

# **Athletics Health and Safety Plan**

## **Deer Lakes School District**

### **Athletics Department**

#### **INTRODUCTION**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, have found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, 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, current science suggests there are many steps schools can take to reduce the risks to students, coaches and their families.

The Deer Lakes School District (DLSD) will take the necessary precautions and recommendations from the federal, state and local governments; Centers for Disease Control and Prevention (CDC); National Federation of State High School Associations; and the PIAA. The DLSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff and spectators.

Participating in interscholastic athletics both at the high school and middle school level is a privilege and it is of the utmost importance that athletes work with coaches and staff to help adhere to the following safety guidelines. Doing so is a responsibility of participating in interscholastic athletics, both in and out-of-season. Failure to adhere to the safety guidelines jeopardizes an athlete's ability to participate.

**The protection of all students and staff with regard to COVID 19 and other communicable diseases is first and foremost in any plan for athletic participation. Students, coaches and staff should be aware of the following symptoms resulting from a possible COVID-19 infection:**

During out-of-season activities, coaches will screen and monitor athletes for symptoms/signs prior to workouts and practices, including daily temperature checks (as needed) coupled with a number of screening questions for the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Have you been exposed to anyone who has tested positive for COVID-19?
- Have you traveled internationally in the past two weeks?

A daily log will be kept with the aforementioned information. If individuals participating in athletics show symptoms, has a temperature of 100.4 degrees or higher or are sick, they will be sent home. (Please refer to the below section *Positive Cases and Coaches, Staff or Athletes Showing COVID-19 Symptoms* for further detail regarding protocol of sick athlete.)

These symptoms may appear 2-14 days after exposure to the virus and can range from mild to severe. If you are experiencing these symptoms, you are encouraged to seek medical advice from your primary care physician or an appropriate healthcare provider.

(Please visit the PA Department of Health Website at the following link for more information regarding COVID 19:  
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Symptoms-Testing.aspx>)

## **REGULATIONS FOR RETURNING TO EXTRACURRICULAR ACTIVITIES**

The following regulations are meant for all levels, grades 7-12, of athletics in the Deer Lakes School District:

1. DLSD coaches and staff will review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
2. The DLSD will designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
3. The DLSD will develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
4. The DLSD will educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes will also be educated on proper hand washing and sanitizing.
5. The DLSD coaching staff and other adult personnel is recommended that they wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
6. The DLSD coaches and athletes will maintain appropriate physical distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches will not congregate.
7. The DLSD coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
8. All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
9. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
10. Athletes and Coaches will avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
11. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
12. If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if physical distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
13. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

## **PHASES OF RETURN TO PLAY – SIZE OF GROUPS/ USE OF FACILITIES**

For several years, the Deer Lakes School District has contracted with UPMC for the service of our athletic trainers. UPMC has provided guidelines for return to sports which employs a phase approach to resuming athletic activities. We will employ the phased approach to resuming extracurricular activities as stated below:

### **Phase One:**

- This would be a two week period.
- The team should be broken into groups of no more than 10-12 student athletes.
- If the workout is in a gym or weight room, there would be no more than 10 people in the gym or weight room at a time. If the workout is outside, there would be no more than 10-12 people in a group in a specific area of an athletic field.
- These groups should remain constant for two weeks.
- During this period, the students would be permitted to participate in non-contact workouts in their small groups while maintaining recommended physical distancing. This period of time will be devoted to conditioning workouts and individual skill development.
- Coaches will be responsible for maintaining records of which students are in each group.
- There will be no locker room use in this first phase.
- Restrooms will be available at the stadium and in the lobby of the high school gym.

### **Phase Two:**

- This would continue to the beginning of fall sports or until new information or guidance is provided. Fall sports would begin for football on August 10th with heat acclimatization and for all other varsity sports on August 17th.
- After two weeks of small groups (10 or less), the teams of 10 may be merged into groups of no more than 50 students while maintaining physical distancing.
- Physical distancing will be maintained at all other times such as in the weight room.
- There will be no locker room use during this phase.
- Restrooms will be available in the stadium and in the lobby of the high school gym.

