



ATHLETIC HEALTH & SAFETY PLAN

New Hope-Solebury Athletic Department



INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The NH-SSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The NH-SSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators. Modifications to this Board approved plan will be based upon future guidance from the Bucks County Department of Health.

Dr. Lentz (Superintendent), Mr. Steven Seier (High School Principal), Mr. Pedersen (Assistant Principal/Athletic Director) and Mr. Foulke (Assistant Athletic Director), under guidance issued by the Bucks County Department of Health, Pennsylvania Department of Education, and CDC, have been working to develop plans to safely bring students and staff back on campus to begin pre-season, school affiliated activities.

PRIMARY POINT OF CONTACT

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Anticipated Launch Date: July 6, 2020

GENERAL CONSIDERATIONS

- All off-season workouts are open and voluntary
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.



RECOMMENDATIONS

Recommendations for **all phases** for Middle School and High School Athletics and Academic Competitions

1. Athletes, Coaches, and Staff should undergo a COVID- 19 health screening prior to any practice, event, or team meeting. (See Appendix) The purpose is to check for signs and symptoms of COVID-19.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing.) Athletes may be required to wear facemasks on sideline or team gatherings where appropriate social distancing cannot be achieved. Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Design activities that allow for risk mitigation strategies (social distancing, hand hygiene, etc.)
7. Encourage anyone who is sick to stay home
8. Plan for if a student or employee gets sick
9. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures and adjust the plan accordingly.
10. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
11. PPE (gloves, masks, eye protection) will be used as needed and as situations warrant, or as determined by local/state governments.
12. The Athletic Department will conduct on-going maintenance of guidelines, recommendations, education and updated processes based on evolving knowledge and governmental guidelines. Routines meetings (weekly, bi-weekly, monthly or as needed) will be scheduled to monitor plan implementation and effectiveness as well as reviewing any new guidelines shared by the CDC, the Bucks County Department of Health or the Governor's office.
13. Coaches will develop a communication plan in the event that a workout needs to be cancelled on short notice due to a member of the team or coaching staff being ill.
14. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunocompromised
 - Obesity



- Diabetes
 - Kidney or liver disease
15. Options that limit exposure, such as virtual coaching and at-home drills, will be offered to ensure the safety of individuals identified as high risk

Classification of Sports

High Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples at NH-S: football, cheerleading (stunts), boys' lacrosse, wrestling

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants.

Examples at NH-S: basketball, volleyball*, baseball*, softball*, soccer, field hockey, girls' lacrosse, tennis*, pole vault*, high jump*, long jump*, 7 on 7 football

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Low Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples at NH-S: individual running events, cross country, throwing events (shot put, discus, javelin), golf, weightlifting, sideline cheer

EDUCATION:

The Athletic Director and Assistant Athletic Director will provide pre-practice education sessions with each team and adults supervising the activity (coaches and assistant coaches) prior to them returning to practice. Attendance will be taken at each training to ensure that all coaches are trained prior to them being able to run their assigned athletic programs. Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this Return to Sport Guidelines Document



- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- CDC guidance on considerations for youth sports to modify practices and games.
- All coaches will be required to complete online Covid safety training

RISK Readiness Assessment: In partnership with the Pandemic Taskforce leadership and Operations Team an assessment of the following will take place, before athletic events and activities resume:

- **Training rooms and treatment rooms assessment for distancing, cleaning procedures and hygiene practices.**
- **Develop PPE needs list and conduct inventory of available PPE and sourcing for PPE needs including disinfection and sanitizer stock.**
- **Screening needs assessment**
- **Identify high risk athletes, coaches and training staff members within each sport and provide the following CDC guidance**
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>
- **Identify specific needs for each sport for the workouts and training, practice and competition for each phase.**

Phase 1 (PA State Red)

- All school facilities remain closed as per PA State Guidelines
- Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.)
- Athletes may participate in home workouts including strength and conditioning.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

Phase 2 (PA State Yellow)

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and will be isolated, sent home and directed to contact his or her primary care provider or other appropriate health-care professional. A COVID 19 test or medical clearance will be required prior to returning. The Superintendent, Athletic Director and Director of Student Services will be notified. The Superintendent, or his designee will contact the Bucks County Department of Health to notify them of all positive COVID 19 tests.



- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of the workout and as needed throughout practice and/or at breaks.

Social Distancing and Limitations on Gatherings:

- No gathering of more than 25 individuals, including coaches, per scheduled field/court
- Coaches will be required to wear face coverings
- Controlled non-contact practices only
- Concession stands will not be permitted
- Social Distancing should be applied during practices and gathering areas
- Spectators will not be permitted at the facilities. Parents must remain in their car.

