Fox Chapel Area School District

Special Meeting

August 3, 2020

Athletic Department Resocialization of Sports Plan (Revised)
INTRODUCTION

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

The FCASD will take the necessary precautions and recommendations from the federal, state, and local governments; Centers for Disease Control and Prevention; National Federation of State High School Associations; and the PIAA. The FCASD 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 and middle levels 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 may jeopardize an athlete’s ability to participate.

- The head athletic trainer has been designed as the pandemic coordinator for athletics for all questions related to COVID-19, and all parents, athletes, officials, and coaches will be provided his contact information (john_panos@fcasd.edu). The team doctor will be consulted on all matters and questions related to COVID-19.

- The Fox Chapel Area School District athletics department has developed a plan of action in the event an athlete, coach, or official falls ill; will make the plan publicly available; and explain it to the entire sport community.

- Staff, coaches, athletic trainers, and athletes will be educated about the symptoms of COVID-19 and when to stay home through posters, flyers, and meetings. Athletes also will be educated on proper hand washing and the disinfection of equipment and facilities.
• During off-season summer activities, coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks 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

A daily log will be kept with the aforementioned information. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they will be sent home.

• Coaching staff and other adult personnel will wear face coverings (masks or face shields) when working in close proximity (within 6 feet) of athletes. Face masks may not be worn if it jeopardizes a coach’s health. In that case, a social distance of at least 6 feet should be maintained.

• 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. 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 summer conditioning/workouts.

• All athletes, coaches, and officials must bring their own water and drinks to team activities. Athletes should bring multiple water bottles with their name on it. Team water coolers for sharing through disposable cups are not allowed. Water fountains should not be used.

• 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.
• 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.

• Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment will be properly disinfected between uses.

• If multiple games 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, as a whole, may not exceed 50% of total occupancy permitted by law.

• Booster-run concession stands and other food provided to athletes must adhere to the Guidance for Businesses in the Restaurant Industry.

OTHER RECOMMENDATIONS

Facilities Cleaning/Sanitation
• 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 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.

Transportation
Modifications for student/coach transportation to and from in season athletic events may be necessary. These may include:

• Reducing the number of students/coaches on a bus/van. Additional buses and vans may be necessary.
• Using hand sanitizer upon boarding a bus/van.
• Social distancing on a bus.

These potential modifications will be determined by the school district, bus companies, and state and local governments at a later date.
WHO SHOULD BE ALLOWED AT EVENTS?

The FCASD athletic 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
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-Essential) – Spectators/boosters
   - Only Tier 1 and 2 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.
   - Seating areas, including bleachers, will adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household once spectators are permitted. To assist with proper social distancing, areas will be clearly marked. It is recommended the adults wear face coverings (masks or face shields) when in close proximity to others.
   - Once state and/or local governments lift restrictions on mass gatherings, caregivers or spectators will be prohibited to enter the field of play or bench areas.
   - We will follow capacity guidelines for the number of individuals permitted in indoor and outdoor venues.

OVERNIGHT/OUT OF STATE EVENT/EVENTS IN COVID-19

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

SUMMARY
Custodial Actions:

1. 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, concession stands, officials’ locker rooms, and water fountains.
2. Provide informational signage at all restrooms, locker rooms, and training rooms on how to prevent the spread of COVID-19.
3. Ensure weekend (Saturday) and weekday (evenings) custodial coverage during all seasons/events to clean all athletic areas.
4. Provide additional hand sanitizer in locker rooms, athletic training rooms, press box, ticket collection areas, and scorers tables.
5. 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:

1. Practice social distancing.
2. Mandatory PIAA pre-participation physicals will be required prior to the start of the fall sports season (August 10, football; August 17, all high school sports; August 19, all middle school sports). Physicals will be given to those interested athletes on August 3, 2020 at the high school field house.
3. Access to the fieldhouse will only be permitted during the defined PIAA season, utilizing the stadium field side of the building. No other door access will be granted.
4. During off-season workouts, no athletes will be permitted to maintain a locker at the fieldhouse or any athletic area.
5. Maintain a clean locker (season only).
6. Masks or face coverings will be required in all common areas, the athletic training room, locker rooms, etc. Masks/face coverings must be worn unless athletes are outdoors and can consistently maintain social distancing of at least six (6) feet. Athletes are not required to wear face coverings during workouts/competitions, but must wear face coverings when on sidelines, or in dugouts, etc. or anytime social distancing of six (6) feet is not possible.
7. Avoid touching your face as much as possible.
8. Wash clothes often (No clothing should remain in lockers nightly during the season).
9. Do not share towels, razors, and other personal hygiene items.
10. Follow good hygiene practices, such as washing hands frequently and use hand sanitizer when available.
11. Bring a personal water bottle (with name on it), as no bottles will be permitted to be shared. It is recommended that all athletes bring multiple water bottles to practices/games.
12. Athletes should not arrive prior to practice more than 15 minutes in advance of in or out of season practices.
13. Limited occupancy of locker rooms may be necessary during the season.
14. Work with coaches to assist in disinfecting sports equipment that is used during workouts.
15. Athletes will be required to submit to health screenings as outlined in this document on a daily basis. (Temperature/Screen Questions)
16. Athletes must provide written medical clearance from their medical doctor, physician assistant or CRNP in the event he/she is diagnosed with COVID-19.
17. Return to athletics can begin once the individual is determined by a medical doctor, physician assistant or CRNP to be non-contagious, fever free (without
fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

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

1. Coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks coupled with a number of screening questions.
2. Results will be maintained by the coaches and submitted to the athletics office. This will be a routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings. Head coaches are responsible for designating a staff member both in and out of season to take temperatures/monitor for COVID symptoms for each scheduled workout/practice.
3. Practice social distancing with athletes and other staff members.
4. Masks or face coverings are required in all common areas, the athletic training room, locker rooms, etc. Masks/face coverings must be worn unless coaches are outdoors and can consistently maintain social distancing of at least six (6) feet.
5. It is recommended for coaches to create waves/pods for students to attend workouts during the offseason. If a full team workout occurs, it is preferred that the teams work in small groups with proper social distancing measures.
6. Coaches may be responsible for monitoring the number of students in the locker rooms during the season in order to promote social distancing. This may include limiting access to buildings both before and after practices and games.
7. With the use of each piece of shared sports equipment all items will be disinfected at the conclusion of use in conjunction with the athletes’ assistance.
8. Assistance with monitoring access to the fieldhouse during the season may be required.
9. Wash/sanitize hands regularly.
10. Provide proper guidance to student-athletes on proper handwashing techniques, as outlined in the beginning of the document.
11. Coaches must provide written medical clearance from their medical doctor, physician assistant or CRNP in the event he/she is diagnosed with COVID-19.
12. Return to coaching can begin once the individual is determined by a medical doctor, physician assistant or CRNP to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.
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.

1. Limit athletes/coaches training room occupancy to promote social distancing.
2. Athletic Trainers are 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 social distancing practices.
3. Clean and disinfect all hard surfaces which include, but are not limited to, training tables, taping tables, door knobs, and other equipment that is utilized during routine sports participation for athletes.
4. No unsupervised admittance to the training room.
5. Provide proper guidance to student-athletes on proper handwashing techniques, as outlined in the beginning of the document.
APPENDIX:

Fox Chapel Area Athletic Department
Athlete and Staff COVID-19 Daily Screening

Name:________________________________________  Date:___________
Team(s):__________________________________________

Students/Coaches should self-report as deemed necessary prior to each practice/event. Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

For the column “Close Contact” the answer should reflect the following question: Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.) If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

<table>
<thead>
<tr>
<th>Name</th>
<th>Temp. 100.4</th>
<th>Fever/Chills</th>
<th>Cough</th>
<th>Sore Throat</th>
<th>Short of Breath</th>
<th>Loss Taste/Smell</th>
<th>Vomiting</th>
<th>Diarrhea</th>
<th>Close Contact ***</th>
</tr>
</thead>
</table>