



PK-12 Athletics Health and Safety Plan Template

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

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

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Athletics Health and Safety Plan: Wissahickon School District (WHS)

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

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

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

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

Resuming PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required? *After having developed and approved a WSD Athletics Health and Safety Plan, staff and student-athletes will be educated and vigorously screened prior to any athletic workout, practice or competition. The approved WSD Athletics Health and Safety Plan will be posted to the WSD website for community review.*
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games? *Through discussion and careful review of the most current health and safety guidelines with WSD Administration, Coaches, and the WSD Athletics Health and Safety Task Force consisting of WSD School Nurse, WHS Athletic Trainer, WSD Business Manager, WSD Director of Buildings and Grounds, WHS Director of Athletics and Activities, and WMS Athletic Director. All coaches are required to submit a safety plans prior to any approved athletic workout.*
- How will you communicate your plan to your local sports and school communities? *The WSD Athletics Health and Safety Plan will be publicized on the WSD school district website.*
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities? *Evaluation by WSD Administrative leadership of screening results of student-athletes and staff and/or notification of positive COVID-19 test results of student-athletes or staff. WSD will also adhere to all recommendations from the Governor, PA Department of Health, PA Department of Education, PIAA, and Montgomery County Health officials.*

Summary of Responses to Key Questions:

The decision to resume sports-related activities will only occur after careful review and implementation of the most current health and safety precautions (CDC guidelines, NFHS guidelines, PA Department of Health and PA Department of Education guidelines, PIAA Return to Competition guidelines, and more).

See above responses for additional details.

Anticipated launch date for sports related activities:7/1/2020 Phase I; 8/10/2020 Phase II

Primary Point of Contact

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

Point of Contact Name	Position of Point of Contact	Contact Information
James Cairnes	Director of Athletics and Activities	(215) 619-8112 ext. 8014 – jcairnes@wsdweb.org

Key Strategies, Policies, and Procedures

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

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

For each requirement within each domain, document the following:

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

In the following tables, an asterisk (*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes? *WSD Buildings and Grounds Crews will follow all appropriate CDC guidelines and protocols for cleaning athletic facilities.*
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety? *WSD Buildings and Grounds Crews will follow all appropriate CDC guidelines and protocols for cleaning athletic facilities.*
- What protocols will you put in place to clean and disinfect throughout the day? *WSD Buildings and Grounds Crews will follow all appropriate CDC guidelines and protocols for cleaning athletic facilities.*
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? *All appropriate WSD staff.* When and how will the training be provided? *WSD will provide training on a continuous basis.* How will preparedness to implement as a result of the training be measured? *Through observations, monitoring, and review of data.*

Summary of Responses to Key Questions:

WSD will follow all appropriate CDC guidelines for cleaning, sanitizing, and disinfecting of WSD facilities.

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

See below matrix for more details.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<ul style="list-style-type: none"> • Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. • Develop a schedule for increased, routine cleaning and disinfection. • Frequently clean locker rooms and game-area facilities, including during gameplay when possible. • Ensure safe and correct use and storage of disinfectants, including storing products securely away from students. Use products that meet EPA disinfection criteria. • Coaches will ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces. • Cleaning products should not be used near students, and staff should ensure that there is adequate ventilation when using these products to prevent students or themselves from inhaling toxic fumes. • If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. • Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves. • Implement transmission risk-mitigation protocols in non-contact sports to address hygiene, disinfection of equipment, distancing during practice and competition, and numbers of participants. 	<p>Gerry Moore, Director of Facilities</p>	<p>Approved CDC Disinfectant and Cleaning materials (COVID-19 approved disinfectants)</p>	<p>Yes</p>
<p>Other cleaning, sanitizing, disinfecting, and ventilation practices</p>	<p>N/A – see above cleaning, sanitizing, disinfecting, and ventilation practices.</p>			

Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread? *No WHS teams will share indoor or outdoor facilities during practices or conditioning activities during the same time period. Entire fields/courts/pool areas will be used to maximize space for social distancing. During competitions, maximum attendance will not exceed gathering limits established by the Commonwealth of PA (currently 250 outdoors, 25 indoors).*
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.? *Groups of student athletes and coaches will not exceed gathering limits established by the Commonwealth of PA. No team meals will take place at this time. Teams will share no fields during the same time slot.*
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)? *Access to locker rooms and restrooms will be limited to appropriate numbers that allow for proper social distancing. Staggered use of facilities will be employed to allow for proper social distancing.*
- How will you utilize outdoor space to meet social distancing requirements? *Entirety of fields will be used. Teams will share no fields during the same time slot.*
- What hygiene routines will be implemented? *CDC Hand Hygiene recommendations (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>) and CDC's recommendations for wash your hands often, avoid close contact, cover coughs and sneezes, and monitor your health (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>).*
- How will you adjust student transportation to meet social distancing requirements? *Additional busses may be utilized if available. Students will wear masks on busses. Students and staff may be permitted to provide their own transportation.*
- How will social distancing and other safety protocols vary based on age ranges? *N/A, all student-athletes are high school age.*
- Which stakeholders will be trained on social distancing and other safety protocols? *All appropriate WSD staff. When and how will the training be provided? By WSD Director of Athletics and Activities (in person or virtually) prior to approval of any sports-related activity.*

Summary of Responses to Key Questions:

The decision to resume sports-related activities will only occur after careful review and implementation of the most current social distancing and safety protocols.

See above responses for answers. See below matrix for more details.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<ul style="list-style-type: none"> • Encourage social distancing of at least 6 feet while not actively engaged in play (e.g., practice, games). • Keep student athletes together in small groups with dedicated coaches or staff, and make sure that each group of student athletes and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of student athletes stay with the same coach or having the same group of student athletes rotate among coaches. • Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among student athletes and teams. • Identify adult staff members or volunteers to help maintain social distancing among student athletes, coaches, umpires/officials, and spectators (if state and local directives allow for spectators). • Space student athletes at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills). • Utilize yard markers as guides, to make sure that coaches and student athletes remain at least 6 feet apart. • No unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. • Prioritize outdoor, as opposed to indoor, practice and play as much as possible. • Create distance between student athletes when explaining drills or the rules of the game. 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>WSD Athletic Health and Safety Plan</p>	<p>Yes</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible (continued)</p>	<ul style="list-style-type: none"> • If keeping physical distance is difficult with student athletes in competition or group practice, consider relying on individual skill work and drills. • Encourage student athletes to wait in their cars with parents/guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group. • Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses. • If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting. 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>WSD Athletic Health and Safety Plan</p>	<p>Yes</p>
<p>* Procedures for serving food at events</p>	<ul style="list-style-type: none"> • Serve individually plated meals/boxed lunches and avoid buffet style meals whenever possible. <i>(N/A – food will not be served at any events at this time.)</i> • Avoid sharing food and utensils. <i>(N/A – food will not be served at any events at this time.)</i> • Offer hand sanitizer or encourage hand washing. 			

