

Pocono Mountain School District
Athletic Health & Safety Plan
(Updated 3/16/2021)

This guidance is preliminary; as more public health information is available, the administration may 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 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 PMSD 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 PMSD 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** Athletics

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures at 100.4 or higher will be sent home. As school returns and we follow a hybrid model, any health screenings will be performed on an as needed basis. When traveling to away events, all PMSD teams will complete the approved EPC travel screening form (see attached).
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering. (Face coverings are required to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will be used by athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
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
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.

PARTICIPATION GUIDELINES

Pre-workout Screening:

- As school returns and we follow a hybrid model, any health screenings will be performed on a as needed basis.
- Any person with positive symptoms reported should not be allowed to take part in workouts.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down 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

Physical Activity:

- Students should refrain from sharing clothing/towels and should be washed after each practice, including scrimmage vests
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared. ALL WATER BOTTLES SHOULD BE LABELED WITH ATHLETES NAME.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized.

Universal Face Coverings:

- Athletes, coaches, and spectators are required to wear face coverings at all times

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) if you test positive for COVID-19 or identified as a close contact of a person testing positive for COVID-19.
- 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 become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- 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

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

- Students/staff infected with COVID-19, cannot return to school until they have been isolated at home for at least 10 days after symptoms onset or date of first positive COVID-19 diagnostic test AND are fever free for 24 hours without the use of fever-reducing medicine.

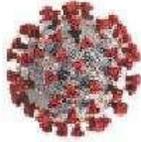
EDUCATION

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
- All Coaches shall complete PMSD required Safe Schools training on Covid-19

APPENDIX

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://www.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/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant
Industry.

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



SPRING 2021 SPECTATOR PROCEDURES

POCONO MOUNTAIN SCHOOL DISTRICT ATHLETIC DEPARTMENT
SPRING 2021 SPECTATOR PROCEDURES

Due to the COVID-19 Pandemic, the Pocono Mountain School District will implement the following spectator admission procedures in an effort to remain in compliance with the Pennsylvania Governor's current order on event gatherings. Governor Wolf has announced new rules effective April 4th. Indoor events can operate at 25% of their maximum occupancy limits, up from 15%, regardless of venue size. Outdoor events can operate at 50% max occupancy, up from 20%, regardless of venue size. Both are only if everyone can maintain six-feet of distance.

Boys Volleyball

- Six-foot social distancing and wearing a face covering will be required when attending our events for the safety of the participants, coaches, referees event staff, and other spectators.
 - Event will not start or will be suspended until everyone complies.
- Spectators will not be permitted to interact with teams after the contest on our campus. Upon conclusion of the contest, spectators must exit the facility to their vehicles.

Boys Tennis

- Six-foot social distancing and wearing a face covering will be required when attending our events for the safety of the participants, coaches, referees event staff, and other spectators.
 - Event will not start or will be suspended until everyone complies.
- Spectators will not be permitted to interact with teams after the contest on our campus. Upon conclusion of the contest, spectators must exit the facility to their vehicles.

Track

- Six-foot social distancing and wearing a face covering will be required when attending our events for the safety of the participants, coaches, referees event staff, and other spectators.
 - Event will not start or will be suspended until everyone is complying.
- Spectators must sit in the bleachers in the stadium.
 - Seating areas will be marked.
 - Household families may cluster closer than 6 feet.
- Spectators will not be permitted to interact with teams after the contest inside the stadium. Upon conclusion of the contest, spectators must exit the facility to their vehicles.

Softball

- Six-foot social distancing and wearing a face covering will be required when attending our events for the safety of the participants, coaches, referees event staff, and other spectators.
 - Event will not start or will be suspended until everyone complies.
- Spectators will not be permitted to interact with teams after the contest on our campus. Upon conclusion of the contest, spectators must exit the facility to their vehicles.

Baseball

- Six-foot social distancing and wearing a face covering will be required when attending our events for the safety of the participants, coaches, referees event staff, and other spectators.
 - Event will not start or will be suspended until everyone complies.
- Spectators will not be permitted to interact with teams after the contest on our campus. Upon conclusion of the contest, spectators must exit the facility to their vehicles.

Chart #1 Represents Capacity Numbers until April 3rd

| <u>FACILITY</u> | <u>SPORT</u> | <u>MAX</u> | <u>COVID CAPACITY</u> |
|-----------------------------|---------------------|--------------------------|---|
| West HS Baseball & Softball | Baseball & Softball | Limited bleacher seating | Recommendation to bring your own chair & social distance. |
| West Junior High Gym | Boys Volleyball | 1200 | 15% = 180 |
| West Track Stadium | Track | 1200 | 20% = 240 |
| East HS Baseball & Softball | Baseball & Softball | Limited bleacher seating | Recommendation to bring your own chair & social distance. |
| East Junior High Gym | Boys Volleyball | 772 | 15% = 116 |
| East Stadium | Track | 5000 | 20% = 1000 |
| East & West Tennis Courts | Boys Tennis | Limited bleacher seating | Recommendation to bring your own chair & social distance. |

Chart #2 Represents Capacity Numbers as of April 4th

| <u>FACILITY</u> | <u>SPORT</u> | <u>MAX</u> | <u>COVID CAPACITY</u> |
|-----------------------------|---------------------|--------------------------|---|
| West HS Baseball & Softball | Baseball & Softball | Limited bleacher seating | Recommendation to bring your own chair & social distance. |
| West Junior High Gym | Boys Volleyball | 1200 | 25% = 300 |
| West Track Stadium | Track | 1200 | 50% = 600 |
| East HS Baseball & Softball | Baseball & Softball | Limited bleacher seating | Recommendation to bring your own chair & social distance. |
| East Junior High Gym | Boys Volleyball | 772 | 25% = 193 |
| East Stadium | Track | 5000 | 50% = 2500 |
| East & West Tennis Courts | Boys Tennis | Limited bleacher seating | Recommendation to bring your own chair & social distance. |