

PK-12 Athletics and Activities Health and Safety Plan Template

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics and Activities Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.



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Athletics and Activities Health and Safety Plan: Northeastern School District

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by Governor Wolf's Process to Reopen Pennsylvania. The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports/activities are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type of plan with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
 - **By Following the Health and Safety Action Plan below, which follow guidelines and insight shared by the PDE, PDOH, CDC, and Local Health Officials**
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
 - **Plan reviewed by Northeastern District Administration, Northeastern High School Administration**

- **Plan must be approved by the School Board prior to returning to activity**
- How will you communicate your plan to your local sports and school communities?
 - **The Health and Safety Action Plan will be shared on our district website**
 - **Virtual Meetings/Trainings for Coaches**
 - **Communication will occur through multiple platforms (email, meetings, social media)**
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?
 - **Monitor updates on the current state of the virus and impending restrictions at the federal, state, and local levels.**
 - **Consult with local health officials as necessitated by changing COVID-19 conditions and follow their guidance/recommendations to the greatest extent possible.**
 - **Screening data results for symptoms which include, but are not limited to individuals in close contact with positive cases, and positive cases from our staff and/or students.**
 - **Communicate and work in conjunction with the NESD Administration to monitor and modify activities based on changes due to COVID-19.**

Anticipated launch date for sports related activities: **9/4/2020**

Primary Point of Contact:

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Bryan Stephens	Athletic Director	stephensb@nebobcats.org
Matt Gay	High School Principal	gaym@nebobcats.org
Brian Geller	Director of Operations	gellerb@nebobcats.org

Key Strategies, Policies, and Procedures:

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will

employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation:

Key Questions:

How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?

- **Cleaning schedule in place and recorded**
 - **Custodial staff will maintain daily cleaning of sports facilities and inspect facilities prior to athletic competitions. .**
 - **Coaches will inspect sports facilities prior to practices**
 - **Facilities will go through an enhanced cleaning prior to students and staff returning and throughout the athletic calendar to mitigate the spread of COVID-19**
- **Cleaning products that meet EPA criteria**
- **Sanitation stations, signage, and cleaning supplies will be provided at facilities as feasible**

How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?

- **Custodial staff will continue with daily cleaning, aided in sanitation efforts by students, coaches, and athletic-trainers during and immediately after workouts (i.e. wiping down equipment, etc.).**
- **Facility cleaning will include enhanced cleaning by custodial staff, particularly for “high touch” points**
- **Disinfectant supplies will be available in close proximity to all workout stations (as applicable)**
- **Hand sanitizing stations will be available at facilities that meet CDC recommendations**
- **Ensure appropriate athletic equipment is used at all times to mitigate the possible spread of COVID-19 (i.e. student athletes will wear their own appropriate workout clothing (no shared clothing/equipment)).**

- Equipment will be inspected regularly
- Use of shared equipment (e.g., balls, bats, fitness equipment) will be limited and/or cleaned between use by individuals when possible.

What protocols will you put in place to clean and disinfect throughout the day?

- Facilities will only be made available after adequate time is provided for cleaning agents to effectively sanitize and disinfect (per manufacturer's guidelines) equipment.
- When possible, facilities (not including specific equipment) will receive enhanced cleaning as needed.
- All 'high touch' points will be cleaned between each practice with recommended cleaners.

Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

- Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students
- Training will be implemented through virtual meetings, review of Health and Safety Plan, written communication and educational resources which will be disseminated and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with current recommendations.

Summary of Responses to Key Questions:

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	<p>Use of cleaning products that meet EPA criteria</p> <p>Cleaning schedule in place and recorded</p> <p>Facility Scheduling - Allowing necessary time in between scheduled practices for proper cleaning</p> <p>Provide disinfectants in a close proximity to all workout stations (as applicable)</p> <p>Hand sanitizing stations at each facility with at least 60% alcohol</p>	<p>Dale Knepper Facilities Director</p> <p>Bryan Stephens Athletic Director</p>	<p>Cleaning Products that meet EPA Criteria</p> <p>Healthy Hygiene Products</p> <p>Google Calendar for Schedules</p> <p>Individual forms of Hydration</p>	Yes

	<p>Ensure appropriate clothing/shoes are worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited to the greatest extent possible and cleaned between use by individuals.</p> <p>Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students will all have shared responsibility to complete their roles in cleaning and sanitizing.</p>			
Other cleaning, sanitizing, disinfecting, and ventilation practices	<p>Outdoor practice and workouts are preferred to indoor activities and will be prioritized as much as possible.</p> <p>When using indoor space all efforts to increase ventilation and use of fans will be implemented as possible</p>			

Social Distancing and Other Safety Protocols

Key Questions:

How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?

- All Scheduling will be facilitated through the Athletic Department to alleviate mixing of groups, ensure occupancy guidelines are followed, and facilities/equipment are adequately sanitized. The Athletic Department will communicate on a daily basis with the facilities/custodial staff.
- Coaches will utilize all space available at their facility to allow for spacing between groups. Social distancing of at least 6 feet will be required while not actively engaged in play or in cases where social distancing impedes the safety of staff and students. Social Distancing and hygiene signage will be posted at facilities as reminders.
- Outdoor practice and workouts are preferred to indoor activities and will be prioritized as much as possible. Ventilation and air flow modifications will be made to aid in the safety of indoor activities when feasible.
- **Yellow Phase:** No gathering of more than 25 total individuals.

- **Controlled non-contact practices only, modified game rules** Activity should focus on individual skill and fitness development.
- **Green Phase:** No gathering of more than 250 total individuals or 50% of the total capacity of the facility.
- Use smaller groups during training when possible.

How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?

- **Students will be kept together in cohorts when feasible, to avoid mixing with other groups as much as possible. Teams will maintain cohorts of students with the same coach and/or have the cohorts of students rotate among coaches.**

What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?

- **For teams that practice immediately after school, each team will be designated a specific locker room to use for changing after the final bell of the school day. Teams that practice later in the day/evening will not have access to locker rooms.**
- **Team members will take all of their belongings to the practice field and will not be able to re-enter the building/locker rooms.**
- **When using restrooms, all students are encouraged to wash their hands and utilize a “one in one out” model to encourage social distancing.**

How will you utilize outdoor space to meet social distancing requirements?

- **Coaches will utilize all space available at their facility to allow for spacing between groups. Social distancing of at least 6 feet will be required while not actively engaged in play or in cases where social distancing impedes the safety of staff and students.**
- **Students will be kept together in cohorts when feasible, to avoid mixing with other groups as much as possible. Teams will maintain cohorts of students with the same coach and/or have the cohorts of students rotate among coaches.**

What hygiene routines will be implemented?

