



## Northern Lehigh School District

### Athletic Department COVID-19 Re-Socialization of Sports

#### Preface

St. Luke's University Health Network has developed these guidelines using The Centers for Disease Control and Prevention (CDC), White House Guidelines for [Opening Up America Again](#), National Federation of State High School Associations (NFHS) along with other resources listed in our Important Reads Section. These guidelines propose state or regional gating criteria and preparedness responsibilities in an effort to phase back into daily life, business openings, and large gatherings. The nature of how COVID-19 spreads also dictates how there may be regional differences in the phasing in of re-socialization. The purpose of this gradual phasing is to minimize disease spread as best as possible. The gating criteria to be used based upon the Opening Up America Again guidelines are:

1. Stable or downward trajectory of influenza-like illness reported within a 14-day period AND a downward trajectory of COVID-like syndrome cases reported within a 14-day period.
2. Stable or downward trajectory of documented cases of COVID-19 within a 14-day period or a downward trajectory of positive tests as a percent of total tests within a 14-day period.
3. Hospitals can treat all patients without crisis care and there is a robust testing program in place for at-risk healthcare workers, including emerging antibody testing.

The recommendations discussed below are meant as general guidelines, in the context of federal, state, and local county recommendations. These guidelines are focused on recommendations to be utilized in Pennsylvania's yellow and green phases. Further information will need to be obtained from federal, state, and local government entities to make recommendations past Pennsylvania's green phase. All federal, state, and

local health department orders/recommendations as related to sports must be followed. Additionally, schools may place stricter criteria than what is listed.

### Introduction

The goal of this document is to provide recommendations for the re-socialization of sport with regard to practice and competition, keeping in mind the health and safety of our secondary school athletes, coaches/personnel, parents/caregivers and spectators.

- Benefits of Sport: The participation in sport has known health benefits, including promoting physical fitness and mental wellness. Sports provide a social construct and interaction which is necessary in a time of uncertainty for our athletes. It is widely recognized that physical activity, performed for the right amount of time and intensity can provide benefits to the immune system. In addition, sports can provide a template for young athletes to learn concepts of teamwork, leadership, work ethic and integrity.
- Inherent Risk of Sport: Participation in athletics involves unavoidable exposure to an inherent risk of injury. It is important to recognize that rule books, safety guidelines and equipment standards, while helpful means of promoting safe athletics participation, are themselves insufficient to accomplish this goal. To effectively minimize the risks of injury from athletics participation, everyone involved in athletics must understand and respect the intent and objectives of applicable rules, guidelines, and standards.
- Return to Activity Following Inactivity: A thoughtful approach to exercise gives athletes a chance to acclimatize to the temperature and the intensity/duration of practices. This slow ramp up of exercise can decrease the risk of injury and heat illness. Since practices and competitions have been halted, many athletes are deconditioned, putting the athlete at much higher risk for injury if pushed too quickly with high volumes and high intensity. Overtraining, defined as prolonged or excessive repetitive activity or workouts in efforts to “catch up,” does not allow the body to adjust and recover, which can lead to decreased performance and/or increased risk of injury. Please refer to Important Reads Section for resources such as the National Strength and Conditioning Association (NSCA) COVID-19 Return to Training and CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity.
- This guidance is preliminary; as more public health information is available, the state of Pennsylvania may work with relevant entities to release further guidance which could impact fall, winter, and/or spring seasons. These considerations are meant to supplement – not replace – any state, local, territorial, or tribal health and safety laws, rules, and regulations with which schools must comply.

- The information re: SARS-CoV-2, the virus causing the COVID-19 illness, is changing rapidly nationally and within our communities. This document is created based on information available to date. Be sure to request the most up to date version of this document if you believe your version is outdated.