## **PLAN OF ACTION FOR STUDENTS OR STAFF WHO BECOME ILL**

Students or staff who are sick with COVID-19 or think they are infected with the virus will STAY AT HOME. It is essential that students and parents take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice. Students or staff should notify the school immediately by calling the principal, athletic director, athletic trainer or coach.

If an athlete, coach or staff member is screened and determined to have symptoms related to COVID 19, the following course of action will be taken:

1. A coach or staff member will be removed from the contest or practice. If the person is a student athlete, the athletic trainer or coach will isolate the student from the remainder of the team or group.
2. The coach or athletic trainer will contact the parents/ guardians to arrange for pickup of the student.
3. The student's parents must make arrangements to pick the student up immediately or as soon as possible.
4. The athlete, coach, or staff member will be encouraged to seek medical advice from their family physician.

Athletes, coaches or staff who become ill will not be allowed to return to athletic activities until cleared by a physician or appropriate healthcare professional. Trainers will have proper PPE for treating student athletes including masks, face shields, non-contact thermometers and gloves. Trainers will wear masks during practices and games.

## **SPECTATORS**

The Deer Lakes School District and District Administration reserve the right to limit the attendance of spectators at any event given the circumstances at the time of the event and based on the guidelines provided by the PA Dept. of Health. The governor's office and the PA Department of Health have stipulated the following guidelines with regards to gathering for events:

**Red Phase** – no activities and district buildings remain closed.

**Yellow Phase** – no more than a group of 25 in attendance. Facility may not exceed 50% of total occupancy otherwise permitted by law.

**Green Phase** – no more than a group of 250 in attendance. Facility may not exceed 50% of total occupancy otherwise permitted by law.

Preliminary guidance during the yellow and green phases, states that sports related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. There are to be no spectators at this time for any practices or team activities.

## **TRANSPORTATION**

Transportation may present the largest challenges for all sports considering the guidelines of physical distancing. The following are some thoughts to consider when determining the best action for transporting student athletes effectively:

1. Physical distancing must take place on the bus. Therefore, consideration should be given to increasing the number of buses or limiting the number of students travelling to an away contest.
2. Priority should be given to sports in the following manner – varsity, JV, freshmen, middle school. If elimination of contests need to take place due to budget or transportation constraints, then this should be the priority.
3. District administration reserves the right to impose travel rosters to control for physical distancing on buses for away contests.

## **OTHER RECOMMENDATIONS**

### **Facilities Cleaning/Sanitation**

- Hand sanitizing prior to, during and after athletic practices/workouts.
- Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day.
- Weight room equipment will be wiped down after each use.
- Athletes must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times in the weight room to minimize sweat transmitting onto equipment.
- Additional hand sanitizing stations will be provided both during the regularly defined PIAA season and as much as possible during out-of-season activities

## **WHO SHOULD BE ALLOWED AT OUT-OF-SEASON WORKOUTS/CONDITIONING?**

The DLSD Athletics Department will continue to monitor and evaluate guidance provided as it relates to spectators attending high/middle school athletic functions. As it stands, the following people are accordingly grouped into tiers from essential to non-essential, and this will determine who will be allowed at an event until further notice:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security

- Only Tier 1 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.

### **What to do if you are sick?**

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach) if you have symptoms of COVID-19, test positive for COVID-19 or were exposed to someone with COVID-19 within the last 14 days.
- It will be determined if others who may have been exposed (athletes, students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.

### **What to do if an athlete or staff become ill with COVID-19 symptoms during practice?**

- Every effort will be made to isolate the ill individual from others, until the athlete or staff member can leave the practice. Areas used by the sick individual will be closed off and not used, until cleaned and disinfected.
- If it is an athlete a parent/guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- If a positive case of COVID-19 is diagnosed contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

### **What is the procedure for notification if there is a confirmed case of COVID-19?**

- Should an employee or student be confirmed with COVID-19, the employee (principal, athletic director, athletic trainer, and/or coach) will notify the DLSD Communications Director. The employee will share a list of students and employees that may have come in contact with the confirmed case.
- The district will issue communication via email to the parents/guardians and staff that may have been exposed.

