



## KENNARD-DALE HIGH SCHOOL ATHLETIC DEPARTMENT

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## SESD RE-ENTRY PLAN FOR SCHOLASTIC SPORTS FOR 20-21 SCHOOL YEAR

### JUNE 2020

#### INTRODUCTION

This re-entry plan was created to mitigate the spread, and inherent level of risk, associated with the COVID-19 Pandemic as school districts in PA work to reestablish sport operations in adherence to PA State Government, PA Department of Education and PIAA guidelines. This document also considers youth sport return to play guidelines established by Wellspan Health and the Center for Disease Control.

This document will guide the SESD Athletic Department's return to play process as we move through July to the official start of the Fall Sport Season on August 10, 2020. The processes outlined in the document will apply to all official on/off campus workouts and summer league activities. It is important to note that all sport activity prior to the official start of the Fall Sport Season on 8/10/20 is **VOLUNTARY**. Eventually the information found in this document will correspond with an over-arching SESD COVID-19 Plan as required by PDE.

Ideally, the procedures outlined in this document will promote a healthy return to play process that moves from lower-risk activities to higher-risk activities as permitted by the PA State Government, PDE and PIAA. The procedures outlined in this document will also promote a healthy environment for student-athletes to return to normalcy for their emotional well-being and allow them to physiologically prepare themselves for athletic competition in the near future.

#### SUMMARY OF CONTENT

The following items will be outlined in this plan for implementation across all SESD sport teams.

- All pre-season workouts are considered optional. If scholastic athletics returns to status-quo participation, the first mandatory day of Fall Season practice is 8/10/20.
- Team activities should last no longer than 2 hours per day.
- Activities will gradually move from lower-risk activities to high-risk activities as permitted

- This includes levels of interaction, grouping strategies, types of activity, distancing protocols
- Proactive behaviors that reduce spread
  - Sanitation, personal hygiene, daily screening, family reporting
- Supplies required
  - Sanitizer, bathroom facilities, disinfectant
- Facility Considerations
  - Scheduling facilities, focus on outdoor facilities when able, maximum numbers of indoor participants
- Operational procedures for coaches
  - Pre and post session requirements, athletic check-in and screening, communication to parents and athletes
- Written documentation for parents and coaches
  - Permission to participate with contact information for parents
  - Coach daily screening form for documentation
  - Coach daily sanitation checklist
- Symptom Management

## **ASSESSMENT OF RISK**

The primary objective of this plan is to minimize risk as we begin to transition back to full activity. However, the risk of contracting COVID-19 encompasses many factors that fall out of our scope of control as an organization. We urge all participants to maintain a high level of personal responsibility as participation ensues. In addition, all participants are expected to conduct their due diligence when they suspect an exposure may have occurred outside of sport participation. Situations like an outside exposure or suspected illness in the home require the participant to disengage from the team/sport activity until the situation is resolved.

Activities will move from low-risk activities to higher-risk activities over time as recommended by the PA State Government, PDE and PIAA as we move closer to the start of the official sport season.

Lowest Risk				Highest Risk
Independent training at home	Team-based training, minimal touching, routine sanitation between drills, no shared equipment or hydration	Inter-squad competition with routine sanitation, return to customary shared equipment and locker room facilities	Full team competition vs. opposing teams in a scrimmage format	Full team regular-season competition

## **PROACTIVE BEHAVIORS TO REDUCE SPREAD**

- All athletes will be screened upon arrival to the training session

- A check-in station location will be established by each team and posted online with the training schedule for all teams.
- Upon arrival to the session, all athletes have their temperature take with a touchless thermometer and answer 3 screening questions. The answers will be recorded and documented daily.
  - Do you have a new onset of a cough or shortness of breath?
  - Have you had a fever or felt feverish?
  - Have you experienced known exposure to a person that has tested positive for COVID-19 or one that is exhibiting symptoms associated with COVID-19?
- Athletes and coaches will be required to wear a mask upon arrival and when they are not physically exerting themselves.
- All equipment will be sanitized before, during and after the workout with a disinfectant approved for SESD use.
- Hand sanitizer will be provided for athletes to use throughout the training session.
- All athletes will be required to bring their own water bottles.
  - Cases of individually bottled water will be given to coaches to share with those that forget water or need more water.
  - Athletes are not permitted to share water bottles or food.
- Teams practicing outside will not be permitted to enter buildings. Outdoor restrooms will be brought on-site with hand sanitation solution provided.
- Teams will implement social distancing measures when able.
  - Drills will be at least 10 feet apart.
  - Groups should consist of no more than 4 participants
  - If athletes require groups or partners, consistent groups or partners will be used (cohorting).
- Parents are asked to remain in their vehicles at all times. In the case that a parent needs to speak with a coach personally, parents should wear a mask.
  - No spectators are permitted at any time at team workouts.

