

PK-12 Athletics and Activities Health and Safety Plan Template

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics and Activities Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.



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Athletics and Activities Health and Safety Plan: Southern York County School District

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by Governor Wolf's Process to Reopen Pennsylvania. The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- **Red Phase:** Schools remain closed for in-person instruction and no sports/activities are allowed in counties designated as being in the Red Phase.
- **Yellow Phase and Green Phase:** Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
 - **By Following the Health and Safety Action Plan below, which follow guidelines and insight shared by the PDE, PDOH, CDC, and Local Health Officials**
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
 - **Plan reviewed by Dr. Knapp (Local Health Official and Team Physician)**

- **Plan reviewed by Southern York County District Administration, Susquehannock High School Administration**
 - **Plan must be approved by the School Board prior to returning to activity**
- How will you communicate your plan to your local sports and school communities?
- **The Health and Safety Action Plan will be shared on our district website**
 - **Virtual Meetings/Trainings for Coaches**
 - **Communication will occur through multiple platforms (email, meetings, social media)**
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?
- **Monitor updates on the current state of the virus and impending restrictions at the federal, state, and local levels.**
 - **Consult with local health officials as necessitated by changing COVID-19 conditions and follow their guidance/recommendations to the greatest extent possible.**
 - **Screening data results for symptoms which include, but are not limited to individuals in close contact with positive cases, and positive cases from our staff and/or students.**
 - **Communicate and work in conjunction with the SYCSD Administration to monitor and modify activities based on changes due to COVID-19.**

Anticipated launch date for sports related activities: **8/01/20**

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
Brad Keeney	Athletic Director	brad.keeney@sycsd.org
Bill Kerr	Assistant Athletic Director	bill.kerr@sycsd.org
Kevin Molin	High School Principal	kevin.molin@sycsd.org

Key Strategies, Policies, and Procedures:

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation:

Key Questions:

How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?

- **Cleaning schedule in place and recorded**
 - **Custodial staff will maintain daily cleaning of sports facilities and inspect facilities prior to athletic competitions. .**
 - **Coaches will inspect sports facilities prior to practices**
 - **Facilities will go through a enhanced cleaning prior to students and staff returning and throughout the athletic calendar to mitigate the spread of COVID-19**
- **Cleaning products that meet EPA criteria**
- **Sanitation stations, signage, and cleaning supplies will be provided at facilities as feasible**

How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?

- **Custodial staff will continue with daily cleaning, aided in sanitation efforts by students, coaches, and athletic-trainers during and immediately after workouts (i.e. wiping down equipment, etc.).**
- **Facility cleaning will include enhanced cleaning by custodial staff, particularly for “high touch” points**
- **Disinfectant supplies will be available in close proximity to all workout stations (as applicable)**
- **Hand sanitizing stations will be available at facilities that meet CDC recommendations**
- **Ensure appropriate athletic equipment is used at all times to mitigate the possible spread of COVID-19 (i.e. student athletes will wear their own**

appropriate workout clothing (no shared clothing/equipment)).

- Equipment will be inspected regularly
- Use of shared equipment (e.g., balls, bats, fitness equipment) will be limited and/or cleaned between use by individuals when possible.

What protocols will you put in place to clean and disinfect throughout the day?

- Facilities will only be made available after adequate time is provided for cleaning agents to effectively sanitize and disinfect (per manufacturer's guidelines) equipment.
- When possible, facilities (not including specific equipment) will receive enhanced cleaning as needed.
- All 'high touch' points will be cleaned between each practice with recommended cleaners.

Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

- Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students
- Training will be implemented through virtual meetings, review of Health and Safety Plan, written communication and educational resources which will be disseminated and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with current recommendations.

