

**Mountain View School District
Athletic Department
Resocialization of Sports Plan
July 2020
(Revised September 2020)**

Administration

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Mountain View School District

Athletic Department

Resocialization of Sports Recommendations 2020

Introduction

The COVID-19 pandemic has presented athletics around the world with a variety of serious 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 not often get sick from COVID-19, it is known that they can be asymptomatic. Children are rarely hospitalized. However, some severe outcomes have been reported in children, and a child with mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable with their health or have a preexisting condition. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current research suggests that there are many guidelines and protocols that schools should take to greatly reduce the risks to students, coaches and their families.

The Mountain View School District will take the necessary precautions and recommendations from the local, state, and federal governments, as well as the CDC and the Pennsylvania Department of Health, as well as the NFHS and PIAA. The Mountain View School District 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 scientific information becomes available in order to decrease the risk of exposure for our faculty, staff, student athletes, and spectators.

Recommendations and Guidelines

*Recommendations for **ALL PHASES** for Athletics for the Mountain View School District*

- Student Athletes, coaches, and staff will undergo a COVID-19 health screening prior to all practices, games, or events. This screening will include predetermined health questions asked by the coaches approved by the school nurse. Coaches will take temperatures before any interactions occur. The purpose of the questions and temperature check is to screen for signs and symptoms of COVID-19. Students with temperatures at 100.0 F or higher taken with infrared Thermometers , or any other symptoms, will be sent home. All coaches will contact the Athletic Director for any athletes sent home with a temperature or symptoms. The school nurse will follow up with the family the next morning to determine the circumstances or cause of the fever or symptoms. The nurse will provide specific instructions to the family before the student can return to school.
- Promote healthy hygiene practices such as hand washing (30 seconds with warm water and soap) Two hand washing field stations will be located by the field restrooms. Hand washing stations should be used as often as needed.
- Face coverings are required to help decrease potential exposure to COVID-19 respiratory droplets by an infected or asymptomatic individual. All employees will wear a face covering at all times.
- Face coverings will not be used for athletics while actively practicing or competing.
- Intensify cleaning, disinfection and ventilation in all facilities.
- Encourage social distancing through increased spacing, small group discussions and trying to limit the mixing of groups.
- Educate athletes, coaches, and staff on all COVID-19 health and safety recommendations and protocols.
- Regularly communicate and monitor developments with local authorities, employees and families regarding cases, exposures and updates to policies and procedures.
- Athletes and coaches **must** provide their own water bottle for hydration. Water bottles, or any personal clothing, masks or equipment, can not be shared.
- Protective equipment (gloves, masks, eye protection) will be used as needed where situations warrant or determined by local/state governments.
- Identification of students and staff who may be at higher risk of severe illness from COVID-19 due to underlying medical conditions. Meet with these individuals privately to discuss their possible necessary and needed accommodations. (See- CDC “People who are at a higher risk for severe illness”).
- The MVSD concession stand is closed until further notice.
- All athletes should clean their individual equipment and clothing daily. Any equipment that is owned by the school district will be wiped down each day or before use the following day by the coaches. Students are not allowed to handle disinfectants.

- Coaches and athletes must practice social distancing of 6 feet, especially in locker rooms (coaches must accompany athletes), on the sidelines, in dugouts, and in workout areas when feasible. During any downtime, social distancing is still required.
- All athletes will refrain from shaking hands, fist pumps, or giving high fives before, during or after practice or games.
- All athletes sitting on the bench during a practice or game must wear a protective face covering and space 6 feet apart.