- **Regularly communicate and/or post the signs and symptoms of COVID-19 to coaches/staff and students.**
- **Encourage hygiene practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, ensuring shared surfaces are disinfected.**
- **Discourage spitting, handshakes, high fives, other celebrations that hinder the positive impact of social distancing efforts.**
- **Inform all participants that it is expected that they will stay home if they are experiencing symptoms and/or return home immediately if symptoms are detected during a screening process and/or at any point during the activity.**
- **Encourage participants to shower and wash workout clothes immediately upon returning home.**
- **When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff**
- **When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.**

How will you adjust student transportation to meet social distancing requirements?

- **The coordinator of transportation will work with all athletic and extracurricular staff as well as administration to update transportation needs based on guidelines from the PA Department of Health and the CDC.**

How will social distancing and other safety protocols vary based on age ranges?

- **All guidelines apply to both junior high and senior high programs.**

Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

- **Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students**
- **Training will be implemented through in person meetings. Training will review the approved Health and Safety Plan, current CDC recommendations, and general hygiene habits that can mitigate the spread of COVID-19. Continued written communication and educational**

resources which will be disseminated through email and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with federal, state, and local current recommendations.

Summary of Responses to Key Questions:

Social Distancing and Other Safety Protocols

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Require d (Y/N)
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Yellow Phase: No gathering of more than 25 total individuals. Controlled non-contact practices only, modified game rules Activity should focus on individual skill and fitness development. Green Phase: No gathering of more than 250 total individuals. Use smaller groups during training when possible.	Bryan Stephens Athletic Director	NESD Health and Safety Plan For Athletics Written Communication and Educational Resources Signage at Facilities Occupancy of Facilities	Yes
* Procedures for serving food at events	Concession stands will remain closed until further notice. Should it be deemed appropriate to open, concession stands or other food will adhere to the Guidance for Businesses in the Restaurant Industry.	Bryan Stephens Athletic Director	Guidelines for Businesses in the Restaurant Industry.	No
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	Communicate the signs and symptoms of COVID-19 to coaches/staff and students Encourage practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, disinfecting shared surfaces Discourage spitting, handshakes, high fives, other celebrations that hamper social distancing efforts, etc. Continue to monitor and disseminate pertinent COVID-19 information released by relevant governing bodies	Bryan Stephens Athletic Director	NESD Health and Safety Plan For Athletics Written Communication and Educational Resources Signage regarding to healthy hygiene practices posted at facilities	Yes

	Encourage all to shower and wash workout clothes immediately upon returning home			
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	Signage will be posted at all facilities with suggested guidelines and practices for: <ul style="list-style-type: none"> • Health Hygiene Practices • Social Distancing Guidelines 	Dale Knepper Facilities Director	Signage regarding to healthy hygiene practices posted at facilities	No
* Identifying and restricting non-essential visitors and volunteers	Attendance will be taken at Daily Screenings. Workouts will be limited to “Essential Personnel” which include: <ul style="list-style-type: none"> • Students • Coaches • Athletic Trainers • NESD Staff Only Essential personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings. Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments. Limit facilities usage to outside organizations.	Bryan Stephens Athletic Director	Communication by NESD Athletic Dept.	No
Limiting the sharing of materials and equipment among student athletes	Yellow Phase: Equipment will be limited or eliminated when possible and cleaned between use by individuals frequently. Green Phase: Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited and cleaned between use by individuals when possible. Yellow and Green Phase: Athletes should bring their own water bottle and not share with teammates. Ensure appropriate clothing/shoes	Bryan Stephens Athletic Director	Sanitizing Stations Spray Bottles/Rags Availability of Equipment	Yes

	are worn at all times. Student athletes will wear their own appropriate workout clothing (do not share clothing).			
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<p>Athletes should dress in assigned locker room only. All belongings must go with the athletes when done.</p> <p>When using restrooms, all students are encouraged to wash their hands, and utilize the “one in, one out” model.</p>	Bryan Stephens Athletic Director		Yes
Adjusting transportation schedules and practices to create social distance	<p>Adjusting transportation schedules and Modifications for student/coach transportation to and from athletic events may be necessary. This may include:</p> <ul style="list-style-type: none"> • Reducing the number of students/coaches on a bus/van • Using hand sanitizer upon boarding a bus/van • Social distancing on a bus <p>The Transportation Coordinator will work with the school district, bus companies, Department of Education, state and local governments. To determine necessary modifications.</p>	Bryan Stephens Athletic Director		No
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<p>Number of individuals participating in an activity will comply with state and local guidelines (25 Yellow- 250 Green)</p> <p>All Scheduling will need to be done through the Athletic Department to alleviate mixing of groups and ensure occupancy guidelines are followed. The Athletic Department will be in close communication with the facilities/custodial staff.</p>	Bryan Stephens Athletic Director	<p>Signage at Facilities</p> <p>Communication by NESD Athletic Dept.</p>	No
Other social distancing and safety practices				

Monitoring Student Athletes and Staff Health

Key Questions:

How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?

- **Daily health screenings conducted by coaches and athletic training staff**
- **Students and staff will be expected to stay home if they are experiencing symptoms or return home immediately if symptoms are detected during daily screening process**

Who will be responsible for monitoring?

- **Coaches**
- **Athletic Trainers**
- **Students**
- **Parent(s)/Guardian(s)**

Where will the monitoring take place?

- **At NESD prior to entering the facility**
- **Students and staff shall continually self-monitor themselves for symptoms when away from NESD facilities and contact athletic trainers/athletic director/school nurse as soon as possible and indicate activities in which they have participated if experiencing symptoms and/or test positive or are assumed to be positive.**

When and how frequently will the monitoring take place?

- **Screening (provided by staff) will occur prior to each activity, in which staff or students will participate.**
- **Students and staff will be encouraged to self-monitor.**

What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?

- **Immediate separation of any individual with COVID-19 symptoms (i.e., fever, cough, shortness of breath).**
- **Individuals who begin experiencing symptoms during an activity will be immediately isolated until they can safely depart the facility.**
- **Restrict access to areas used by a person experiencing symptoms and do not use before cleaning and disinfection.**
- **Local health officials will be notified.**
- **Those staff and students who were at risk of exposure to COVID-19 will be notified (HIPPA regulations will be adhered to).**
- **Students or staff must have medical clearance from their physician or appropriate healthcare professional to return-to-play for any activity after an assumed case of COVID-19.**
- **The aforementioned points of contact for NESD will work with appropriate healthcare professionals, staff, students and families to ensure requirements of returning to activities following quarantine/isolation are met.**

When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?

- Those staff and students who were at risk of exposure to COVID-19 will be notified (HIPPA regulations will be adhered to) as soon as direction from the DOH allows.

Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

- Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students
- Training will be implemented through in person meetings. Training will review the approved Health and Safety Plan, current CDC recommendations, and general hygiene habits that can mitigate the spread of COVID-19. Continued written communication and educational resources which will be disseminated through email and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with federal, state, and local current recommendations.

Summary of Responses to Key Questions:

Monitoring Student Athletes and Staff Health

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Require d (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	All staff and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check, or combination of both. <i>(See Appendix for Screening Form)</i> Responses to screening questions and attendance for each person should be recorded and stored.	Bryan Stephens Athletic Director Zach Noel Athletic Trainer	Screening Forms Thermometers	Yes
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any activity Isolate individual with symptoms and follow procedures for safely transporting the individual home Notify local health officials, staff, and families of exposure or confirmed case while maintaining	Bryan Stephens Athletic Director Zach Noel Athletic Trainer	Emergency Contact List Isolation Room	Yes

	confidentiality Close off areas used by a sick person and do not use before cleaning and disinfection.			
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	Students or staff must have medical clearance from their physician or appropriate healthcare professional to return-to-play for any activity after an assumed case of COVID-19 NESD will work with appropriate healthcare professionals, staff, students and families to ensure requirements of returning to activities following quarantine/isolation are met.	Bryan Stephens Athletic Director Zach Noel Athletic Trainer		No
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols	NESD will utilize the COVID-19 communication plan to notify all stakeholders along with updates posted to the website and social media platforms. (See appendix for Communication Plan)	Bryan Stephens Athletic Director	NESD Communication Plan	No
Other monitoring and screening practices	NESD Athletic Director will maintain contact with other schools whom NESD student-athletes will come into contact with during competitions on an as needed basis in regards to student and staff health concerns.	Bryan Stephens Athletic Director		No

Other Considerations for Student Athletes and Staff

Key Questions:

How will you determine which coaches and other athletic staff are willing/able to return?

- All coaches and extracurricular staff will be notified by the athletic department of the school board approved Athletics/Activities Health and Safety Plan and the return-to-play date.
- Coaches/extracurricular staff will be queried as to whether they intend to coach this year given the circumstances and the Athletics/Activities Health and Safety Plan.

- If a coach/extracurricular staff presents a legitimate medical concern efforts will be made to accommodate the concern as feasible.

How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling to return?

- The athletic department, directors, coaches and extracurricular staff will communicate to students and parents/guardians of students to inform them of the district's intent to return-to-play. Participation is optional in all activities.
 - Students who express concern will work with athletic trainers and extracurricular staff to develop a plan to return-to-play that works for all stakeholders.
- Completion of “Acknowledgement of Risk for COVID-19” Out of Season Activities”.

What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?

- When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff
- When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.

What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?

- Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers, to develop a personal health plan that may guide their ability to participate in an activity.

How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?

- Coaches and extracurricular activity directors will be the first line of communication with students and families regarding their illness. Coaches will work with the athletic training staff and administration to ensure compliance with district expectations

How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?

- Coaches will develop a succession plan in the case of a member being quarantined.

Which stakeholders will be trained on these protocols? When and how will the training be provided?

- Custodial Staff, Athletic Trainers, Coaches, and Students
- Training will be implemented through in person meetings. Training will review the approved Health and Safety Plan, current CDC recommendations, and general hygiene habits that can mitigate the spread of COVID-19. Continued written communication and educational resources which will be disseminated through email and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with federal, state, and local current recommendations.

Summary of Responses to Key Questions:

Other Considerations for Student Athletes and Staff

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student	Screenings and Contact Tracing	Bryan Stephens	Completion of “Acknowledgement of	As Needed

athletes and coaching staff at higher risk for severe illness	<p>Completion of “Acknowledgement of Risk for COVID-19 during out of Season Activities” prior to participation.</p> <p>Students who express concern will work with athletic trainers and extracurricular staff to develop a plan to return-to-play that works for all stakeholders.</p>	Athletic Director	<p>Risk for COVID-19 in Off Season Activities” prior to participation.</p> <p>Athletic Trainers/ School Nurse</p> <p>Student/Family Communication and Support</p>	
* Use of face coverings by all coaches and athletic staff	Coaches/Staff should wear masks when feasible when in contact with athletes and other coaches/staff - unless wearing a mask presents health issues.	Bryan Stephens Athletic Director	PPE as needed	No
* Use of face coverings by student athletes as appropriate	<p>When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff.</p> <p>When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.</p>	Bryan Stephens Athletic Director	PPE as needed	No
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers, to develop a personal health plan that may guide their ability to participate in an activity.	<p>Bryan Stephens Athletic Director</p> <p>Zach Noel Athletic Trainer</p>		No

Management of Coaches and Athletic Staff	Supervision, monitoring, and frequent communication with all programs.	Bryan Stephens Athletic Director		No
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Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Practice procedures and expectations:	Extracurricular Staff	Bryan Stephens Athletic Director	In Person Meetings Review of Health and Safety Plan Written Communication and Educational Resources	NESD Health and Safety Plan For Athletics Written Communication and Educational Resources	8/1	Prior to 9/4
Cleaning Procedures and Expectations Social Distancing Healthy Hygiene Practices	Extracurricular Staff	Dale Knepper Facilities Director	In Person Meetings Review of Health and Safety Plan Written Communication and Educational Resources	NESD Health and Safety Plan For Athletics Written Communication and Educational Resources Signage at Facilities	8/1	Prior to 9/4

Monitoring/Screening Student Athletes & Staff	Extracurricular Staff	Zach Noel Athletic Trainer Bryan Stephens Athletic Director	In Person Meetings Review of Health and Safety Plan Written Communication and Educational Resources	NESD Health and Safety Plan For Athletics Written Communication and Educational Resources	8/1	Prior to 9/4
Communication Plan	Extracurricular Staff	Bryan Stephens Athletic Director	In Person Meetings Review of Health and Safety Plan Written Communication and Educational Resources	NESD Health and Safety Plan For Athletics Written Communication and Educational Resources	8/1	Prior to 9/4

Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
NESD Health & Safety Plan For Athletics	Extracurricular Staff Students and Parents/guardians of students NESD Community	Bryan Stephens Athletic Director	Communication through NESD Communications Coordinator and Athletic Department NESD Health and Safety Plan For Athletics and Information and Resources posted on NESD Website	Following Board Approval	
Communication Plan	Extracurricular Staff Students and Parents/guardians of students	Bryan Stephens Athletic Director	Communication through NESD Communications Coordinator and Athletic Department NESD Health and Safety Plan For Athletics	Following Board Approval	

	NESD Community		and Information and Resources posted on NESD Website		
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Athletics Health and Safety Plan Summary: Northeastern School District

