

Norwin Athletic Department

Health and Safety Plan

Summer 2020 Activities

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, has 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, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

Norwin School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. NSD 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 and student-athletes during summer 2020 activities. Norwin School District has created an Athletics Task Force to help coordinate an independent response for summer 2020 activities. For the purpose of this document, activities governed by this policy will include athletic programs and marching band. This task force includes the following individuals:

- Athletic Director
- Athletic Trainers
- Team Physicians (Norwin & Excelsa)
- School Nurse
- Principal
- Director of Facilities & Property Services

As per the PA Governor's statement on June 10, 2020, each school entity must develop and adopt an Athletics Health and Safety Plan that aligns with the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools. Norwin School District has developed a plan that includes provisions within the Governor's plan, approved by the Board of Education, and posted on the school website. **Teams will submit individualized practice plans outlining how they will comply with the Athletics Health and Safety Plan for each phase in order for their student-athletes to participate and maintain the health and safety of the athletic population.**

Family ID will include a COVID-19 Waiver for all participants to sign prior to beginning summer 2020 activities.

General Recommendations/Guidelines

- Athletes, Coaches and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19.
- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a face covering when feasible (face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face

coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.

- Intensify cleaning, disinfection and ventilation in all facilities.
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
- Educate Athletes, Coaches, and Staff on health and safety protocols.
- Require anyone who is sick to stay at home.
- Plan for if a student or employee gets sick.
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
- Athletes and Coaches are required to provide their own hydration (water bottle). Water bottles must not be shared.
- Personal Protective Equipment-PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
- Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunosuppressed
 - Obesity
 - Diabetes
 - Kidney or liver disease

Approvals:

- Teams will submit individualized practice plans outlining how they will comply with the Athletics Health and Safety Plan for each phase in order for their student-athletes to participate and maintain the health and safety of the athletic population. The Athletics Task Force must approve each individual plan before the next phase can commence.
- The Athletics Task Force must approve each programs advancement into the next phase.
- Regardless of when each individual team begins summer 2020 activities, they must progress through each phase adhering to the length requirements of each phase.

Facilities:

- All District facilities other than playgrounds and general campus walking will remain closed to public use. Exception – Tennis courts will be available when not in use by the school program.
- Only essential team personnel will be permitted to attend activities.

Education (Week of June 22, 2020 or later):

Staff Members, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone blasts, etc.):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, coughing in your elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this “Return to Sport” Practice Guidelines Document
- Any additional pertinent COVID-19 information released by state/local governments, NFHS, and the PIAA.

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), boys lacrosse

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, girls lacrosse, field hockey

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 use by competitors.

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

Westmoreland County - Green Phase as of 6.05.2020

Positive Symptoms:

Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19? :

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix)

Symptoms may include:

- 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

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)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- 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. See Information in Appendix

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?:

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

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

- Student and/or staff should have a written 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.

APPENDIX B

Waiver

**to be included in FamilyID*

FAMILYID REGISTRATION AGREEMENT:

Assumption of Risk and Waiver of Liability Relating to Coronavirus / COVID-19

The novel of coronavirus, COVID-19 has been declared worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing, in many location prohibiting the congregation of groups of people.

Norwin School District has put in place preventative measures to reduce the spread of COVID-19; however, Norwin School District cannot guarantee that your children will not become infected with the COVID-19. Furthermore, attending summer 2020 activities could increase the risk of contracting COVID-19 even with the preventative measures.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child may be exposed to or infected by COVID-19 by attending summer training and practices and that such exposure can cause illness. I understand the risk of becoming exposed to or infected by COVID-19 may result from attending summer training and practices.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for an injury or illness and claim liability or expense of any kind that my child may experience in connection to Norwin School District. On my behalf and on the behalf of my child, I hereby release covenant not to sue, discharge and hold Norwin School District and any representatives of the district responsible for claims including all liabilities claims actions damages costs or expenses of any kind arising out of or relation thereto. I understand and agree that this release included any claims based on the actions, omissions or negligence of Norwin School District and representatives whether a COVID-19 infection occurs before, during or after participation in any Norwin athletic program.

