

Dallastown Area School District Resocialization of Athletics and Student Activities

Developed by Athletic Administration in collaboration with District Athletic Trainers.

Reviewed by Orthopedic Spine Specialists

**Presented to the Dallastown Area School District Board of Directors
for formal approval
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INTRODUCTION

The COVID-19 pandemic has presented communities 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 Dallastown Area School District will take the necessary precautions and utilize recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA in doing so. The DASD realizes that knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed and as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

RECOMMENDATIONS

Recommendations for **all phases** for Junior and Senior High Athletics and Student Activities

1. Symptom screenings must be done by all parents/guardians at home prior to participation. District staff will also perform a symptom screening on themselves prior to any practice or event. In the event that a student or staff member has symptoms, they will not be permitted to participate. Temperature screenings will be not required upon entrance to the school for students or staff.
2. Promote healthy hygiene practices such as hand washing, the use of masks, and other CDC PPE recommendations.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Strongly encourage social distancing through increased spacing, small groups, and limited mixing between groups wherever possible.
5. Educate student athletes and participants, coaches, advisors, parents and staff on health and safety protocols.
6. Encourage anyone who is sick to stay home.
7. Develop an intervention plan for any student or staff member that becomes sick that will mitigate the spread of virus to members of that team or group, and the larger school community.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions for the purposes of taking proactive measures for their safety.
10. Whenever possible, students should avoid sharing equipment and/or materials.

PHASE 1 (PA State Green)

Defined as the time period beginning July 1, 2020 through July 26, 2020 where high and moderate risk teams and groups are limited to meeting for informal, voluntary workouts, preliminary planning, and education of mitigation practices. Low risk teams and activities may begin to fully operate in conjunction with Phase 1 expectations.

Classification of Sport/Activity

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: football, wrestling, cheerleading (stunts),

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: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

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: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer, Band, school clubs/activities.

Pre-workout/pre-activity screening:

- Symptom screenings must be done by all parents/guardians at home prior to participation. District staff will also perform a symptom screening on themselves prior to any practice or event. In the event that a student or staff member has symptoms, they will not be permitted to participate and should contact and follow the advisement of their primary health care provider or other appropriate health-care professional.
- Coaches/Advisors are responsible for keeping records for those who self-report symptoms and/or a positive case of COVID-19. A weekly review of all records will be conducted by the district athletic training staff.

Limitations on Gatherings:

- No gathering of more than 25 individuals per group including coaches/advisors per scheduled field/court or activity space. All gatherings combined may not exceed the 250-person threshold.
- Limited physical contact and violations of personal space should be minimized to every degree possible.
- Social distancing should be applied during workouts/activities to every degree possible.
- All workouts/activities are limited to a 2.5 hour time frame.
- Food concessions and locker rooms will not be accessible during this phase.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease. Buildings and Grounds will administer this plan.
- All facilities being used for the workouts/activity must be cleaned prior to the activity and/or after the activity. High touch areas should be cleaned thoroughly and frequently.
- Weight Room and fitness center equipment should be wiped down after each individual's use.
- Appropriate attire (shirts, shoes) should be worn at all times during these workouts/activities.
- Students should refrain from sharing clothing/towels and should be encouraged to wash all workout clothes at home after each practice.
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, band instruments, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Participants are strongly encouraged to engage in handwashing practices and/or the use of hand sanitizer throughout the activity/workout.
- No locker rooms will be available for use during this Phase.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared. Water bottles must be personally identified with the student's name.
- Hydration stations (water cows, water troughs, etc.) should not be utilized.

PHASE 2 (PA State Green)

Defined as the time period beginning July 27, 2020 through which time Pennsylvania lifts formal pandemic mitigation levels. During this phase where all teams and groups may begin to fully operate in conjunction with Phase 2 expectations.

Classification of Sport/Activity

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: football, wrestling, cheerleading (stunts),

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: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

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: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer, Band, school clubs/activities.

Pre-practice/pre-competition/pre-activity screening:

- Symptom screenings must be done by all parents/guardians at home prior to participation. District staff will also perform a symptom screening on themselves prior to any practice or event. In the event that a student or staff member has symptoms, they will not be permitted to participate and should contact and follow the advisement of their primary health care provider or other appropriate health-care professional.
- Coaches/Advisors are responsible for keeping records for those who self-report symptoms and/or a positive case of COVID-19. A weekly review of all records will be conducted by the district athletic training staff.

Limitations on Gatherings:

- During Phase 2, any gathering is limited up to 250 participants or 50% official capacity (as per state and local requirements)...whichever threshold is met first.
- The facility should not exceed 50% capacity until noted otherwise.
 - All DASD gymnasiums are limited to 250 persons
 - High School Weight Room: 50 capacity → less than 25 occupants (25 total participants)
 - Middle School Weight Room: 50 capacity → less than 25 occupants (25 total participants)
 - Cardio Room: 25 capacity → may operate as normal (25 total participants)

- Wrestling Room: 150 capacity → less than 75 occupants (75 total participants)
- Pool: will follow USA Swimming guidelines
- Stadium: 4000 capacity → less than 2000 occupants (250 total participants)
- Outside Fields: (250 total participants)
- Social distancing practices should be maintained to every degree possible and measures should be taken by coaches/advisors/organizers to promote and encourage such measures.
- Any events that are likely to exceed 250 total participants (students/staff/spectators) will require a specific, advanced review by district administration prior to being promoted or being held.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease. Buildings and Grounds will administer this plan.
- All facilities being used for the practices/competitions/activities must be cleaned prior to the activity and/or after the activity. High touch areas should be cleaned thoroughly and frequently.
- Weight Room and fitness center equipment should be wiped down after each individual's use.
- Appropriate attire (shirts, shoes) should be worn at all times during these workouts/activities.
- Students should refrain from sharing clothing/towels and should be encouraged to wash workout clothes at home after each practice.
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, band instruments, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Participants are strongly encouraged to engage in handwashing practices and/or the use of hand sanitizer throughout the activity/workout.
- Locker rooms will be available for use with the opening of pre-season camps (Aug. 10).