Anticipated Launch Date: September 4, 2020

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Strategies, Policies and Procedures
* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	<p>Use of cleaning products that meet EPA criteria</p> <p>Cleaning schedule in place and recorded</p> <p>Facility Scheduling - Allowing necessary time in between scheduled practices for proper cleaning</p> <p>Provide disinfectants in a close proximity to all workout stations (as applicable)</p> <p>Hand sanitizing stations at each facility with at least 60% alcohol</p> <p>Ensure appropriate clothing/shoes are worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited to the greatest extent possible and cleaned between use by individuals.</p> <p>Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students</p>

	will all have shared responsibility to complete their roles in cleaning and sanitizing.
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Social Distancing and Other Safety Protocols

Requirements	Strategies, Policies and Procedures
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Yellow Phase: No gathering of more than 25 individuals Green Phase: No gathering of more than 250 individuals
* Procedures for serving food at events	Concession stands will remain closed until further notice. Should it be deemed appropriate to open, concession stands or other food will adhere to the Guidance for Businesses in the Restaurant Industry.
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	<p>Communicate the signs and symptoms of COVID-19 to coaches/staff and students</p> <p>Encourage practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, disinfecting shared surfaces</p> <p>Discourage spitting, handshakes, high fives, other celebrations that hamper social distancing efforts, etc.</p> <p>Continue to monitor and disseminate pertinent COVID-19 information released by relevant governing bodies</p> <p>Encourage all to shower and wash workout clothes immediately upon returning home</p>
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	<p>Signage will be posted at all facilities with suggested guidelines and practices for:</p> <ul style="list-style-type: none"> • Health Hygiene Practices • Social Distancing Guidelines
* Identifying and restricting non- essential visitors and volunteers	<p>Attendance will be taken at Daily Screenings. Workouts will be limited to “Essential Personnel” which include:</p> <ul style="list-style-type: none"> • Students • Coaches • Athletic Trainers

	<ul style="list-style-type: none"> • NESD Staff <p>Only Essential personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.</p> <p>Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.</p>
Limiting the sharing of materials and equipment among student athletes	<ul style="list-style-type: none"> • Yellow Phase: Equipment will be limited or eliminated when possible and cleaned between use by individuals frequently. • • Green Phase: Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited and cleaned between use by individuals when possible. • • Yellow and Green Phase: Athletes should bring their own water bottle and not share with teammates. Ensure appropriate clothing/shoes are worn at all times. Student athletes will wear their own appropriate workout clothing (do not share clothing).
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<p>Athletes will change in their designated locker rooms. They will take their belongings with them to the practice field. Athletes practicing later in the day/evening will not have access to the locker rooms.</p> <p>When using restrooms, all students are encouraged to wash their hands, and utilize the “one in, one out” model.</p>
Adjusting transportation schedules and practices to create social distance	<p>Adjusting transportation schedules and Modifications for student/coach transportation to and from athletic events may be necessary. This may include:</p> <ul style="list-style-type: none"> • Reducing the number of students/coaches on a bus/van • Using hand sanitizer upon boarding a bus/van • Social distancing on a bus <p>The Transportation Coordinator will work with the school district, bus companies, Department of Education, state and local governments. To determine necessary modifications.</p>
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<p>Number of individuals participating in an activity will comply with state and local guidelines (25 Yellow - 250 Green)</p>

	All Scheduling will need to be done through the Athletic Department to alleviate mixing of groups and ensure occupancy guidelines are followed. The Athletic Department will be in close communication with the facilities/custodial staff.
Other social distancing and safety practices	

Monitoring Student Athletes and Staff Health

Requirements	Strategies, Policies and Procedures
* Monitoring student athletes and staff for symptoms and history of exposure	All staff and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check, or combination of both. (<i>See Appendix for Screening Form</i>) Responses to screening questions and attendance for each person should be recorded and stored.
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	<p>Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any activity</p> <p>Isolate individual with symptoms and follow procedures for safely transporting the individual home</p> <p>Notify local health officials, staff, and families of exposure or confirmed case while maintaining confidentiality</p> <p>Close off areas used by a sick person and do not use before cleaning and disinfection.</p>
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	<p>Students or staff must have medical clearance from their physician or appropriate healthcare professional to return-to-play for any activity after an assumed case of COVID-19</p> <p>NESD will work with appropriate healthcare professionals, staff, students and families to ensure requirements of returning to activities following</p>

	quarantine/isolation are met.
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols	NESD will utilize the COVID-19 communication plan to notify all stakeholders along with updates posted to the website and social media platforms. <i>(See appendix for Communication Plan)</i>
Other monitoring and screening practices	

Other Considerations for Student Athletes and Staff

Requirements	Strategies, Policies and Procedures
* Protecting student athletes and coaching staff at higher risk for severe illness	<p>Screenings and Contact Tracing</p> <p>Completion of “Acknowledgement of Risk for COVID-19 during out of Season Activities” prior to participation.</p> <p>Students who express concern will work with athletic trainers and extracurricular staff to develop a plan to return-to-play that works for all stakeholders.</p>
* Use of face coverings by all coaches and athletic staff	Coaches/Staff should wear masks when feasible when in contact with athletes and other coaches/staff - unless wearing a mask presents health issues.
* Use of face coverings by student athletes as appropriate	<p>When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff.</p> <p>When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.</p>
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers, to develop a personal health plan that may guide their ability to participate in an activity.
Management of Coaches and Athletic Staff	Supervision, monitoring, and frequent communication with all programs.

APPENDIX

Northeastern Athletic Department Athlete and Staff COVID-19 Screening

Name: _____ Date: _____

Grade: _____ Sports: _____

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 6ft 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 ***

Athletics - Health and Safety Action Plan
Communication Plan

Point of Contact Flowchart

**Coaches and Athletic Trainers will contact Athletic Director*

- 1.) Athletic Trainers and Coaches:
 - a.) Athletic Trainer – Zach Noel
- 2.) Athletic Director: Bryan Stephens
- 3.) HS Principal: Matt Gay
- 4.) Director of Operations: Brian Geller
- 5.) Health Officials

Experiencing Symptoms or Positive Case:

- Refer person to their PCP or online UrgentCare
- If no other options provide COVID-19 phone line (717)-851-5890
- If in distress go to ED. Call ahead to ED to make them aware

NESD Communication following exposure to an individual with symptoms or positive case:

- Contact Local Health Officials
- Review screening and attendance forms for contact tracing
- Communicate to NESD POC's
- Contact individuals who came in contact

Position	Name	Phone Number	E-Mail
Athletic Director	Bryan Stephens	(717) 266-3644 ext. 3	stephensb@nebocats.org
Athletic Trainer	Zach Noel	(717) 266-3644	noelz@nebocats.org
Director of Operations	Brian Geller	(717) 266-3667	gellerb@nebocats.org

Appendix C: Acknowledgement of Risk in Off-Season Sports/Activities

2020-2021 SUPPLEMENTAL ACKNOWLEDGEMENT, WAIVER AND RELEASE: COVID-19

The COVID-19 pandemic presents athletes with various challenges concerning this contagious illness. Some severe outcomes have been reported in children, and children with mild or even asymptomatic cases of COVID-19 can spread the infection to others who may be far more vulnerable. 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 it is not possible to eliminate all risk of being infected with or furthering the spread of COVID-19, the risk can be reduced. PIAA has urged all member schools to take necessary precautions and comply with guidelines from the federal, state, and local governments, the CDC and the PA Departments of Health and Education to reduce the risks to athletes, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, these guidelines may be modified to further implement steps needed to decrease the risk of exposure to athletes, coaches and others. Additionally, each school has been required to adopt internal protocols to reduce the risk of transmission. We acknowledge that we have received and reviewed the school's health and safety plan.

