

## **SPRING GROVE AREA SCHOOL DISTRICT** **ATHLETICS AND EXTRA CURRICULAR ACTIVITIES HEALTH & SAFETY PLAN** **PARENT EXPLANATION**

### **I. INTRODUCTION**

The COVID-19 pandemic has presented athletic/extra-curricular activity programs across the world with a myriad of challenges. The COVID-19 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 may become 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. In addition, a possibility is Multisystem Inflammatory Syndrome in Children (MIS-C), which is a side effect that some children are developing from COVID-19. 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 students, coaches, and their families.

The Spring Grove Area School District (SGASD) will take the necessary precautions and recommendations from federal, state, and local governments, the CDC, the Pennsylvania Department of Health, as well as the National Federation of State High School Associations, and Pennsylvania Interscholastic Athletic Association, Inc. (PIAA). The SGASD realizes information regarding COVID-19 is constantly changing as new studies and treatments become available, guidelines will be adjusted accordingly. This document is an outline of the precautions and recommendations the SGASD is taking to promote the Health and Safety of our students and staff.

The primary point of contact for all questions related to COVID-19 and athletics and student activities is Greg Wagner, Student Athletic Coordinator.

### **II. PROCEDURES**

These Procedures will be standard practices whether York County is in the YELLOW or GREEN phase and apply to both Junior High and High School athletic and extra-curricular programs. Additionally, specific team/activity procedures will be shared with participants and parents/guardians prior to the start of organized activities.

**If your child presents with a temperature of 100.4, or higher, new rash, vomiting, diarrhea, or any of the other below symptoms your child should stay at home.**

- Shortness of breath or difficulty breathing
- Cough or other respiratory symptoms
- Headache
- Muscle aches (NORMAL muscle soreness is to be expected when resuming physical activity)
- Sore throat
- New loss of taste or smell
- Pain, redness, swelling or rash on toes or fingers (COVID-toes)
- High-risk exposure (e.g., new contact with an infected individual or prolonged contact with a crowd without physical distancing)

### III. KEY PRINCIPLES

These key principles are the foundation of the SGASD guidelines for promoting the health and safety of the Students and Staff through this time of risk of infection. Please discuss them with your child.

- **Promoting Healthy Hygiene Practices**
  - Wash hands before, during, and after practices
  - Avoid touching face with unwashed hands
- **Avoiding Close Contacts**
  - Avoid close contact with people who are sick
  - Adhere to social distancing. There must be a minimum distance of 6 feet between each individual at all times. To the greatest extent possible, students and coaches should avoid congregating (particularly at the start and end of practices). Unnecessary physical contact should be limited, including shaking hands, high fives, etc.
  - Do not gather in large groups
- **Cleaning and Sanitation**
  - Routine and enhanced cleaning and sanitation measures
  - Use of shared objects (gym or athletic equipment, bars, weights) should be limited when possible, or cleaned between use
- **Screening Procedures for Student/Athletes**
  - Completion of daily symptom screening assessment will be required of students and staff
- **Required Documentation**
  - All athletes must have a COVID-19 Pre-Screening information sheet on file.
  - All students must have a SGASD Health & Safety Acknowledgment signed and on file.
- **Safe Access to Facilities**
  - Coordinated entry and exit points for facilities to promote social distancing
  - All organizations that share or use the school facilities will follow the same measures

### IV. DISINFECTION AND SANITIZATION

- Activity facilities and equipment will be disinfected and sanitized before, during, and after work out sessions.
- Spray bottles and/or disposable wipes will be in close proximity to all workout stations where applicable.
- All sports balls and equipment used during training will be sanitized throughout and after each session.
- Students and coaches will practice social distancing when not training.
- No locker rooms or other changing rooms will be used during summer workouts. Students must come dressed for summer workouts.
- Restrooms – Student are required to wash their hands, utilize the “one in one out” model, and sanitize hands after exiting.

### V. STUDENT/STAFF CHECK-IN PROCEDURES

- Student/Staff member will complete his/her pre-screening form each day **prior to arrival** to the activity.
  - **If the answer is YES to any of the questions, the student/staff member should stay home.**
- Student/Staff will be re-assessed upon arrival to the activity.
  - Student/Staff will be sent home if they do not pass the rescreening.
- Student/Staff should stay home if they do not feel well or exhibit any symptoms.
- Student/Staff who develop or display symptoms during a workout session will be sent home immediately.
- Student/Staff will limit physical contact and respect social distancing rules at all times.

## **VI. STUDENT/STAFF CHECK-IN PROCEDURES, *continued***

- Student/Staff will wear mask before and after workouts.
- Students/Staff will wear a mask during workouts when appropriate and safe (i.e. during team or group meetings).

