



OCTORARA AREA SCHOOL DISTRICT

Athletic Health and Safety Plan

Home of the BRAVES

Updated 4/12/21

Introduction

This document provides guidance on the reopening of OASD athletics 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 PIAA PK-12 schools to resume athletics in counties designated in the Yellow or Green phases of the Process to Reopen Pennsylvania, and was developed based on recommendations from the federal, state, and local governments, CDC, PA DOH, CCHD, PDE, NFHS and PIAA. OASD realizes that knowledge regarding COVID-19 is constantly changing as new information and treatments become available and will adjust this plan as needed in order to decrease the risk of exposure for our student-athletes, staff, and spectators.

Primary Point of Contact

The primary point of contact for all questions related to COVID-19 in relation to athletics:

Angie Gaido, CAA
Athletic Director
agaido@octorara.org
610-593-8254 ext. 6128

Mike Dueck, LAT, ATC
Athletic Trainer
mdueck@octorara.org
610-593-8254 ext. 6134

Austin Sroda, M.S, LAT, ATC
Athletic Trainer
asroda@octorara.org
610-593-8254 ext. 6134

General Information

- All off-season workouts are open and voluntary. Student-athletes will not be penalized for not attending off-season workouts; however, they should participate in at-home workouts to physically prepare for their upcoming sports season.
- Student-athletes, coaches, and staff who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions must adhere to additional [CDC guidelines](#).
- 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.
- Student-athletes, coaches, and staff must attend an OASD athletics reopening training session.
- Student-athletes, coaches, and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting (see Screening Procedures below).
- Student-athletes and parents/guardians must complete and sign OASD's **Consent and Release for Communicable Diseases including COVID-19 Form** (see Appendix A) and **OASD's Athletic Health and Safety Plan Acknowledgement Statement** (see Appendix B) prior to participating in any activity.

- Everyone in attendance must work to decrease the risk of transmitting COVID-19, by washing their hands, using hand sanitizer, wearing face coverings/shields when not involved in exertional activities, and cleaning equipment/clothing after every use.
- Concession stands or other food must adhere to the local health department guidelines and the [Guidance for Business in the Restaurant Industry](#) document.

Information for Coaches

- Design activities that focus on increasing risk mitigation strategies (social distancing, hand washing, etc.).
- 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; therefore, activities may need to be adjusted accordingly.
- Break times may need to be increased and must be staggered to accommodate social distancing and hand washing.
- Notification of any use of an OASD facility (indoor or outdoor) must be approved by the athletic director prior to entry into the facility.
- Coaches must maintain accurate attendance of each team event and promptly submit it to the athletic director after each event.
- Coaches must have a communication plan in the event that a team event is canceled on short notice. This plan must include notifying the athletic director.
- Coaches must have plans in place to accommodate their absence if their health screening requires them to leave campus.

Information for Athletes

- Gradually work up intensity of activity.
- Athletes must don a face covering at all times indoors.
- Athletes can remove the facing covering outdoors if maintaining 6ft or more.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Student-athletes must avoid car pooling with other non-family members to and from team events.
- Student-athletes must avoid congregating before team events and must leave immediately following team events.
- Student-athletes must arrive with an adequate hydration supply. Coolers, shared water bottles and the use of water fountains will not be permitted.
- Student-athletes must keep personal belongings, including water bottles 6 feet apart.
- Student-athletes must practice social distancing and avoid contact when possible. Avoid sitting/standing closer than 6 feet on the bench, sideline, dugout, or during instruction. Avoid handshakes, high fives, and fist bumps.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting (eating sunflower seeds, etc.), and licking fingers.
- Athletes must come dressed to work out. They will not be allowed to enter into the locker rooms or change in the restrooms during some levels of this plan.
- Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment surfaces.

Miscellaneous Information

Facility/Equipment Cleaning

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- OASD will provide cleaning supplies.
- Athletic facilities and durable equipment must be [properly cleaned](#) before and after team events. High touch areas must be cleaned more often.
 - Athletic facilities will be cleaned by custodians before each team event.
 - High touch areas and equipment will be cleaned before, during, and after team events by coaches.
- Fitness Center equipment must be cleaned/sanitized before and after each use by the user.

Entering and Exiting Facilities

- A detailed entry and exit plan specific to each facility will be shared by each coach to parents and athletes. Drop-off and pick-up locations will be included in this communication.
- Individuals dropping off and picking up student-athletes must stay in their vehicles. If a parent/guardian needs to contact a coach or staff member, then he/she should do so via email or phone.
- Staggered arrival and drop-off times and/or locations will be implemented to limit contact between student-athletes, coaches, and staff members.