By signing this form, the undersigned acknowledge, after having undertaken to review and understand both the symptoms and possible consequences of infection, that (1) they are aware of the contagious nature of COVID-19 and the risks that they may be exposed to or contract COVID-19 or other communicable diseases by permitting the undersigned student to participate in interscholastic athletics; (2) such exposure or infection may result in serious illness, personal injury, permanent disability and/or death; (3) this risk may result from or be compounded by the actions, omissions, or negligence of others; (4) participants will, in the course of competition, interact with and likely have physical contact with athletes from their own, as well as other, schools, including schools from other areas of the Commonwealth; (5) while risks can be managed in part, PIAA and its member schools cannot eliminate such risks nor guarantee that transmission will not occur for those participating in interscholastic athletics; and (6) participation in interscholastic athletics at any time, and especially during the COVID-19 pandemic, is strictly voluntary.

Notwithstanding the risks associated with COVID-19, we agree that we are voluntarily allowing the undersigned student to participate in interscholastic athletics for the 2020-2021 school year. We willingly agree to comply with the stated guidelines put forth by PIAA and the student's school to limit the exposure and spread of COVID-19 and other communicable diseases.

WE ALSO HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY AND/OR DEATH RELATED TO COVID-19 TO THE STUDENT AND ALL FAMILY MEMBERS ARISING FROM SUCH PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF PIAA OR OTHERWISE. WE ALSO EXPRESSLY AGREE TO WAIVE AND RELEASE OUR MEMBER SCHOOL(S), PIAA, ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, MEMBER SCHOOLS, SUCCESSORS AND ASSIGNS (collectively, "Releasees") FROM ANY AND ALL CLAIMS ON ACCOUNT

OF ILLNESS, DISABILITY, DEATH OR OTHER HARM ARISING OUT OF OR ATTRIBUTABLE TO THE STUDENT'S PARTICIPATION IN INTERSCHOLASTIC ATHLETICS AND BEING EXPOSED THEREFROM TO, OR CONTRACTING, COVID-19, WHETHER, ARISING FROM THE NEGLIGENCE OR OTHERWISE ANY RELEASEE. WE COVENANT THAT WE WILL NOT MAKE OR BRING ANY CLAIM AGAINST ANY RELEASEE AND FOREVER RELEASE AND DISCHARGE RELEASEES FROM LIABILITY UNDER SUCH CLAIMS.

Additionally, we shall defend, indemnify, and hold harmless all Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including attorney fees, fees, as well as the costs of enforcing any right to indemnification and the costs of pursuing any insurance providers, incurred by/awarded against any Releasees in a final judgment arising out or resulting from any claim by, or on behalf of, any of us or any of our family members, related to COVID-19.

Signature of Student _____ Print Student's Name _____ Date: _____

Signature of Parent/Guardian _____ Print Parent/Guardian's Name _____

Appendix D: YAIAA Protocols and Procedures for the 2020 Fall Season

YIAAA Recommended Competition Procedures and Protocols

OFFICIALS

1. CONTACT THE HOST SCHOOL:
 - a. Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
 - i. Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.

- ii. Request separate and secured parking areas away from other participants.
 - iii. Request hand sanitizer be available at scorer's table, if applicable, and use it between periods and during time outs. (Officials are encouraged to bring their own in the event none is available.)
 - iv. Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
- 2. Officials will be required to complete pre-screening protocol prior to competitions.
 - a. Officials that present COVID-19 symptoms prior to the event should contact the Athletic Director, assignor, or YAI/AA Executive Director in a timely manner to allow for alternative arrangements to be implemented.
 - b. Upon arrival, officials will complete and sign off on a COVID-19 pre-screening questionnaire. Officials are required to accurately report symptoms in an effort to minimize transmission opportunities.
- 3. Officials are recommended to arrive dressed for competition to help mitigate exposure to COVID-19. Facilities will be offered as necessary.
- 4. Officials may be asked to sign a liability waiver by the school. While not a PIAA requirement, it may be a host site requirement. You should inquire the host school before arriving whether that requirement exists and, if so, request an opportunity to review the document in advance. If you are unwilling to sign it, you should decline the engagement. You should not wait until arriving on site to ask to see the waiver or to inform the school that you will not sign it.
- 5. Officials must pay special attention to playing rules that require distances between players during play.
- 6. Reminders should be issued for situations that involve hygiene (spitting, etc.)
- 7. Maintain distance from players if an altercation occurs and minimize the times you are within 6 feet of others.
- 8. Be aware of the location of medical personnel while you are on school property.
- 9. Limit the exchanging of documents between yourself and others
- 10. Once the contest begins, avoid conversations within 6 feet with coaches
- 11. Wash your hands frequently.
- 12. Officials' Uniforms and Equipment.
 - a. Electronic whistles are permissible.
 - i. Choose a whistle whose tone will carry outside.
 - ii. Be aware of the increased risk of inadvertent whistles.
 - b. Face coverings by participants are permitted.
 - c. Gloves may be worn by contestants.
 - d. Bring your own towels and hygiene materials. Do not share them with others.
- 13. Individuals are required to wear face coverings in accordance with the Secretary of the Pennsylvania Department of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.