Summary of Responses to Key Questions:

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	<p>Use of cleaning products that meet EPA criteria</p> <p>Cleaning schedule in place and recorded</p> <p>Facility Scheduling - Allowing necessary time in between scheduled practices for proper cleaning</p> <p>Provide disinfectants in a close proximity to all workout stations (as applicable)</p>	<p>Randall Buffington Facilities Director</p> <p>Brad Keeney Athletic Director</p>	<p>Cleaning Products that meet EPA Criteria</p> <p>Healthy Hygiene Products</p> <p>Google Calendar for Schedules</p> <p>Individual forms of Hydration</p>	Yes

	<p>Hand sanitizing stations at each facility with at least 60% alcohol</p> <p>Ensure appropriate clothing/shoes are worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited to the greatest extent possible and cleaned between use by individuals.</p> <p>Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students will all have shared responsibility to complete their roles in cleaning and sanitizing.</p>			
<p>Other cleaning, sanitizing, disinfecting, and ventilation practices</p>	<p>Outdoor practice and workouts are preferred to indoor activities and will be prioritized as much as possible.</p> <p>When using indoor space all efforts to increase ventilation and use of fans will be implemented as possible</p>			

Social Distancing and Other Safety Protocols

Key Questions:

How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?

- All Scheduling will be facilitated through the Athletic Department to alleviate mixing of groups, ensure occupancy guidelines are followed, and facilities/equipment are adequately sanitized. The Athletic Department will communicate on a daily basis with the facilities/custodial staff.
- Coaches will utilize all space available at their facility to allow for spacing between groups. Social distancing of at least 6 feet will be required while not actively engaged in play or in cases where social distancing impedes the safety of staff and students. Social Distancing and hygiene signage will be posted at facilities as reminders.
- Outdoor practice and workouts are preferred to indoor activities and will be prioritized as much as possible. Ventilation and air flow modifications will be made to aid in the safety of indoor activities when feasible.
- **Yellow Phase:** No gathering of more than 25 total individuals.
 - Controlled non-contact practices only, modified game rules Activity should focus on individual skill and fitness development.
- **Green Phase:** No gathering of more than 250 total individuals or 50% of the total capacity of the facility.
 - Use smaller groups during training when possible.

How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?

- Students will be kept together in cohorts when feasible, to avoid mixing with other groups as much as possible. Teams will maintain cohorts of students with the same coach and/or have the cohorts of students rotate among coaches.

What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?

- Athletes will come dressed for summer workouts in proper attire and arrive at competitions ready to play to limit locker room usage.
- Locker rooms will not be available during summer workouts and will be limited to the greatest extent possible during the season.
- When using restrooms, all students are encouraged to wash their hands and utilize a “one in one out” model to encourage social distancing.

How will you utilize outdoor space to meet social distancing requirements?

- Outdoor practice and workouts are preferred to indoor activities and will be prioritized to the greatest extent possible.
- When using indoor spaces efforts will be made to increase ventilation in an effort to mitigate the spread of COVID-19.

What hygiene routines will be implemented?

- Regularly communicate and/or post the signs and symptoms of COVID-19 to coaches/staff and students.
- Encourage hygiene practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, ensuring shared surfaces are disinfected.
- Discourage spitting, handshakes, high fives, other celebrations that hinder the positive impact of social distancing efforts.
- Inform all participants that it is expected that they will stay home if they are experiencing symptoms and/or return home immediately if symptoms are detected during a screening process and/or at any point during the activity.
- Encourage participants to shower and wash workout clothes immediately upon returning home.
- When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff

- When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.

How will you adjust student transportation to meet social distancing requirements?

- The coordinator of transportation will work with all athletic and extracurricular staff as well as administration to update transportation needs based on guidelines from the PA Department of Health and the CDC.

How will social distancing and other safety protocols vary based on age ranges?

- All guidelines apply to both junior high and senior high programs.

Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

- Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students
- Training will be implemented through virtual meetings. Training will review the approved Health and Safety Plan, current CDC recommendations, and general hygiene habits that can mitigate the spread of COVID-19. Continued written communication and educational resources which will be disseminated through email and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with federal, state, and local current recommendations.

