Reynolds School District PK-12 Athletics/Extra-curricular Health and Safety Plan

1. Introduction

The current COVID-19 pandemic does not allow us to continue our 2020-2021 sports activity season 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 athletic/extra-curricular season. 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 SARS-CoV-2 coronavirus 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 participate in Sports-Related and Extracurricular Activities in accordance with federal, state, and local guidance. Reynolds will implement the guidance provided in <u>Return to Competition: Individual Sport Considerations issued by the PIAA on July 29, 2020.</u> 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. 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

4. Key Strategies, Policies, and Procedures

4.1 Cleaning, Sanitizing, Disinfecting, and Ventilation

Reynolds maintenance and custodial staff should clean and sanitize all athletic facilities in accordance with CDC guidelines provided in <u>Guidance for Cleaning and Disinfecting</u> issued on April 28, 2020. 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, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	Maintenance and Custodial staff should clean and disinfect all surfaces and equipment in accordance with CDC guidance. Specific cleaning schedules should be created and implemented for all athletic facilities. At a minimum, this cleaning/disinfecting regime should happen before and after student use. High touch areas should be cleaned more often. Weight room equipment should be wiped down after each individual's use.	John Covelli- Supervisor of Buildings and Grounds	Cleaning and disinfectant supplies as detailed in CDC guidance.	Yes
	Indoor spaces should be ventilated with additional circulation of outdoor air when possible; using windows, doors, and/or fans to the maximum extent appropriate.			

Other cleaning, sanitizing,	Individual drills or competition requiring the use of athletic equipment are	John Covelli- Supervisor of	Hand sanitizer, hand soap, EPA-	Yes
disinfecting, and ventilation practices	permitted, but the equipment should be cleaned at each break.	Buildings and Grounds/ Steve Waleff- Athletic Director- Certified Athletic Trainer	approved disinfectant. Appropriate cleaning and disinfecting supplies as recommended by the CDC, EPA, and the manufacturer.	

4.2 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 extracurricular 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	Social Distancing Students and staff should maintain a minimum distance of 6 feet between each individual to the greatest extent possible.	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)
throughout all activities, to the maximum extent feasible	Virtual team meetings should take place when possible.Locker room use will be staggered by groups to promote social distancing measures.			
* Procedures for serving food at events	No concession stands are available during any sporting event unless governing bodies guidelines change and then safety guidelines must be maintained. Meals and or snacks are permissible by the Booster Club or School District provided social distancing and cleanliness guidelines are followed."	John Sibeto, Superintendent	NA	No
* 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 to 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 appropriate hand washing procedure.	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)
	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. Students and/or staff are expected to wipe down equipment before the next students' use.			
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	The District will display signs 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
* Identifying and restricting non-essential visitors and volunteers	Activities will be limited to athletes, coaches, officials, and essential staff only. Spectators are covered in another section of this plan	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)
Limiting the sharing of materials and equipment among student athletes	Each athlete should have his/her own personal, hydration container that is never to be shared. Individual drills requiring the use of athletic equipment are permitted, but the equipment must be frequently cleaned and hand washing or sanitizing of hands is encouraged at the end of drills, activities or whenever feasible	Steve Waleff- Athletic Director- Certified Athletic Trainer		
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	Locker room use will be staggered to promote social distancing measures. Efforts are to be made to maintain the minimum 6 feet of physical distancing between individuals.	Steve Waleff- Athletic Director- Certified Athletic Trainer		Y
Adjusting transportation schedules and practices to create social distance	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 must 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		N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	The District will enforce the occupancy limitations as detailed by PIAA, PA Department of Health, PA Governor or any other appropriate governing body.	Steve Waleff- Athletic Director- Certified Athletic Trainer		Y
Other social distancing and safety practices	When not directly participating in practices or competition, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for students and coaches. Contest opponents should pre-screen their own teams and personnel and share that information with Reynolds AD either electronically or by hard copy. Opponents should be encouraged to minimize travel personnel and team size as much as possible. Travel to away events should be kept to the minimal staff and team members possible. Band and cheerleaders will not travel unless specifically invited by opponents. Limits for size of events set by governing bodies are to be followed. Efforts will be made to schedule opponents as	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)
	close geographically as possible to Reynolds School District.			
	Play-offs are permissible if approved by PIAA and local governing bodies.			
	This plan is in effect for home or away competition. If participating in away competition and a host District has more restrictive rules in place Reynolds must follow the most restrictive rule. Visiting opponents will be directed by the AD to follow their own policies and whichever is more restrictive when at Reynolds. Due to Reynolds School District's determination that face coverings are unsafe for competition, District students are not permitted to compete where host Districts require face coverings during competition.			
	Travel out of State for any reason is restricted unless specifically approved by the School Board and Administration and follows any governing bodies guidelines.			