- a. Officials are not required to wear face coverings while officiating a contest, but they are permitted. You should seriously consider wearing a face covering when officiating. Coverings must be worn when entering the host site and while inspecting the field/court prior to the contest unless social distancing can be maintained while doing so.
 - b. There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
14. Officials are recommended to bring their own water and water bottle.
15. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
16. At the completion of the event, officials are recommended to exit the facility quickly and are encouraged not to congregate or interact with the teams, coaches, or staff members.
17. If an official tests positive for or exhibits COVID-19 symptoms, every effort should be made to contact all affected schools.
- a. Notify the school/s immediately (Principal, Athletic Director, or office staff)
 - b. 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.
18. GAME DAY:
- a. Complete a personal health assessment on the day of your contest. If you feel sick – STAY HOME. Notify the contracted schools, your partner(s) and the assignor to let them know.
 - b. Notify site administrator immediately if your temperature is 100.4 or above. o “Vulnerable individuals” are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
 - c. Communicate with school athletic administrator frequently during the days leading up to your contest about school expectations.
 - d. Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently.
 - e. When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
 - f. Do not share uniforms, towels, apparel and equipment.
 - g. Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field.
 - h. Bring your own water bottle or rehydration beverages. o Use a mask when communicating verbally within 6 feet of others.
 - i. In an effort to maintain social distancing, officiating positions may need to be changed in a manner that are not necessarily in conformance with standard officiating mechanics.
 - j. If an official is sent home or unable to officiate for any reason, follow the PIAA policy on “Absence or Withdrawal of Official at Contest”, in the Policies and Procedures section of the PIAA Handbook.
19. PREGAME CONFERENCE:
- a. Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.

- b. Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- c. Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- d. Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of 6 feet.
- e. No handshakes are permitted.
- f. Maintain social distancing while performing all pregame responsibilities.
- g. Encourage bench personnel to observe social distancing of 6 feet.
- h. Encourage social distancing of 6 feet between substitutes and teammate(s).

20. OFFICIALS' TABLE:

- a. Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table.

21. PREGAME AND POSTGAME CEREMONY:

- a. No shaking hands during introductions.
- b. Traditional pre-game introductions should be altered to ensure social distancing occurs.
- c. No postgame shaking hands.

22. PERSONAL RESPONSIBILITIES:

- a. Training
 - i. Review current and past year rule and case books.
 - ii. Attend online and in-person meetings to review the rules for the coming year.
 - iii. Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.
- b. Positive COVID-19 Test
 - i. You should notify the school(s) administration where you officiated and partners of those contests.

23. UNIFORM OF CONTESTANTS:

- a. Long sleeves are permissible.
- b. Long pants are permissible.
- c. Undergarments are permissible but must be of a similar length for the individual and a solid like color.

24. Sport Specific Recommendations for Officials:

- a. CONSIDERATION FOR CROSS COUNTRY OFFICIALS:
 - i. Please review the General Considerations for Officials.

- ii. Follow social distancing guidelines: Pre and Post Meet conferences. Clerking at the start line. Tabulations and posting of results.
 - iii. Consider using electronic whistle.
- b. CONSIDERATION FOR FIELD HOCKEY OFFICIALS:
 - i. Please review the General Considerations for Officials.
 - ii. Officials may use electronic whistles during contests but must be aware of the increased risk of inadvertent whistles.
 - iii. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- c. CONSIDERATION FOR FOOTBALL OFFICIALS:
 - i. Please review the General Considerations for Officials.
 - ii. Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
 - iii. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes.
 - iv. The football should be changed or sterilized by sidelined personnel frequently.
 - v. Officials will have to limit the handling of other officials' equipment (ex. assist in picking up flags or bean bags).
- d. CONSIDERATION FOR SOCCER OFFICIALS:
 - i. Please review the General Considerations for Officials.
 - ii. Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
 - iii. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- e. CONSIDERATION FOR VOLLEYBALL OFFICIALS:
 - i. Please review the General Considerations for Officials.
 - ii. Officials are permitted to use electronic whistles but must be aware of signaling difficulties when using both hands and the increased chance of inadvertent whistles.
 - iii. Use of a three ball rotation system should be considered for matches. This would allow for periodic sanitation of the balls.

ROSTERS

1. Roster size should be determined by the local district with the following considerations:
 - a. Reduced roster size is preferred when appropriate
 - b. Away football teams are recommended to limit roster size to a traveling squad
2. Plans for rosters size, capacity, and local procedures should be communicated in a timely manner prior to the event.

SPECTATORS

1. In accordance with Governor Wolf’s plan for phased re-opening, sports related activities at the PK-12 level are limited to student-athletes, coaches, officials and staff only.
 - a. In the “Yellow Phase,” no more than 25 participants (including students, coaches/staff, and officials) may be present.
 - b. In the “Green Phase,” no more than 250 participants or 50% of the maximum capacity of that venue (including students, coaches/staff, and officials) may be present.
 - c. Events will be closed to ALL spectators.
2. The Preliminary School Sports Guidance document which was released by the Governor’s Office states that, “The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.” We anticipate that more information will be forthcoming from the Governor’s Office and Department of Education.
3. Should spectators eventually be permitted to attend contests, we anticipate that such attendance will be subject to some important limitations that were also included in the Preliminary School Sports Guidance:
 - a. Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults must face coverings (masks or face shields) at all times.
 - b. Spectators should not enter the field of play or bench areas.
 - c. Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.

HOME EVENT RECOMMENDATIONS

1. Local procedures should be communicated to the visiting school and officials in a timely manner prior to the event.
2. Make sure to have an administrative contact (cell number and email address) for all events.
3. Establish a routine of enhanced cleaning and sanitation measures.
 - a. Disinfect and sanitize athletic facilities and equipment between levels of competitions.
 - b. Provide disinfectant supplies in close proximity (as applicable).
4. Event staff is recommended to wear a mask/face covering prior to, during and after the competition as recommended by the Pennsylvania Department of Health and should practice social distancing when possible.
 - a. Hosting schools should make an effort to provide opportunities for social distancing at head tables or designated event staff locations.
5. Visiting teams are recommended to arrive dressed for competition to limit facility usage. Hosting schools should communicate locker room and facility plans/concerns prior to the event.
6. Student-athletes and coaches are recommended to wear mask/face coverings prior to, after, and while not actively engaged in the competition and practice social distancing when feasible.
 - a. Student-athletes, coaches/staff, and officials are recommended to wear a mask/facial covering during the pre-game captains meeting and practice social distancing.
 - b. No hand shakes should be permitted prior to, during, or after the competition.

- c. Student-athletes, coaches/staff, and officials should exit the facility promptly after the completion of the event. The hosting school should make every effort to limit congregating after the event to help mitigate exposure to COVID-19.
- 7. Concessions should adhere to the Guidance for Businesses in the Restaurant Industry.
- 8. Any meals provided for traveling teams should be consumed off of the hosting school's campus.
- 9. Time outs should be flexible in order to adhere to CDC recommendations.
- 10. Live Streaming will be permitted at events. Home teams should communicate any live streaming procedures with the opposing team prior to the event.
- 11. Have a plan in place if someone begins to show symptoms.
- 12. If your school will require anyone to execute a liability waiver before entering the premises, that requirement and document should be provided to all persons in advance so that it may be reviewed.