<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<ul style="list-style-type: none"> • Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds, or with hand sanitizer if proper handwashing is not feasible. • If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and student athletes who can safely use hand sanitizer). • Exercise frequent hand hygiene, including before and after play, during practice and during play as rules allow. • Ensure appropriate clothing/shoes are worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. • Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. • Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible. • Student athletes should wear their own appropriate workout clothing (do not share clothing). • Student athletes should be encouraged to shower and wash their workout clothing immediately upon returning home. • Avoid face touching whenever possible; use hand sanitizer before and after putting on helmets, mouth guards, etc. • Coaches should wear masks at all times when in contact with athletes and other coaches. • Consider student athletes wearing masks before and after practice, removing masks for practice while continuing social distancing when possible. Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so. • Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during play. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>WSD Athletic Health and Safety Plan</p>	<p>Yes</p>
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Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<ul style="list-style-type: none"> • Post signs in highly visible locations (e.g., school entrances, restrooms) that promote everyday protective measures and describe how to stop the spread of germs (such as by properly washing hands and properly wearing a face covering). • Broadcast regular announcements on reducing the spread of COVID-19. • Include messages (e.g., videos) about behaviors that prevent the spread of COVID-19 when communicating with staff and families (such as on school websites, in emails, and on school social media accounts). • Print free digital resources on CDC’s communications resources web page. (link) 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>Signs</p>	<p>Yes</p>
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<ul style="list-style-type: none"> • During the yellow and green phases for reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities. • Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county). 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>WSD Athletic Health and Safety Plan</p>	<p>Yes</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Limiting the sharing of materials and equipment among student athletes	<ul style="list-style-type: none"> • Minimize equipment sharing such as protective gear, balls, bats, racquets, or mats. • Clean and disinfect shared equipment between uses by different people. • Keep each athlete's belongings separated from others' and in individually labeled containers, cubbies, lockers or other areas. • Ensure adequate supplies to minimize sharing of high touch materials to the extent possible or limit use of supplies and equipment by one group of student athletes at a time and clean and disinfect between use. For devices and materials that must be shared, ensure cleaning and disinfecting between uses. • Do not share personal items such as towels or water bottles. • Hydration is critical to student athletes. Staff and students must provide their own water. Water bottles, jugs, etc. must not be shared. 	James Cairnes, Director of Athletics and Activities	WSD Athletic Health and Safety Plan	Yes
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<ul style="list-style-type: none"> • Close shared spaces such as locker rooms, if possible; otherwise, stagger use and clean and disinfect between use. • Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing student athletes to spread out into spectator areas if more space is available (e.g., if spectators are not allowed). • Pursue virtual group events, gatherings, or meetings, if possible, and promote social distancing of at least 6 feet between people if events are held. Limit group size to the extent possible. • Consider student athletes reporting to workouts in proper gear and immediately return home to shower at end of the workout. 	James Cairnes, Director of Athletics and Activities	WSD Athletic Health and Safety Plan	Yes

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Adjusting transportation schedules and practices to create social distance	<ul style="list-style-type: none"> • Create social distance between student athletes and coaches on school buses (e.g., seating one person per seat or every other row). <i>(Student-athletes and coaches will be required to wear masks while riding busses.)</i> • Provide adult supervision on buses to ensure social distancing of student athletes. • Consider decreasing the number of student athletes traveling for an event to allow for appropriate social distancing on buses. • Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household. • Consider competing only against teams in their local area (e.g., neighborhood, town, or community). • Consider regional levels of infection and transmission in making decisions on competition with other teams. • Avoid travel to regions with high rates of infection. 	James Cairnes, Director of Athletics and Activities	WSD Athletic Health and Safety Plan	Yes
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<ul style="list-style-type: none"> • Modified roster sizes will be considered to ensure proper social distancing amongst student-athletes. 	James Cairnes, Director of Athletics and Activities	WSD Athletic Health and Safety Plan	Yes
Other social distancing and safety practices	<ul style="list-style-type: none"> • Not applicable. 			

Monitoring Student Athletes and Staff Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness? *Take temperature with “No Touch” thermometer and ask 6 COVID-19 screening questions prior to each sports-related activity. (see WSD Athlete/Coach COVID-19 Screening Form).*
- Who will be responsible for monitoring? *WSD Athletic Department Personnel.*
- Where will the monitoring take place? *At designated athletic facility prior to each sports-related activity.*
- When and how frequently will the monitoring take place? *Prior to each sports-related activity.*
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? *Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath). Arrange for safe transportation of sick individuals’ home. Close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Notify local health officials, staff, and families of exposure or confirmed case while maintaining confidentiality.* What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? *Only allow return to sport after infection or exposure following a 10-day quarantine and no fever for 3 days.*
- Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes? *For Coaches and Athletic Staff - WSD Director of Personnel and WHS Director of Athletics and Activities; For Student Athletes - WHS Director of Athletics and Activities.*
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan? *As soon as possible, by a representative of the WSD Administration, applying all proper and appropriate means of confidentiality.*
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? *All appropriate WSD staff.* When and how will the training be provided? *By WSD Director of Athletics and Activities (in person or virtually) prior to approval of any sports-related activity.*

