1. Introduction

While we all look forward to our 2020-2021 sports and activity season, the current COVID-19 pandemic does not allow us to return without changes. Though it is not possible to eliminate all risk of spreading COVID-19, current research suggests there are many steps schools can take to reduce the risks to students, coaches, and their families. This plan outlines the Reynolds School District's recommendations to minimize the spread of the virus based on federal, state, and local guidance. While the District will take steps to increase the safety of students and staff, the individual behavior of each participant is the key to a successful return. Each student, parent, and staff member should familiarize themselves with this plan and CDC guidance to minimize the spread of COVID-19. Resources for additional information are included at the end of this document.

1.1 The Coronavirus and its impact on interscholastic sports.

The newly identified coronavirus, SARS-CoV-2 has caused a worldwide pandemic of respiratory illness called COVID-19. COVID-19 symptoms include cough, fever, shortness of breath, muscle aches, sore throat, unexplained loss of taste or smell, diarrhea, and headache. COVID-19 can be severe, and some cases have caused death. The virus is thought to spread mainly from person to person via close contact with one another and through respiratory droplets produced when an infected person coughs, sneezes or talks.

The virus presents unique challenges to reopening schools, interscholastic athletics, and extra-curricular activities. The risk of transmitting COVID-19 increases the more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple children, and the longer that interaction. The risk of spread can vary depending on the type of activity. According to the CDC, the risk of COVID-19 spread increases in youth sports settings as follows:

- Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.
- Increasing Risk: Team-based practice.
- More Risk: Within-team competition.
- Even More Risk: Full competition between teams from the same local geographic area.
- Highest Risk: Full competition between teams from different geographic areas.

Reynolds School District recommends following all federal, state, and local guidelines and recommendations to the greatest extent feasible to mitigate the spread of COVID-19. These guidelines are constantly changing as new information and treatments become available. Accordingly, this plan will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and eventually, spectators. The most current version of this plan will be available on the Reynolds School District website.

2. Resuming PK-12 Sports-Related and Extracurricular Activities

Students and staff will be brought back in accordance with federal, state, and local guidance. All efforts will be made to follow recommendations to minimize the spread of COVID-19. Stakeholders from all levels will have the opportunity to review and comment on the contents of this plan. All staff and parents will be required to review and sign a COVID-19 waiver before their child can participate in sports-related activities or other extra-curricular programs. (Appendix 1). Comments or concerns regarding the plan should be directed to the Superintendent as detailed in Section 4.

3. Anticipated launch date for sports/extra-curricular related activities:

Reynolds School District will resume summer conditioning and extra-curricular activities in phases following the recommendations of the National Federation of State High School Associations and Sports Medicine Advisory Committee. Coaches and staff will coordinate scheduling to ensure the greatest access possible for all participants while maintaining the following limitations.

Phase 1 (14 calendar days on or before July 1, 2020)

Limitations on Gatherings: $\begin{bmatrix} I \\ SEP \end{bmatrix}$

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- There should be no shared equipment between students. All athletic equipment, including balls, should be cleaned after each use and before the next workout.

- Activities should be conducted in "pods" of students with the same 5-10 students always working out/participating together. Smaller pods can be utilized for weight training. This ensures more limited exposure if showneone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Phase 2 (14 calendar days)

- Limitations on Gatherings: No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for activities.
- If indoor facilities are used, there must be a minimum distance of 6 feet between each individual at all times.
- Activities should be conducted in "pods" of students with the same 5-10 students always working out/participating together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.
- Locker rooms should not be utilized during Phase 2. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.

Phase 3 (reminder of the off-season)

- Limitations on Gatherings: Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

4. Primary Point of Contact

All questions related to COVID-19 and the District's plan should be directed to the Superintendent. Email correspondence is the preferred mode of communication.