SPORT-SPECIFIC RECOMMENDATIONS (FALL)

- 1. Cross Country
 - a. Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
 - b. Cross country meets should consider using staggered, wave or interval starts.
 - c. Possible Rule Modifications:
 - i. Consider widening the course to at least 6 feet at its narrowest point. Finish:
 - ii. Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - iii. If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
 - iv. Consider using image-based equipment at the finish line to assist with picking places and reducing congestion.
 - d. Pre and Post Race Ceremony:
 - i. Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
 - ii. The use of team tents on site is discouraged.
 - iii. Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.
 - e. Student-athletes, coaches/staff, and officials should practice social distancing during the pre-meet walk through.
 - f. Organizational items such as popsicle sticks, note cards, etc. should not be reused and discarded after completion.
 - g. Event staff are recommended to wear a mask/face covering and gloves when collecting organizational items.

- h. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- 2. Cheerleading
 - a. Student-athletes and coaches should practice social distancing when possible.
 - b. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- 3. Field Hockey
 - a. PREGAME CONFERENCE:
 - i. Limit attendees to one official, the head coach from each team, and a single captain from each team.
 - ii. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet during the conference.
 - iii. Suspend handshakes prior to and following the Pregame Conference.
 - b. TEAM BENCHES:
 - i. Team areas may be expanded to promote social distancing.
 - ii. Encourage bench personnel to observe social distancing of 6 feet.
 - c. BALL INDIVIDUALS:
 - i. Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
 - d. SUBSTITUTION PROCEDURES:
 - i. Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
 - e. OFFICIALS' TABLE:
 - i. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
 - ii. If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.
 - f. OTHER:
 - i. Players choosing to use a penalty corner mask should not share their mask with other individuals.
 - g. PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:
 - i. No pregame introduction line. Send players to their field positions for introductions.

- ii. Water bottles should not be allowed on the field of play and should be used off the playing surface.
- iii. Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
- iv. No post game shaking hands.

h. FIELD HOCKEY RULES INTERPRETATIONS:

i. EQUIPMENT AND ACCESSORIES:

- 1. Face coverings are permitted.
- 2. Gloves are permitted.
- 3. Players' goggles are optional equipment.

i. LEGAL UNIFORM:

- i. Long sleeves are permitted.
- ii. Long pants are permitted.
- iii. Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

j. OFFICIALS UNIFORM AND EQUIPMENT:

- i. Long-sleeved shirt/jackets are permitted.
- ii. Electronic whistles are permitted.
- iii. Face coverings are permitted.
- iv. Gloves are permitted.

k. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.

l. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.

m. Student-Athletes should avoid picking up the balls.

n. If multiple players are present in the penalty box, appropriate social distancing practices should be utilized.

o. Head table should be limited to essential personnel only. Bookkeepers are recommended to sit on the team bench if social distancing recommendations can not be exercised.

4. Football

a. TEAM BOX:

- i. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- ii. Teams should reduce game rosters to allow for more social distancing on sidelines.

- iii. Where feasible, extend the 2-yard sideline belt to 5 yards. Maintain social distancing of 6 feet at all times while in the team box. Do not share uniforms, towels and other apparel and equipment.
- b. BALL:
 - i. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - ii. The ball holders should maintain social distancing of 6 feet at all times during the contest.
 - iii. Clean the ball on a ball rotation to the sidelines. Have ball individuals wear gloves and be supervised and directed by an adult staff member or member of coaching staff.
- c. FACE MASKS:
 - i. Cloth face coverings are permitted.
 - ii. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest.
 - iii. Face shields – It is recommended that teams promote their use by players. Face shields may be worn for play as well as on the sidelines. Helmet manufacturer Shutt has developed a face shield and another is manufactured by Oakley that is being used by the NFL. It will fit the Riddell helmet.
- d. TOOTH AND MOUTH PROTECTORS:
 - i. Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- e. GLOVES:
 - i. Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- f. CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES:
 - i. A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for rehydration.
 - ii. For social-distancing purposes the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
 - iii. Each game official and player should have their own beverage container.
 - iv. Encourage the minimization of offensive and defensive huddles and encourage coaching staffs to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.
- g. INTERMISSION BETWEEN PERIODS AND AFTER SCORING:

- i. The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.
 - h. PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:
 - i. Water bottles are discouraged on the field of play and should be used off the playing surface.
 - ii. Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
 - iii. No post game of shaking hands.
 - i. FINAL CONSIDERATIONS FOR FOOTBALL:
 - i. Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
 - ii. Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
 - iii. Everyone should have their own beverage container that is not shared.
 - iv. Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
 - v. Gloves are permitted for all coaches and team staff and for all game administration officials.
 - vi. Try and limit the number of non-essential personnel who are on the field level throughout the contest.
 - vii. If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
 - j. Football/s should be sanitized during breaks and/or between possessions.
 - k. Student-athletes are encouraged to arrive dressed for competition to limit facility usage.
 - l. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
 - m. The use of a press box should be limited to home team essential personnel only or to the extent where appropriate social distancing practices are possible. Press Box usage plans should be communicated prior to the event.
 - i. No Media is permitted in the Press Box
 - n. Hosting schools should have alternative plans for chain crews in case availability is limited.
5. Golf
- a. COMPETITION CONSIDERATIONS:
 - i. Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
 - ii. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
 - iii. Normal golf groups are permitted.

- iv. Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- v. To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)
- vi. Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- vii. Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- viii. To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- ix. It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.
- b. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
- c. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.

6. Soccer

- a. PREGAME CONFERENCE:
 - i. Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
 - ii. Move the location of the pregame conference to center of the field. All individuals should maintain a social distance of 6 feet.
 - iii. No handshakes prior to and following the Pregame Conference.
- b. BALL INDIVIDUALS:
 - i. Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players
- c. TEAM BENCHES:
 - i. Encourage bench personnel to observe social distancing of 6 feet. Team areas may be expanded to promote social distancing.
- d. SUBSTITUTION PROCEDURES:
 - i. Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- e. OFFICIALS TABLE:

- i. Limit to essential personnel who includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- f. PREGAME, HALF-TIME AND POST MATCH CEREMONY:
 - i. No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
 - ii. Water bottles are discouraged on the field of play and should be used off the playing surface. Goalkeepers are encouraged to keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
 - iii. Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant and off the playing surface, where possible.
 - iv. No post game shaking hands.
- g. SOCCER RULES INTERPRETATIONS:
 - i. EQUIPMENT AND ACCESSORIES:
 - 1. Cloth face coverings are permitted.
 - 2. Gloves are permitted.
 - ii. LEGAL UNIFORM:
 - 1. Long sleeves are permitted.
 - 2. Long pants are permitted.
 - 3. Under garments are permitted but must be of a similar length for the individual and a solid like color for team.
 - iii. OFFICIALS UNIFORM AND EQUIPMENT:
 - 1. Long-sleeved shirt/jackets are permitted.
 - 2. Electronic whistles are permitted.
 - 3. Face coverings are permitted.
 - 4. Gloves are permitted.
- h. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
- i. Soccer balls should be sanitized during breaks in the games.
- j. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- k. Head table should be limited to essential personnel only. Bookkeepers are recommended to sit on the team bench if social distancing recommendations can not be exercised.