Summary of Responses to Key Questions:

See above responses for answers. See below matrix for more details.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<ul style="list-style-type: none"> • Put a system in place consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of student 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. • Check for signs and symptoms in student athletes and staff daily upon arrival to practice or games using a sign-in sheet. • Whenever feasible, conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and student athletes safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations and recommend daily self-assessments. • Responses to screening questions will be recorded and stored for contact tracing purposes should a COVID-19 infection occur. There should be a plan for how these documents are filed. • Require enhanced surveillance and testing for any contact sports to minimize higher risk of transmission in participating student athletes. • Implement a process to address privacy concerns of monitoring practices and the potential stigma associated with monitoring and confirmed exposure or cases. • Actively encourage sick staff, families, and athletes with any illness symptoms to stay home. 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>WSD COVID-19 Screening Form</p> <p>“No Touch” Thermometer</p>	<p>Yes</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Monitoring student athletes and staff for symptoms and history of exposure (continued)</p>	<ul style="list-style-type: none"> • Individuals, including coaches, student athletes, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms. Current recommendations are to stay at home for at least 10 days and until they are 3 days without fever or symptoms. • Individuals, including coaches, student athletes, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health. Current recommendations are to stay at home for 10 days and return if no symptoms develop. 	<p>James Cairnes, Director of Athletics and Activities</p>	<p>WSD COVID-19 Screening Form</p> <p>“No Touch” Thermometer</p>	<p>Yes</p>
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<ul style="list-style-type: none"> • Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. • Establish procedures for safely transporting sick individuals’ home. • Close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. • Notify local health officials, staff, and families of exposure or confirmed case while maintaining confidentiality. • Ill individual will be required to provide medical clearance from their physician or appropriate healthcare professional and be fever free (without fever-reducing medicine) for a minimum of three (3) days prior to returning to sports-related activities. 	<p>James Cairnes, Director of Athletics and Activities</p>		<p>Yes</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<ul style="list-style-type: none"> • Only allow return to sport after infection or exposure following a 10-day quarantine and no fever for 3 days. • 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. 	<p>James Cairnes, Director of Athletics and Activities</p> <p>Cathy Rossi, Director of Personnel</p>		Yes
<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"> • WSD will use the following medium to notify individuals of cancellation of sports-related activities, school closures and other changes in safety protocols: email, WSD websites, Hudl, Twitter and more. 	<p>James Cairnes, Director of Athletics and Activities</p>		No
<p>Other monitoring and screening practices</p>	<p>N/A – See above.</p>			

Other Considerations for Student Athletes and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? *Through direct communication with coaches and athletic staff.* How will you accommodate staff who are unable or unwilling to return? *Work with WSD Personnel office to provide flexibility where appropriate.*
- How will you determine which student athletes are willing/able to return? *Through direct communication with coaches, athletic staff, student-athletes and their parents/guardians.* How will you accommodate student athletes who are unable or unwilling return? *Work with WSD coaches, staff, student-athletes and their parents/guardians to provide flexibility where appropriate.*
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? *Required whenever unable to maintain a 6-foot distance from another individual.* What is the policy/procedure for student athletes? *Required whenever not engaged in athletic activity or unable to maintain a 6-foot distance from another individual.*
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness? *See response in first box below.*
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill? *With flexibility and an option to stay home.*
- How will you manage teams in the event of coaching staff illness? *In consultation with WSD Administration.* Do you have substitute coaches available? *Assistant Coaches will serve as substitutes if needed and available.*
- Which stakeholders will be trained on these protocols? *All appropriate WSD staff.* When and how will the training be provided? *By WSD Director of Athletics and Activities (in person or virtually) prior to approval of any sports-related activity.*

