INTRODUCTION

The purpose of this document is to serve as guidelines for reintroducing students back into their sport/activity in a safe and effective manner. Resources listed are the most current and available sources to reference for standards for return to sport/activity. 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. With the constant change that comes with these types of recommendations and guidelines, please know that our attempt is to stay as current as possible.

HASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. HASD 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.

It is also important to note that while the status of the current phase may change, this document is meant to be utilized and referred to when those situations present themselves. Additionally, this document may be revised at any time new guidelines become available to HASD.
RECOMMENDATIONS

Recommendations Hopewell Area School District Athletics:

1. Athletes, Coaches, and Athletic Staff are required to complete the COVID-19 health self-screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19. If any Athlete, Coach, or Athletic Staff member presents any symptom, he or she should not attend any practice, event, or meeting. Coaches are required to ensure that all Athletes and fellow Coaches complete this self-assessment prior to the beginning of any practice, event, or team meeting.

2. In compliance with DOH’s facial covering guidelines, all Athletes, Coaches, and Athletic Staff must wear a facial covering at all times, with the exception of when an athlete is involved in active competition or obtains a medical excuse due to an underlying health issue. All Athletes, Coaches, and Athletic Staff will wear a facial covering at all practices and when not actively participating in competitive events. If restrictions are relaxed, teams will be notified.

3. All athletic team participants will exercise healthy hygiene practices such as hand washing (20 seconds with warm water and soap). Hand Sanitizer will be available for team use as resources allow.

4. Social distancing will be utilized through increased spacing, small groups, and limited mixing between groups, if feasible.

5. Athletes, Coaches, and Staff will be trained by the Athletic Director on health and safety protocols.

6. Anyone who is sick or who has any COVID symptom is required to stay home and coaches will have plans if a student athlete or coach gets ill at practice or an event.

7. The Athletic Director and administrators will regularly communicate and monitor COVID-related developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.

8. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.

9. PPE (gloves, masks, eye protection) will be used as needed and as situations warrant use, or determined by local/state governments.

10. Athletic staff and students will be identified who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:

   - Age 65 or older
   - Lung disease, moderate-severe asthma
   - Serious heart conditions
   - May be immunocompromised
   - Diabetes
Classification of Sport

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

Examples: football, wrestling, competitive cheerleading

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

Examples: basketball, volleyball, baseball, softball, soccer, tennis, pole vault, high jump, long jump

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

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer
Conditioning before the start of the sports season

Effective Nov. 28, 2020

Indoor/Outdoor Facility Access

- Outdoor facilities will be available beginning June 29, 2020 for school related athletic teams.
- Indoor facilities will be available beginning July 6, 2020 for school related athletic teams.
- Indoor facilities will include restrooms by AD’s office, field house weight room, high school/junior high gymnasiums, JH pool and pool locker rooms.
- Locker rooms usage at the high school/junior high will be restricted to limited usage. This will be a very limited basis as determined by the Athletic Director using state and DOH guidelines.

Pre-workout Screening:

- All coaches and students should self-report any signs/symptoms of COVID-19 prior to a workout. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with COVID symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

Limitations on Gatherings:

- Gatherings should only include athletes and coaches and other required staff and follow State and Local Guidelines.
- Controlled non-contact practices only, with an emphasis on conditioning in the beginning.
- Social Distancing should be applied, as feasible, during practices and in weight or locker rooms, and gathering areas.
- Locker rooms will only be available in the pool areas for changing purposes. Other locker rooms will not be made available and students will need to come dressed and return home to shower following any practice/competition. Exception for varsity basketball games at halftime, limit to 10 total and wrestling weigh in which will have teams entered at designated times. No locker rooms will be used as a gathering area.
Facilities Cleaning:
- Daily cleaning will be implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings. High touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after any individual’s use.
- Shirts and shoes should be worn at all times. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Physical Activity:
- Modified practices may begin for Moderate and High Risk Sports in an attempt to limit person to person contact.
- Students should refrain from sharing clothing/towels and should be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Sports equipment will be cleaned at the end of the practice day for use the following day by coaches. All teams have been given disinfectant for equipment.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar and not overtop the athlete.