Mr. John Sibeto Superintendent of Schools jsibeto@reynolds.k12.pa.us 531 Reynolds Road Greenville PA, 16125 (724) 646-5501

5. Key Strategies, Policies, and Procedures

5.1 Cleaning, Sanitizing, Disinfecting, and Ventilation

Athletic facilities should be cleaned and ready to safely welcome coaching staff and students. Reynolds maintenance and custodial staff should clean and sanitize all athletic facilities in accordance with CDC guidelines provided in Guidance for Cleaning and Disinfecting issued on April 28, 2020. (Appendix 2). All athletic, maintenance, custodial, and activity staff will review this document and familiarize themselves with the procedures contained within it. Checklists to confirm each cleaning task should be developed for each athletic facility. Training regarding the use of this protocol and the CDC guidelines must be completed before athletic or other extra-curricular activities begin.

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,	Maintenance and Custodial staff should clean and disinfect all surfaces and equipment in accordance with CDC	John Covelli- Supervisor of Buildings and Grounds	Cleaning and disinfectant supplies as	Yes

surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	 guidance. Specific cleaning schedules should be created and implemented for all athletic facilities. At a minimum, this cleaning/disinfecting regime should happen each morning before student use and once in the afternoon following student use. High touch areas should be cleaned more often. If used, weight room equipment should be wiped down after an individual's use. Indoor spaces should be ventilated with additional circulation of outdoor air when possible; using windows, doors, and/or fans to the maximum extent appropriate. 		detailed in CDC guidance.	
Other cleaning, sanitizing, disinfecting, and ventilation practices	Appropriate cleaning and sanitizing equipment should be accessible to students. District staff should instruct each student in the appropriate use of the cleaning and sanitizing supplies. Students should be expected to clean and sanitize any District provided or shared equipment immediately following the student's use of the item. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned before use by the next individual.	John Covelli- Supervisor of Buildings and Grounds	Hand sanitizer, hand soap, EPA- approved disinfectant. Appropriate cleaning and disinfecting supplies as recommended by the CDC, EPA, and the manufacturer.	Yes

5.2 Social Distancing and Other Safety Protocols

Reynolds School District will follow all federal, state, and local guidelines regarding social distancing to the maximum extent feasible. Conditioning, practice, and game spaces will be organized and scheduled to mitigate the spread of COVID-19 in accordance will the phased reopening detailed in Section 3. The District will limit the number of students and staff who come into contact with one another. All staff will be trained on social distancing and safety protocols before athletic and extra-curricular activities resume. All efforts will be made to minimize student use of indoor facilities.

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	 Social Distancing Yellow Phase: Students and staff must maintain a minimum distance of 6 feet between each individual at all times. If this is not possible then the maximum number of individuals in the room must be decreased until proper social distancing can occur. The District will strictly enforce occupancy limitations for all indoor facilities. Green Phase: Subject to the phased reopening detailed in Section 3, staff will encourage social distancing to the greatest extent possible. If a minimum 6 feet distance is not possible, students and staff will be encouraged to wear masks or other suitable face covering. 	Steve Waleff- Athletic Director- Certified Athletic Trainer		Yes

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
	 Virtual team meetings should take place when possible. [1] No spectators will be permitted to attend any events until state/local health departments lift restrictions on mass gatherings. Locker rooms will not be utilized during summer activities. District restroom facilities will be available but limited to (2) occupants at a time. 			
* Procedures for serving food at events	Food will not be provided at events until further notice.	John Sibeto, Superintendent	NA	N
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	 Each athlete should have his/her own personal, hydration container that is never to be shared. The District will maintain a supply of emergency water to prevent student or staff injury due to dehydration. Individuals should be encouraged wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts. Hand sanitizer will be made available throughout the facility for use before, during, and after activities. District staff will encourage and reinforce frequent use and 	Steve Waleff- Athletic Director- Certified Athletic Trainer		

