



# HEALTH & SAFETY PLAN FOR ATHLETICS

Developed in accordance with guidance provided by  
the Pennsylvania Department of Education and  
the Pennsylvania Interscholastic Athletics Association

Updated August 2020



# Introduction

This preliminary guidance document is intended to assist members of the LMSD Athletics community with implementing the recommendations for the reopening of our athletic program during the COVID-19 Pandemic in accordance with [Governor Wolf's Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits PK-12 schools under the PIAA to resume athletics in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#). This preliminary guidance is subject to modifications and updates in accordance with federal, state, and local guidelines, including, but not limited to, the District's Health and Safety Plan. Such changes shall be approved by the Superintendent or designee.

## Primary Points of Contact

The primary points of contact for all questions related to COVID-19 in relation to athletics:

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## General Considerations

- All off-season workouts are open and voluntary.
- Cases of COVID-19 in schools cannot be fully prevented, we can only minimize the risk or spread.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- When LMSD facilities are in use by LMSD teams, the facilities are closed for public and incidental use.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.
- Athletic Trainer will be present for off-season workouts and will conduct the pre-workout screening.
- Any athletes, coaches, or staff members who believe they may be sick should remain at home.
- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of workout and as needed throughout practice and/or at breaks.
- Each coach and athlete must have their own personal water bottle and a face covering to participate. No coolers, shared water bottles, or hydration stations should be utilized at this time. Water fountains will not be available.

## Considerations for Coaches

- Design activities that allow for risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from school nurses and/or athletic trainers on best hygiene and social distancing practices for staff and student-athletes.
- Any coaches who believe they may be sick should remain at home.
- Coaches should work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- Design activities to resume in a gradual fashion to avoid overuse injuries and heat-related illnesses.
  - Consider that all athletes may not have been training and may not be at the same fitness level. Activities may need to be adjusted accordingly.
  - Coaches should work with the Athletic Director and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team leave campus.
- Notification of any use of LMSD facilities (indoor or outdoor) must be given to the athletics department prior to entry into the facility.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.

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## Considerations for Athletes

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Any athletes who believe they may be sick should remain at home.
- Athletes should arrive prepared to go and avoid congregating before the workout.
- Athletes should leave immediately following the workout.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.

## Pre-Workout Screening

- All coaches and student-athletes should be screened for signs/symptoms of COVID-19 prior to a workout. (See Appendix A for sample attendance sheet/checklist.)
- 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-athlete develops COVID-19.

- Any person with positive symptoms reported should not be allowed to take part in workouts. The Trainer, Coach or AD should notify Health Services for guidance.
- All athletes and coaches in attendance must complete an educational session on COVID-19 symptoms and risk mitigation strategies prior to first workout.
- All athletes and coaches in attendance must complete screening prior to workout.
  - Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the ok by an athletic trainer or administrator in collaboration with Health Services and the requirements of the OPH.
  - Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
  - Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.
- Athletic Trainer/Coaches must maintain accurate attendance of each workout and submit an attendance list to the athletics department immediately after practice.

## Screening Procedures

- A screening survey should be completed no sooner than two hours prior to workout. An athlete or coach may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents.
- Screening Survey Questions:
  - In the past 72 hours, have you experienced signs or symptoms of respiratory illness including fever of 100.4°F or greater, cough, sore throat, or shortness of breath?
  - In the past 14 days, have you had close contact with or cared for (i.e. within 6 feet for more than a few minutes) anyone who tested positive for COVID-19 (AKA coronavirus), is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?
- If 'yes' to any of these questions or you are concerned that you may be ill, remain home.
  - An athletic trainer will contact parents of athletes who have answered 'yes' to any questions and contact the Athletic Director or Health Services.
  - At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician and/or the Montgomery County Office of Public Health to return depending on diagnosis, length of symptoms, and in accordance with Guidelines of the Montgomery County Office of Public Health.
- Athletes who previously were diagnosed with COVID-19 and have since recovered must be cleared by the Montgomery County Office of Public Health prior to return. Notification of clearance to return will be provided to Health Services by the OPH. The Health Services Department will notify the Athletic Directors of clearance to return. .
- Any athlete who tests positive for COVID-19 must notify the trainer or Health Services. Health Services will contact the OPH who will provide confirmation of test and guidance as

to isolation of athlete and quarantine of close contacts. The OPH is responsible for contact tracing. Health Services will communicate with the Athletic Directors regarding directives and guidance from the OPH.