Summary of Responses to Key Questions:

Social Distancing and Other Safety Protocols

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Yellow Phase: No gathering of more than 25 total individuals. Controlled non-contact practices only, modified game rules Activity should focus on individual skill and fitness development. Green Phase: No gathering of more than 250 total individuals. Use smaller groups during training when possible.	Brad Keeney Athletic Director	SYCSD Health and Safety Plan For Athletics Written Communication and Educational Resources Signage at Facilities Occupancy of Facilities	Yes
* Procedures for serving food at events	Concession stands will remain closed until further notice. Should it be deemed appropriate to open, concession stands or other food will adhere to the Guidance for Businesses in the Restaurant Industry.	Brad Keeney Athletic Director	Guidelines for Businesses in the Restaurant Industry.	No

<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Communicate the signs and symptoms of COVID-19 to coaches/staff and students</p> <p>Encourage practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, disinfecting shared surfaces</p> <p>Discourage spitting, handshakes, high fives, other celebrations that hamper social distancing efforts, etc.</p> <p>Continue to monitor and disseminate pertinent COVID-19 information released by relevant governing bodies</p> <p>Encourage all to shower and wash workout clothes immediately upon returning home</p>	<p>Brad Keeney Athletic Director</p>	<p>SYCSD Health and Safety Plan For Athletics</p> <p>Written Communication and Educational Resources</p> <p>Signage regarding to healthy hygiene practices posted at facilities</p>	<p>Yes</p>
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Signage will be posted at all facilities with suggested guidelines and practices for:</p> <ul style="list-style-type: none"> ● Health Hygiene Practices ● Social Distancing Guidelines 	<p>Randall Buffington Facilities Director</p>	<p>Signage regarding to healthy hygiene practices posted at facilities</p>	<p>No</p>
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>Attendance will be taken at Daily Screenings. Summer Workouts will be limited to “Essential Personnel” which include:</p> <ul style="list-style-type: none"> ● Students ● Coaches ● Athletic Trainers ● SYCSD Staff <p>Per the current Governor's Orders, schools will allow no more than 25 people inside and 250 or fewer outside until pending legislation is enacted.</p> <p>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.</p> <p>Limit facilities usage to outside organizations.</p>	<p>Brad Keeney Athletic Director</p>	<p>Communication by SYCSD Athletic Dept.</p>	<p>No</p>

<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>Yellow Phase: Equipment will be limited or eliminated when possible and cleaned between use by individuals frequently.</p> <p>Green Phase: Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited and cleaned between use by individuals when possible.</p> <p>Yellow and Green Phase: Athletes should bring their own water bottle and not share with teammates. Ensure appropriate clothing/shoes are worn at all times. Student athletes will wear their own appropriate workout clothing (do not share clothing).</p>	<p>Brad Keeney Athletic Director</p>	<p>Sanitizing Stations Spray Bottles/Rags Availability of Equipment</p>	<p>Yes</p>
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>Athletes should come dressed in proper workout attire. Locker Rooms will not be utilized during Summer Workouts.</p> <p>When using restrooms, all students are encouraged to wash their hands, and utilize the “one in, one out” model.</p>	<p>Brad Keeney Athletic Director</p>		<p>Yes</p>
<p>Adjusting transportation schedules and practices to create social distance</p>	<p>Adjusting transportation schedules and Modifications for student/coach transportation to and from athletic events may be necessary. This may include:</p> <ul style="list-style-type: none"> • Reducing the number of students/coaches on a bus/van • Using hand sanitizer upon boarding a bus/van • Social distancing on a bus <p>The Transportation Coordinator will work with the school district, bus companies, Department of Education, state and local governments. To determine necessary modifications.</p>	<p>Brad Keeney Athletic Director</p>		<p>No</p>
<p>Limiting the number of individuals in athletic activity spaces, and interactions between</p>	<p>Number of individuals participating in an activity will comply with state and local guidelines:</p>	<p>Brad Keeney Athletic Director</p>	<p>Signage at Facilities Communication by YSSD</p>	<p>No</p>

groups of student athletes	250 maximum outdoors and 25 indoors. All Scheduling will need to be done through the Athletic Department to alleviate mixing of groups and ensure occupancy guidelines are followed. The Athletic Department will be in close communication with the facilities/custodial staff.		Athletic Dept.	
Other social distancing and safety practices				

Monitoring Student Athletes and Staff Health

Key Questions:

How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?