## **REQUIRED SUPPLIES**

The following items will be required for the start of training sessions.

- Coaches should gather and centrally store training aids to be used outside. This may require the coach initially access indoor storage to retrieve items.
  - Coaches should make reasonable decision on what is needed because outdoor storage may be limited.
- Each coach will be provided an appropriate amount of hand sanitizer for athlete use
- Each coach will be provided with an industrial sprayer with an appropriate amount of disinfectant.
- Each coach will be given cases of water for athlete distribution.
- Each coach will be given a packet of materials to document daily check-in screenings with athletes.
- Each coach will be given a hand-held touchless infrared thermometer.
- Each coach will keep a copy of a permission for with parental contact information for each athlete.

- Parents will receive an email with permission forms they need to complete prior to the start of training. Parents will also receive coach contact information.
- Parents will receive an email with an online document that provides the team workout schedule, team pick-up and drop off location and the team check-in location.

## **FACILITY CONSIDERATIONS**

- When possible, teams will use separate facilities. Multiple teams will never use the same facility at the same time.
- Athletes should only enter and leave the facility at the designated entrance location, which will be communicated to parents and athletes via an emailed document.
- All outdoor facilities will have portable toilets and portable handwashing facilities if available from the vendor.
- In the case of inclement weather, outdoor training sessions will be canceled.
- Indoor usage will be limited to the KDHS Gymnasium and the bathrooms outside of the gym in the gym lobby.
  - V/JV Girls Volleyball and V/JV Basketball (camp) are only permitted to use this facility.
  - Locker rooms will not be available.
  - Masks will be worn upon entering the building and check-in, masks should only be removed during physical exertion.
  - No more than 50 athletes will be permitted in the gym at any time.
- Athletes should wear face masks when arriving or exiting the facility. Athletes should wear face masks when waiting for pick up from the facility.

## **SYMPTOM MANAGEMENT**

Successful symptom management will likely hinge on a community approach for every team. Coaches, athletes and parents must be vigilant upon reporting suspected COVID-19 exposure for the health and safety of all.

- Athletes or coaches that have possibility been exposed to a person with COVID-19 symptoms should not attend training sessions until they can verify they have not been exposed to the virus.
- A symptomatic coach or athlete will be presumed COVID-19 positive if symptoms arise. All precautions will remain in place until testing confirmation is received.
- Cases that are presumed COVID-19 positive must be cleared by a physician before the coach or athlete can return to participation.
- Athletes that do not pass the pre-training screening will be sent home immediately.
  - A coach (or the athlete) will call the parent and wait for pick up.
  - Student drivers that fail the screening will have their parent contacted before they are sent home.
- Coaches that have a failed screening or have an athlete self-report exposure should report it to the AD immediately.
- If a coach or athlete tests positive for COVID-19, the coach or athlete cannot participate in training until they are cleared by a physician to return.
- The SEDS Athletic Department will inform parents if a team-member has tested positive for COVID-19 or if COVID-19 exposure is suspected.

- Suspected exposure among team members will likely stipulate that team activities cease to allow time for testing and the evaluation of symptoms by a physician.

Process for athletes and coaches that are COVID-19 symptomatic outside of participation:

- Athletes infected with COVID-19 or believe they have been infected should STAY AT HOME. It is essential to prevent the disease from spreading to people in the home or community. Physicians should be contacted immediately if the development of a fever and symptoms occur.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
  - Within the first 24 hours the areas visited by the athlete/coach will be closed to clean and ventilated
  - After 24 hours the area will be deep cleaned and disinfected
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms for 72 hours
- 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. Those exposed to an athlete/coach will be required to self-quarantine for 14 days.