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
	 appropriate hand washing procedure. Students must report to workouts in proper gear and immediately return home to shower at the end of the workout. Locker rooms will not be available until further notice. When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps Appropriate clothing/shoes must be worn in the weight room to minimize sweat from transmitting onto equipment surfaces. 			
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	The District will display appropriate signage prepared by the CDC at all District facilities to remind all students and staff of the requirement to socially distance, wash their hands, and take other appropriate precautions.	John Covelli- Supervisor of Buildings and Grounds	CDC Print Resources: Symptoms of Coronavirus Disease 2019, Stop the Spread of Germs Poster, How to Protect Yourself and Others, and What to do if you are Sick	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Identifying and restricting non- essential visitors and volunteers	No spectators will be permitted to attend any events until state/local health departments lift restrictions on mass gatherings.	Steve Waleff- Athletic Director- Certified Athletic Trainer		
Limiting the sharing of materials and equipment among student athletes	Yellow Phase: Sharing of materials and equipment is prohibited.Green Phase: Each athlete should have his/her own personal, defined hydration container that is never to be shared.Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned before use by the next individual.	Steve Waleff- Athletic Director- Certified Athletic Trainer		
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	Locker rooms will not be available until further notice. Restrooms and other indoor facilities will be subject to occupancy limitations.	Steve Waleff- Athletic Director- Certified Athletic Trainer		Y

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Adjusting transportation schedules and practices to create social distance	Use of buses is not anticipated during summer conditioning or extra-curricular activities. However, buses can operate with a maximum of two students per seat, with the understanding that masks will be required of students while on the bus. Disinfect all high- touch surfaces on buses at least daily. Bus drivers will also be required to wear face shields and/or masks when students enter/exit the bus. Drivers may choose to wear a mask at all times when students are present, unless specifically prohibited by the bus company/school entity policy.	Jim Lumpp- Supervisor of Transportation		Ν
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	The District will enforce the occupancy limitations for indoor spaces as well as the phased reopening detailed in Section 3.	Steve Waleff- Athletic Director- Certified Athletic Trainer		Y
Other social distancing and safety practices	When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.	Steve Waleff- Athletic Director- Certified Athletic Trainer		Υ

5.3 Monitoring Student Athletes and Staff Health

Summary: The District will monitor the health of students and staff via pre-activity screening as recommended by the NFHS.

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	 Students must be screened for signs/symptoms of COVID-19 before each workout. See Appendix 2 for screening checklist. The District will keep a confidential record of each screening. Parents should not send their child to any District events or activities if they experience any of the following symptoms: cough, fever, shortness of breath, muscle aches, sore throat, unexplained loss of taste or smell, diarrhea, and headache. Students should be symptom free for 24 hours without the aid of medication before returning to workouts or summer activities. 	Steve Waleff- Athletic Director- Certified Athletic Trainer	Student screening checklist, no- contact thermometers	Υ

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	Any student or staff with positive symptoms will not be permitted to take part in any activities. The student or staff member will be isolated and sent home immediately with a recommendation to be tested. Parents will be contacted immediately. Any student or staff member who comes into close contact with an individual who becomes sick or demonstrates a history of exposure is encouraged to self-quarantine in accordance with the then appropriate guidelines issued by the CDC.	Steve Waleff- Athletic Director- Certified Athletic Trainer		
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	Any student or staff member who has tested positive for COVID-19 must provide a medical clearance from a licensed physician before returning to any school related activities. Any staff or student that becomes sick or demonstrates a history of exposure is prohibited from returning to activities until they are symptom free for 24 hours without the aid of medication.	Steve Waleff- Athletic Director- Certified Athletic Trainer		

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures, and other changes in safety protocols	The District will utilize its website and all-call phone system to alert coaching staff, families, and the public of cancellation of sports-related activities, school closures, and other changes in safety protocols.	Steve Waleff- Athletic Director- Certified Athletic Trainer		Ν
Other monitoring and screening practices	The District will provide pre-workout/activity screen for each student who participates in summer activities in accordance with Appendix 2.			