### Decision Making Process

- Should you consider opening?
  - Will reopening be consistent with applicable state and local orders?
  - Is the school ready to protect children and staff at higher risk for severe illness?
  - Are you able to screen athletes and staff upon arrival for symptoms and history of exposure?
  - Are you able to obtain adequate supplies for recommended cleaning procedures are followed and personal protective equipment (PPE) for health screening and other recommended usage?
- Are recommended health and safety actions in place?
  - Promote healthy hygiene practices such as hand washing and staff wearing a mask or face covering.
  - Intensify cleaning, disinfection, and ventilation.
  - Follow social distancing guidelines through increased spacing, small groups and limited mixing between groups according to recommendations.
  - Train all staff on health and safety protocols.
  - The school must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- Is ongoing monitoring in place?
  - Develop and implement procedures to check for signs and symptoms of athletes and staff daily upon arrival.
  - Encourage anyone who is sick to stay home.
- Do you have a plan for if athletes or staff get sick?

- Regularly communicate and monitor developments with local authorities, staff, and families regarding cases, exposures, and updates to policies and procedures.
- Monitor athlete and staff absences and have flexible leave policies and practices.
- Establish communication procedure for athletes and staff to self-report COVID-19
- Establish a notification procedure when you have a suspected or diagnosed case of COVID-19 while maintaining confidentiality in accordance with the Health Insurance Portability and Accountability Act (HIPAA), the Family Educational Rights and Privacy Act (FERPA), the Americans with Disabilities Act (ADA), and other applicable laws and regulations.
- Create contingency staffing plan.
- Be ready to consult with local health authorities if there are cases in the facility or an increase in cases in the local area.

### Preparing for Re-Entry

- Building Preparations
  - Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities.
  - If a building has remained dormant for an extended period, we recommend you review CDC guidance on maintaining water system safety when buildings are dormant (CDC - Building Water System) and apply this guidance as appropriate. Consideration should be given to water lines in regard to ice machines, water sources, and hand washing.
  - Review and implement CDC guidance on cleaning and disinfection (CDC - Cleaning and Disinfecting)
  - Ensure custodial and environmental services are regular and/or increased to meet CDC guidelines.
- Staff Training
  - Staff will need to be trained specifically on the protocols outlined in this document and the practices adopted by their school. May consider virtual training. Social distancing is recommended until CDC, state and local authorities declare otherwise.

- Reinforcement of safety protocols and requirements associated with but not limited to CPR/AED training and Emergency Action Plans.
- Require Sick Athletes and Staff to Stay Home
  - Provide education to advise individuals on what to do if they are sick (CDC - What to do if you are sick)
  - Establish procedures to ensure athletes and staff that become sick onsite or arrive onsite sick are sent home as soon as possible.
  - Create a plan to isolate those who are sick until they can leave. Plan to have areas where a sick person can be isolated from well athletes and staff until they can leave the school.
  - Share resources with the school community to help families understand when to keep children home. This guidance, not specific to COVID-19, from the American Academy of Pediatrics When to Keep Your Child Home can be helpful for families.
- Positive COVID-19 Case
  - Consistent with applicable law and privacy policies, have coaches, staff, umpires/officials, and families of athletes (as feasible) self-report to the school if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations.
  - All those who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) should be advised to stay home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contacts should be excluded from practice for 14 days. Close contact is defined as having close (within 6ft) and prolonged (≥30 minutes) contact with the COVID-19 patient.
  - Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
  - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfecting products, including storing them securely away from children.

- Develop a notification system (e.g., letter) schools can use to notify health officials and close contacts of cases of COVID-19.
- Be prepared for possibility of temporary closures and team isolations in the event of recurrent outbreaks and its implications.
- Create system to notifying staff, officials, families, and the public of facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- Schools are not responsible for testing for COVID-19 but will screen for symptoms of COVID-19.

*Prior to Resuming Physical Activity*

- Special Considerations for Athletes and Staff at Higher Risk for Severe Illness from COVID-19
  - Athletes and staff who should consider delaying their participation in sports and activities are those with any of the following:
    - Diabetes
    - Chronic Lung Disease including Asthma
    - Severe obesity (Body Mass Index >40)
    - Chronic kidney disease
    - Heart conditions
    - Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.)
    - Age 65 or older
  - If there is a concern that someone is immunocompromised or has any concern regarding their risk in terms of participation in sports and activities, they should consult their health care provider prior to returning to sports.
- Pre-Participation Physical Examination Considerations
  - Dependent on governing body or state association
  - If there is a deviation from the standard frequency requirement (i.e. annually) prior to COVID-19 pandemic, it is important to emphasize to parents/guardians that a deviation from standard of care has occurred.

