



Octorara Area Junior/Senior High School

Octorara Area Junior & Senior High School – Grades 7-12

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Dear Student-Athletes and Parents/Guardians,

We are excited to have student-athletes back on campus starting on July 21st, pending school board approval of OASD's Athletic Health and Safety Plan. As we prepare for this, we want you to know what precautions will be taken to keep you safe and how you can prepare to participate in voluntary off-season team events and your upcoming athletic season(s). Please take some time to read and review this letter as well as OASD's Athletic Health and Safety Plan when it becomes available. OASD's Athletic Health and Safety Plan can be found on the OASD's Athletic 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 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 risk to student-athletes, coaches, staff, and their families.

OASD's Athletic Health and Safety Plan Summary

OASD'S Athletic Health and Safety Plan describes how we will safely return to athletics by practicing healthy hygiene, implementing social distancing measures, wearing face coverings (cloth masks or shields), and cleaning/sanitizing equipment and facilities. **Please understand that OASD's Athletic Health and Safety Plan is fluid and will change as new guidance is released.**

Our decision to return to athletics is consistent with federal, state and local orders, and keeps the health and safety of all individuals in the forefront. Below is a summary of actions that we are taking to help ensure that we are lowering COVID-19 risk as much as possible while also allowing our student-athletes to play.

- Screening all individuals prior to each team event. Individuals who are at higher risk for severe illness or who are sick must stay home.
- Decreasing potential exposure to respiratory droplets by enforcing social distancing and using face coverings when not engaged in exertional activities. Cloth face masks or face shields are appropriate. Surgical or N95 masks are not necessary.
- Promoting healthy hygiene practices, such as washing hands, using hand sanitizer, covering coughs and sneezes, cleaning personal equipment/clothes immediately following their use, utilizing personal hydration bottles, showering after each workout, and avoiding activities that increase the risk of exposure to saliva (chewing gum, spitting, licking fingers, and eating sunflower seeds).

- Intensifying cleaning, disinfection, and ventilation of facilities.
- Reducing physical closeness or contact between individuals by focusing on conditioning and small group workouts during the beginning levels of our plan and avoiding high-fives, handshakes, and team huddles.

Athletic Participation Procedures

Prior to Arrival

- Complete and sign OASD's **Consent and Release for Communicable Diseases including COVID-19 Form** and **OASD's Athletic Health and Safety Plan Acknowledgement Statement**
- Complete screening via Google Form
- Obtain personal hydration bottle(s) that will supply hydration for the duration of the team event
- Obtain personal face covering
- Arrange transportation that avoids carpooling

Arrival on Campus

- Don appropriate face covering
- Complete screening via Google Form, if not already completed
- Avoid congregating and wait 6 feet apart
- Wash hands for 20 seconds or use hand sanitizer. Coaches will be issued hand sanitizer for student-athletes to use.
- Place personal belongings and hydration bottles 6 feet apart

Athletic Participation

- Workouts will be structured to minimize contact and promote social distancing (see OASD's Athletic Health and Safety Plan)
- Hand sanitizer will be plentiful and utilized frequently
- Avoid sharing athletic towels, clothing, and sport related equipment
- Avoid touching your face during workouts
- Wear face coverings when not engaged in exertional activities
- Maintain social distancing to the greatest extent possible
- High touch areas/equipment will be cleaned throughout the workout

Post Workout Procedures

- Wash hands or use hand sanitizer
- Leave immediately following the team event
- Avoid congregating and wait 6 feet apart
- Shower and wash athletic clothing upon returning to home
- Facilities and equipment will be thoroughly cleaned after each workout

We look forward to getting back to some resemblance of normalcy in sport and will continue to provide information to student-athletes and parents/guardians via OASD's Athletic Webpage. Upon board approval, we will begin at Level 2 of our Athletic Health and Safety Plan on July 21st.

Sincerely,

Angie Gaido

Teamwork means that we share a common ideal and embrace a common goal. Regardless of our differences, we strive shoulder to shoulder, confident in one another's faith, trust and commitment. In the end, teamwork can be summed up in five short words ... "We believe in each other."