

West York Area School District

Athletic Department



Athletics Health & Safety Plan

Board Approved Date: February 16, 2021

West York Area School District (WYASD) sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume as part of York County's designation in the Yellow and Green phases, in alignment with the [PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#), the Centers for Disease Control ([CDC Considerations for Youth Sports](#)), and Governor Wolf's [Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public](#)

The decision to resume sports-related activities, including conditioning, practices, and games, is at the discretion of the West York Area School Board. WYASD will adopt this *Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan will include the provisions of this guidance, be approved by the WYASD Board, and be posted on the WYASD publicly available website. This plan does not require submission to the Pennsylvania Department of Health (PA DOH) or Pennsylvania Department of Education (PDE) for approval.

INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a 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 current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The WYASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the National Federation High School Sports (NFHS) and PIAA. The WYASD 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 staff, students, and spectators.

*This plan may be updated to reflect changes to guidelines issued by the PA DOH, CDC, PDE, PIAA, PISAA, and circumstances unique to WYASD.

REQUIREMENTS

ALL LEVELS for Junior and Senior High Athletics

1. The WYASD has designated the District Pandemic Coordinator, Ivan Quinones, as the primary point of contact for all questions related to COVID-19. Athletic questions related to the Athletic Health & Safety Plan may be communicated to the Athletic Director. All parents, athletes, officials, and coaches may use the following contact information.

- Ivan Quinones West York Area School District Coordinator, Safety & Security
1891 Loucks Rd Suite 100 York, PA 17408 E-mail: iaquinones@wyasd.org Telephone:
717-792-2796
 - Brett Altimore West York Area School District Interim Athletic Director 1800 Bannister
St. York PA 17404 Email: bmaltimore@wyasd.org Telephone: 717-505-0911
2. All coaches must review and consider the CDC and DOH guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on safety protocols for competition and limiting contact when possible in close contact sports.
 3. All coaches and students-athletes and parents will acknowledge that they have read and understand the WYASD Athletics Health and Safety Plan and willingly agree to comply with the stated recommendations put forth by WYASD to limit the exposure and spread of COVID-19 and other communicable diseases. This acknowledgement will be recorded via the West York Area School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19
 4. The plan of action in the event an athlete, coach, or official falls ill with COVID-19 symptoms during practice, event, or during transportation to or from an event will include the following and be made publicly available, and will be explained to the entire sport community.
 - Every effort will be made to isolate the ill individual from others, until the individual can leave the school or the event
 - If the individual is a student, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
 - The ill individual will be asked to contact their physician or appropriate healthcare professional for direction
 - Further mitigation will be determined by the WYASD in consultation with Pennsylvania Department of Health
 5. WYASD athletic teams will educate all athletes, staff, and families about the symptoms of COVID-19 and when to stay home. Athletes will be educated on proper hand washing and sanitizing.
 - [Coronavirus \(COVID-19\) Video Course](#)
 6. Based on the “*Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings*”, everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 (Exceptions to Face Covering Requirement) of the Order. The Order provides an exception in section 3 that provides that if wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition or a disability. The order indicates all alternatives to wearing a face covering, including the use of a face shield, should be exhausted before an individual is excepted from this Order. Coaches and athletes must maintain appropriate social 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 should not congregate unless necessary for the facilitation of a contest. According to Section 3, the athlete would be asked to work through alternatives that would reduce or eliminate the respiratory droplets that would impact others in

proximity. If the sport, equipment, or exertion level does not allow for face covering to be worn safely then the athlete should not wear a face covering.

7. For purpose of the Health and Safety Plan, “face-covering” or “mask” means covering the nose and mouth with material that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face. The material of the face-covering can be made of a variety of synthetic or natural fabrics, including cotton, silk, or linen; provided, however, the face-covering material cannot be sheer, see-through, mesh, or contain openings that do not significantly reduce the person-to-person transmission of COVID-19. The use of masks will adhere to Board Policy 221 whereby the administration reserves the right to determine the appropriateness of attire (face-covering). Students refusing to wear an appropriate face-covering shall be excluded from in-person instruction and related activities at school, and instead shall be assigned to participate in the virtual education program.
8. Coaches and athletic staff must screen and monitor athletes for symptoms prior to games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, a parent or guardian must be contacted and they must be sent home. If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP).

Return to Play (RTP) Procedures (form attached)

After COVID-19 infection athletes will complete the progression steps without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

9. 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. Watering systems and fill stations may be utilized provided all sanitary protocols are being met and that only the filling of personal bottles is occurring.
10. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
11. 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.
12. Whenever possible, equipment and other personal items will be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
13. 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.
14. WYASD sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained.
15. Each individual game or practice at a complex must adhere to the gathering occupancy limits of up to 10% indoors and 15% outdoors based on venue capacity levels and shall comply with any applicable spectator limit standard for indoor or outdoor venues.