7. Tennis

- a. PRE-MATCH CONFERENCE:
 - i. Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.
- b. TEAM AREAS:
 - i. Make sure team personnel observe social distancing of 6 ft.
- c. DURING MATCHES:
 - i. Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
 - ii. Maintain physical distancing if changing ends of the court.
 - iii. Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
 - iv. When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
 - v. Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
 - vi. Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
 - vii. Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.
- d. TENNIS BALLS:
 - i. Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:
 - 1. Use four or six tennis balls.
 - 2. Open two cans of tennis balls that do not share the same number on the ball.
 - 3. Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
 - 4. Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.
- e. Student-athletes are strongly encouraged to limit sharing of equipment. In situations where equipment sharing is necessary, appropriate sanitization procedures should be utilized.
- f. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
- g. Each Team is recommended to provide game balls during competition.
- h. Student-Athletes should change sides on opposite sides of the court.
- i. The home team participant should flip score cards during the competition to limit exposure to high touch areas.

- j. Athletes should return the balls when not in play by kicking or returning the ball in a manner that does not require using hands.
- 8. Volleyball
 - a. PRE-MATCH CONFERENCE:
 - i. Limit attendees to the first referee, head coach, and one captain from each team.
 - ii. Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
 - iii. Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.
 - b. TEAM BENCHES
 - i. Suspend the protocol of teams switching sides/benches between sets.
 - 1. Home team will select their bench prior to the match and remain on the same side for the duration of the match.
 - ii. Team areas may be expanded to promote social distancing outside of playable areas.
 - c. DECIDING SET PROCEDURES:
 - i. Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - ii. Suspend the protocol of teams switching sides/benches before a deciding set.
 - d. SUBSTITUTION PROCEDURES:
 - i. Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
 - e. OFFICIALS' TABLE:
 - i. Limit to essential personnel (which includes home team scorer, libero tracker and timer), with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
 - f. VOLLEYBALL OFFICIALS MANUAL CONSIDERATIONS:
 - i. PRE AND POST MATCH CEREMONY
 - 1. Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.
 - g. VOLLEYBALL RULES INTERPRETATIONS:
 - i. EQUIPMENT AND ACCESSORIES:
 - 1. Cloth face coverings are permitted.
 - 2. Gloves are permitted.
 - ii. LEGAL UNIFORM

1. Long sleeves are permitted.
 2. Long pants are permitted.
 3. Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.
- iii. OFFICIALS UNIFORM AND EQUIPMENT:
1. By state association adoption, long-sleeved, all-white collared polo shirt/sweater is permitted. (Electronic whistles are permitted.)
 2. Face coverings are permitted.
 3. Gloves are permitted.
- h. A three-ball system should be implemented and game balls should be rotated between points. Game balls not in play should be sanitized before returning to play.
- i. Student-athletes and coaches are recommended to stay on one bench for the duration of the competition to limit exposure opportunities to COVID-19.
- j. Head table should be limited to essential personnel only. Bookkeepers are recommended to sit on the team bench if social distancing recommendations can not be exercised.

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

1. Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - a. If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - b. Cover your mouth and nose with a tissue when coughing or sneezing.
 - c. Adhere to school adopted plans if you begin to show symptoms.
2. Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - a. Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
3. Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
4. Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)
5. Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - a. Social distancing should be maintained during the National Anthem and on sidelines.

- b. Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
- 6. Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - a. Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
 - b. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
 - c. There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- 7. Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting Teams to ensure that they have safe access to water for their participants.
- 8. If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

BAND AND CHEERLEADERS

- 1. The visiting team's marching band and cheerleaders are not to travel to limit gathering size. Local guidelines regarding band and cheerleaders should be communicated in a timely manner prior to the event.

MEDIA

- 1. In accordance with Governor Wolf's plan for phased re-opening, sports related activities at the PK-12 level are limited to student-athletes, coaches, officials and staff only.
- 2. In the event that media is permitted to the competition:
 - a. Media members should complete a personal health assessment daily.
 - i. If temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - b. The media must make contact with the school prior to attending to make appropriate arrangement for attendance.
 - c. Media availability may be limited especially if there are limits on capacity.
 - d. Media should be restricted to areas outside of the team areas.
 - e. Interview request may be limited and should be accommodated only if social distancing protocols can be followed.

- f. Media are required to wear face covering in accordance with the Secretary of Health's order of July 1st 2020, unless they meet exceptions under Section 3 of that order.
- g. Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
- h. Press box availability may be limited.

CONSIDERATIONS FOR STUDENT-ATHLETES:

- 1. Teams should consider making each student responsible for their own supplies.
- 2. Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
- 3. Hand sanitizer should be plentiful at all contests and practices.
- 4. Athletes should tell coaches immediately when they are not feeling well.
- 5. Student-Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- 6. Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - a. Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury. o
- 7. Bring and use your own water bottle.
 - a. High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
 - b. Student-athletes should follow established guidelines for hydration.
 - c. Please see National Athletic Trainer Association (NATA) Resource: Healthy Hydration For Young Athletes
- 8. Student-athletes are encouraged to shower as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

- 1. Communicate your guidelines in a clear manner to students and parents.
- 2. Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- 3. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- 4. Coaches should limit game day squad sizes for social distancing purposes.
- 5. Coaches are reminded to wear proper coaching attire per weather conditions.
- 6. Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR PARENTS/GUARDIANS: (A family's role in maintaining safety guidelines for themselves and others):

1. Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
2. Parents/Guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
3. Provide personal items for your child and clearly label them.
4. Disinfect your student's personal equipment after each game or practice.
5. Be prepared with face coverings for members of your family if permitted to attend events.
6. Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

1. Make sure to communicate with the host school prior to the competition to discuss plans.
2. Follow all policies and guidelines the host school has communicated.
3. Make sure your team is bringing its own medical supplies and emergency action plans.
4. Have a plan in place if someone begins to show symptoms.

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: *Update Resources*

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

Centers for Disease Control and Prevention [Website](#):

[“What You Should Know About COVID-19 to Protect Yourself and Others”](#)

[“Schools Decision Tree”](#)

PA Department of Health [Website](#):

[“Coronavirus Symptoms”](#)

[“What is Contact Tracing”](#)

[“Phased Reopening Plan by Governor Wolf”](#)

PA Guidance for Sports:

[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](#)

[Guidance for Businesses in the Restaurant Industry](#)

[Update Resources](#)