- Returning to sports following COVID-19 diagnosis
  - An individual who was diagnosed with COVID-19 may return when all four of the following criteria are met:
    - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
    - Individual has improvement in respiratory symptoms (e.g., cough, shortness of breath)
    - At least ten days have passed since symptoms first appeared
    - Written documentation of clearance from a health care provider (MD, DO, NP, PA)
- Promote Wellness and Hygiene
  - The potential for pre-symptomatic transmission is why the use of face coverings and social distancing, including the avoidance of congregate settings, is imperative to reduce COVID-19 spread.
  - Staying Home when Appropriate
  - Education and Promotion on Self Screening for Signs and Symptoms (CDC - If You Are Sick)
  - Hand hygiene is essential. Schools need to promote frequent and effective, hand hygiene with ample hand sanitizer (>60% ethanol or >70% isopropanol) dispensers and areas with soap and water in many different locations. Hand washing or use of hand sanitizer should take place pre- and post-activity. Hand washing facilities or hand sanitizer should be made available during activity.
  - Avoid touching your face.
  - Sneeze or cough into a tissue, or the inside of your elbow.
  - Activities that increase the risk of exposure to saliva must not be allowed; including chewing gum, spitting, licking fingers, and eating sunflower seeds.
  - Avoid any unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
  - No team huddles should take place.
  - Face Coverings

- All adult staff (coaches, athletic trainers, etc.) must wear masks or face coverings at all times unless doing so jeopardizes their health.
  - Athletes must wear masks or face coverings when they arrive onsite for health screening and when not actively participating in activity and social distancing is challenging (sidelines, dugouts, athletic training room, etc.).
  - Athletes must wear masks or face coverings during activity if contact is closer than 6 ft. for a period of time longer than 15 minutes. If athletes are separated by more than 6ft, then no mask is required.
  - Allow athletes to wear PPE items at all times if they choose, as long as the items do not compromise the safety of the athlete or others participating in activity.
  - Social distancing is still required until CDC, state and local authorities declare otherwise.
- It is important to be aware of the potential negative impact that a crisis can have on our mental and physical health. Athletes and staff should be provided resources associated with seeking support. See additional resources for coping and resiliency support on page 19.
  - Provide signage, resources and handouts regarding infectious disease prevention education.

### Health Screening Procedure

1. Athletes and staff are required to be screened when they arrive onsite where the sporting activity will occur. Athletes are to wear a mask or face covering until activity begins. Staff is recommended to wear a mask or face covering at all times.
2. Athletic staff, such as but not limited to an administrator, athletic trainer, coach, and/or nurse should conduct the screening.
  - a. A mask must be worn by person conducting the screening. Gloves shall be utilized by health care provider if any direct contact with person screened is required.
3. The screening should include the following questions:
  - a. Today or in the past 24 hours have you had any of the following symptoms:
    - i. Fever (temperature greater than or equal to 100.4°F/38°C)

- ii. New or worsening cough
  - iii. Shortness of breath or trouble breathing
  - iv. Sore throat, different than your seasonal allergies
  - v. New loss of smell and/or taste
  - vi. Nausea, diarrhea or vomiting
  - vii. Do you have a household member or close contact, who has been diagnosed with COVID-19 in the past 2 weeks?
  - viii. Have you been diagnosed or tested positive for COVID-19? If Yes, have you provided required written clearance from your health care provider to return to physical activity or work?
- b. Temperature check with a thermometer is required.
- i. Temperature threshold is greater than or equal to 100.4°F/38°C.
  - ii. If temperature is equal to or above 100.4°F/38°C threshold, two additional measures should be taken to verify initial measure
  - iii. Forehead thermometer/non-contact thermometer is preferable
  - iv. Temperature check should take place in a temperature controlled environment whenever possible
  - v. Person screened should be well rested, i.e. no recent physical activity
4. If an athlete or staff has positive finding on their COVID-19 screening they should be sent home immediately.
- a. If parent or caregiver is not present, a predetermined staff member should escort them to a designated isolation room or area away from others and have them wear a mask or face covering. They should then be directed to contact their health care provider for evaluation and potential COVID-19 testing. Those without a health care provider can be directed to a local COVID hotline such as St. Luke's University Health Network 1-866-785-8537 Option 7 or Lehigh Valley Health Network 1-888-402-5846. Positively screened individual should not return until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from

their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.

