletes permitted in the weight room at a time it may be better to designate smaller groups to work out at a time. These small groups should remain consistent and not be mixed to limit the exposure risks.
- After a machine/weight is used it needs to be cleaned/sanitized.
- At the end of the session all equipment needs to be cleaned and sanitized (machines, barbells, and free weights).
- Student athletes and coaches will need to have their own water bottles in the weight room, there should be no sharing of water bottles.
- If locker rooms are used during weight lifting times they will need to be cleaned and sanitized after each session.

Games and Competitions

- Prior to games and competitions student athletes, coaches, and staff will need to be screened. Those who do not meet the screening criteria will not be permitted to attend or participate in the game/competition.
 - It is highly recommended that officials, media, and game help be screened.
 - Spectators are required to be screened, with a minimum of a temperature check. Any temperature of 100.4°F or greater they will not be permitted into the game.
 - Indoor and Outdoor requirements for events and gathering capacity mandates and orders from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA will be followed.
 - Away games: student athletes, coaches, and staff will need screened prior to getting on a bus. Those who do not meet the screening criteria will not be permitted to attend or participate in the game/competition. Depending on school protocol, it is possible that the student athletes, coaches, and staff will need to be rescreened at the event. A WestPAC attestation form is required for all contests. This form will be completed and given to the other school upon arrival or given to the Athletic Director at home events. Screenings will include all coaches/staff and student athletes including cheerleaders and band members.
 - Visiting teams and personnel will be asked to perform their screening prior to arriving at FASD for games/competitions. Upon arrival they will be expected to present a copy of their WestPAC attestation form or an equivalent form to FASD.
- Equipment should be cleaned and sanitized after the game.
- Locker rooms should be cleaned and sanitized after the game.
- If re-usable water containers are used, they must be sanitized before and after the game.
- Hydration stations utilized during games must be sanitized during half time and after the game.
- Social distancing should be practiced when possible; student athletes should stand at least 6ft apart when not in the game (standing on the sideline or sitting on the bench).
- Who should be permitted at events:

- Tier 1 (Essential): Athletes, coaches, medical staff, officials, security, game help
- Tier 2 (Preferred): Media
- Tier 3: (Non-essential): Spectators, vendors
 - Only tier 1 will be permitted at practices and open gyms. Depending on current guidelines tier 1 and tier 2 may be permitted at games/competitions. Tier 3 would be permitted to attend once guidelines allow and when gathering limitations permit.

Illness Occurrence

Those who feel sick should stay home. They should not come to school or athletic activities. If they are exhibiting signs and symptoms of COVID-19 it is recommended they contact their medical provider.

Should a student athlete, coach, or staff member become ill during practice or a game they should immediately be removed from play (or from the group). A face mask/face covering should be applied (unless they are having difficulty breathing). They will need to be isolated away from the group.

- Student athlete's parent or guardian should be contacted to pick them up.
- Coaches or staff members may leave on their own if possible.

In either event it will be required they contact their primary care physician and consider getting a COVID-19 test based on the recommendation of the physician. A physician release must be submitted to return to athletic activities.

In the event anyone shows any signs and symptoms of the following they will need to seek emergency medical attention, 911 should be called.

- Difficulty breathing
- Persistent pain or pressure in their chest
- New confusion (not related to a head injury)
- Inability to stay awake
- Bluish lips or face

In the event they are tested and it comes back positive contact tracing should be initiated. Those that were in contact may need to isolate for 14 days. It will also be necessary to close the areas used by the sick individual to clean and disinfect the areas. The PA Department of Health will be contacted and recommendations followed.

Returning to activity after a positive COVID-19 Test

Anyone with a positive test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, and at least 10 days have passed since symptoms first appeared according to CDC guidelines. Those testing positive should provide a written release for return to activity from their medical provider before being permitted to continue participation. Current PA and CDC protocols in place for return after a positive Covid-19 test will be followed.

Facilities Cleaning

- Cleaning schedules should be created and implemented for all athletic facilities including the high school gymnasium, junior high gymnasium, elementary school gymnasium, football field, softball field, baseball fields, and all locker rooms (including the tank utilized for football).
- Prior to individuals entering the facilities, hard surfaces should be wiped down and sanitized; including chairs, bleachers, benches, tables, etc.
- All athletic equipment utilized, including sports balls, should be cleaned throughout practice/game when feasible, as well as prior to the next workout.
- Athletic training room will be cleaned and sanitized daily by the Athletic Trainer.
- Sports equipment should be cleaned and sanitized by the coaches.
- Facility and surface cleaning should be done by the maintenance staff.
 - It is recommended to have routine cleaning frequently touched surfaces including doorknobs, light switches, faucets, toilet handles, counters, desks, tables, phones, keyboards, touchscreens, tables, etc.
- Individuals should wash their hands or use hand sanitizer before touching surfaces or participating in workouts.