Hydration:
- Students and coaches MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (for direct consumption of water) should not be utilized.
- Ice will be available through our Athletic Trainers as needed for injuries, etc.
Beginning with the start of the Sports Season

Pre-workout/Contest Screening:

● All coaches and students should self-report any signs/symptoms of COVID-19 prior to a workout. (See Appendix for COVID-19 Screening Form).
● Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
● Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professionals.

Limitations on Gatherings:

● State and Local Guidelines should be followed in all locations.
● When not directly participating in practices or contests, social distancing should be considered and applied when able.
● Parents and/or guardians will be given preference as spectators if there are limits on large group gatherings. At the current DOH guidelines max occupancy is 10%. Home Parents will be given preference when possible and this may vary per sport. No visiting spectators will be permitted at this time.
● Locker rooms will only be available in the pool areas for changing purposes. Other locker rooms will not be made available and students will need to come dressed and return home to shower following any practice/competition. Exception for varsity basketball games at halftime, limit to 10 total and wrestling weigh in which will have teams entered at designated times. No locker rooms will be used as a gathering area.

Facilities Cleaning:

● Daily cleaning will be implemented for all athletic facilities to mitigate any communicable disease.
● Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings. High touch areas should be cleaned more often.
● Weight Room Equipment should be wiped down after any individual’s use.
● Shirts and shoes should be worn at all times. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
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- Modified practices may begin for Moderate and High Risk Sports in an attempt to limit person to person contact.
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- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar and not overtop the athlete.

Hydration:
- Students and coaches MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (for direct consumption of water) should not be utilized.
- Ice will be available through our Athletic Trainers as needed for injuries, etc.

Facilities Cleaning:
- Adequate cleaning schedules will be established and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after any individual’s use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
Physical Activity and Athletic Equipment:
- Students should refrain from sharing clothing/towels and should be washed after each practice.
- Students will not be able to utilize locker rooms or keep personal or sport items in a locker, unless granted permission by Administration.
- Showers will be unavailable for use prior to or immediately after practice/competitions.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar and not overtop the athlete.

Hydration:
- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used for refilling purposes only, and will be cleaned after every practice/event.
OTHER RECOMMENDATIONS:

Transportation:

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

- Reducing the number of students/coaches on a bus.
- Facial coverings must be worn at all times, this includes all occupants.
- Increasing the number of buses needed to safely transport students.
- Using hand sanitizer upon boarding a bus.
- Social distancing on a bus with one person per seat.
- No eating or drinking while on the bus.

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

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing and facial coverings must be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.

Who should be allowed at events?

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

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Preferred, but Non-essential) – Parents/guardians/family
4. Tier 4 (Non-essential) – Spectators, vendors

- Only individuals identified in Tiers 1 through 3 will be allowed to attend events until state/local governments lift restrictions on mass gatherings. Current guidelines set maximum occupancy at 10%. No Visiting Spectators will be permitted at this time.
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

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

- HASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.
Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

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

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

What to do if you are sick?

- If you are 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 by the school district and/or the Department of Health 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 may be implemented by the 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 a student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Ill individuals 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?

- Students or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious or will follow DOH/District requirements for return to school and school events.
- Individuals must be fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.
- The Athletic Director, in consultation with the school nursing staff, will make final decisions for the student or staff to return to athletics.
APPENDIX
Hopewell Area Athletic Department

Athlete and Staff COVID-19 Screening

Student/Staff Name:________________________________________
Date:_________________________
Grade/Position: ___________________________
Sport(s):_______________________________________

Students/Staff are required to self-report using this screening tool (or electronic version) prior to each practice/event.

Temperature should be taken prior to arrival at the school. All symptoms should be marked as “N” for NO or “Y” for Yes.

For the column “Close Contact” the answer should reflect the following question:

Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, with or without PPE equipment.)

If any responses are “YES”, the student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.
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