

**Commodore Perry School District  
Athletic Department  
Return to Athletics – In Season**

This guidance is defined for the period of in-season practices and games from August 24 through the end of the 2020-2021 sports season. As more public health information is available, the administration will revisit this plan as needed and make any revisions to submit for approval at the board meeting following the changes.

**INTRODUCTION**

The COVID-19 pandemic has presented athletics 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, 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 students, coaches, and their families.

The CPSD 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 CPSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

**RECOMMENDATIONS**

Recommendations for **ALL LEVELS** for Junior and Senior High Athletics

1. 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. The screenings will involve a temperature check. Athletes with temperatures 100.4 or higher will be sent home. Athletes and coaches traveling outside of PA must notify the athletic directors.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and hand sanitizing. Hand Sanitizer will be available for team use as resources allow.
3. All athletic equipment is to be cleaned before and after practice as well as continued cleaning and disinfection in all facilities by coaches and managers. Coaches will model and monitor expectations for cleaning and sanitizing.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate Athletes, Coaches, and Staff on health and safety protocols. Prior to beginning any activities, the individual or coach that will be conducting those activities must meet with the Athletic Director to have protocols and procedures spelled out.
6. Any coach, staff member or athlete who is sick or shows symptoms must stay home or be sent home. Flexibility must be given to attendance policies.
7. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
8. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.

## PHASES OF PARTICIPATION

### **\*Update 1/12/20 \* PA State Substantial Risk**

Team Activities: team meetings, weight training/conditioning, running events, volleyball, basketball, soccer, softball, cross country, throwing events, golf, and sideline cheer, etc.

#### **Pre-workout Screening:**

- All coaches, staff, and athletes - face coverings are required when on school property while indirectly engaged in physical activity per the newest order by the Pennsylvania Department of Health.
  - Added exception per Section III, bullet A from states recent mask update. Athletes are able to remove their face covering during direct competition or competition like activities where their heart and respiratory rate may be highly elevated. This exception was added per the advice of our school physician. This exception is also extended to our visiting athletes as well.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings will be in the form of a temperature check.
- Screening and symptom chart will be recorded by a coach at every activity and handed in to the Athletic Director weekly
- Coaches should use discretion when discussing observed symptoms with athletes or coaches or if they feel the need to initiate any of the steps below.
- Any athlete or coach who shows symptoms will result in the following:
  - Sent home and notify parents
  - Notify Athletic Director
  - Notify Administration
  - Should contact primary care physician or another appropriate health-care provider
  - A clearance will be required to return to play

#### **Limitations on Gatherings:**

- No outdoor gathering of more than 250 individuals per group including coaches per practice area. Spectators are asked to follow both mask and distancing policies in compliance with the PA Department of Health.
- Indoor gatherings. Currently only 10% of capacity is permitted as are the requirements put forth by the Governor of Pennsylvania's office. At this time spectators are not permitted as this would exceed the 10% capacity number in the majority of CP winter sports. If/when spectators are permitted at any time, all spectators will be required to follow the mask and social distancing policies in compliance with the PA Department of Health and the Commodore Perry School District Health and Safety Plan. Play will stop if a spectator does not comply with the requirements.
- No admittance will be granted to anyone without a face covering or ticket (name on athlete's list).
- Guests will be required to remain in allocated seats throughout the event.

#### **Facilities and Equipment Cleaning:**

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease
- Weight Room Equipment will be wiped down before and after an individual's use

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces
- The use of locker rooms is discouraged whenever possible, both home and away

**Physical Activity:**

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Athletic equipment that may be used by multiple individuals (balls, shot put, discus, etc.) will be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer or hand washing should be used periodically as resources allow

**Hydration:**

- Students MUST bring and/or fill their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized. Hands-free bottle filling stations may be used.

**PA State Moderate Risk**

Team Activities may include: team meetings, weight training/conditioning, running events, volleyball, basketball, soccer, softball, cross country, throwing events, golf, and sideline cheer, etc.

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## **PA State Low Risk**

Team activities may include: basketball, volleyball, softball, soccer, long jump, wrestling, cross country, track, shot put, discus, javelin, golf, tennis, etc. These activities are subject to change depending on recommendations from the PIAA and Department of Health.

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- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings will be in the form of a temperature check.
- Screening and symptom chart will be recorded by a coach at every activity and handed in to the Athletic Director weekly
- Coaches should use discretion when discussing observed symptoms with athletes or coaches or if they feel the need to initiate any of the steps below.
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**POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS**

**What are the signs and symptoms of COVID-19?**

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or High)
- 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

**What to do if you are sick?**

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

**What to do if a student or staff becomes ill with COVID-19 symptoms during practice.**

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

**Return of student or staff to athletics following a COVID-19 diagnosis?**

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

**EDUCATION**

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- 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 Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- students should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used
- 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 or coach

### Commodore Perry Athletic Department Athlete and Staff COVID-19 Screening

TEAM: \_\_\_\_\_ Date: \_\_\_\_\_

Coach: \_\_\_\_\_ **\*\*Form is to be done at every 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. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

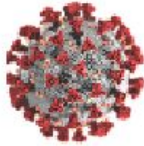
For the column - “Close Contact” - the answer should reflect the following question:  
Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If any responses are “YES”, students will NOT be allowed to practice or compete, and will be asked to leave school grounds. Temperatures at 100.4 or higher will be sent home. Parents/Guardians will be notified.

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



# 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](https://cdc.gov/coronavirus)

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

## **RESOURCES:**

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

### **Centers for Disease Control and Prevention**

**Website:** [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,

“Schools Decision Tree”

### **PA Department of Health**

**Website:** [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

**Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to  
Ensure the Safety and Health of Employees, Athletes and the Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

**Commodore Perry School District  
Athletic Department  
Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics 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 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 CPSD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, CPSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the CPSD Return to Athletics Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Cleaning and disinfection in all facilities and equipment.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.
6. Follow updated face covering requirements for all staff, coaches, and athletes directly and not directly involved in physical activity.
  - a. Athlete Exception: All coaches, staff, and athletes - face coverings are required when on school property while directly and indirectly engaged in physical activity per the newest order by the Pennsylvania Department of Health.
    - i. Added exception per Section III, bullet A from states recent mask update. Athletes are able to remove their face covering during direct competition or competition like activities where their heart and respiratory rate may be highly elevated. This exception was added per the advice of our school physician. This exception is also extended to our visiting athletes as well.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the CPSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, 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 that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, 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 Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the CPSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

\*Parents/Guardians may request a full copy of the CPSD Return to Athletics. The document is available on the school website – [www.cppanthers.org](http://www.cppanthers.org). It can be found under the “Athletics” tab.

Contact Stacy Payne or Terry Shernisky, Athletic Directors at [athletics@cppanthers.org](mailto:athletics@cppanthers.org) – 724-253-2232, ext. 1237