## **VII. ENTERING AND EXITING THE FACILITY**

- A detailed plan specific to each facility and activity, with drop off and pick locations included, will be shared by each coach/director.
- A hand sanitizing station will be set up for students at screening checkpoint prior to entering facilities.
- Staff/Students will maintain social distancing while waiting for screening.
- The district will limit non-essential visitors, volunteers, and activities involving external groups or organizations as much as possible.
  - Non-essential personnel (parents, siblings, etc.) will not be permitted to watch workouts in alignment with guidelines to limit total number of people at facility.
- The district will pursue options to convene sporting events and participation in sports activities in ways that minimize the risk of transmission of COVID-19 to players, families, coaches and community.
- Individuals dropping off and picking up students will need to stay in their vehicles.
  - Students should be dropped off on time, not early, for scheduled activities.
  - Students are reminded not to congregate in groups.
  - Once practice has ended, the expectation is that all students are immediately picked up so that coaches and staff can fully sanitize equipment and facilities.
  - If a parent/guardian needs to contact a coach/staff member, he/she should do so via email or phone.

## **VIII. WORKOUT/INSTRUCTION GROUPS**

- Staff will ensure that student and staff groupings are as static as possible by having the same group of student/athletes stay with the same staff where possible.
- Staff will limit mixing between groups when/if possible.
- All workout stations will be a minimum of 10 feet apart.
- If an athlete develops symptoms of COVID-19, all athletes in that group will be removed until the athlete has been cleared by medical officials.

## **IX. PA STATE YELLOW DESIGNATION**

- Program activities will be separated into groups no larger than 25, including staff.
- Variations of drills and sideline congregation areas to promote appropriate social distancing whenever possible.

## **X. PA STATE GREEN DESIGNATION**

- Program activities will be kept under the state limit of 250, including staff.
- Use of small group instruction is recommended whenever possible.
- Variations of drills and sideline congregation areas to promote appropriate social distancing are recommended whenever possible.

## **XI. COVID-19 SYMPTOMS, TESTING & MANAGEMENT**

Students/Coaches who appear to have symptoms or who become sick during the day will be immediately separated from other student athletes/staff and instructed to return home. If a student displays symptoms, the Athletic Trainer or Administrator on duty will contact a parent/guardian. Students who are presumed, or confirmed, COVID-19 positive cannot report to campus until the minimum requirements have been met:

If tested for COVID-19:

- No fever (without medication) AND
- Symptoms have improved AND
- 2 negative tests in a row, at least 24 hours apart

If tested positive for COVID-19, but no symptoms are present:

- 10 days after testing OR
- 2 negative tests in a row, at least 24 hours apart

If unable to be tested for COVID-19:

- After 10 days of self-isolation from onset of symptoms AND
- 72 hours symptoms free without medications

If unable to be tested for COVID-19 and no symptoms (student was exposed):

- Self-isolate for 14 days

## **XII. POSITIVE TEST CONFIRMED**

If your child tests positive for COVID-19, they will be asked to self-isolate until clearance is received from a licensed physician, or in line with the above guidance. If your child has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with you that has tested positive for COVID -19:

- The student or parent should inform SGASD Athletic Trainer, Coaches or administrators and self-quarantine until a licensed physician clears that individual to return to campus. One of the Spring Grove staff members will notify students and parents who may have been exposed to COVID-19 and provide guidance. Fellow students may be sent home to self-quarantine per CDC guidelines or until a confirmed negative test result from the source individual is received.
- Student must maintain communication with physician for updated treatment recommendation(s).

## **XIII. WHEN TO SEEK EMERGENCY MEDICAL ATTENTION**

Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care **immediately**. For example:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*\*This list does not include all possible symptoms. Student/family members should consult with a medical provider for any other symptoms that are severe or present a concern.*

**XIV. PREPARING STAFF AND ATHLETES**

- All coaching staff members will participate in training and be required to adhere to all guidelines provided. Evidence of said training will be kept by the district.

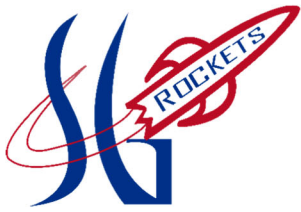
**XV. ATTENDANCE**

- For students and coaches, attending summer workouts is OPTIONAL.
- Attendance will be kept for safety and security reasons.

**XVI. RESOURCES**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Fact-Sheets.aspx>



# SPRING GROVE AREA SCHOOL DISTRICT

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## Spring Grove Area Student and Staff COVID-19 Screening

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Grade: \_\_\_\_\_ Sports/Activity: \_\_\_\_\_

Students/Coaches should self-report as deemed necessary prior to each practice/event.

Temperature may be taken from a designated trained individual as needed. Other symptoms should be marked as “N” – NO or “Y” Yes answers.

For the column ‘Close Contact’ the answer should respond to the following question:

Within the past 14 days, have you been in close contact with someone who is currently suspected to have COVID-19, or who has been diagnosed with COVID-19?  
*(Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)*

**If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.**

DATE	TEMP	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***