### **Return of athlete or staff to athletics following a COVID-19 diagnosis?**

- Athletes or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

## **SUMMARY**

### **Custodial Actions:**

- Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day. This includes, but is not limited to, all restrooms at the fieldhouse, training room, weight rooms, stadium restrooms and water fountains.
- Provide informational signage at all restrooms, locker rooms and training rooms on how to prevent the spread of COVID-19.
- Ensure weekend (Saturday) and weekday (evenings) custodial coverage to clean all athletic areas.
- Provide additional hand sanitizer in athletic training room, weight room, gymnasiums and fieldhouse.
- Provide additional cleaning supplies in the athletic training room and also have some available for coaches to take on the field to sanitize equipment before, during and after workouts.

### **Athletes' Actions:**

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME.
- Masks are required to be worn when not participating in an athletic practice or conditioning.
- Practice physical distancing.
- Mandatory PIAA pre-participation physicals will be required prior to the start of the fall athletics season (August 10, football; August 17, all high school athletics; August 19, all middle school athletics).
- During out-of-season practices/workouts, no athletes will be permitted to maintain a locker at the fieldhouse or any athletic area.
- Avoid touching your face as much as possible.
- Wash clothes often.
- Do not share towels, razors, and other personal hygiene items.
- Follow good hygiene practices, such as washing hands frequently, the use of hand sanitizer when available and showering and washing workout clothing immediately upon returning home.
- Bring a large personal water bottle (labeled with your name), as no bottles will be permitted to be shared. It is recommended that all athletes bring multiple water bottles to practices/workouts.
- Work with coaches to assist in disinfecting sports equipment that is used during practices/workouts.
- Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If not cleared, to participate in groups, a home workout will be provided.

We ask that our athletes assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all. Failure to adhere to the guidelines provided by the athletics department and coaches may result in an inability to participate in interscholastic athletics.

### **Coaches' Actions:**

- Coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.
- Practice physical distancing with athletes and other staff members.
- Wear protective masks directed by the CDC and other state/federal governmental mandates when working in close proximity to others. If a medical condition exists and a mask cannot be worn, all coaches must maintain recommended physical distancing practice.
- It is recommended for coaches to create waves/pods for athletes to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper physical distancing measures.
- With the use of each piece of shared athletics equipment all items will be disinfected at the conclusion of use in conjunction with the athletes' assistance.
- Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 (proper hand washing).
- Provide proper guidance to athletes on proper handwashing techniques.
- Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc.; do not receive help from players.
- Training vests and pinnies must not be shared among players during a practice/workout. Once worn, pinnies and vests must be laundered prior to next use.
- Coaches should discuss any concerns regarding underlying health issues regarding COVID-19 with the Athletic Trainers and Athletics Director.

### **Athletic Trainers' Actions:**

Follow guidance by the National Athletic Trainers' Association as it pertains to COVID-19. This includes, but is not limited to, the following measures.

Limit athletes/coaches athletic training room occupancy to promote physical distancing (number of athletes permitted to be Athletic Trainer

- Athletic Trainer will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.
- Athletic Trainers may be required to wear masks depending upon state and federal mandates. If a medical condition exists and a mask cannot be worn, all athletic trainers must maintain recommended physical distancing practices.
- Clean and disinfect all hard surfaces which include, but are not limited to, training tables, taping tables, doorknobs, phone, coolers, ice machine and other equipment that is utilized during routine participation for athletes.
- No admittance to the training room unless deemed medically necessary by the Athletic Trainer.
- Provide proper guidance to athletes on proper handwashing techniques, as outlined in the beginning of the document.