Recommendations for Coaches

- All coaches will review and follow the CDC guidance on considerations of youth sports, PIAA recommendations and the MVSD athletics health and safety plan.
- Coaches will complete all requirements for COVID-19 training as required by the MVSD and PIAA.
- Coaches and staff should wear a face covering when 6 feet of social distancing cannot be maintained.
- Coaches must take attendance at every practice and game. All athletes must have their temperature taken before every game or practice and be asked the Covid-19 symptom questions.
- Coaches must monitor athletes for symptoms of COVID-19 prior to and during practices and games.
- Coaches will choose practice activities that work on the needed and necessary skills while attempting to practice with social distancing as a goal.
- Coaches will gradually work student athletes back into practice after an illness or other absence to avoid injury.
- Coaches will work with the athletic director for guidance related to any information and guideline changes to COVID-19.
- Coaches will provide break times in a staggered fashion to accommodate social distance requirements, whenever feasible.
- Coaches will strongly encourage all athletes to arrive and leave the facilities promptly.
- Parents must remain in their vehicles when waiting for students.

Recommendations for Transportation

- Modifications for student/coach transportation to and from athletic events is necessary.
- Some modifications include: reducing the number of students/coaches on a bus or van, using hand sanitizer upon boarding a bus/van, social distancing on the bus.
- Face coverings will be worn on the bus. Masks will be provided if needed. Students must sit one per seat in every other row.
- Additional recommendations and modifications will be made by the district as the need or information changes.

Classification of Sports

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

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 of group sports that use equipment that can not be cleaned between participants.

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.

Level of Participation

Level 1 (PA State Red)

Team Activities: No in-person gatherings allowed. Athletes and coaches must communicate via online meetings (Zoom, Google Meet, etc.). Athletes may participate in individual **home** workouts including strength and conditioning. All school facilities remain closed as per PA State guidelines.

Level 2 (Yellow or Green): as permitted by the PIAA

Team activities may include team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, golf.

Pre-workout Screening

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to practice or a workout. Screening will include a temperature check . (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 an athlete develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should make contact with his or her primary care provider. The school nurse will be contacted by the coach or athletic director, to follow up on any symptoms.

Limitations on Gatherings

- No gatherings of more than 25 (inside) 250 (outside) individuals including coaches and spectators per scheduled field/court, or per direction of PADOH or PIAA.

- Controlled non-contact practices only, modified game rules.
- Social distancing must be applied during practices and in locker rooms and gathering areas.

Facilities Cleaning

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic facilities should be cleaned prior to arrival and then after workouts and team gatherings. All high touch areas should be cleaned more often.
- Weight room equipment should be wiped down after individual use and bioglobed daily.
- Appropriate clothing and shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- The Weight Room should be bioglobed daily if being used.

Physical Activity

- Practices may begin for lower risk sports
- Modified practices may begin for moderate and high risk sports. Practices must remain non-contact and include social distancing where applicable. Activities will focus on individual skill development.
- Students should refrain from sharing clothes/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple athletes should be cleaned intermittently by members of the coaching staff during practice and events as deemed necessary.
- Hand sanitizer and handwashing should be done periodically.
- Students should come dressed for activity whenever possible
- Limit indoor activities and areas used. Facility showers can not be used.
- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- Student athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of a coach.

Level 3 (Green): as permitted by the PIAA

Team activities may include: basketball, volleyball, baseball, softball, soccer, wrestling, cheerleading, pole vault and high jump.

Pre-workout/Contest Screening

- Any person who has COVID-19 symptoms will not be allowed to participate in practice/game and should make contact with their primary care provider. The school nurse will be contacted by the coach or Athletic Director, to inform of any symptoms.

- A doctor's note will be required to return to play.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case an athlete develops COVID-19.

Limitations on Gatherings

- No gatherings of more than 250 (in green phase/outside) individuals including coaches and spectators per scheduled field or per direction of PADOH or PIAA.
- When not directly participating in practices or contests, social distancing must be applied.

Physical Activity and Athletic Equipment

- Low, moderate, and high-risk practices and low and moderate risk competitions may begin (as per local, state and PIAA guidelines).
- Students should refrain from sharing clothes/towels which should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple athletes should be cleaned intermittently during practice and events as deemed necessary.
- Hand sanitizer and hand washing should be done periodically.
- Students should come dressed for activity whenever possible
- Limit indoor activities and areas used. Facility showers can not be used.
- No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- Student athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of a coach.