Yes, I agree*

Electronic signature*

Parent/Guardian - Signatory must be 18 years of age or older

APPENDIX C

Resources

PA 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" released June 10, 2020

UPMC Sports Medicine Playbook: Return to Sports during COVID-19 Minimum Guidelines (High School)
Published online 5/28/2020.

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

PA Department of Health – "Coronavirus Symptoms"

PA Department of Health – "What is Contact Tracing"

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

Centers for Disease Control – "What You Should Know About COVID-19 to Protect Yourself and Others"

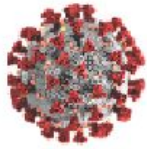
Centers for Disease Control – "Schools Decision Tree"

PA Department of Health – "Coronavirus Symptoms"

PA Department of Health – "What is Contact Tracing"

PA Department of Health – "Phased Re-Opening Plan by Governor Wolf"

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 cloth face covering 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.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

BACKGROUND

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

WHAT DOES THIS PROCESS LOOK LIKE?

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

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

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

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website, www.health.pa.gov or help is available, contact the Crisis Text Line by texting **PA to 741-741**

Norwin Cross Country

R.T.P. (Return to Practice) Plan

*****ALL SUMMER CONDITIONING is OPTIONAL*****

--As a parent, it is up to you and your child to determine if you opt to participate. Your child's health and safety is #1 concern and all measures will be taken to ensure safety. Athletes failure to adhere to safety standards will result in your child's removal from summer conditioning.



Phase 1 – (1 Week):

Dates: Monday June 29, 2020 @ Norwin High School (time TBD)

Pre-workout Screening:

- ATHLETES should NOT show up for practice if experiencing any symptoms!!!!
- Norwin Athletic Trainer will be present for practice.
- All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to each workout. Screenings will include a temperature check. (See Appendix for example of COVID-19 Screening)
 - Temperature will be taken from Coach Fleckenstein upon arrival throughout the entire week. A temperature of $>100.4^{\circ}\text{F}$ will be isolated and sent home.
- Responses to screening questions for each person will be electronically recorded (Google form) and stored (Google Drive). All responses will be saved and recorded for tracking purposes only.
- Any person who screens with positive symptoms will be isolated (outside of stadium by front entrance) and not permitted to take part in workouts until they are symptom free for 24 hours and must receive approval from Athletic Task Force personnel prior to returning. Parents/Guardians will be notified by Athletics Task Force
 - *COVID-19 positive: any athlete who tests positive for COVID-19 will be quarantined for a minimum of 14 days and will require a clearance by a health care professional before returning to athletics*

Limitations on Gatherings:

- Masks will be worn by coaches/ athletes when social distancing not possible
- No gathering of more than 50 athletes for outdoor activities.
 - For Week 1, groups will be no more than pods of 10 for outdoor activities.
- Social Distancing will be applied during practices and gathering areas
- NO PARENT or SPECTATORS or FAMILY MEMBERS permitted at practice.

Facilities Cleaning:

- Adequate cleaning schedules have been implemented for all athletic facilities to mitigate any communicable disease (Infectious Disease Recommendations were already in place)
- Athletic Facilities will be cleaned after workouts and team gatherings, high touch areas will be cleaned more often, as supplies are available.
 - Examples of appropriate cleaning agents- Disinfectant Wipes, Diluted Bleach solutions,
 - Fitness Center and/or Weight Room Equipment = NOT USED AT THIS POINT
- Appropriate clothing/shoes must be worn at all times

Physical Activity and Athletic Equipment:

- Students will be asked to refrain from sharing clothing/towels and be washed after each practice, including pinnies, practice jerseys, etc.
- Athletic equipment will NOT be shared
 - Athletes should bring OWN towel and water bottle and keep in social distanced area
 - Pending numbers, athletes will be given band to take home for personal use for summer
- Hand Sanitizer will be used periodically as resources allow.
 - Example: Hand Sanitizer stations, individual hand sanitizer pumps

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.

