

Selinsgrove Area School District
Resocialization of Extracurricular Activities Recommendations

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

If changes are needed to the document, the Selinsgrove Area School District Superintendent without the approval of the Selinsgrove Area School Board may adjust this document based on the current guidelines from the federal, state, local governments, CDC, PA DOH and PIAA.

INTRODUCTION

The COVID-19 pandemic has presented schools 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.

The SASD will take precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The SASD 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.

Prior to a student's being allowed to participate in a SASD activities, the parent and student must sign a participation waiver for communicable diseases including COVID-19.

RECOMMENDATIONS

Recommendations for Extracurricular Activities:

1. Advisors, coaches and participants will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap).
3. Face covering are required by advisors, coaches and participants when social distancing cannot be met. When participants are actively engaged, face covering can be removed.
4. Intensify cleaning, disinfection, and ventilation in all facilities.
5. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
6. Educate advisors, coaches and participants on health and safety protocols.
7. Anyone who is sick must stay home.
8. Plan in place if an advisors, coach or participant gets sick.

9. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
10. Advisors, coaches and participants MUST provide their own water bottle for hydration. Water bottles must not be shared.
11. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
12. Concession must adhere to the Guidance for Businesses in the Restaurant Industry.

LEVELS OF PARTICIPATION

Level 1

We will only use this level if we move back to Red.

- Activities: No In-person gatherings allowed, advisors and coaches may communicate via online meetings (zoom, google meet, etc.), students may participate in individual home workouts including strength and conditioning.
 - All school facilities remain closed as per PA State Guidelines.

Level 2

This will be the starting point for all teams. We will stay at this level for a minimum of two weeks (July 17).

Pre-workout Screening:

- All advisors, coaches and participants should be screened for signs/symptoms of COVID-19 prior to all activities. The screenings could range from a verbal/written questionnaire to a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be permitted on school district property and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- **Outdoors**
 - Only advisors, coaches and participants will be permitted to attend activities.
 - Limited Contact Practices. High emphasis on skill development.
 - Locker Room access will be limited to 25 individuals including advisors and coaches.
 - No Concession Stands.
 - When not directly participating in practices or contests, social distancing should be considered and applied when able.

- **Indoors**
 - No gathering of more than 25 individuals including advisors and coaches indoor facilities per space. Only advisors, coaches and participants will be permitted to attend activities.
 - No gathering of more than 15 individuals including advisors and coaches for Weight Rooms and Wrestling Rooms Only advisors, coaches and participants will be permitted to attend activities.
 - Limited contact practices. High emphasis on skill development.
 - Locker Room access will be limited to 25 individuals including advisors and coaches.
 - No Concession Stands.
 - When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities and equipment.
- Facilities and equipment should be cleaned between each group access to the facility.
- Shared Equipment should be wiped down after an individual's use.

General Guidelines:

- Students should refrain from sharing clothing/towels and lines should be washed after each activity.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap)
- Students MUST bring their own water bottle. Water bottles must not be shared. Limit indoor activities and the areas used.
- Participants 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 allowed in training rooms without the presence of an athletic trainer

Level 3

Will move to this level after completing level 2.

Pre-workout Screening:

- All advisors, coaches and participants should be screened for signs/symptoms of COVID-19 prior to all activities. The screenings could range from a verbal/written questionnaire to a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be permitted on school district property and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- **Outdoors**
 - Only advisors, coaches and participants will be permitted to attend activities.
 - Normal practices and inter-squad scrimmages are allowed.
 - Locker Room access will be limited to 25 individuals including coaches.
 - Concession Stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.
 - When not directly participating in practices or contests, social distancing should be considered and applied when able.

- **Indoors**
 - No gathering of more than 25 individuals including advisors and coaches indoor facilities per space. Only advisors, coaches and participants will be permitted to attend activities.
 - No gathering of more than 15 individuals including advisors and coaches for Weight Rooms and Wrestling Rooms Only advisors, coaches and participants will be permitted to attend activities.
 - Limited contact practices. High emphasis on skill development.
 - Locker Room access will be limited to 25 individuals including advisors and coaches.
 - No Concession Stands.
 - When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities and equipment.
- Facilities and equipment should be cleaned between each group access to the facility.
- Shared Equipment should be wiped down after an individual's use.

General Guidelines:

- Students should refrain from sharing clothing/towels and lines should be washed after each activity.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap)
- Students **MUST** bring their own water bottle. Water bottles must not be shared. Limit indoor activities and the areas used.
- Participants 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 allowed in training rooms without the presence of an athletic trainer

Level 4

Regular Season for PIAA Sports:

- We will follow all guidelines set out by the PIAA and the Governor's office starting on August 10th, 2020 for Football and August 17th, 2020 for all other fall sports.

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. Symptoms may include:

- Fever or chills (100.4 or High)
- 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.

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 or staff should have medical clearance from their physician or appropriate healthcare professional.

EDUCATION

Advisors, coaches and participants will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid 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.