Facilities:

- Signage will be posted outside of each facility that our athletes are using reviewing the following:
 - a. Safety and screening procedures in detail
 - b. Facility closed due to reaching maximum limit of participants
 - c. Appropriate preventative measures for COVID - 19
- Weight room facilities will remain closed
- Locker rooms will not be utilized in Yellow Phase.
- Athletes must report to workouts and immediately return home and shower and clean their equipment. Once the PIAA season begins and locker rooms are open, athletes are still encouraged to take their equipment home to clean on a daily basis, particularly helmets and sticks.
- Face coverings will be required for coaches during the Yellow Phase and for students when social distancing measures cannot be implemented.
- Face coverings will be required to enter lavatory/locker-room facilities
- Access to indoor facilities will be limited to follow social distancing guidelines
- Teams will use their assigned field for workouts and practices. Fields are spread out on campus to avoid gatherings/congestion.
- Practice times will be staggered to space out drop offs and pick ups in order to limit interaction between groups of athletes/guardians.
- If multiple events are held in the same facility, adequate time will be scheduled between events to allow for facilities to be cleaned and disinfected to minimize interactions between athletes.

Physical Activity:

- Coaches must submit practice plan for approval by athletic department, following Phase 1 Re-Conditioning guidelines found in next section.
- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High-risk sports (practices must remain non-contact and include social distancing where applicable)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies



- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow, if not available, students will be directed to wash their hands frequently.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration stations should not be utilized

Phase 3 (PA State Green)

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and will be isolated, sent home and directed to contact their primary care physician or another appropriate health-care provider. A COVID 19 test or medical clearance will be required prior to returning. The Superintendent, Athletic Director and Director of Student Services will be notified. The Superintendent, or his designee will contact the Bucks County Department of Health to notify them of all positive COVID 19 tests.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Team attendance should be recorded
- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of the workout and as needed throughout practice and/or at breaks.

Social Distancing and Limitations on Gatherings:

- Full teams may participate at the same field/facility
- Coaches will be required to have a face covering available, but will only be required to wear it when close contact (<3 ft.) with athletes is required for instruction
- When not directly participating in practices or contests, social distancing should be considered and applied when able.
- Spectators will not be permitted at the facilities. Parents must remain in their cars.

Facilities:

- Signage will be posted outside of each facility that our athletes are using reviewing the following:
 - Safety and screening procedures in detail



- Facility closed due to reaching maximum limit of participants
- Appropriate preventative measures for COVID - 19
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Adequate time will be scheduled between uses of shared facilities for thorough cleaning by custodial staff
- Coaches should have masks with them during the Green phase to wear in the event they cannot maintain social distance or if they feel more comfortable wearing one.
- Weight Room Equipment should be wiped down after each individual's use
- Athletes must report to workouts and immediately return home and shower and clean their equipment. Once the PIAA season begins and locker rooms are open, athletes are still required to take their equipment home to clean on a daily basis, particularly helmets and sticks.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces
- If multiple games are held in the same facility, adequate time will be scheduled between contests to allow for facilities to be cleaned and disinfected to minimize interactions between athletes.

Physical Activity and Athletic Equipment:

- Low, Moderate, and High-Risk practices and competitions may begin (As per State, Local, and PIAA Guidelines) following 3 Step progressive return to play (see next sections)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Student personal items will be separated and not shared.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow, if not available, students will be encouraged to frequently wash their hands.
- No fist bumps and high-fives or other similar physical contact permitted.
- No spitting or chewing gum is permitted.
- Spotters for weight lifts should be stationed at each end of the bar
- Masks shall be worn in the fitness center when not actively performing an exercise

STEP 1 (General Re-Conditioning)

- Conditioning and individual non-contact drills only with focus on individual skill building versus competition.
- No group huddles.
 - Instruction should be given in a way that maintains appropriate social distancing.



- Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- Limit gym & fitness center use to as needed activities only. Locker rooms and weight room will be closed during yellow phase of re-opening.
 - Indoor sports should consider doing conditioning and individual drills outside.
 - Fitness center and gym activity should be designed in a way that allows for social distancing when possible.
 - Fitness center equipment must be cleaned by participants after each use and cleaned by custodial staff each evening. Athletes should take frequent breaks for handwashing.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform if proper social distancing cannot be achieved.
- Step 1 is utilized in the first sessions of summer workouts (2 weeks) with a goal of reacclimating and/or anytime we are in the yellow phase.