Summary of Responses to Key Questions:

See above responses for answers. See below matrix for more details.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	<ul style="list-style-type: none"> • Establish and maintain communication with local and state authorities to determine current mitigation levels in your community. • Adopt flexible attendance policies for student athletes and coaching staff. • Offer options for individuals at higher risk of severe illness from COVID-19 (risk increases with age, and people of any age with certain medical conditions are at higher risk), such as virtual coaching and in-home drills that limits their exposure risk. • Explore offering duties that minimize higher risk individuals' contact with others. • Consider level of participation for student athletes at higher risk of developing serious disease. 	James Cairnes, Director of Athletics and Activities		Yes
* Use of face coverings by all coaches and athletic staff	<ul style="list-style-type: none"> • Coaches and athletic staff are required to wear face coverings whenever unable to maintain a 6-foot distance from another individual. 	James Cairnes, Director of Athletics and Activities		Yes
* Use of face coverings by student athletes as appropriate	<ul style="list-style-type: none"> • Student athletes must wear masks before and after practice, removing masks for practice while continuing social distancing when possible. Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so. 	James Cairnes, Director of Athletics and Activities		Yes
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	N/A – See Above			

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Management of Coaches and Athletic Staff	WSD Athletic Department will oversee and manage coaches and athletic staff.	James Cairnes, Director of Athletics and Activities Cathy Rossi, Director of Personnel		

Athletics Health and Safety Plan Professional Development

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

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

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Cleaning, Sanitizing, Disinfecting, and Ventilating	WSD Facilities and Athletic Staff	Gerry Moore, Director of Facilities	Conference	Approved CDC Disinfectant and Cleaning materials list (COVID-19 approved disinfectants)	June 24 th , 2020	August 10 th , 2020
Social Distancing and Other Safety Protocols	WSD Athletic Staff and Student Athletes	James Cairnes, Director of Athletics	Conference	WSD Athletic Health and Safety Plan	June 24 th , 2020	August 10 th , 2020
Monitoring Student Athletes and Staff Health	WSD Athletic Staff and Student Athletes	James Cairnes, Director of Athletics	Conference	WSD COVID-19 Screening Form "No Touch" Thermometer	June 24 th , 2020	August 10 th , 2020
Other Considerations for Student Athletes and Staff	WSD Athletic Staff and Student Athletes	James Cairnes, Director of Athletics	Conference	WSD Athletic Health and Safety Plan	June 24 th , 2020	August 10 th , 2020

Athletics Health and Safety Plan Communications

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

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
Communication of Sports-Related Health and Safety Protocols, Schedules and Updates	WSD Staff, Students and Community	James Cairnes, Director of Athletics	WSD will use the following medium to notify individuals of cancellation of sports-related activities, school closures and other changes in safety protocols: email, WSD websites, Hudl, Twitter and more.	June 24 th , 2020	July 1 st , 2020 and On going

Athletics Health and Safety Plan Summary: Wissahickon School District (WHS)

Anticipated Launch Date: August 10th, 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
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<ul style="list-style-type: none"> • Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. • Develop a schedule for increased, routine cleaning and disinfection. • Frequently clean locker rooms and game-area facilities, including during gameplay when possible. • Ensure safe and correct use and storage of disinfectants, including storing products securely away from students. Use products that meet EPA disinfection criteria. • Coaches will ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces. • Cleaning products should not be used near students, and staff should ensure that there is adequate ventilation when using these products to prevent students or themselves from inhaling toxic fumes. • If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. • Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves. • Implement transmission risk-mitigation protocols in non-contact sports to address hygiene, disinfection of equipment, distancing during practice and competition, and numbers of participants.