- **Daily health screenings conducted by coaches and athletic training staff**
- **Students and staff will be expected to stay home if they are experiencing symptoms or return home immediately if symptoms are detected during daily screening process**

Who will be responsible for monitoring?

- **Coaches**
- **Athletic Trainers**
- **Students**
- **Parent(s)/Guardian(s)**

Where will the monitoring take place?

- **At SYCSD prior to entering the facility**
- **Students and staff shall continually self-monitor themselves for symptoms when away from SYCSD facilities and contact athletic trainers/athletic director/school nurse as soon as possible and indicate activities in which they have participated if experiencing symptoms and/or test positive or are assumed to be positive.**

When and how frequently will the monitoring take place?

- **Screening (provided by staff) will occur prior to each activity, in which staff or students will participate.**
- **Students and staff will be encouraged to self-monitor.**

What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?

- **Immediate separation of any individual with COVID-19 symptoms (i.e., fever, cough, shortness of breath).**
- **Individuals who begin experiencing symptoms during an activity will be immediately isolated until they can safely depart the facility.**
- **Restrict access to areas used by a person experiencing symptoms and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible**
- **Local health officials will be notified.**
- **Those staff and students who were at risk of exposure to COVID-19 will be notified (HIPPA regulations will be adhered to).**
- **Students or staff must have medical clearance from their physician or appropriate healthcare professional to return-to-play for any activity after an assumed case of COVID-19.**
- **The aforementioned points of contact for SYCSD will work with appropriate healthcare professionals, staff, students and families to ensure**

requirements of returning to activities following quarantine/isolation are met.

When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?

- Those staff and students who were at risk of exposure to COVID-19 will be notified (HIPPA regulations will be adhered to).

Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

- Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students
- Training will be implemented through virtual meetings. Training will review the approved Health and Safety Plan, current CDC recommendations, and general hygiene habits that can mitigate the spread of COVID-19. Continued written communication and educational resources which will be disseminated through email and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with federal, state, and local current recommendations.

Summary of Responses to Key Questions:

Monitoring Student Athletes and Staff Health

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	All staff and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check, or combination of both. (See Appendix for Screening Form) Responses to screening questions and attendance for each person should be recorded and stored.	Brad Keeney Athletic Director Beth Parrish Athletic Trainer Kallie Heiges Athletic Trainer	Screening Forms Thermometers	Yes
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any activity Isolate individual with symptoms and follow procedures for safely transporting the individual home Notify local health officials, staff, and families of exposure or confirmed case while maintaining	Brad Keeney Athletic Director Beth Parrish Athletic Trainer Kallie Heiges Athletic Trainer	Emergency Contact List Isolation Room	Yes

	<p>confidentiality</p> <p>Close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible</p>			
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>Students or staff must have medical clearance from their physician or appropriate healthcare professional to return-to-play for any activity after an assumed case of COVID-19</p> <p>SYCSD will work with appropriate healthcare professionals, staff, students and families to ensure requirements of returning to activities following quarantine/isolation are met.</p>	<p>Beth Parrish Athletic Trainer</p> <p>Kallie Heiges Athletic Trainer</p>		<p>No</p>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>SYCSD will utilize the COVID-19 communication plan to notify all stakeholders along with updates posted to the website and social media platforms. (See appendix for Communication Plan)</p>	<p>Brad Keeney Athletic Director</p>	<p>SYCSD Communication Plan</p>	<p>No</p>
<p>Other monitoring and screening practices</p>	<p>SHS Athletic Director will maintain contact with other schools whom SHS student-athletes will come into contact with during competitions on an as needed basis in regards to student and staff health concerns.</p>	<p>Brad Keeney Athletic Director</p>		<p>No</p>

Other Considerations for Student Athletes and Staff

Key Questions:

How will you determine which coaches and other athletic staff are willing/able to return?

- **All coaches and extracurricular staff will be notified by the athletic department of the school board approved Athletics/Activities Health and Safety Plan and the return-to-play date.**
- **Coaches/extracurricular staff will be queried as to whether they intend to coach this year given the circumstances and the Athletics/Activities Health and Safety Plan.**
 - **If a coach/extracurricular staff presents a legitimate medical concern efforts will be made to accommodate the concern as feasible.**

How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling to return?