Other Recommendations

Social Distancing during contests/events/activities

- Sidelines/Bench: appropriate social distancing (6 feet) will need to be maintained on the sidelines and bench during contests and events, as deemed necessary by the school district, PIAA and local and state governments.
- Paint and or tape will be used as a guide for students and coaches
- Signage will be posted at all contests and events to remind appropriate social distancing

Sporting Events in COVID-19 hotspots

- The Mountain View School District will evaluate each event and follow all local and state government guidelines on a case by case basis. Every consideration will be taken to not expose students to unnecessary or potential high risk exposure. The school district will always choose the safest option available.

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).
- Some symptoms may include: fever of 100.4 F oral temp, or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and/or diarrhea.

What to do if you are sick?

- If you are sick with COVID-19 or you have any of the signs and symptoms, Stay 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, please call your health care provider for medical advice.
- Notify the school immediately (principal, athletic director, coach, school nurse).
- 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 reported, diagnosed contact tracing will be implemented with the assistance of local health professionals and the PA DOH. See information in Appendix.

What to do if a student or staff member becomes 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. Deep cleaning will occur in the areas of the ill student after the student is picked up by a parent/guardian.
- Parents/guardians will be contacted immediately and arrangements will be made for the student to be picked up.
- The student displaying COVID-19 symptoms will be asked to have their parents make contact with their appropriate healthcare provider for specific directions.

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

- A student or staff member should have medical clearance from their physician or appropriate healthcare provider. The student or staff member should be determined to be non-contagious, fever free (without fever-reducing medication) for 24 hours and 10 days have passed since symptoms first appeared. A significant improvement in all symptoms must occur before returning.
- Athletics and staff must provide documentation from their healthcare provider that is to be given to the school nurse, and in the case of staff, the school administrator must clear them to return to work.

Education

Staff, coaches, parents and athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls, letters and social media):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, coughing into your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face, and mouth, no spitting, gum chewing, etc.).
- The content of the “Resocialization of Sports Plan” document.
- Any pertinent COVID-19 information released by local/state governments and the PIAA.



WHAT IS CONTACT TRACING?

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.

Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.

Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.

If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.

A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.

A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”, “Schools Decision Tree” PA Department of Health Website: [health.pa.gov](https://www.health.pa.gov) “Coronavirus Symptoms”

“What is Contact Tracing” “Phased Reopening Plan by Governor Wolf” A Guide to Re-Entry to Athletics in Texas Secondary Schools By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

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

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry. <https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

Frequently Asked Questions about the Coronavirus Virus

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/FAQs.aspx>

PA Department of Health

Help Stop the Spread

Wear A Mask in Public

In Pennsylvania, masks must be worn whenever anyone leaves home. Masks are mandatory in all public spaces. Members of the public should wear homemade cloth or fabric masks and save surgical masks and N95 respirators for health care workers and first responders.

Remember this saying: **"My mask protects you, your mask protects me."**

Wear a mask whenever you leave your home.

Wash Your Hands

Washing your hands is one of the most important steps you can take in staying healthy. When you wash, make sure you:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them. Washing hands with soap and water is the best way to get rid of germs in most situations.

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Practice Social Distancing

It's important to keep a safe space between yourself and other people who are not from your household. To practice social or physical distancing, stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces.

Avoid Touching Your Face

Avoid touching your face with unwashed hands. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Clean Surfaces

Clean and disinfect frequently touched surfaces — especially when someone is ill.

Updated 8/14/2020

Mountain View School District
Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 MVSD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, MVSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the MVSD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the student named below, against the MVSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the student or the undersigned relating to or as a result of the student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the MVSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the MVSD Resocialization of Sports Recommendations. Please contact Mrs. Janice Price, AD at jprice@mvsd.net.