- b. CDC does not recommend isolation of contacts of a person being evaluated for COVID-19 until the diagnosis is confirmed.
5. Documentation of individuals screened must be maintained. Dependent on environment, a system may want to be developed with indicator to ensure clarity that all individuals have been screened (sticker, stamp, wristband, attendance log, etc.).
6. Create a notification procedure to communicate to appropriate administrators when there is a positive screen.

### When Physical Activity Resumes

- Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the PDE Guidance for Phased Reopening of Pre-K to 12 Schools and the CDC for Youth Sports.
- The decision to resume sports-related activities, including conditioning, practices, and games, is the discretion of a school's entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Guidance for Phased Reopening of Pre-K to 12 Schools and Pennsylvania's Guidance for Sports 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. The plan does not need to be submitted to the DOH or PDE for approval.
- Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 people in yellow, 250 people in green) and the facility as a whole may not exceed 50% of total occupancy permitted by law.
- During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
- Key Points and Recommendations

- Sports-related activities must be modified to comply with social distancing requirements during all phases.
- Please consider the Infection Risk by Sport table when creating your Athletics Health and Safety Plan.
- We recommend phases 1, 2, and 3 described below should last a minimum of 14 days before proceeding to the following phase.
- Do not proceed to the following phase unless it meets state and county recommendations regardless of 14 days. (i.e. Phase 3 should not occur unless your county is in PA's Green phase)

*Infection Risk by Sport*

<p>Low Risk</p>	<p>Involve:          -Sports that can be done with social distancing or individually          -Equipment is not shared and is able to be cleaned between use by competitors</p>	<ul style="list-style-type: none"> <li>- Individual running events</li> <li>- Throwing events (discus, shot put, javelin)</li> <li>-Individual swimming</li> <li>-Golf</li> <li>-Weightlifting</li> <li>-Sideline cheering</li> <li>-Cross country (staggered starts)</li> <li>-Archery</li> <li>-Rifle</li> <li>-Diving</li> <li>-Alpine ski</li> <li>-Single sculling</li> <li>-Bowling</li> </ul>
<p>Moderate Risk</p>	<p>Involve:          - Close, sustained contact          - Protective equipment in place that reduces transmission of respiratory droplets          OR          -Intermittent close contacts          OR          -Sports that use equipment that cannot be cleaned between participants</p>	<ul style="list-style-type: none"> <li>-Basketball</li> <li>-Soccer</li> <li>-Ice hockey</li> <li>-Field hockey</li> <li>-Swimming relays</li> <li>-Girls lacrosse</li> <li>-7 v 7 football</li> <li>-Crew with 2 or more rowers in a shell</li> </ul> <p>The following may be considered low risk with appropriate cleaning of equipment:</p> <ul style="list-style-type: none"> <li>-Volleyball</li> <li>-Baseball</li> <li>-Softball</li> <li>-Tennis</li> </ul>

		-Pole vault -High jump -Long jump -Fencing -Gymnastics
High Risk	Involve: -Close, sustained contact between participants -Lack of significant protective barriers -High probability of respiratory droplet transmission	-Wrestling -Football -Boys lacrosse -Competitive cheerleading -Dance -Rugby