Hygiene

Everyone should continue to practice good hygiene

- Individuals who are not feeling well or sick should remain home
- Wash hands with soap and warm water for at least 20 seconds
- Use hand sanitizer (containing at least 60% alcohol)
- Avoid touching your eyes, nose, and mouth
- Sneeze or cough into a tissue or the inside of your elbow
- Disinfect frequently used items and surfaces as much as possible
- Consider using face coverings while in public or using mass transit (unless doing so jeopardizes an individual's health)
- Avoid shaking hands, fist bumps, or high fives during practices and games. Limit unnecessary physical contact.
- Concession stands or other food must adhere to the Guidelines for Businesses in the Restaurant Industry.

Face masks/face coverings

- Face masks will be required to be worn by student athletes participating in practice/competition unless or until a medical exemption is received for each individual player and/or the team from a medical professional unless doing so jeopardizes their health.
- However, they may choose to wear one if they would prefer. They must wear a mask if they are on the sidelines or not actively participating.
- Coaches and staff must wear face coverings at all times unless doing so jeopardizes their health.
- Officials and sideline volunteers should wear face coverings unless doing so jeopardizes their health.
- Spectators must wear face coverings while in attendance at FASD athletic events coverings.

Education

Student athletes and staff will be educated on the following (through posters, flyers, emails, social media):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this document
- Any pertinent COVID-19 information released by state/local governments, CDC, and PIAA.
- Student athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an Athletic Trainer, coach, or assigned staff member.

Transportation

Schools may need to consider social distancing requirements when scheduling contests and events for school sports. Additional transportation vehicles may be necessary. This will be at the discretion of the FASD administration.

If a student athlete, coach, or staff member comes to a practice or game separate from the team they will need to be screened prior to joining the group. If they fail to meet the screening criteria they will need to go home.

Anyone utilizing FASD transportation will be required to wear a face covering throughout the transport.

Overnight/Out of State Events

FASD will evaluate each event and follow all local, state, and government guidelines on a case by case basis. Every consideration will be taken not to expose student athletes and staff to unnecessary or potential exposure.

ImPACT Testing

- Student athletes will need screened prior to entering the room for their test, anyone that fails the screening requirements will need to be rescheduled
- Possible limits depending on how many are allowed in a classroom at a time
- Student athletes will need to sit 6 ft apart
- Keyboards and mice will need to be cleaned and sanitized after each use
- Rooms may need to be cleaned and disinfected after each group had finished

Appendix

- 1) COVID-19 Screening Log
- 2) Screener Accountability Agreement
- 3) Symptom List
- 4) CDC Protecting yourself and others Handout
- 5) CDC Higher Risk Handout
- 6) WestPAC Attestation Form (school clearance to participate)
- 7) FASD Participation Waiver for Communicable Diseases Including COVID-19
- 8) Ferndale Area Guidelines for JH/JV/Varsity Volleyball
- 9) Ferndale Area Guidelines for Varsity Basketball and Cheerleading

Temperature of 100.4 and higher, new symptoms, and “yes” to COVID exposure MUST be sent home

Ferndale Area School District

Screening Accountability Agreement

By signing below, I agree to adhere by the following guidelines set forth by FASD while assisting with the screenings of student athletes, coaches, staff, officials, volunteers, and spectators.

- ✓ I agree to screen everyone that enters the building/venue for any reason.
- ✓ I agree to accurately take and record each individual's temperature.
- ✓ I agree to ask or show a list of symptoms for individuals to see and record their answers accurately.
- ✓ I agree to ask all individuals if they have been in close contact with someone who has COVID-19 or symptoms of COVID-19, and record their response.
- ✓ I agree to report temperatures of 100.4 and higher as well as positive symptoms to the Athletic Trainer or Athletic Director.
- ✓ I agree to respectfully ask individuals that have a temperature of 100.4 and higher, positive symptoms, and/or COVID-19 exposure to please leave the building/venue as to limit exposure risks.
- ✓ I agree to report any concerns or issues to the Athletic Trainer or Athletic Director.
- ✓ I agree not to share anyone's health information with anyone other than the Athletic Trainer or Athletic Director.
- ✓ I agree to represent FASD to the best of my ability while performing these screenings.

Print Name

Signature

Date_____

Symptom Checklist

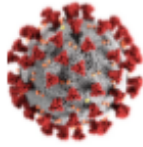
Do you currently have any of the following symptoms?

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

If you answered yes to any of these symptoms

- Do you typically experience the symptom(s)?
- Is it abnormal for you to have this symptom(s)?

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.



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cdc.gov/coronavirus

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

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

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 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:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including 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.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact
(6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect
frequently touched surfaces.



Avoid all cruise travel
and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



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DATE: _____

The (school)_____ (team)_____

With #_____ Coach / Coaches and #_____ Player(s)

Have all been temperature checked (no higher than 100.4) and COVID
screened: (circle one)

prior to getting on the team bus for today's event

upon the team arrival time at home

All are clear to participate in today's contest.

Signature:_____

Printed name:_____

**Position in the organization:_____

** The Head Coach, Administrator (A.D.) or Certified Athletic Trainer are to
complete this task.