OASD Transportation

Modifications will be determined by the school district and bus company based on information provided by governing agencies and include:

- Limiting van/bus occupancy
- Completing a health screening prior to boarding the bus
- Using hand sanitizer before and after transit
- Wearing face coverings/shields at all times
- Implementing social distancing
 - Board 6 feet apart and load the bus back to front
 - Deboard 6 feet apart and from the front of the bus to back
 - Sit in a fashion that promotes social distancing by limiting the number of people per seat and skipping seats to the greatest extent possible. Student-athletes from the same family must sit in the same seat if multiple persons per seat is required in order to promote social distancing.
- Cleaning and disinfecting the bus/van before and after all trips. Bus/van drivers are responsible for this task.
- Ventilating the bus/van by opening windows (weather permitting) to maximize airflow in the cabin.

In addition, individuals should board/deboard the bus as a group spaced 6 feet apart instead of boarding at random times.

Athletic Training Room

- Maximum of 4 individuals in the athletic training room including the athletic trainer and coaches.
- Equipment must be cleaned/sanitized by the athletic trainer before and after each use.
- Face coverings/shields must be worn in the athletic training room and in any other location where treatment is provided.
- Note: Social distancing guidelines must still be followed while in the athletic training room and in the hallways.

Team Events

All team events (practices, home competitions, meetings, team dinners, etc.) must be held on OASD's campus or at an approved off-campus site. Off-campus sites must be approved by the athletic director prior to scheduling team events.

Overnight/Out of State Events/Events in COVID-19 Hot Spots

OASD will evaluate each event and follow all local/state government guidelines on a case by case basis. The safety of our student-athletes, coaches, and staff members by limiting their exposure to COVID-19 is a high priority. Overnight/Out of State Events must be approved by the athletic director thirty days prior to departure.

Screening Procedures

- Any student-athlete, coach, or staff member who is sick should stay at home.
 - A screening survey must be completed the same day as any team event and the student-athlete, coach, and/or staff member may not remain on campus if the screening is not completed.
 - The screening survey will consist of a temperature check and a list of questions regarding COVID-19 [symptoms](#) and potential exposure.
 - Anyone with a confirmed temperature above $100.4^{\circ}F$ or who has drawn concern that they may be ill based on the answers to the survey questions, must don a face covering and immediately leave the campus or self-isolate in an area until transportation arrives. If an individual becomes ill at an away competition, then a parent/guardian will be notified and transportation arrangements will be made. If the person does not have any symptoms, but answered that they have been a close contact of someone who has a confirmed case of COVID-19 in the past 14 days, then they must follow the current CCHD's recommended guidelines for returning. As of April 9, 2021, Penn Medicine guidelines require such individuals to stay at home for 14 days and, if no symptoms develop, then they may return.
- I. An individual who **tests positive** for Covid-19 but **remains asymptomatic** must:
- Isolate for 10 days from the date of their positive test while remaining asymptomatic.
 - Refrain from exercise and sport participation for 10 days from the date of their positive test.
 - Undergo an in-person physical, and cardiac evaluation by a PCP or team physician using the Covid-19 RTP form

- Undergo a gradual return to play under supervision of the athletic trainer to monitor for possible underlying complications.
- II. An individual who **develops one of the Group A symptoms or two of the Group B symptoms** must exclude themselves from sports, isolate at home, and be referred to a physician.

Group A: cough, shortness of breath, difficulty breathing, or lack of smell or taste

Group B: fever (measured or perceived), sore throat, chills, muscle pain, fatigue, headache, congestion/runny nose, nausea, vomiting, diarrhea

**** Symptoms may be graded as mild, moderate, and severe as determined by the clearing physician based on the following criteria:**

***Mild symptoms** are defined as <4 days of fever (≥ 100.4 F) and/or <1 week of body aches, chills, fatigue and other Group B symptoms

***Moderate symptoms** are defined as 4+ days of fever and/or 1+ week of body aches, chills, fatigue, and/or non ICU hospitalization and other Group B symptoms