### Non-Essential Persons

- All federal, state, and local county guidelines in accordance with mass gatherings must be followed.
- During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
- No person beyond those essential should be present until federal, state, and local county departments lift restrictions on mass gathering. Examples of non-essential person may include managers, extra coaches, non-participating athletes, media, etc.
- Spectators are not essential to any workouts or practices and not recommended to attend. Parents/caregivers can remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure. For younger children, one parent/caregiver can accompany the child to the health screening. The parent/caregiver should be wearing a mask/face covering.
- It is recommended to group people into tiers **when competition begins**, example below of NFHS tier system:
  - Essential (tier 1) – athletes, coaches, officials, event staff, medical staff, security
  - Preferred (tier 2) – media

- Non-essential (tier 3) – spectators, vendors
- If competitions take place while federal, state and local county guidelines recommend social distancing, spectators should practice such as permissible and spectators should wear masks/face covering. Although there is no specified limit on the number of spectators, schools may want to put in limits based on other factors (i.e. gym size) to promote social distancing.
- For parents/caregivers that rely on public transportation or walk, an area away from practice should be set aside that allows for social distancing.

### Athletic Training Considerations

- Schools must be prepared to provide athletic training staff with adequate supplies such as non-contact thermometers, hand sanitizer, masks, gloves, disinfectants, etc.
- Anyone who utilizes the athletic training room must wash hands or use hand sanitizer upon entry and exit.
- Athletic trainers must be practicing good hygiene and washing hands or using hand sanitizer.
- Athletic trainers must wear gloves during patient care that requires physical examination or direct contact.
- Gloves must be changed between patients.
- Athletic trainers must wear mask at all times until guidance from CDC is adjusted.
- Athletic Trainer should clean and disinfect according to CDC Reopening Guidance inclusive but not limited to treatment/taping tables after each patient, rehabilitation equipment, modality equipment, etc. A cleaning and disinfecting schedule should be created and maintained.
- While CDC, federal, state and local counties recommend social distancing, the number of athletes in the athletic training room must be limited to ensure have 6 feet of social distancing. All persons in the athletic training room should wear masks/face coverings. Only one athlete per treatment table should be permitted. May consider scheduling by appointment for majority of athletes except in acute/emergency cases.
- Emergency action plan adjustments may need to be considered during this time, i.e. lightning policy sheltering procedures.
- No whirlpool or cold/hot tubs use. Exception of emergency action plan related to heat illness best practice.

### Other Considerations

- For athletes not able to wash workout clothes, an attempt should be made by the school to help in providing this for them.
- Showering at the facility may be needed after practice in some circumstances (e.g. working after practice, homeless). Coaches and administrators can make these exceptions. Social distancing should be maximized and proper cleaning should occur.
- Schools should attempt to have extra masks or face coverings available. These should be washed after each use if cloth-based.
- Any person who does not have a medical home should have resources provided to them. Have such resources readily available.
- Create procedures if team meals are provided. Cafeteria use is not recommended due to limitations associated with social distancing. Serve individually plated meals/boxed meals and avoid buffet style meals.
- Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.
- Maintain social distance between athletes on school buses for team travel. This should be consistent with school's health and safety plan in regards to busing to and from school.

**Consult legal counsel to determine whether or not assumption of risk waivers will be required for athletic participants.**

**Encourage any organizations that share or use the school's facilities to also follow these guidelines.**

**Northern Lehigh School District  
COVID-19 Plan for Re-Socialization of Sport**

\*In the event of any emergency situation, all guidelines are subject to change\*

#### General Rules:

- One team allowed at the stadium at a time, until told otherwise (no teams are permitted to use the grass fields at this time)
  - This will insure we adhere to the proper number of people allowed, promotes social distancing, and helps keep transmission rates down if someone tests positive for COVID-19 (less people will need to be quarantined)
- Teams will need to arrive 15 minutes prior to their practice time if there is another team practicing before them OR 15 minutes after another team ends
  - Example: If football is on the turf 8am-10am and field hockey wants to go 10am-12pm, field hockey MUST all arrive by 9:45am for the screening
  - This will allow for better social distancing or help us with the screening process

#### Masking:

All staff will wear a mask at all times, unless properly social distancing (6 ft. from other people).