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<ul style="list-style-type: none"> • Encourage social distancing of at least 6 feet while not actively engaged in play (e.g., practice, games). • Keep student athletes together in small groups with dedicated coaches or staff, and make sure that each group of student athletes and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of student athletes stay with the same coach or having the same group of student athletes rotate among coaches. • Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among student athletes and teams. • Identify adult staff members or volunteers to help maintain social distancing among student athletes, coaches, umpires/officials, and spectators (if state and local directives allow for spectators). • Space student athletes at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills). • Utilize yard markers as guides, to make sure that coaches and student athletes remain at least 6 feet apart. • No unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. • Prioritize outdoor, as opposed to indoor, practice and play as much as possible. • Create distance between student athletes when explaining drills or the rules of the game. • If keeping physical distance is difficult with student athletes in competition or group practice, consider relying on individual skill work and drills. • Encourage student athletes to wait in their cars with parents/guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group. • Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between practices and competitions to allow for one group to depart before

Requirement(s)	Strategies, Policies and Procedures
<p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p>	<p>another group enters the facility. This also allows for more time to clean the facility between uses.</p> <ul style="list-style-type: none"> • If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting. • Serve individually plated meals/boxed lunches and avoid buffet style meals whenever possible. <i>(N/A – food will not be served at any events at this time.)</i> • Avoid sharing food and utensils. <i>(N/A – food will not be served at any events at this time.)</i> • Offer hand sanitizer or encourage hand washing. • Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds, or with hand sanitizer if proper handwashing is not feasible. • If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and student athletes who can safely use hand sanitizer). • Exercise frequent hand hygiene, including before and after play, during practice and during play as rules allow. • Ensure appropriate clothing/shoes are worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. • Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. • Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible. • Student athletes should wear their own appropriate workout clothing (do not share clothing). • Student athletes should be encouraged to shower and wash their workout clothing immediately upon returning home. • Avoid face touching whenever possible; use hand sanitizer before and after putting on helmets, mouth guards, etc.

Requirement(s)	Strategies, Policies and Procedures
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>Identifying and restricting non-essential visitors and volunteers</p> <p>Limiting the sharing of materials and equipment among student athletes</p>	<ul style="list-style-type: none"> • Coaches should wear masks at all times when in contact with athletes and other coaches. • Consider student athletes wearing masks before and after practice, removing masks for practice while continuing social distancing when possible. Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so. • Post signs in highly visible locations (e.g., school entrances, restrooms) that promote everyday protective measures and describe how to stop the spread of germs (such as by properly washing hands and properly wearing a face covering). • Broadcast regular announcements on reducing the spread of COVID-19. • Include messages (e.g., videos) about behaviors that prevent the spread of COVID-19 when communicating with staff and families (such as on school websites, in emails, and on school social media accounts). • Print free digital resources on CDC’s communications resources web page. (link) • During the yellow and green phases for reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities. • Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county). • Minimize equipment sharing such as protective gear, balls, bats, racquets, or mats. • Clean and disinfect shared equipment between uses by different people. • Keep each athlete’s belongings separated from others’ and in individually labeled containers, cubbies, lockers or other areas. • Ensure adequate supplies to minimize sharing of high touch materials to the extent possible or limit use of supplies and equipment by one group of student athletes at a time and clean and disinfect between use. For devices and materials that must be shared, ensure cleaning and disinfecting between uses. • Do not share personal items such as towels or water bottles.

