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7/21/2020 11:24 AM

# Allegheny-Clarion Valley School District

## Athletics Return to Play Policy



**A-C Valley, in conjunction with the community, will ensure a comprehensive education that inspires students to:**

**Dream Big, Work Hard, and Act Responsibly.**

**2020-2021**

**RETURN TO PLAY DATE JULY 1, 2020**

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*This is a live working document and will be updated as regulations and guidelines are updated. The A-CVSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The A-CVSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.*

## INTRODUCTION

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

The Allegheny-Clarion Valley School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The A-CVSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

## 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
<b>Mr. David McDeavitt</b>	Superintendent of Allegheny-Clarion Valley SD.	724-659-5820 david.mcdeavitt@acvsd.org
<b>Mr. Bill Jordan</b>	High School Principal	724-659-4661 bill.jordan@acvsd.org
<b>Dr. Scott DiTullio</b>	Athletic Director	724-659-4661 ext. 3107 scott.ditullio@acvsd.org
<b>Mr. Kevin Kaufman</b>	Athletic Trainer	724-259-4661 ext. 3132 kevin.kaufman@acvsd.org

***All sports-related activities at the PK-12 level are limited to:  
student athletes, coaches, officials, and staff only***

**BEFORE PRACTICE BEGINS:**

**THE HEAD COACH or the ASSISTANT COACH WILL BE RESPONSIBLE FOR MAINTAINING ALL DOCUMENTATION PERTAINING TO MONITORING ALL COACHES AND STUDENT ATHLETES AT EVERY ATHLETIC ACTIVITY**

**All activities must still be in accordance with PIAA out-of-season rules and regulations**

**MASKS**

The A-C Valley Return to Play Protocol - is to be strictly enforced at all times. Yes, there have been some changes within the state in regards to masks. At A-C Valley we will continue to go above and beyond to help keep our students safe and protected to the fullest of guidelines, as well as having a plan that is more than required.

Update to masks for A-C Valley Student Athletes:

1. When in doors, masks will be worn.
2. Golf - in the fairway and when alone, student athletes will not have to wear a mask but should when social distancing is not possible such as teeing off and putting. Social distancing should be maintained at all times. When in doubt pull the mask up..
3. Cheerleaders - Wear masks while inside the buildings. When outside, maintain social distancing of 6 foot intervals, and use masks when in close proximity of teammates.
4. Cross Country - this is an outside sport. When running masks are strongly encouraged at all times. When running as a group – maintain social distancing. Use masks when in close proximity to others.
5. Football – Use masks when inside. When outside, maintain social distancing of 6 foot intervals, and use masks when in close proximity of teammates, when it does not interfere with the football helmet.
6. Volleyball – Wear masks while inside and doing drills.

Continuously Practice Social Distancing, USE MASKS, and continue to use proper hygiene.

**CONTINUE TO PRACTICE GOOD HYGIENE**

- ❖ All individuals should wash your hands with soap and water (for a minimum of 20 seconds) or use hand sanitizer, especially after touching frequently used items or surfaces.
- ❖ 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 shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

### **PRE-WORKOUT/CONTEST SCREENINGS:**

- ❖ All coaches and students will be screened for signs/symptoms of COVID -19 prior to any workout/contest.
- ❖ Screening includes the following:
  - Temperature Check
  - Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Page 9 Monitoring Form).
- ❖ Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional
- ❖ If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- ❖ Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

### **LIMITATIONS ON GATHERINGS:**

- ❖ No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- ❖ If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- ❖ Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- ❖ There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

### **FACILITIES CLEANING:**

- ❖ Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.

- ❖ Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- ❖ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- ❖ Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- ❖ Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- ❖ Appropriate clothing/shoes should be 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.
- ❖ Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **PHYSICAL ACTIVITY and ATHLETIC EQUIPMENT:**

- ❖ Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- ❖ Modified practices may begin for Moderate risk sports.
- ❖ There should be no shared athletic towels, clothing or shoes between students.
- ❖ Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- ❖ All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- ❖ Hand sanitizer should be plentiful at all contests and practices.
- ❖ Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- ❖ Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

### **COACHES:**

- ❖ Coaching staff and other adult personnel *should* wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- ❖ Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate

### **HYDRATION:**

- ❖ All students shall bring their own water bottle. Water bottles must not be shared.
- ❖ Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

## **TRANSPORTATION TO EVENTS:**

- ❖ Transportation protocols are being developed for off campus events and will follow required procedures and recommendations.
- ❖ Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

## **SOCIAL DISTANCING DURING CONTESTS/EVENTS/ACTIVITIES:**

- ❖ Sidelines/benches – appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.

## **ATHLETIC TRAINING SERVICES:**

- ❖ Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

## **RETURN TO PHYSICAL ACTIVITY:**

- ❖ Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines for fall sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

## **HYGIENIC**

- ❖ **ILLNESS REPORTING**
  - Create notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.
- ❖ **CONSIDERATIONS FOR OFFICIALS, COACHES, OTHER PERSONNEL**
  - Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Phases 1 and 2.

## **PEOPLE WHO FEEL SICK SHOULD STAY HOME**

- ❖ Do not go to work or school.
- ❖ Contact and follow the advice of your medical provider.

## **OTHER CONSIDERATIONS**

- ❖ Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently

### **What are the signs and symptoms of COVID-19?**

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

- ❖ Fever or chills (100.4 or High)
- ❖ Cough
- ❖ Shortness of breath or difficulty breathing
- ❖ Fatigue
- ❖ Muscle or body aches
- ❖ Headache
- ❖ New loss of taste or smell
- ❖ Sore Throat
- ❖ Congestion or runny nose
- ❖ Nausea or vomiting
- ❖ Diarrhea

### **What to do if you are sick?**

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

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

- ❖ Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event



- ❖ If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- ❖ Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

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

- ❖ Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious,
- ❖ Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

**REFERENCE WEBSITES**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>

<https://www.upmc.com/-/media/upmc/services/sports-medicine/documents/return-to-play/high-school-athlete-guidelines-pdf.pdf?la=en>

<https://www.governor.pa.gov/wp-content/uploads/2020/05/20200522-Department-of-Health-2020-Summer-Program-FAQ.pdf>

**COVID-19 Athlete/Coach Monitoring Form**

Date: \_\_\_\_\_

Sport: \_\_\_\_\_

		<b>Circle Yes/No below</b>				<b>Close</b>



Name	Time	Fever		Cough		Sore Throat		Shortness of Breath		contact, or cared for someone with COVID-19		Temp (if higher than 100.3°F)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

Coach Signature: \_\_\_\_\_