Process for athletes and coaches that become symptomatic during team participation:

- 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
- Within the first 24 hours the areas visited by the athlete/coach will be closed to clean and ventilated
- After 24 hours the area will be deep cleaned and disinfected
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms for 72 hours
- 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. Those exposed to an athlete/coach will be required to self-quarantine for 14 days

Process for returning to participation after COVID-19 diagnosis:

- Athlete or coach must 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.
- Athlete or coach must stay home for a minimum of 14 days

# APPENDIX

## SESD DAILY COVID-19 SCREENING LOG and CHECK-IN

DATE:				
SPORT:				
COACH:				
ATHLETE NAME (LAST. FIRST)	WAIVER	MASK	TEMP	QUES
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				

**WAIVER**

No waiver No practice.  
Send athlete home.

**MASK**

No mask, No practice.  
Send athlete home.

**TEMPERATURE**

Record temperature.

If temperature is or exceeds 99.5° F,  
isolate athlete and send home.

**QUESTIONS**

1. Do you have a new onset of a cough or shortness of breath?
2. Have you had a fever or felt feverish?
3. Have you had known exposure a COVID-19 positive individual?

If NO to all questions, record a check in the log.

If YES to any question, record question number(s), isolate athlete and send home.

DAILY NOTES:



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### SESD Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The pandemic resulting from the COVID-19 virus presents a unique set of challenges for participation in interscholastic athletics. At this time, participation in all school-sponsored athletic team activities is completely voluntary. Parents and coaches are urged to research and evaluate predispositions regarding COVID-19 impact and consider individual risk tolerance for voluntary athletic participation. Though schools can take many steps to reduce the risks to students, coaches, and their families, it is not possible to eliminate all risk associated with COVID-19. Participants may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as lung disease, moderate to severe asthma, heart conditions, being immunocompromised, obesity, diabetes, and kidney or liver disease.

The SESD will take all necessary precautions and recommendations as advised from federal, state and local governments, including PDE, PIAA, NFHS and the CDC. Coaches, parents and other stakeholders must understand that knowledge about the COVID-19 virus constantly evolves, thus procedures outlined in the Return to Participation Manual may adapt as needed to provide a safer participation environment.

Coaches, athletes and parents are expected to abide by all guidelines for participation. The guidelines were developed to protect the health and safety of all involved. Due to the seriousness of COVID-19, violators will be suspended from summer activities.

By consenting to participate, the athlete and parent fully understand and assume the risks of the athlete becoming infected with COVID-19 which could lead to serious health problems. Furthermore, the virus could be transmitted to family members ending in negative outcomes including death.

I give my son/daughter permission to participate in optional summer preseason programs.

SESD SPORT \_\_\_\_\_ DATE \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_ GRADE \_\_\_\_\_

PARENT NAME \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_

PARENT PHONE \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ EM CONTACT PHONE \_\_\_\_\_

Questions can be directed to the Team Coach or Dr. Gary McChalicher [mcchalicherg@sesd.k12.pa.us](mailto:mcchalicherg@sesd.k12.pa.us)





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### **SESD Coach Waiver for Communicable Diseases Including COVID-19**

The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The pandemic resulting from the COVID-19 virus presents a unique set of challenges for participation in interscholastic athletics. At this time, participation in all school-sponsored athletic team activities is completely voluntary. Parents and coaches are urged to research and evaluate predispositions regarding COVID-19 impact and consider individual risk tolerance for voluntary athletic participation. Though schools can take many steps to reduce the risks to students, coaches, and their families, it is not possible to eliminate all risk associated with COVID-19. Participants may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as lung disease, moderate to severe asthma, heart conditions, being immunocompromised, obesity, diabetes, and kidney or liver disease.

The SESD will take all necessary precautions and recommendations as advised from federal, state and local governments, including PDE, PIAA, NFHS and the CDC. Coaches, parents and other stakeholders must understand that knowledge about the COVID-19 virus constantly evolves, thus procedures outlined in the Return to Participation Manual may adapt as needed to provide a safer participation environment.

Coaches, athletes and parents are expected to abide by all guidelines for participation. The guidelines were developed to protect the health and safety of all involved. Due to the seriousness of COVID-19, violators will be suspended from summer activities.

By consenting to participate, the coach fully understands and assume the risks of the coach becoming infected with COVID-19 which could lead to serious health problems. Furthermore, the virus could be transmitted to family members ending in negative outcomes including death.

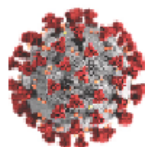
The SESD Coach also agrees to implement and follow all safeguards outlined in the SESD Re-Entry Plan.

DATE \_\_\_\_\_

COACH NAME \_\_\_\_\_

COACH SIGNATURE \_\_\_\_\_

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

**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”  
“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/>