Requirement(s)	Strategies, Policies and Procedures
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<ul style="list-style-type: none"> • Hydration is critical to student athletes. Staff and students must provide their own water. Water bottles, jugs, etc. must not be shared. • Close shared spaces such as locker rooms, if possible; otherwise, stagger use and clean and disinfect between use. • Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing student athletes to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).
Adjusting transportation schedules and practices to create social distance between students	<ul style="list-style-type: none"> • Pursue virtual group events, gatherings, or meetings, if possible, and promote social distancing of at least 6 feet between people if events are held. Limit group size to the extent possible. • Consider student athletes reporting to workouts in proper gear and immediately return home to shower at end of the workout. • Create social distance between student athletes and coaches on school buses (e.g., seating one person per seat or every other row). <i>(Student-athletes and coaches will be required to wear masks while riding busses.)</i> • Provide adult supervision on buses to ensure social distancing of student athletes. • Consider decreasing the number of student athletes traveling for an event to allow for appropriate social distancing on buses.
Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes	<ul style="list-style-type: none"> • Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household. • Consider competing only against teams in their local area (e.g., neighborhood, town, or community). • Consider regional levels of infection and transmission in making decisions on competition with other teams.
Other social distancing and safety practices	<ul style="list-style-type: none"> • Avoid travel to regions with high rates of infection. • Modified roster sizes will be considered to ensure proper social distancing amongst student-athletes. • No fans will be permitted to attend practices. At home competitions, Visiting spectators will NOT be permitted. Collectively the number of participants, coaches, referees, game officials, and “home” spectators will not exceed gathering limits established by the Commonwealth of PA.

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>	<ul style="list-style-type: none"> • Put a system in place consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of student 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. • Check for signs and symptoms in student athletes and staff daily upon arrival to practice or games using a sign-in sheet. • Whenever feasible, conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and student athletes safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations and recommend daily self-assessments. • Responses to screening questions will be recorded and stored for contact tracing purposes should a COVID-19 infection occur. There should be a plan for how these documents are filed. • Require enhanced surveillance and testing for any contact sports to minimize higher risk of transmission in participating student athletes. • Implement a process to address privacy concerns of monitoring practices and the potential stigma associated with monitoring and confirmed exposure or cases. • Actively encourage sick staff, families, and athletes with any illness symptoms to stay home. • Individuals, including coaches, student athletes, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms. Current recommendations are to stay at home for at least 10 days and until they are 3 days without fever or symptoms. • Individuals, including coaches, student athletes, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health. Current recommendations are to stay at home for 10 days and return if no symptoms develop.
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<ul style="list-style-type: none"> • Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. • Establish procedures for safely transporting sick individuals' home.

Requirement(s)	Strategies, Policies and Procedures
<p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>* Procedure for returning from an area where there are high amounts of COVID-19 cases</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"> • Close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. • Notify local health officials, staff, and families of exposure or confirmed case while maintaining confidentiality. • Only allow return to sport after infection or exposure following a 10-day quarantine and no fever for 3 days. • 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. • Any coach and or student-athlete who has traveled to the below list of states/locations (as it may be modified from time to time by the Pennsylvania Department of Health) will be prohibited from participating in any WSD sports-related activity for a period of 14 days to allow for a recommended self-quarantine. (https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx) • WSD will use the following medium to notify individuals of cancellation of sports-related activities, school closures and other changes in safety protocols: email, WSD websites, Hudl, Twitter and more.

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"> • Establish and maintain communication with local and state authorities to determine current mitigation levels in your community. • Adopt flexible attendance policies for student athletes and coaching staff. • Offer options for individuals at higher risk of severe illness from COVID-19 (risk increases with age, and people of any age with certain medical conditions are at higher risk), such as virtual coaching and in-home drills that limits their exposure risk. • Explore offering duties that minimize higher risk individuals' contact with others. • Consider level of participation for student athletes at higher risk of developing serious disease. • Coaches and athletic staff are required to wear face coverings whenever unable to maintain a 6-foot distance from another individual. • Student athletes must wear masks before and after practice, removing masks for practice while continuing social distancing when possible. Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so. • WSD Athletic Department will oversee and manage coaches and athletic staff.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Wissahickon School District** reviewed and approved the Athletics Health and Safety Plan on **(INSERT DATE AS MONTH, DAY, YEAR)**.

The plan was approved by a vote of:

Yes

No

Affirmed on: **(INSERT DATE AS MONTH, DAY, YEAR)**

By:

(Signature of Board President)

(Print Name of Board President)