OTHER RECOMMENDATIONS:

Transportation:

All participants (students/coaches/advisors) are strongly encouraged to wear a mask while riding to/from an event using district provided transportation. We understand that this is a family decision that will be respected.

Social distancing protocols will be followed to every degree possible. The Dallastown Area School District will follow the Reliance Transportation protocols for COVID-19, including cleaning procedures.

Parents/guardians may elect to allow their child to use alternative, non-school provided transportation to travel to/from events. A parent/guardian must make a written request prior to taking such action, and this written request must be approved by the coach/advisor and/or school administration.

Social Distancing during Interscholastic Competition and Activities

Dallastown Areas School District will subscribe to the procedures adopted by the York-Adams Interscholastic Athletic Association Competition Committee. This will provide for a systemic agreed upon approach.

Overnight/Out of State Events/Events in COVID-19 Hot Spots

The DASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

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 diagnosed 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)
- School officials will determine if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.

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 individual from others until the student or staff member can leave the school or event.
- If a student demonstrates symptoms, their parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- This individual will be strongly encouraged to contact their physician or appropriate healthcare provider for direction and follow the healthcare professionals advisement.

When to Seek Emergency Medical Attention

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

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

*This list is not all-inclusive of COVID-19 symptoms. Please contact your health care provider for any other symptoms that are severe or concerning to you.

POSITIVE TEST CONFIRMED:

If a student or coach/advisor tests positive for COVID-19, they may not participate or attend a school sponsored event/activity until cleared by a medical professional. The individual is expected to self-report this positive test result immediately upon receiving this result to his/her coach/advisor or supervisor who will notify district administration. Additionally, this individual is strongly encouraged to consult their primary health care provider and practice self-quarantine measures. Following the removal, this individual must demonstrate medical clearance.

CLOSE CONTACT:

If a student or coach/advisor is considered “close contact” with someone who has tested positive for COVID–19 or has a family member that lives with them that has tested positive for COVID - 19, the individual is strongly encouraged to consult their primary health care provider and school officials for guidance.

NATATORIUM (POOL GUIDELINES):

All guidelines will be communicated through the Aquatics Director, Interscholastic Athletics, Family Swim, and Dallastown Swim Club will follow all social distancing protocols, which have been established by [USA Swimming](#).

SCHOOL RELATED STUDENT ACTIVITIES:

All school related student activities will follow the same protocols. Clubs, activities, sporting events, fundraisers, etc., must adhere to the reopening plan and follow social distancing measures.

DRIVERS EDUCATION:

Driver’s Education will resume as of July 1, 2020 and behind the wheel lessons and testing will include the following guidelines:

- All students and accompanying drivers are strongly encouraged to wear a mask during testing. We understand that this is a family decision that will be respected.
- Examiners are strongly encouraged to wear appropriate personal protective equipment such as masks, gloves, and eye protection during the exam.
- Parents and other members not taking the behind the wheel lessons should follow social distancing protocols.
- All materials should not be shared. (Pens, notepads, etc.) any materials not needed for lessons/testing should stay outside of vehicle.
- Instructors should sanitize the vehicle after each student use, in between each individual lesson. (Wipe controls, wheel, gear shift, or anything a student touches)

EDUCATION:

Staff, coaches, advisors, parents and participants will be educated on the following (through signage, flyers, meetings, website, emails, automated 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.

ATHLETES/COACH & STUDENT/ADVISOR CHECK IN PROCEDURES

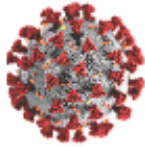
- Symptom screenings must be done by all parents/guardians at home prior to participation. District staff will also perform a symptom screening on themselves prior to any practice or event. In the event that a student or staff member has symptoms, they will not be permitted to participate. Temperature screenings will be not required upon entrance to the school for students or staff.
- Dallastown Area School District will provide hand washing supplies. However, student athletes and participants and coaches/advisors are encouraged to bring their own hand sanitizer.
- Until the physical return to school, student athletes and coaches may only enter/exit buildings on the secondary campus at the following locations:
 - High School Gym Lobby
 - Middle School Gym Lobby
 - High School Pool Lobby
 - High School Door 5

Students should remain in the assigned activity location and are not permitted to wander or loiter elsewhere. Students should always be supervised. Each Coach/Advisor will determine their plan and communicate with their individual program.

- School clubs and student organizations should follow the directions for arrival and dismissal provided by their advisor.
- Participants/Coaches/Advisors should not report to practices and/or events if they do not pass the self-screening.
- Participants/Coaches/Advisors should limit physical contact and respect social distancing rules as much as possible.
- Participants/Coaches/Advisors who develop or display symptoms of COVID-19 during an activity will be dismissed.
- Locker rooms will be closed during summer workouts. Students should come to the activity dressed appropriately. Restrooms will be available.

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.



CS17807A 04/15/2020

cdc.gov/coronavirus

BACKGROUND

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

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- 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 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

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

Date Created: 4/30/2020

RESOURCES:

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

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “Phased Re-opening Plan by Governor Wolf”

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

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