- **The athletic department, directors, coaches and extracurricular staff will communicate to students and parents/guardians of students to inform them of the district's intent to return-to-play. Participation is optional in all activities.**
 - **Students who express concern will work with athletic trainers and extracurricular staff to develop a plan to return-to-play that works for all stakeholders.**
- **Completion of “Acknowledgement of Risk for COVID-19” Out of Season Activities”.**

What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?

- **When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff**
- **When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.**

What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?

- **Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers, to develop a personal health plan that may guide their ability to participate in an activity.**

How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?

- **Coaches and extracurricular activity directors will be the first line of communication with students and families regarding their illness. Coaches will work with the athletic training staff and administration to ensure compliance with district expectations**

How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?

- **Coaches will develop a succession plan in the case of a member being quarantined.**

Which stakeholders will be trained on these protocols? When and how will the training be provided?

- **Custodial Staff, Athletic Trainers, Coaches, and Students**
- **Training will be implemented through virtual meetings. Training will review the approved Health and Safety Plan, current CDC recommendations, and general hygiene habits that can mitigate the spread of COVID-19. Continued written communication and educational resources which will be disseminated through email and shared on the district website as a reference for staff, students and families. Training Documents and resources will be updated as needed to align with federal, state, and local current recommendations.**

Summary of Responses to Key Questions:

Other Considerations for Student Athletes and Staff

Requirements	Action Steps Under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p>	<p>Screenings and Contact Tracing</p> <p>Completion of “Acknowledgement of Risk for COVID-19 during out of Season Activities” prior to participation.</p> <p>Students who express concern will work with athletic trainers and extracurricular staff to develop a plan to return-to-play that works for all stakeholders.</p>	<p>Brad Keeney Athletic Director</p>	<p>Completion of “Acknowledgement of Risk for COVID-19 in Off Season Activities” prior to participation.</p> <p>Athletic Trainers/ School Nurse</p> <p>Student/Family Communication and Support</p>	<p>As Needed</p>
<p>* Use of face coverings by all coaches and athletic staff</p>	<p>Coaches/Staff should wear masks at all times when in contact with athletes and other coaches/staff - unless wearing a mask presents health issues.</p>	<p>Brad Keeney Athletic Director</p>	<p>PPE as needed</p>	<p>No</p>
<p>* Use of face coverings by student athletes as appropriate</p>	<p>When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff.</p> <p>When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.</p>	<p>Brad Keeney Athletic Director</p>	<p>PPE as needed</p>	<p>No</p>

Unique safety protocols for student athletes with complex needs or other vulnerable individuals	Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers, to develop a personal health plan that may guide their ability to participate in an activity.	Beth Parrish Athletic Trainer Kallie Heiges Athletic Trainer		No
Management of Coaches and Athletic Staff	Supervision, monitoring, and frequent communication with all programs.	Brad Keeney Athletic Director		No

Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Practice procedures and expectations:	Extracurricular Staff	Brad Keeney Athletic Director	Virtual Meetings Review of Health and Safety Plan Written Communication and Educational Resources	SYCSD Health and Safety Plan For Athletics Written Communication and Educational Resources	06/30	Prior to 08/01
Cleaning Procedures and Expectations Social Distancing Healthy Hygiene Practices	Extracurricular Staff	Randall Buffington Facilities Director	Virtual Meetings Review of Health and Safety Plan Written Communication and Educational Resources	SYCSD Health and Safety Plan For Athletics Written Communication and Educational Resources Signage at Facilities	06/30	Prior to 08/01
Monitoring/Screening Student Athletes & Staff	Extracurricular Staff	Beth Parrish Athletic Trainer Kallie Heiges Athletic Trainer Brad Keeney Athletic Director	Virtual Meetings Review of Health and Safety Plan Written Communication and Educational Resources	SYCSD Health and Safety Plan For Athletics Written Communication and Educational Resources	06/30	Prior to 08/01