All students must wear a mask, until told otherwise. Situations where a student MUST wear a mask include, but are not limited to:

- Getting health screen
- Being evaluated by an athletic trainer (unless an emergency)
- Entering all facilities (field house, restroom, etc.)
- When not participating in activity
  - Team meetings
  - Going over a drill (when less than 6 ft. from other people)
- Any time that social distancing is not an option (inside due to a lightning storm, etc.)

Situations where a student is not required to wear a mask include (can be changed by Athletic Staff):

- Practicing any sport, as long as you are 6 ft apart from other people
- Any other time that you are 6 ft apart from other people

### Pre-workout Screening

#### Phase 1 & 2

- All athletes & staff must be screened prior to a workout (including temperature checks) - Refer to Northern Lehigh School District Athletics COVID-19 Health Screening Process
- Screening responses will be recorded & stored by using a Google Doc Form
- Symptomatic people cannot participate & should contact their health care provider (see instruction sheet)
- Vulnerable individuals should consult their health care provider prior to overseeing or participating in sports-related activities

#### Phase 3

- Anyone with a fever or cold symptoms in the previous 24 hours should not participate & should contact their health care provider
- Records will be kept of all people present
- Continue health screening of all athletes and staff
- Vulnerable individuals can resume public interactions but should practice social distancing and minimize exposure in social settings where distancing may not be practical

### **NLSD Temperature Screening Process**

- If a student has a high temperature, with no symptoms, the student will be asked to sit in the shade for 5 minutes, and the temperature will be taken again.
  - If the 2<sup>nd</sup> temperature is normal, then the student may go to practice
  - If the 2<sup>nd</sup> temperature is still high, then the student will be sent home with an instruction sheet (see sheet below)
- If the student has symptoms related to allergies, but NO fever, the student can go to practice (**this is at the discretion of the Athletic Staff**)

- If a student has symptoms, doesn't feel well, or looks visibly sick, the student may be sent home whether they have a fever or not **(this is at the discretion of the Athletic Staff)**
- If a student is sent home for symptoms (not related to allergies) and/or has a high temperature, the student cannot return until cleared by a doctor and we receive a doctor's clearance.
- Athletic Director, Bryan Geist, will be notified if a positive screen is found

### Limitation on Number of Students Participating Together

#### Phase 1

- Up to 25 people at a time - INDOORS & OUTDOORS
- No use of locker rooms - report in proper gear and return home to shower
- Workouts should occur within the same "pods" of athletes (up to 10) to limit exposure
- Keep 6 ft. apart - if not possible, limit the number of people allowed in the room
- Staggered practices/games will be implemented to decrease number of people coming and going simultaneously

#### Phase 2

- Up to 50 people at a time - INDOORS & OUTDOORS
- Locker rooms for changing/getting equipment and meeting rooms may be used - social distancing of 6 ft. must be maintained
- Continue to use the same workout "pods"
- Continue to keep 6 ft. apart indoors, if still not possible, continue to limit the number of people
- Social distancing must be maintained on sidelines/benches

#### Phase 3

- Up to 250 people at a time or 50% of facility occupancy, whichever is less - INDOORS & OUTDOORS
- Continue to keep 6 ft. apart between people

## Physical Activity and Usage of Athletic Equipment

### Phase 1

- No shared athletic equipment, athletic towels, clothing or shoes
- Athletic equipment must be cleaned after each use
- Free weight exercises that require a spotter cannot be conducted during social distancing
- Balls, bats, gloves, etc. cannot be shared
- Use of single balls during practice not allowed, only for individual drills
- No sharing of tackling dummies/sleds
- No contact between teammates (includes football, wrestling, cheerleading, etc.)
- Hand sanitizer should be available during all activity

### Phase 2

- No sharing of athletic towels, clothing or shoes
- Athletic equipment must be cleaned intermittently during practices/games
- Equipment such as bats, batting helmets & catcher's gear should be cleaned between each use
- Limit maximum lifts & use power cages for squats/bench presses
- Spotters should stand at each end of the bar
- Hand sanitizer should be available during all activity