***Severe symptoms** are classified based on the need for intensive care hospitalization

- A. If the symptomatic individual develops **mild symptoms**, the individual must:
- Isolate and refrain from exercise and sport participation for 10 days from the date of their onset of symptoms.
 - Undergo an in-person physical, and cardiac evaluation by a PCP or team physician using the Covid-19 RTP form (see link below).
 - Undergo a gradual return to play under supervision of the athletic trainer to monitor for possible underlying complications.
- B. If the symptomatic individual develops **moderate or severe symptoms** the individual must:
- Isolate for 10 days from the onset of symptoms and show an improvement in symptoms;
 - Refrain from exercise and sport participation until **10 days symptom free; and then**
 - Undergo an in-person physical, cardiac examination, and EKG by a PCP or team physician using the Covid-19 RTP form
 - Undergo a gradual return to play under supervision of the athletic trainer to monitor for possible underlying complications.
- C. If the symptomatic individual tests negative for COVID-19, the individual must:
- Isolate until clearance is received from a physician;
 - Provide documentation of the negative test result.

- III. An individual who is a **Close Contact of a COVID-19 Positive Individual** must exclude themselves from sports, quarantine at home, and are recommended to see a physician.
- A **Close Contact** of a COVID-19 Positive Individual is defined as:
 - An individual who is within 6 feet distance for > 15 minutes, cumulatively, over a 24 hour period with the COVID-19 positive individual;
 - A household member of a COVID-19 positive individual.
- A. If the close contact individual develops symptoms from Group A and/or Group B (see paragraph II),
1. And is *not* tested, the individual must:
 - Isolate for 10 days from the onset of symptoms
 - Receive clearance by undergoing an in-person physical, cardiac examination, and possible EKG by a PCP or team physician using the Covid-19 RTP form.
 - Reference IIA & IIB for timeline based on severity of symptoms.
 - Undergo a gradual return to play under supervision of the athletic trainer to monitor for possible underlying complications.
 2. And has a *negative* test, the individual may return to sport:
 - After clearance is received from a physician;
 - Provide documentation of the negative test result.
 3. And has a *positive* test, the individual must:
 - Isolate for 10 days from the onset of symptoms
 - Receive clearance from their primary care physician or team doctor, including cardiac screening and possible EKG evaluation;
 - Reference IIA & IIB for timeline based on severity of symptoms.
 - Undergo a gradual return to play under supervision of the athletic trainer to monitor for possible underlying complications.
- B. If the close contact individual does not have symptoms, it is recommended that they are tested for COVID-19:
1. If the individual is not tested or tests negative, they may return to sport 14 days after the last exposure to the COVID-19 Positive Individual.
 - If symptoms develop during the 14 days, the individual must follow the guidance for a Close Contact with Symptoms (see IIIA)

2. If the asymptomatic individual tests positive, then the individual must:
 - Isolate for 10 days from the date of their positive test while remaining asymptomatic.
 - Refrain from exercise and sport participation for 10 days from the date of their positive test.
 - Undergo an in-person physical, and cardiac evaluation by a PCP or team physician using the Covid-19 RTP form.
 - Reference IIA & IIB for clearance criteria based on severity of symptoms.
 - Undergo gradual return to play under supervision of the athletic trainer to monitor for possible underlying complications.
 - Refer to sections IIA or IIB for protocol if symptoms develop during the 10 days
- Guidelines for close contact individuals who have been *fully vaccinated* for Covid-19 are not yet established and will be updated accordingly.
 - To enter the gradual return to play, athletes must provide the *COVID-19 Return To Play Clearance* form signed by their PCP or the team physician. The COVID-19 Return to Play Clearance form can be found on the Octorara district website at <https://pa50000610.schoolwires.net/cms/lib/PA50000610/Centricity/Domain/44/COVID%2019%20Return%20to%20Play%20Form%204.12.21.pdf>
 - **The team physician, Dr. Keith Heck, has final say on all return to sport decisions regarding COVID-19.**
 - Anyone who tests positive for COVID-19 within 14 days of attending a team event must notify the athletic director so that proper notification and contact tracing can be implemented. They must also notify the athletic director to implement a plan to return.

Levels of Participation

Progression between levels will be determined by OASD's superintendent and athletic director. Level status will be clearly communicated on OASD's athletic webpage.

Level 1 (PA State Red)

Team activities: No in-person gatherings allowed, student-athletes and coaches may communicate via online meetings (zoom, Google meet, etc.).

- All school facilities remain closed as per PA State Guidelines.
- Student-athletes and coaches must abide by guidelines set forth by the local and state governments.