Phase 2 – (1 Week):

Dates: Mon. July 13 @ B-Y Park Heritage Trail @ 6:30 pm & Wed. July 15 @ Oak Hollow @ 6:30 pm

Pre-workout Screening:

- ATHLETES should NOT show up for practice if experiencing any symptoms!!!!
- NO Norwin Athletic Trainer will be present for practice.
- All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to each workout. Screenings will include a temperature check. (See Appendix for example of COVID-19 Screening)
 - Temperature will be taken from Coach Fleckenstein upon arrival throughout the entire week. A temperature of >100.4°F will be isolated and sent home.
- Responses to screening questions for each person will be electronically recorded (Google form) and stored (Google Drive). All responses will be saved and recorded for tracking purposes only.
- Any person who screens with positive symptoms will be isolated (to car or designated area in park away from group) and not permitted to take part in workouts until they are symptom free for 24 hours and must receive approval from Athletic Task Force personnel prior to returning. Parents/Guardians will be notified by Athletics Task Force
 - *COVID-19 positive: any athlete who tests positive for COVID-19 will be quarantined for a minimum of 14 days and will require a clearance by a health care professional before returning to athletics*

Limitations on Gatherings:

- Masks will be worn by coaches/ athletes when social distancing not possible
- No gathering of more than 50 athletes for outdoor activities.
- Social Distancing will be applied during practices and gathering areas
- Strength work & warm up will be done with social distancing measures and NO social gatherings before or after practices.
- NO PARENT or SPECTATORS or FAMILY MEMBERS permitted at practice.

Facilities Cleaning:

- Due to being in public park, tables will be sprayed down prior to arrival: however, personal items are best kept in cars & water bottles stored in socially distant low traffic areas (under tree, in grass, etc.)
- Appropriate clothing/shoes must be worn at all times

Physical Activity and Athletic Equipment:

- Students will be asked to refrain from sharing clothing/towels and be washed after each practice
- Athletic equipment will NOT be shared
 - Athletes should bring OWN towel and water bottle and keep in social distanced area
 - Pending numbers, athletes will be given band to take home for personal use for summer
- Hand Sanitizer will be used periodically as resources allow.
 - Example: Hand Sanitizer stations, individual hand sanitizer pumps

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may NOT be used.

Phase 3 – (remainder of summer July 20-Aug. 16th):

Dates: MONDAYs.....July 20, 27, Aug. 3, 10 @ B-Y Park Heritage Trail 6:30-8:00 pm

WEDNESDAYs.....July 22, 29, Aug. 5, 12 @ Oak Hollow Park 6:30-8:00 pm

Pre-workout Screening:

- ATHLETES should NOT show up for practice if experiencing any symptoms!!!!
- NO Norwin Athletic Trainer will be present for practice.
- All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to each workout. Screenings will include a temperature check. (See Appendix for example of COVID-19 Screening)
 - Temperature will be taken from Coach Fleckenstein upon arrival throughout the entire week. A temperature of >100.4°F will be isolated and sent home.
- Responses to screening questions for each person will be electronically recorded (Google form) and stored (Google Drive). All responses will be saved and recorded for tracking purposes only.
- Any person who screens with positive symptoms will be isolated (to car or designated area in park away from group) and not permitted to take part in workouts until they are symptom free for 24 hours and must receive approval from Athletic Task Force personnel prior to returning. Parents/Guardians will be notified by Athletics Task Force
 - *COVID-19 positive: any athlete who tests positive for COVID-19 will be quarantined for a minimum of 14 days and will require a clearance by a health care professional before returning to athletics*

Limitations on Gatherings:

- Masks will be worn by coaches/ athletes when social distancing not possible
- No gathering of more than 50 athletes for outdoor activities.
- Social Distancing will be applied during practices and gathering areas
- Strength work & warm up will be done with social distancing measures and NO social gatherings before or after practices
- NO PARENT or SPECTATORS or FAMILY MEMBERS permitted at practice.

Facilities Cleaning:

- Due to being in public park, tables will be sprayed down prior to arrival: however, personal items are best kept in cars & water bottles stored in socially distant low traffic areas (under tree, in grass, etc.)
- Appropriate clothing/shoes must be worn at all times

Physical Activity and Athletic Equipment:

- Students will be asked to refrain from sharing clothing/towels and be washed after each practice
- Athletic equipment will NOT be shared
 - Athletes should bring OWN towel and water bottle and keep in social distanced area
 - Pending numbers, athletes will be given band to take home for personal use for summer
- Hand Sanitizer will be used periodically as resources allow.
 - Example: Hand Sanitizer stations, individual hand sanitizer pumps

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may NOT be used.