### Phase 3

- No sharing of athletic towels, clothing or shoes
- Equipment such as bats, batting helmets, & catcher's gear must be cleaned between each use
- Other equipment such as football helmets, lacrosse pads, ear guards & eyewear should only be used by one individual and not shared
- Limit maximum lifts and use power cages for squats/bench presses
- Spotters should stand at each end for the bar

- Hand sanitizer should be available during all activity

### Individualized Hydration

#### All Phases

- All coaches and athletes must bring their own water or drinks to team activities; these cannot be shared
- Personal water bottles should be properly identified with person's name
- Hydration stations or fixed water fountains should not be used
- Team water coolers can be used for emergencies
  - ONLY staff or a designated person can touch the water cooler
  - All bottles will be filled by the designated person only
  - The designated person must wear a new set of gloves each time (in between water breaks, not in between bottles)
  - The water spigot will be wiped after each water break
  - The coolers must be cleaned after each practice
- Ice towels may be used for single use only and discarded or washed properly

### Post-Workout Procedures

- Hand washing or hand sanitizer should be utilized after workout
- No whirlpool or cold/hot tubs should be used - exceptions for emergency action plan related to heat illness best practice
- All athletes should leave facilities immediately post workout and return home to shower
- Clothing should be changed and washed after each workout session
- No congregating in groups should occur

### Sanitizing Facilities

- Create & implement adequate cleaning & disinfecting schedules for all athletic facilities to mitigate any communicable disease
- Ensure all high touch, high traffic areas are included in cleaning and disinfecting schedules
- Hard surfaces should be sanitized prior to people entering the facility
- Weight room equipment should be disinfected before and after each person's use
- Equipment and tables with holes that expose foam should be covered
- Refer to EPA list N for appropriate disinfectants for use against SARS-CoV-2

When someone is tests **positive** for COVID-19

When a staff member or participating student at Northern Lehigh tests **positive** for COVID-19, their whole team will be sent home and quarantined for 3 days (unless told differently by the school, the pandemic team, or a higher organization). These 3 days will allow the staff to clean the facility and will allow time to indicate if any others on the team have symptoms or a fever.

**Important Information to Remember**

- Bring a mask EVERYDAY
- Bring your own water bottle and enough water to last you the entire practice
- Wash all clothes and workout equipment EVERYDAY
- If you need help with anything or have a question, talk to your coach or athletic trainer
- Listen to your coaches, athletic trainers, and other staff!
- Be smart, stay safe, and HAVE FUN!
- 

Important Reads and Source Documents:

- Pennsylvania's 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 Published June 10, 2020.

- Pennsylvania Department of Education, Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools. Published June 3, 2020, version 1. PDE Preliminary Guidance for Pre-K to 12 Schools
- CDC - Youth Sports Considerations Last reviewed June 8, 2020.
- CDC - Schools Considerations Last reviewed June 1, 2020.
- Guidance for Opening up High School Athletics and Activities, National Federation of State High School Associations (NFHS), accessed May 15, 2020
- PIAA Press Release Published June 10, 2020.
- Sports Event Planning Considerations Post-COVID-19, United States Olympic & Paralympic Committee April 28, 2020 – v0.11
- CDC Cleaning and Disinfection Tool. CDC.gov. CDC - Cleaning and Disinfection Decision Tool. Last reviewed May 7, 2020.
- CDC Handwashing Guidelines. CDC.gov. CDC - Handwashing Last reviewed April 2, 2020.
- Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance). CDC.gov. CDC - Return to Work Criteria. Last reviewed April 30, 2020.
- State of Missouri Novel Coronavirus Analytics. Health.mo.gov. State of Missouri - Coronavirus Analytics. Published May 5, 2020.
- The resurgence of sport in the wake of COVID-19: cardiac considerations in competitive athletes. BMJ.com. BMJ Blog - Cardiac Considerations in the Wake of COVID-19 Published April 24, 2020.
- A Game Plan for the Resumption of Sport and Exercise After Coronavirus Disease 2019 (COVID-19) Infection. JAMA Cardiol. JAMA Cardiology - Game Plan for Resumption of Sports Published online May 13, 2020. doi:10.1001/jamacardio.2020.2136
- Korey Stringer Institute's Return to Sports and Exercise during the Covid-19 Pandemic: Guidance for Collegiate and High School Athletics Programs. Published June 6, 2020. KSI Return to Sport and Exercise Guidance
- COVID-19: NSCA Guidance on Safe Return to Training For Athletes, National Strength and Conditioning Association (NSCA) COVID-19 Return to Training Taskforce. Published May 2020.
- CSCCA and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity; Catersano, A, Decker, D, Snyder, B, Feigenbaum, M, Glass, R, House, P, Sharp, C, Waller, M, and Witherspoon, Z.