STEP 2 (Conditioning and Sport Specific Drills)

- Conditioning, Individual Drills, and Group Drills with focus on limiting contact in close contact sports.
 - No intra-squad scrimmages
 - No group huddles.
 - Instruction should be given in a way that maintains appropriate social distancing.
 - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
 - Drills should be done in pods of 10 or less if possible.
- Limit gym & fitness center use to as needed activities only. Locker rooms will be closed.
 - Indoor sports should consider doing conditioning and individual drills outside.
 - Fitness center and gym activity should be designed in a way that allows for social distancing when possible.
 - Fitness center equipment must be cleaned by participants after each use and cleaned by custodial staff each evening. Athletes should take frequent breaks for handwashing.
 - Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.



- Spectators/Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
 - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform when social distancing cannot be adequately achieved.
- Step 2 is utilized for the middle period of summer workouts with a goal of building individual skill versus competition while limiting contact when possible.

STEP 3 (Full Activity)

- No limitation on contact drills or intra-squad scrimmages.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings will not be required for coaches unless close contact (<3 ft) is required for instruction.
- Spectators/Parents may be limited or restricted based on gathering limitations of Process to Reopen Pennsylvania Document.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
 - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should allow for social distancing or take place on a virtual platform.
- Step 3 is utilized once the PIAA fall season begins on August 17.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used if modified for hands-free use and **MUST** be cleaned after every-practice.

Concussion Education/ImpACT Baseline Testing

- Will be done online at home
- Links to presentation and baseline tests will be sent to all athletes



OTHER RECOMMENDATIONS:

Transportation:

Modifications for student/coach transportation to and from athletic and academic events may be necessary. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus
- Limiting carpooling of multiple participants together (use masks, if carpooling is necessary)

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
 2. Tier 2 (Preferred) – Media
 3. Tier 3 (Non-essential) – Spectators
- Only Tier 1 and 2 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.
 - Face coverings will be required when not directly participating in the sport or activity.

Communication with Coaches/Opponents/Suburban One League/Community

- Weekly coaches' meetings will be conducted to ensure all stakeholders are aware of current and applicable guidelines and restrictions
- All contests will be confirmed 1 week prior to contest
- If an athlete from another school in the Suburban One League tests positive for Covid 19 the school will notify all other member schools
- Any change to the status of activity will be communicated on the district's athletic website and through team communications
- Notification of cancellations and/or postponements of games will follow protocols for weather-related postponements/cancellations



Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

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

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

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

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction
- The area in which the individual was working/playing will be closed and cleaned and disinfected within 24 hours or as long as practical.
- Open outside doors and windows and use ventilation fans to circulate air in the area.
- Those individuals who were in direct contact will be notified as directed by the Bucks County Department of Health.



- The Superintendent, Athletic Director and Director of Student Services will be notified. The Superintendent or his designee will contact the Bucks County Department of Health to notify them of all positive COVID 19 tests.
- The Bucks County Department of Health will work with the Superintendent or designee to determine the length of time an individual should be removed from the school and when clearance should be provided to the individual. At least 24 hours before returning on site, the student/coach must call the Athletic Director to inform him of the release date and arrange for a conversation with the Director of Student Services for final clearance to return. In addition, the Bucks County Department of Health will issue guidance on temporary suspension of activity, if warranted, based on a positive COVID case.
- Identify others who were in close contact (within about 6 feet for 10 minutes or more) with a person with a probably or confirmed case of COVID 19 from the period 48 hours before symptom onset to the time at which the patient isolated.
- If any person who was in close contact remains asymptomatic, that person should adhere to the practices set out by the CDC.

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

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.
- The Bucks County Department of Health will work with the Superintendent or designee to determine the length of time an individual should be removed from the school and when clearance should be provided to the individual. At least 24 hours before returning on site, the student/coach must call the Athletic Director to inform him of the release date and arrange for a conversation with the Director of Student Services for final clearance to return. In addition, the Bucks County Department of Health will issue guidance on temporary suspension of activity, if warranted, based on a positive COVID case.



Athletics Health and Safety Plan Summary: **New Hope-Solebury School District**

Anticipated Launch Date: **July 6, 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.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)	<ul style="list-style-type: none"> • Operations department will be provided schedule of activities • Adequate time will be allotted between activities to allow for thorough cleaning of shared facilities

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	<ul style="list-style-type: none"> • Activities will be outdoors whenever possible
* Procedures for serving food at events including team meetings and meals	<ul style="list-style-type: none"> • Teams will be restricted to assigned fields to limit interaction and gatherings with other teams
* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices	<ul style="list-style-type: none"> • Concessions and team meals will not be permitted • Athletes will be required to take all equipment home to wash and sanitize after every activity
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	<ul style="list-style-type: none"> • Athletes will be encouraged to shower immediately upon returning home from activity
Identifying and restricting non-essential visitors and volunteers	<ul style="list-style-type: none"> • Signs will be posted in all restrooms, locker rooms, weight room, athletic training room and any other shared facility used
Limiting the sharing of materials and equipment among student athletes	<ul style="list-style-type: none"> • Hand sanitizer stations will be placed around facilities for quick access • Athletes will be encouraged to wash their hands frequently or use hand sanitizer