Level 2 (PA State Yellow or Green)

Team activities:

- Team meetings
- Individual skill development
- Weight training/conditioning
- Small group workouts when equipment is shared
 - Max of 6 athletes per group.
 - Groups must be consistent on a daily basis.
 - Equipment must be cleaned by a coach after small group workouts.

- Note: Coaches must still abide by social distancing guidelines.

Fitness Center

- Max of 10 individuals including coaches.
- Equipment must be cleaned/sanitized by the user before and after each use.
- Note: Social distancing guidelines must still be followed; therefore, weight lifting that requires a spotter may not occur, unless users are paired with athletes from their small group (see above). **All Individuals must don a face covering at all times.**

Limitations:

- Indoor team events must not exceed 2 hours in duration per day
- No scrimmages/competitions
- No contact play
- Locker rooms/showers closed
- No spectators
- All Individuals must don a face covering at all times when indoors.
- Student-athletes who are outdoors and can consistently maintain social distancing of at least 6 feet can remove their face coverings.
- Gathering sizes:
 - **Indoor Maximum Occupancy**
 - Indoor events to allow for 15% of maximum occupancy, regardless of venue size.
 - **Outdoor Maximum Occupancy**
 - Outdoor events to allow for 20% of maximum occupancy, regardless of venue size.

Level 3 (PA State Green)

Team activities: In addition to Level 2 activities,

- Contact sports may conduct non-contact scrimmages (limit to 14 participants)
 - Visiting teams must follow the Visiting Team/Competition Health and Safety Plan.
 - Note: Social distancing guidelines must be followed by individuals when not participating in exertional activities.
- Non-contact sports may conduct full scrimmages
 - Visiting teams must follow the Visiting Team/Competition Health and Safety Plan.
 - Note: Social distancing guidelines must be followed by individuals when not participating in exertional activities.
- Small group workouts when equipment is shared (max of 14 athletes per group)
- Locker rooms/showers open while enforcing social distancing guidelines

Fitness Center

- Max of 15 individuals including coaches.
- Equipment must be cleaned/sanitized by the user before and after each use.
- Note: Social distancing guidelines must still be followed; therefore, weight lifting that requires a spotter may not occur, unless users are paired with athletes from their small group (see above). **All Individuals must don a face covering at all times.**

Limitations:

- Indoor team events must not exceed 2 hours in duration per day
- No contact play
- No spectators
- All Individuals must don a face covering at all times when indoors.

- Student-athletes who are outdoors and can consistently maintain social distancing of at least 6 feet can remove their face coverings.

Level 4 (PA State Green)

Team activities: In addition to Level 2 and 3 activities,

- Full scrimmages
- Scheduled competitions

Fitness Center

- Max of 20 individuals including coaches.
- Equipment must be cleaned/sanitized by the user before and after each use.
- Note: Social distancing guidelines must still be followed; therefore, weight lifting that requires a spotter may not occur, unless users are paired with athletes from their small group (see above). **All Individuals must don a face covering at all times.**

Limitations:

- All Individuals must don a face covering at all times when indoors.
- Student-athletes who are outdoors and can consistently maintain social distancing of at least 6 feet can remove their face coverings.
- Visiting teams must follow the Visiting Team/Competition Health and Safety Plan.
- Individuals must follow the guidelines set by the host school.
- Social distancing guidelines must be followed by individuals when not participating in exertional activities.
- Gathering sizes:
 - **Indoor Maximum Occupancy**
 - Indoor events to allow for 15% of maximum occupancy, regardless of venue size.
 - **Outdoor Maximum Occupancy**
 - Outdoor events to allow for 20% of maximum occupancy, regardless of venue size.
- Tier 1: Essential personnel (student-athletes, coaches, officials, event staff, medical staff, and security) permitted at competitions, no spectators permitted
- Tier 2: Preferred: Media
- Tier 3: Spectators permitted in accordance with PDE, CDC, PIAA, and OASD Board of Directors guidelines. The addition of spectators will be contingent upon health conditions within the state and local communities.

Level 5 - Return to PIAA non-pandemic play

Education

Staff, Coaches, Parents, and Student-Athletes will be educated on the following:

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19
- Handwashing
- Coughing in elbow
- Disinfecting surfaces
- Social distancing
- Avoidance of touching face, eyes, nose, and mouth
- No spitting
- No gum chewing

- No handshaking/celebrations including:
 - High fives
 - Fist/elbow/chest bumps
 - Hugging
- Any pertinent COVID-19 information released by state/local governing bodies.
- The content of OASD's Athletic Health and Safety Plan.
- Student-athletes must remain with their assigned groups during each activity to limit the number of contacts.
- NO student is allowed in the training area without the presence of an athletic trainer.