## **Parent/Guardian Actions:**

- Ensure that your athlete's temperature is taken each morning, before practice/workout. If the temperature is greater than 100.4, your child is not permitted to attend practice/workout. THEY MUST STAY HOME. If, at any time, your child is not able to attend out-of-season practice/workout due to fever, please email the head coach and the Athletic Trainer ([deaversm@upmc.edu](mailto:deaversm@upmc.edu))
- Please make sure your athlete brings a large water bottle labeled with their name for every practice/workout. Sharing water bottles is prohibited.
- When dropping off or picking up athletes please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the physical distancing guidelines.
- Parents/Guardians are not permitted to attend workout/practice sessions.
- Parents/Guardians are requested to pick up their athlete at the designated practice end time to reduce congregation.
- Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 (proper hand washing).
- Parents/Guardians should assess their athlete's level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Trainer to discuss any concerns you have in reintroducing your child to organized athletics.

## **POINTS OF CONTACT**

Deer Lakes School District – Athletic Director  
Charles Bellisario  
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Office: 724-265-5300 ext. 2634

UPMC Athletic Trainer  
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Deer Lakes School District – High School Principal  
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# Athletics Health and Safety Plan Summary: **Deer Lakes School District**

## Health and Safety Plan for Athletics for summer training and preseason practice

### Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p><b>Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</b></p>	<p><b>Facilities Cleaning/Sanitation</b></p> <ul style="list-style-type: none"><li>• Hand sanitizing prior to, during and after athletic practices/workouts.</li><li>• Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day.</li><li>• Weight room equipment will be wiped down after each use.</li><li>• Athletes must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times in the weight room to minimize sweat transmitting onto equipment.</li><li>• Additional hand sanitizing stations will be provided both during the regularly defined PIAA season and as much as possible during out-of-season activities.</li><li>• Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day. This includes, but is not limited to, all restrooms at the fieldhouse, training room, weight rooms, stadium restrooms and water fountains.</li></ul>

Requirement(s)	Strategies, Policies and Procedures
<p><b>Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</b></p>	<ul style="list-style-type: none"> <li>• Provide additional cleaning supplies in the athletic training room and also have some available for coaches to take on the field to sanitize equipment before, during and after workouts.</li> <li>• <a href="#">Disinfection of Equipment and Facilities - CDC</a></li> </ul>

### Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p><b>Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</b></p> <p><b>Procedures for serving food at events including team meetings and meals</b></p> <p><b>Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</b></p>	<ul style="list-style-type: none"> <li>• Coaches and athletes must maintain appropriate physical distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches and workout areas. Athletes and coaches should not congregate. During out-of-season activities, athletes will not be granted access to locker rooms and will be instructed, by their coach, of where and when to report for out-of-season conditioning/workouts.</li> <li>• Meals will not be served.</li> <li>• Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 (proper hand washing). This is expected to be reinforced by parent/guardian, coach and athletic trainers. Additionally, student athletes should shower and wash workout clothing immediately upon returning home.</li> </ul>

Requirement(s)	Strategies, Policies and Procedures
<p><b>Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</b></p>	<ul style="list-style-type: none"> <li>The custodial staff will provide informational signage at all restrooms at the fieldhouse, locker rooms and training rooms on how to prevent the spread of COVID-19.</li> </ul>
<p><b>Identifying and restricting non-essential visitors and volunteers</b></p>	<ul style="list-style-type: none"> <li>Parents/Guardians are not permitted to attend workout/practice sessions.</li> <li>When dropping off or picking up athletes please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the physical distancing guidelines.</li> </ul>
<p><b>Limiting the sharing of materials and equipment among student athletes</b></p>	<ul style="list-style-type: none"> <li>With the use of each piece of shared athletics equipment all items will be disinfected at the conclusion of use in conjunction with the athletes' assistance.</li> <li>Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc.; do not receive help from players.</li> <li>Training vests and pinnies must not be shared among players during a practice/workout. Once worn, pinnies and vests must be laundered prior to next use.</li> </ul>
<p><b>Staggering the use of communal spaces (i.e., locker rooms, weight rooms etc.)</b></p>	<ul style="list-style-type: none"> <li>Locker rooms will be closed during out-of-season practices/conditioning.</li> <li>It is recommended for coaches to create waves/pods for athletes to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper physical distancing measures.</li> </ul>

**Requirement(s)****Strategies, Policies and Procedures**

**Adjusting transportation schedules and practices to create social distance between students**

- Parents/Guardians are requested to pick up their athlete at the designated practice end time to reduce congregation.
- If multiple practices/workouts are held at the same facility, adequate time will be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each venue must adhere to the applicable gathering occupancy limits (maximum of 25 people if in yellow phase, and 250 people if in green phase), and the venue, as a whole, may not exceed 50% of total occupancy permitted by law.

**Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes**

- Parents/Guardians are requested to pick up their athlete at the designated practice end time to reduce congregation.
- When dropping off or picking up athletes please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the physical distancing guidelines.

**Other social distancing and safety practices**

- It is recommended for coaches to create waves/pods for athletes to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper physical distancing measures.
- Avoid shaking hands, fist bumps or high fives before, during or after games and practices. Limit unnecessary

Requirement(s)	Strategies, Policies and Procedures
<b>Other social distancing and safety practices</b>	<p>physical contact with teammates, other athletes, coaches, officials and spectators.</p> <ul style="list-style-type: none"> <li>• Activities that increase the risk of exposure to saliva must not be allowed, including but not limited to chewing gum, spitting, licking fingers and eating sunflower seeds.</li> <li>• Athletes must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times in the weight room to minimize sweat transmitting onto equipment.</li> </ul>

### Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<b>Monitoring student athletes and staff for symptoms and history of exposure</b>	<ul style="list-style-type: none"> <li>• Parents/Guardians please ensure that your athlete’s temperature is taken each morning, before practice/workout. If the temperature is greater than 100.4, your child is not permitted to attend practice/workout. <b>THEY MUST STAY HOME.</b> If, at any time, your child is not able to attend out-of-season practice/workout due to fever, please email the head coach and the Athletic Trainer (<a href="mailto:deaversm@upmc.edu">deaversm@upmc.edu</a>)</li> <li>• Coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.</li> <li>• Athletic Trainers will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the athletics office</li> </ul>

Requirement(s)	Strategies, Policies and Procedures
<p><b>(Continued)</b></p> <p><b>Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</b></p> <p><b>Returning isolated or quarantined coaching staff, student athletes, or visitors to school</b></p>	<p>daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.</p> <ul style="list-style-type: none"> <li>• If Athlete’s are feeling any symptoms of COVID-19 or has a fever they must stay home.</li> <li>• Every effort will be made to isolate the ill individual from others, until the athlete or staff member can leave the practice.</li> <li>• If it is an athlete a parent/guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up.</li> <li>• The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.</li> <li>• The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.</li> <li>• If a positive case of COVID-19 is diagnosed contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.</li> </ul> <ul style="list-style-type: none"> <li>• Athletes or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.</li> </ul>

Requirement(s)	Strategies, Policies and Procedures
<p><b>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</b></p>	<ul style="list-style-type: none"> <li>At the direction of the Athletic Director any cancellations will be communicated via electronic communications to coaches.</li> </ul>

**Other Considerations for Student Athletes and Staff**

Requirement(s)	Strategies, Policies and Procedures
<p><b>Protecting student athletes and coaching staff at higher risk for severe illness</b></p> <p><b>Use of face coverings by all coaches and athletic staff</b></p> <p><b>Use of face coverings by student athletes as appropriate</b></p>	<ul style="list-style-type: none"> <li>Parents/Guardians should assess their athlete’s level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Trainer to discuss any concerns you have in reintroducing your child to organized athletics.</li> <li>Coaches should discuss any concerns regarding underlying health issues regarding COVID-19 with the Athletic Trainers and Athletic Director.</li> <li>Masks are required to be worn when not participating in an athletic practice or conditioning.</li> <li>We ask that our athletes assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all. Failure to adhere to the guidelines provided by the athletics department and coaches may result in an inability to participate in interscholastic athletics.</li> </ul>

**Requirement(s)****Strategies, Policies and Procedures**

**Unique safety protocols for student athletes with complex needs or other vulnerable individuals**

- Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If not cleared, to participate in groups, a home workout will be provided.

**Management of Coaches and Athletic Staff**

- The DLSD Athletics Department will continue to monitor and evaluate guidance provided as it relates to out-of- season athletics to ensure the safety and wellbeing of coaches, athletes and athletic staff.