2019. CSCCA and NSCA Joint Consensus Guidelines for Transition Periods. Strength and Conditioning Journal, 41(3), 1-23.

- National Athletic Trainers Association: Covid-19 Return-to-Sport Considerations for Secondary School Athletic Trainers. Published May 2020.

Additional Resources

- Hand Hygiene Posters CDC - Handwashing Posters
- Social Distancing and other print resources regarding COVID-19 CDC - Other Print Resources
- Mental Health resources
  - World Health Organization: Healthy at Home-Mental Health WHO - Healthy At Home - Mental Health
  - CDC managing stress around COVID-19 CDC - Coping and Managing Stress and Anxiety
  - Mental Health in PA PA DHS - Mental Health Services
  - Mental Health Fact Sheet PA DHS - Mental Health Fact Sheet

**Mental Health Help During COVID-19**

<b>Crisis Text Line</b>  Text 'PA' to 741741	<b>National Suicide Prevention Lifeline</b>  1-800-273-8255	<b>Preventing suicide in PA</b>  preventsuicide pa.org/
<b>Disaster Distress Helpline</b>  800-985-5990	<b>Get Help Now for substance use disorder</b>  1-800-662-4357	<b>Veterans in crisis</b>  veterans crisisline.net
<b>PA's support helpline</b>  855-284-2494	<b>Coping with COVID-19 stress</b>  bit.ly/covid-coping	<b>COVID-19 resources</b>  mhanational.org/covid19

**Positive** **ions**

In the event that you have had a **Positive Health Screen** (meaning you have a temperature greater than or equal to 100.4°F or positive for symptoms), we ask that you

go home immediately and follow the recommended steps below:

- **DO NOT** immediately go to the emergency room or an urgent care facility
- Contact **ONE** of the following for further instruction:
  - CDC Guidelines [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)
  - Contact your primary care physician
  - Contact St. Luke's University Health Network COVID-19 Hotline
    - 1-866-785-8537 Option 7
  - Contact Lehigh Valley Health Network
    - 1-888-402-5846

Thank you for working with us to keep everyone safe.

**Northern Lehigh School District  
Athletics COVID-19 Health Screening Process**

1. Students will receive a QR code that they must scan with their phones once arriving in the Stadium Parking Lot
2. The QR code will bring them to a Google Doc Form that they must fill out in the parking lot BEFORE walking up to the Stadium Gate
3. Once the form is completed, they will be prompted to walk up to the Stadium Gate to receive their temperature check
  - a. Student MUST properly wear a mask
  - b. DO NOT enter the Stadium until your temperature is taken and you are cleared to enter
4. Once the student is cleared to enter, the student must:
  - a. Wear a mask until told otherwise
  - b. NOT enter the field house or bathrooms, unless told they can
  - c. Social distance (6 ft. from all other persons), until told otherwise

### **COVID-19 Screening Questions on Google Doc Form**

1. Have you had any of the following symptoms in the past 24 hours?
  - a. Fever (temperature greater than or equal to 100.4°F/38°C)
  - b. New or worsening cough
  - c. Shortness of breath or trouble breathing
  - d. Sore throat, different than your seasonal allergies
  - e. New loss of smell and/or taste
  - f. Nausea, vomiting, or diarrhea
  
2. Do you have a household member, or have been in close contact with someone, who has been diagnosed with COVID-19 in the past 2 weeks?

3. Have you been diagnosed or tested positive for COVID-19? If **Yes**, have you provided required written clearance from your health care provider to return to physical activity or work?