Coaches must also:

- Review the [CDC guidance on consideration for youth sports](#)
- Undergo training on how to [properly clean equipment](#)

Education will be administered through, but not limited to the following methods:

- Virtual Meeting
- Posters/Flyers
- Newsletters
- Emails
- Phone calls

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](#) - November 19, 2020
2. [Process to Reopen Pennsylvania](#) - November 19, 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](#) - December 31, 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. [Guidance for Businesses in the Restaurant Industry Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees and the Public](#) - June 10, 2020
10. [CDC's Cleaning and Disinfecting Your Facility](#) - January 5, 2021
11. PDE's PK-12 Athletics Health and Safety Planning Document - June 16, 2020

Appendix A

Octorara Area School District
228 Highland Road, Suite 1
Atglen, Pennsylvania 19310
610-593-8238

-Participation Consent and Release for Communicable Diseases including COVID-19-

The COVID-19 pandemic has presented athletics and other activities across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread infection to others who may be far more vulnerable.

While it is not possible to eliminate the risk of spreading COVID-19 as a result of school activities, the Octorara Area School District will take precautions and adhere to guidelines from federal, state, and local government agencies such as the Center for Disease Control, the Chester County Department of Health, the National Federation of State High School Associations, and the Pennsylvania Interscholastic Athletic Association to reduce the risks to students, coaches, advisors, and their families as a result of communicable diseases. As knowledge regarding COVID-19 is constantly changing, the Octorara Area School District reserves the right to adjust and implement precautionary measures as necessary to decrease the risk of exposure for staff, students, and spectators. The following are among currently intended steps, which might change in the future with respect to sports and other extracurricular activities as the Octorara Area School District transitions between the red, yellow, and green phases of the Commonwealth's reopening plan.

1. Health screenings prior to any practice, rehearsal, event, or team meeting with participation in the activities being limited or prohibited when an individual displays positive symptoms or responses. Screenings will be determined appropriate for each activity, and may include questioning or taking temperatures.
2. Encourage social distancing and promote healthy hygiene practices such as handwashing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate athletes, coaches, advisors, staff, and others on health and safety protocols.
5. Require athletes, coaches, advisors, and participants to provide their own water for hydration.

With full knowledge of risks, by signing this form, the undersigned voluntarily consent to the Student participating in the activity named below. The undersigned agree to release and discharge all claims for themselves, their heirs, and as a parent or legal guardian for the Student named below, against the Octorara Area School District, its Board of Directors, successors, assigns, officers, agents,

employees, and volunteers arising from COVID-19 or other communicable diseases, illness, or death to the Student or the undersigned, as a result of the Student's participation in the activity listed below.

The undersigned acknowledge: (1) participating in athletics, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19; (2) they are aware of the risks associated with communicable diseases and that certain vulnerable individuals may have greater health risks associated with exposure to communicable diseases, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems are compromised by chemotherapy for cancer, and other conditions requiring such therapy; (3) while following guidance and personal discipline may reduce the risks associated with participating in such activities, the risk of serious illness, medical complications, and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for illness resulting from Student's participation in such activity. We also agree to comply with all requirements put forth by the Octorara Area School District to limit the exposure and spread of communicable diseases. We believe the undersigned Student to be in good physical condition, and we allow participation at our own risk.

Activity: _____ Student Name: _____

Signature of all Parents/Guardians:

Date: _____

Date: _____

Signature of Student: _____ Date: _____

Appendix B

OASD's Athletic Health and Safety Plan Acknowledgement Statement

I have received, read, and reviewed with my child a copy of the Octorara Area School District's Athletic Health and Safety Plan.

Student's Name (Printed): _____ **Grade:** _____

Signature of Parent/Guardian: _____ **Date:** _____

Signature of Student: _____ **Date:** _____

Athletic Health and Safety Plan Governing Body Affirmation Statement

The Octorara Area School District Board of Directors reviewed and approved the Athletic Health and Safety Pan on 7/20/2020.

The plan was approved b a vote of:

_____ **Yes**

_____ **No**

Affirmed on: 7/20/2020

By:

(Signature of Board President)

Brian Fox

(Print Name of Board President)