Communication Plan	Extracurricular Staff	Brad Keeney Athletic Director	Virtual Meetings Review of Health and Safety Plan Written Communication and Educational Resources	SYCSD Health and Safety Plan For Athletics Written Communication and Educational Resources	06/30	Prior to 08/01
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Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
SYCSD Health & Safety Plan For Athletics	Extracurricular Staff Students and Parents/guardians of students SYCSD Community	Brad Keeney Athletic Director	Communication through SYCSD Communications Coordinator and Athletic Department SYCSD Health and Safety Plan For Athletics and Information and Resources posted on SYCSD Website	Following Board Approval	
Communication Plan	Extracurricular Staff Students and Parents/guardians of students SYCSD Community	Brad Keeney Athletic Director	Communication through SYCSD Communications Coordinator and Athletic Department SYCSD Health and Safety Plan For Athletics and Information and Resources posted on SYCSD Website	Following Board Approval	

Athletics Health and Safety Plan Summary: Southern York County School District

Anticipated Launch Date: August 01, 2020

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<p>Use of cleaning products that meet EPA criteria</p> <p>Cleaning schedule in place and recorded</p> <p>Facility Scheduling - Allowing necessary time in between scheduled practices for proper cleaning</p> <p>Provide disinfectants in a close proximity to all workout stations (as applicable)</p> <p>Hand sanitizing stations at each facility with at least 60% alcohol</p> <p>Ensure appropriate clothing/shoes are worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited to the greatest extent possible and cleaned between use by individuals.</p> <p>Facilities and Custodial Staff, Athletic Trainers, Coaches, and Students will all have shared responsibility to complete their roles in cleaning and sanitizing.</p>

Social Distancing and Other Safety Protocols

Requirements	Strategies, Policies and Procedures
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	<p>Yellow Phase: No gathering of more than 25 individuals</p> <p>Green Phase: No gathering of more than 250 individuals outdoors and 25 indoors.</p>
* Procedures for serving food at events	Concession stands will remain closed until further notice. Should it be deemed appropriate to open, concession stands or other food will adhere to the Guidance for Businesses in the Restaurant Industry.
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	<p>Communicate the signs and symptoms of COVID-19 to coaches/staff and students</p> <p>Encourage practices that can mitigate exposure to COVID-19, which include but are not limited to hand washing, coughing in their elbow, social distancing, disinfecting shared surfaces</p> <p>Discourage spitting, handshakes, high fives, other celebrations that hamper social distancing efforts, etc.</p> <p>Continue to monitor and disseminate pertinent COVID-19 information released by relevant governing bodies</p> <p>Encourage all to shower and wash workout clothes immediately upon returning home</p>
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	<p>Signage will be posted at all facilities with suggested guidelines and practices for:</p> <ul style="list-style-type: none"> ● Health Hygiene Practices ● Social Distancing Guidelines
* Identifying and restricting non- essential visitors and volunteers	<p>Attendance will be taken at Daily Screenings. Summer Workouts will be limited to “Essential Personnel” which include:</p> <ul style="list-style-type: none"> ● Students ● Coaches ● Athletic Trainers ● SYCSD Staff <p>Per the current Governor's Orders, schools will allow no more than 25 people inside and 250 or fewer outside until pending legislation is enacted.</p>

	<p>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.</p>
<p>Limiting the sharing of materials and equipment among student athletes</p>	<ul style="list-style-type: none"> ● Yellow Phase: Equipment will be limited or eliminated when possible and cleaned between use by individuals frequently. ● ● Green Phase: Use of shared objects and equipment (e.g., balls, bats, fitness equipment) will be limited and cleaned between use by individuals when possible. ● ● Yellow and Green Phase: Athletes should bring their own water bottle and not share with teammates. Ensure appropriate clothing/shoes are worn at all times. Student athletes will wear their own appropriate workout clothing (do not share clothing).
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>Athletes should come dressed in proper workout attire. Locker Rooms will not be utilized during Summer Workouts.</p> <p>When using restrooms, all students are encouraged to wash their hands, and utilize the “one in, one out” model.</p>
<p>Adjusting transportation schedules and practices to create social distance</p>	<p>Adjusting transportation schedules and Modifications for student/coach transportation to and from athletic events may be necessary. This may include:</p> <ul style="list-style-type: none"> • Reducing the number of students/coaches on a bus/van • Using hand sanitizer upon boarding a bus/van • Social distancing on a bus <p>The Transportation Coordinator will work with the school district, bus companies, Department of Education, state and local governments. To determine necessary modifications.</p>
<p>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</p>	<p>Number of individuals participating in an activity will comply with state and local guidelines (25 Yellow- 250 Green)</p> <p>All Scheduling will need to be done through the Athletic Department to alleviate mixing of groups and ensure occupancy guidelines are followed. The Athletic Department will be in close communication with the facilities/custodial staff.</p>