Athletic Health & Safety Plan

Requirement(s)	Strategies, Policies and Procedures
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p> <p>Adjusting transportation schedules and practices to create social distance between students</p> <p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p> <p>Other social distancing and safety practices</p>	<p>when washing with soap and water is not available</p> <ul style="list-style-type: none"> • Sharing of equipment will be restricted wherever possible. Shared equipment will be cleaned after each practice and periodically during practice whenever possible • Outdoor facilities will be limited to a maximum of 25 people including coaches during yellow phase and will be limited to team members and coaches during green phase. • Indoor facilities will be closed during yellow phase. Gym and weight room will be limited to a maximum of 25 people, including coaches. • Locker rooms will be closed during yellow phase. Locker rooms will be open during green phase, but access will be limited to ensure proper social distancing. Masks will be required for everyone entering locker rooms.

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<ul style="list-style-type: none"> • Pre-activity screenings will continue through green phase for all athletes • Coaches will be trained in proper screening techniques • Athletes/coaches showing signs/symptoms will be separated from the team and immediately sent home • All screenings will be recorded and saved for contact tracing should an athlete become infected • Any positive cases must have doctor clearance before returning to activity • Opponents/Suburban One League will be notified of any positive cases • Games may be rescheduled, if possible, if quarantine is required due to identification of a positive case



Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<ul style="list-style-type: none">• Staff and students identified as having a higher risk for illness will be provided alternative options for participation, including virtual coaching or at home drills and workouts• Face coverings will be required for coaches and staff at all times during yellow phase. Coaches will be required to have face coverings available in the green phase, but will only be required to wear it when close contact (<3 ft) is necessary for instruction• Athletes will not be required to wear face coverings during practice or physical activity. Athletes will be required to wear face coverings when entering locker rooms and during team gatherings when social distancing cannot be adequately achieved• Weekly coaches' meetings will be conducted to provide updates and trainings based on the best available information at the time



Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors for New Hope-Solebury School District reviewed and approved the Athletics Health and Safety Plan on June 30, 2020.

The plan was approved by a vote of:

 9 Yes

 0 No

Affirmed on June 30, 2020

By:

Charles William Lentz, Ed.D., Superintendent

Mrs. Liz Sheehan, Board President

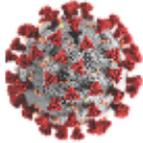
Mr. Erik Pedersen, Athletic Director



APPENDIX



What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



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	Completion Date
Covid Safe Sport Coaches & Officials Certification	Coaches & Staff	Kris Foulke, ATC	Online	Computer/tablet and internet access	



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	Completion Date
CDC Infographics	Athletes, Coaches & Staff	Kris Foulke, ATC	Poster/flyers	



NH-S STUDENT ATHLETE PLEDGE

- I will stay home and not participate in training if I am exhibiting any symptoms of Covid 19
- I will communicate all health concerns with the athletic trainer, coaches or athletic director
- I will pack enough water to remain hydrated throughout the practice session, with my name on the container
- I will arrive for practice dressed and ready to go in clean training gear
- I will pack all personal supplies and equipment and will have a facemask ready to wear to and from training and whenever else needed
- I will sanitize my hands prior to arriving and when leaving, and will clean my body after each practice
- I will social distance myself from coaches and teammates where applicable





RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health's website, www.health.pa.gov, or the CDC's website, <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Help is available, contact the Crisis Text Line by texting **PA to 741-741**

Date Created: 6/9/20

References:

1. [NFHS Guide for Opening Up High School Athletics and Activities](#)- May 2020
2. [NATA COVID-19 Return to Sport Considerations for Secondary School Athletic](#)
3. [Trainers](#)- May 2020
4. [PA Department of Education Preliminary Guidance for Phased Reopening of](#)
5. [Pre-K to 12 Schools](#)- June 3, 2020
6. [CDC COVID-19 Considerations for Youth Sports](#)- May 29, 2020
7. [KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for](#)
8. [High School and Collegiate Athletic Programs](#)- June 2, 2020
9. [Washington University Resocialization of Sports Recommendations](#)- June 1,
10. 2020
11. [UPMC Sports Medicine Playbook: Returning to Sports During COVID-19](#)
12. [Minimum Guidelines \(High School\)](#)- May 28, 2020
13. [PIAA Press Release](#)- June 10, 2020
14. [During the COVID-19 Disaster Emergency to Ensure Safety and Health of Employees, Athletes, and the Public](#) - June 10, 2020