## Plan of Action if Participant Contracts COVID-19

In the case a participant in one of our facilities has a probable or confirmed case of COVID-19, the District will implement the protocols below:

- Secure and decontaminate the affected areas by:
  - Closing off areas visited by the person who is a probable or confirmed case of COVID-19.
  - Opening outside doors and windows and using ventilation fans to circulate air in the area.
  - Waiting at least 24 hours, or as long as practical, before cleaning and disinfecting the affected area.
  - Cleaning and disinfecting all shared areas such as bathrooms, break rooms, shared equipment used by the sick person.
- Identify others who were in close contact (within 6 feet for 15 minutes or more) with a person with a confirmed case of COVID-19. Individuals identified as having close contact will be directed to isolate for a period of time determined by the OPH and will not be permitted to attend practice.
- If a coach, athlete, or staff member becomes sick during a workout, the person should leave practice immediately. The coach or athletic trainer will notify parents/guardians and Health Services. Information on others who had contact with the ill person during the time the person had symptoms and 48 hours prior to symptoms should be compiled in the event this information is requested by the OPH.
- The OPH will initiate contact tracing and will provide guidance and direction to the affected person as well as close contacts. This is done in collaboration with Health Services and with the Athletic Directors.
- Athletes who are sick must not return to workouts until cleared by the school nurse in accordance with OPH requirements.

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## Gathering Sizes

The following phases will be used in conjunction with LMSD's decisions regarding safe return to schools, activities, and athletics. Such phase designation shall be recommended by the administration and approved by the School Board prior to implementation. During the phases of reopening, sports-related activities at the K-12 level are limited to student athletes, coaches, officials, and staff only.

- **Phase 0** – No sports are allowed as designated by order of the Governor or as otherwise determined by LMSD.
- **Phase 1** – Groups of 25 or less (including coaches) outdoors and groups of 10 or less (including coaches) indoors.
- **Phase 2** – Groups of 250 or less (including coaches) outdoors and groups of 25 or less (including coaches) indoors.
- **Phase 3** – Restrictions on athletics and activities lifted to the degree that most “normal” protocols and practices gradually resume.

## Phase 1

- The goal of Phase 1 is reacclimating to physical activity and increasing conditioning levels.
- Conditioning and individual non-contact drills only.
- No group huddles.
  - Instruction should be given in a way that maintains appropriate social distancing.
  - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- Locker rooms, fitness center, and weight room will be closed.
- Limit use of gyms.
  - Indoor sports should consider doing conditioning and individual drills outside.
  - Gym activity should be designed in a way that allows for social distancing when possible. Athletes should take frequent breaks for handwashing.
- Face masks required for all individuals on school property or participating in school sponsored activity. Face masks may be removed during exertional activity. Requests for exemptions to face masks must be directed to the student's IEP or 504 team.
- Spectators/Parents should remain in their vehicles and must wear face masks while on school property.
- No personal equipment, such as bottles, towels, or pinnies should be shared.
- No sports equipment, such as balls, sticks, or protective equipment, can be shared.
- No physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.

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## Phase 2

- The goal of Phase 2 is building individual skills over competition and limiting contact when possible.
- Conditioning, Individual Drills, and Group Drills only.
  - No intrasquad scrimmages.
- No group huddles.
  - Instruction should be given in a way that maintains appropriate social distancing.
  - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
  - Drills should be done in pods of 10 or less if possible.
- Locker rooms will be closed.
- Limit gym & fitness center use to as needed activities only.
  - Indoor sports should consider doing conditioning and individual drills outside.
  - Fitness center will be limited to 12 people (based on square footage of facility and 6-foot social distancing).
  - Fitness center and gym activity should be designed in a way that allows for social distancing when possible.

- Fitness center equipment must be cleaned by participants after each use and cleaned by custodial staff each evening. Athletes should take frequent breaks for handwashing.
- Face masks required for all individuals on school property or participating in school sponsored activity. Face masks may be removed during exertional activity. Requests for exemptions to face masks must be directed to the student's IEP or 504 team.
- Spectators/Parents should remain in their vehicles and must wear face masks while on school property.
- No personal equipment, such as bottles, towels, or pinnies should be shared.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.).
  - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.

### Phase 3

- The goal of Phase 3 is preparing for upcoming competition.
- No limitation on contact drills or intra-squad scrimmages.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings are strongly recommended for all coaches depending on PDE & DOH guidance.
- Spectators/Parents may be limited or restricted based on gathering limitations of Process to Reopen Pennsylvania Document.
- No personal equipment, such as bottles, towels, or pinnies should be shared.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.).
  - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should allow for social distancing or take place on a virtual platform.

**APPENDIX A**

**Updated LMSD form to be included**