Other social distancing and safety practices	
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Monitoring Student Athletes and Staff Health

Requirements	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>All staff and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check, or combination of both. <i>(See Appendix for Screening Form)</i> Responses to screening questions and attendance for each person should be recorded and stored.</p>
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>Immediately separate coaches, staff, officials, and student athletes with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any activity</p> <p>Isolate individual with symptoms and follow procedures for safely transporting the individual home</p> <p>Notify local health officials, staff, and families of exposure or confirmed case while maintaining confidentiality</p> <p>Close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible</p>
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>Students or staff must have medical clearance from their physician or appropriate healthcare professional to return-to-play for any activity after an assumed case of COVID-19</p> <p>SYCSD will work with appropriate healthcare professionals, staff, students and families to ensure requirements of returning to activities following quarantine/isolation are met.</p>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>SYCSD will utilize the COVID-19 communication plan to notify all stakeholders along with updates posted to the website and social media platforms. <i>(See appendix for Communication Plan)</i></p>
<p>Other monitoring and screening practices</p>	

Other Considerations for Student Athletes and Staff

Requirements	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p>	<p>Screenings and Contact Tracing</p> <p>Completion of “Acknowledgement of Risk for COVID-19 during out of Season Activities” prior to participation.</p> <p>Students who express concern will work with athletic trainers and extracurricular staff to develop a plan to return-to-play that works for all stakeholders.</p>
<p>* Use of face coverings by all coaches and athletic staff</p>	<p>Coaches/Staff should wear masks at all times when in contact with athletes and other coaches/staff - unless wearing a mask presents health issues.</p>
<p>* Use of face coverings by student athletes as appropriate</p>	<p>When feasible, coaches/staff will wear masks at all times when within a six foot radius of athletes and other coaches/staff.</p> <p>When feasible, students will wear masks before and after practice. Masks may be removed for practice while continuing to social distance. Students who prefer to wear a cloth face covering during a contest will be allowed to do so.</p>
<p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p>	<p>Students and staff who are at a higher risk will have the opportunity to work with district nurses and athletic-trainers, to develop a personal health plan that may guide their ability to participate in an activity.</p>
<p>Management of Coaches and Athletic Staff</p>	<p>Supervision, monitoring, and frequent communication with all programs.</p>

APPENDIX

Appendix A: Example of Screening Tool

**SYCSD Athletic Department
Student and Staff COVID-19 Screening Tool**

Name: _____ Date: _____

Grade: _____ Sport/Activity: _____

Students and Coaches/Staff should self-report as deemed necessary prior to each practice/event. Temperature may be taken from a designated trained individual, as needed. The other symptoms should be marked as “N” = NO or “Y” = YES answers.

If **ANY** responses are “YES”, students will NOT be allowed to practice or compete, and will be asked to immediately leave the school activity. Students with temperatures at 100.4 degrees or greater will be sent home. Parents/Guardians will be notified.