16. No Concession will be offered at athletic events.
17. WYASD indoor training or sports may only be conducted by teams' subject to supervision or regulation of the PIAA, YAIAA. or National Federation of State High School Associations, and only in accordance with guidance provided by those governing bodies.
18. WYASD will begin by limiting games, scrimmages, and matches to teams in its region first and will expand beyond regional play when authorized.
19. Coaches will create a back-up staffing plan which will include cross-training staff and coaches and training all coaches on safety protocols.
20. Teams charging admission will limit cash transactions to the extent possible and find alternative ways to charge admission.
21. WYASD Athletics Department will create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities.
 - Establish protocols to ensure staggered pick-up and drop-off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop-off.
 - Pick-ups and drop-offs should remain outside. Parents should not enter the facility.
22. WYASD sports team will attempt to identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.
23. Locker rooms may be utilized for the storage of equipment and the immediate changing of clothing by athletes. Mask use is required and sanitizing of hands prior to entry is mandated. Social distancing is required and a coach must be present to ensure these protocols are adhered to at all times. No more than 25 individuals are permitted in a locker room at one time.

CLASSIFICATION OF SPORTS

High Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts), dance.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football.

Low Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer, marching band.

High/Moderate Risk Sports may move to a Low Risk category with non-contact modifications. Team activities should be limited to individual skill development drills that maintain social distancing.

LEVELS OF PARTICIPATION

Level 1 (No activities permitted by PIAA)

Team Activities: No in-person gatherings allowed, athletes and coaches may communicate via

online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning. Athletes and coaches will abide by guidelines set forth by the local and state governments.

Level 2 (as permitted by PIAA)

Team activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.

Level 3 (as permitted by PIAA)

Team activities may include: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

OTHER CONSIDERATIONS

Transportation

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van

- Social distancing on a bus
- Mandatory mask use

These potential modifications will be determined by the WYASD school district, transportation companies, Pennsylvania Department of Education, State and Local governments.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the District, PIAA, state and local governments.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The WYASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken to not expose students to unnecessary or potential high-risk exposure.

Return of student or staff to athletics following a COVID-19 diagnosis?

- The student or staff member should have medical clearance from their physician or appropriate healthcare professional and determined to be non-contagious and symptom-free.

COMMUNICATION

Staff, coaches, parents, and athletes will receive communication including but not limited to the following information through various methods:

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoiding touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc. The content of this Return to Sport Guidelines Document.
- Any pertinent COVID-19 information

- released by state/local governments, NFHS, and PIAA. ○ Limit indoor activities and the areas used.
- Locker room use protocols ○ Facility showers cannot be used. ○ Students should come dressed for activity.
- Student-athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students will be allowed in training areas without the presence of an athletic trainer.

RESOURCES:

National Federation of State High School Associations (NFHS)

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

Centers for Disease Control and Prevention

Website: [CDC Corona Virus 2019](#)

“What You Should Know About COVID-19 to Protect Yourself and Others”, “Schools Decision Tree”

PA Department of Health

Website: health.pa.gov

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public <https://www.governor.pa.gov/covid-19/sports-guidance/>

Guidance for Businesses in the Restaurant Industry

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

WHAT IS CONTACT TRACING?

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

West York Area School District



West York Area School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics 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, WYASD 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, and their families. WYASD has created a comprehensive athletics health and safety plan in order for student athletes return to sports related activities safely. We ask all our coaches, student athletes and families to read the WYASD Athletics Health and Safety plan prior to participating in any sport related activity. The WYASD has been approved by our Board of School Directors and is posted on the WYASD Athletics website at <https://www.wyasd.org/athletics> As knowledge regarding COVID-19 is constantly changing, WYASD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators.

By signing this form, the undersigned acknowledges that that they have read and understand the WYASD Athletics Health and Safety Plan and willingly agree to comply with the stated recommendations put forth by WYASD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the student/coach is in good physical condition or believe student/coach to be in good physical condition and allow participation in this sport at our own risk. Failure by a coach, student athlete and/or family member may result in immediate removal from the activity and possible suspension from future activities.

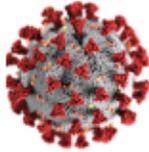
Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

Signature of Coach: _____ Date: _____

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



Know about COVID-19

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



Know how COVID-19 is spread

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



Protect yourself and others from COVID-19

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



Practice social distancing

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



Prevent the spread of COVID-19 if you are sick

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



Know your risk for severe illness

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



CS 314037A 06/11/2020

cdc.gov/coronavirus

West York COVID-19 Return to Play Form

If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP).

Athlete's Name: _____ DOB: _____ Date of Positive Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return (Please check below as applies)

- 10 days have passed since symptoms first appeared and symptoms have resolved (No fever ($\geq 100.4F$) for 24 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath) OR was asymptomatic for 10 days following positive test.
- Athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no:)
 - Chest pain/tightness with exercise YES NO
 - Unexplained Syncope/near syncope YES NO
 - Unexplained/excessive dyspnea/fatigue w/exertion YES NO
 - New palpitations YES NO
 - Heart murmur on exam YES NO

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, or Cardiology Consult.

- Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.
- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____

Return to Play (RTP) Procedures After COVID-19 Infection

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

- Stage 1: Day 1 and Day 2 - (**2 Days Minimum**) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- Stage 2: Day 3 - (**1 Day Minimum**) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- Stage 3: Day 4 - (**1 Day Minimum**) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- Stage 4: Day 5 and Day 6 - (**2 Days Minimum**) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- Stage 5: Day 7 - Return to full activity/participation (I.E. - Contests/Competitions)

Cleared for Full Activity/Participation by School Personnel (Based on RTP Stages): _____

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

UPDATED: 11/16/2020