4.3 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.	Steve Waleff- Athletic Director- Certified Athletic Trainer	Student screening checklist, no- contact thermometers	Y

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	 Should an individual student or staff member display COVID-19 symptoms during any of the phasing periods, he/she should be immediately removed from the group, masked if not already, and isolated. The parent or guardian, if a student, will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student. The District will contact the Pennsylvania Department of Health, and issue guidance regarding isolation or quarantine needs, and comply with their recommendations 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 Pennsylvania Department of Health. The District will follow PIAA guidelines regarding notification of opponents should a positive case occur. 	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)
* 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 sports/extra-curricular related activities. Any staff or student that becomes sick or demonstrates a history of exposure is prohibited from returning to activities until they comply with any recommendations from the Mercer County Health Department.	Steve Waleff- Athletic Director- Certified Athletic Trainer		
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		N
Other monitoring and screening practices	The District will provide pre-workout/activity screen for each student who participates in competition in accordance with Appendix 2.	Steve Waleff- Athletic Director- Certified Athletic Trainer		

4.4 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	Vulnerable individuals should not participate in any practices, conditioning activities, contests or events without consulting their physician. 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. Individuals at higher risk for severe illness will be encouraged to meet with District staff to create an individualized safety plan.	Steve Waleff- Athletic Director- Certified Athletic Trainer		
* Use of face coverings	The District will enforce the November 18, 2020 Universal Face Covering Order issued by Pennsylvania Secretary of Health. All coaches, athletes, officials, and spectators must wear face covering as outlined in the order. 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	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)
	maintenance. The garment should cover both the nose and mouth and allow for continued, unlabored breathing. Face shields may be considered an alternative if wearing a cloth face covering is otherwise not possible.			
	Exception: The District has determined that it is unsafe for student athletes to wear face coverings while actively engaged in competition or workouts that mirrors the conditions of competition. Accordingly, athletes are not required to wear face covering while actively engaged in competition or workouts that mirror the conditions of competition. The District consulted guidance from the American Academy of Pediatrics and received input from local physicians to reach this conclusion. Face coverings must be worn at all other times.			
	If the Secretary of Health issues a revised Face Covering Order in the future, the Board of Directors grants the Superintendent the authority to implement that order until the Board formally adopts any necessary revised Health and Safety Plan.			

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		

4.5 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.

Topic	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	Each specific coach or activity leader	In person subject to the limitations detailed in Section 3.	Health and Safety Plan, Health Kit, Participation Waiver	June 25, 2020	Before beginning any activity.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and Supports Needed	Start Date	Completion Date
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.

4.6 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 12/15, 2020.

The plan was approved by a vote of:

 $\frac{7}{0} \text{ Yes}$ $\frac{0}{1 - absint}$ Affirmed on: DATE $-\frac{12}{15}/2020$.

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.

November 18, 2020 Universal Face Covering Order

On November 18, 2020, the Pennsylvania Secretary of Health ordered every individual, age two and older, in Pennsylvania to wear a face covering. However, the Order also states a school entity should not enforce face covering requirements when it is unsafe to do so. The Reynolds School District has consulted with local physicians and reviewed guidance from the American Academy of Pediatrics to determine that requiring student athletes to wear a face covering while engaged in competition or active participation is unsafe. As a result, Reynolds students will not be required to wear a face covering while engaged in competition or active participation. Face coverings will be required at all other times. Athletes must wear a face covering between practice drills, while no on the playing field, on the sidelines, in the locker room, and during shared transportation to/from any event.

The District's decision to protect student athletes from complications caused by face-coverings may increase the likelihood of COVID-19 transmission. The risks and benefits of winter sports, in addition to the current community prevalence of COVID-19, should be carefully considered when making decisions about continuing or resuming indoor sports for your child.

In consideration of being allowed to participate in Reynolds School District winter sports, 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:

COVID-19 Athlete/Coach Monitoring Form

Name	Date	Fe	ver	Сог	ıgh	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	

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