Dates								
Temperature								
Muscle Pain/ Body Aches								
Headache								
Fever/Chills								
Cough								
Sore Throat								
Shortness of Breath/ Difficulty Breathing								
Loss of Taste/Smell								
Fatigue								
Nausea/Vomiting								
Diarrhea								

Close Contact**								
<i>Symptoms sourced from: CDC, PA Dept. of Health</i>								

**For “Close Contact,” the answer should respond to 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 by the CDC to be contact within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

Athletics - Health and Safety Action Plan Communication Plan

Point of Contact Flowchart

**Coaches and Athletic Trainers will contact Athletic Director - I will contact the individuals below*

- 1.) Athletic Trainers and Coaches:
 - a.) Athletic Trainer - Beth Parrish
 - b.) Athletic Trainer - Kallie Heiges
- 2.) Athletic Director: Brad Keeney
- 3.) HS Principal:
- 4.) Superintendent
- 5.) Health Officials

Experiencing Symptoms or Positive Case:

- Refer person to their PCP or online UrgentCare
- If no other options provide COVID-19 phone line (717)-851-5890
- If in distress go to ED. Call ahead to ED to make them aware

SYCSD Communication following exposure to an individual with symptoms or positive case:

- Contact Local Health Officials
- Review screening and attendance forms for contact tracing
- Communicate to SYCSD POC's
- Contact individuals who came in contact

Position	Name	Phone Number	E-Mail
Athletic Director	Brad Keeney	(717) 235-4811	brad.keeney@sycsd.org
Athletic Trainer	Beth Parrish	(717) 235-4811	beth.parrish@sycsd.org
Athletic Trainer	Kallie Heiges	(717) 235-4811	kallie.heiges@sycsd.org

Appendix C: Acknowledgement of Risk in Off-Season Sports/Activities

Southern York County School District Athletics Department
Acknowledgement of Risk for COVID-19 Out of Season Activities

In consideration of the above requirements of the SYCSD's Re-Entry Plan for Interscholastic Sports and Activities Summer Off-Season Guidance, I, on behalf of the Student, and I, the Student, acknowledge the following:

Participating in voluntary out-of-season workouts may include a possible exposure to a communicable disease, including but not limited to MRSA, influenza, and COVID-19. I/Student must be an active participant in my/his/her own healthcare.

- In consideration of my/his/her voluntary involvement in workouts, I have had an opportunity to carefully read the current CDC Guidelines for COVID-19 virus related health risks and understand the recommended precautions, along with the above requirements.
- I voluntarily and willingly choose to have Student/s participate in returning to District workouts.
- I willingly agree to comply with all procedures, protocols, and requirements put into place by the District in order to provide for safe athletic participation, to keep myself and others safe, and to limit and reduce the exposure to and spread of COVID-19 and other communicable diseases.
- I knowingly and voluntarily assume all risks related to the COVID-19 virus. I acknowledge that while particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist, and I assume full responsibility for my/his/her participation.

I acknowledge and agree to the following: (initial next to each for consent)

____ voluntarily and willingly choose to participate in returning to the SYCSD campus.

____ voluntarily and willingly choose to participate in extracurricular activities for SYCSD.

____, on behalf of myself, and/or my child/Student, hereby affirm to follow all procedures and protocols put into place by the SYCSD's Re-Entry Plan for Interscholastic Sports and Activities Summer Off-Season Guidance.

Choose One:

I, _____ [Parent and Student Name], have read the above and agree the statements are accurate. OR

I, _____ [Parent and Student Name], have read the above and decline the option to return to campus with concerns regarding the COVID-19 virus. I understand this decision will not affect my eligibility for the season.

Student Signature

Date

Parent/Guardian Signature

Date



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.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- 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: *Update Resources*

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

Centers for Disease Control and Prevention [Website:](#)

[“What You Should Know About COVID-19 to Protect Yourself and Others”](#)

[“Schools Decision Tree”](#)

PA Department of Health [Website:](#)

[“Coronavirus Symptoms”](#)

[“What is Contact Tracing”](#)

[“Phased Reopening Plan by Governor Wolf”](#)

PA Guidance for Sports:

[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](#)

[Guidance for Businesses in the Restaurant Industry](#)

Update Resources

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for Southern York County School District reviewed and approved the Athletics Health and Safety Plan on 9/17/2020.

The plan was approved by a vote of:

9 Yes

0 No

Affirmed on: 9/17/2020

By:



(Signature of Board President)

Robert Schefter

(Print Name of Board President)