5.4 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)
* Protecting student athletes and coaching staff at higher risk for severe illness	 Yellow Phase: Vulnerable individuals should not participate in any practices, conditioning activities, contests or events Student athletes and coaching staff at higher risk for severe illness will be asked to self-quarantine and limit interaction to virtual and at-home participation. Green Phase: Individuals at higher risk for severe illness will be encouraged to meet with District 	Steve Waleff- Athletic Director- Certified Athletic Trainer		

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
	staff to create an individualized safety plan.			
* Use of face coverings by all coaches and athletic staff	Yellow Phase: All coaches and athletic staff must wear face coverings.Green Phase: All coaches and athletic staff are encouraged to wear face coverings if social distancing practices cannot be implemented.	Steve Waleff- Athletic Director- Certified Athletic Trainer		
* Use of face coverings by student athletes as appropriate	 Student athletes, coaches, and staff are encouraged to use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms. Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued, unlabored breathing. While we understand it may be difficult to wear a mask when actively participating in a sport that takes place indoors on a court, (for example: volleyball, basketball,) the percentage of time without the mask should be limited to the active participation time. Wearing gloves has not been shown to decrease transmission of the virus. Recommendation is for frequent hand washing and avoidance of touching the face. 	Steve Waleff- Athletic Director- Certified Athletic Trainer		

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	Protocols for student athletes with complex needs or other vulnerable individuals will be addressed on an as needed basis with the individual. The District and the individual will create a written safety plan that will be shared with the appropriate personnel identified in the plan.	Steve Waleff- Athletic Director- Certified Athletic Trainer		

5.5 Athletics Health and Safety Plan Professional Development

The District will prepare all staff and students with the necessary knowledge to implement this plan as intended by providing the following training and resources.

Торіс	Audience	Lead Person and Position	Session Format	Materials, Resources, and Supports Needed	Start Date	Completion Date
Staff Training	All sports and extra-curricular staff	District Administration	In person subject to the limitations detailed in Section 3.	Health and Safety Plan, Health Kit	June 25, 2020	Before beginning any activity.
Student Training	All Students	l Students Each specific coach or activity leader		Health and Safety Plan, Health Kit, Participation Waiver	June 25, 2020	Before beginning any activity.
Support Staff Training	All custodial and maintenance staff	District Administration	In person subject to the limitations detailed in Section 3.	Health and Safety Plan, Health Kit, CDC Guidelines	June 25, 2020	Before beginning any activity.

5.6 Athletics Health and Safety Plan Communications

The District will establish timely and effective communication methods regarding COVID-19's impact on these health and safety protocols. The District website will contain all the most recent District communications regarding COVID-19. The District will monitor all communications from federal, state, and local authorities concerning the pandemic's impact on schools and school-related activities.

Additional Resources for Information

Parents, students, and staff are encouraged to continue to learn about COVID-19 and best practices to minimize its spread. Up to date information can be found at the following websites:

Center for Disease Control: https://www.cdc.gov/coronavirus/2019-ncov/index.html

Pennsylvania Department of Health: https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors for Reynolds School District reviewed and approved the Athletics Health and Safety Plan on DATE.

The plan was approved by a vote of:

-

_____Yes _____No

Affirmed on: DATE

By:

Board President

Reynolds School District Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics/marching bands 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 Reynolds School District 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, sponsors, and their families. As knowledge regarding COVID-19 is constantly changing, Reynolds School District 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 Reynolds School District Health and Safety Plan 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 Students, Coaches, Sponsors, and Staff on health and safety protocols.
- 5. Require Students and Coaches/Sponsors 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 Reynolds School District, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands relating to the COVID-19 pandemic during the 2020-2021 school year.

The undersigned acknowledge that participating in athletic/extracurricular 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/band 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/extracurricular programs during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the Reynolds School District 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/activity at our own risk.

Activity: _____

Signature of Parent/Guardian:_____

Date:_____

Signature of Student: _____

_____ Date:_____

APPENDIX 1

COVID-19 Athlete/Coach Monitoring Form

Name	Date	Fev	ver	Cough		Loss of taste or smell		Diarrhea or Vomiting		Sore Throat		Shortness of Breath		Close contact or care for someone with COVID-19		Temperature (if higher than 100.3° F)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

Signature _____