

Panther Valley JrSr High School Athletics

COVID-19 Athletics Department Guidelines

This is NEW for all of us. Follow recommendations and guidelines. Ask Questions. Don't jeopardize the district, yourself, our students, parents etc. Use your best judgment.



GUIDELINES EFFECTIVE JULY 1ST, 2020
Policies and procedures adopted from PIAA, CDC, and SLUHN

Daily Expectations for ALL:

1. Educate athletes, coaches, and staff on health and safety protocols. Anyone who is sick **MUST** stay home. Consistently provide reminders to students and staff. If sick, STAY HOME!!!!
2. Information shall be provided to parents/guardians and student-athletes of COVID-19 signs/symptoms, athletics' department guidelines, and healthy habits.
3. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
4. Inside - No use of locker room for changing/showering. Individual accommodations for students who need to report to work immediately after and/or do not have home access can be provided on an individual basis.
5. Slowly get your athletes back into the groove of working out. Athletes may be deconditioned more than normal, so start slow, monitor students who may be struggling as they return to activity. Extra care if the temperature or humidity outside/inside is high.
6. Don't make students feel they will jeopardize future playing time if they don't attend open gym/practice/game if they are not feeling well, or are unable to attend workouts safely.
7. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. Receive physician clearance/guidance as needed and recommendations from the sports medicine staff.
 - A. Athletes and staff who should consider delaying their participation in sports and activities are those with any of the following:
 - Diabetes
 - Chronic Lung Disease (including asthma)
 - Sever obesity (BMI >40)
 - Chronic kidney disease
 - Cardiac conditions
 - Immunocompromises (transplant recipients, immunosuppressant medications)
 - Individuals aged 65 or older
 - If there is a concern that someone is immunocompromised or has any concern regarding their risk in terms of participation in sports and activities, they should consult their health care provider prior to returning to sports.

COVID-19 Screening:

1. Everyone MUST go through a written screening (symptom checklist, history exposure, temperature measure)

A. Anyone above 100.4 should be sent home, and quarantined prior to any practice, event, workout, team meeting, etc. to check for signs of COVID.

B. Daily screening shall be performed by the athletic trainer(s) or head coach. Use the COVID-19 daily screening form provided by the school. It is imperative that individuals are asked all of the questions on a daily basis to ensure we are receiving honest responses.

1.) Make sure it is dated and signed by the assessor.

2.) Assessor shall make sure that the screening is occurring in a shaded area, out of direct sunlight. Please make sure that individuals awaiting screening are practicing social distancing.

2.) If (+) for any symptom, close contact, or fever (100.4 or higher), student must immediately be sent home and quarantined in the designated 'isolation zone'. If a parent/caregiver is not present at the time of screening, an athletic trainer or assistant coach shall escort the individual to a designated isolation room (noted above) away from others while masking.

3.) For high school/weight room affiliated activity: student-athletes will be quarantined on the softball field bleachers until proper transportation to their home can occur.

4.) Student-athletes that cannot return home immediately shall remain in place until able to do so. Accommodations for extended quarantine procedures can occur on an as needed basis.

5.) For intermediate school activity: student-athletes will be quarantined in the intermediate school nurse's office until proper transportation to their home can occur.

6.) If the student-athlete is driving, they should immediately return to their vehicle and return home.

7.) The individual shall be directed to contact their HCP/PCP for evaluation and/or testing. For those without a HCP, they can be directed to a local COVID-19 hotline. SLUHN (1-866-785-8537, option 7) or LVHN (1-888-402-5846).

8.) Individuals who are sent home are **REQUIRED** to receive physician clearance (DO, MD, CRNP, or PA-C) prior to returning to athletics' participation.

2. In the event of a positive COVID-19 test, the following guidelines have been adopted from St. Luke's to ensure the safety and wellbeing of others:

A. Consistent with applicable law and privacy policies, coaches, staff, officials, and families of athletes (when feasible) shall self-report to the school district if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 in the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations.

B. Those who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) should be advised to stay home and self-monitor for

symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contact should be excluded from practice for 14 days. Close contact is defined as having close (within 6ft) and prolonged (> 30 minutes) contact with the COVID-19 patient.

C. Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them.

D. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct usage of cleaning and disinfecting products.

E. Implement and provide notification to notify health officials and close contacts of cases of COVID-19. HIPAA compliance shall be maintained at all times.

F. PVSD is not responsible for testing for COVID-19, but shall screen for symptoms of COVID-19.

G. St. Luke's athletic trainers can assist individuals in receiving care/testing, if warranted.

*CDC does not recommend isolation of contacts of a person being evaluated for COVID-19 until the diagnosis is confirmed.

3. Screenings shall be placed in the 'DAILY SCREENING' binder located within Kristin's office. Accurate recordkeeping is imperative to ensure compliance with CDC and PIAA guidelines.

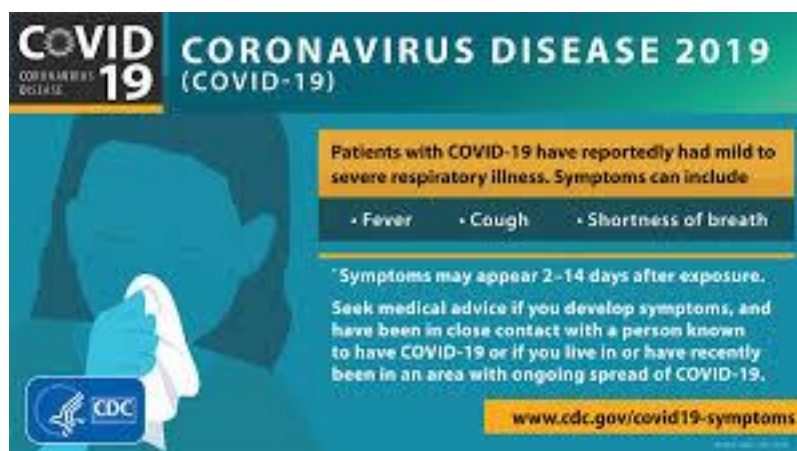
4. Individuals shall be screened outside of the practice facility to prevent close contact and to promote social distancing.

5. Please see Appendix C for the screening checklist.

6. Symptoms may appear 2-14 days after exposure to the virus.

7. When to seek emergency medical attention for COVID-19:

- A. Trouble breathing
- B. Persistent pain or pressure in chest
- C. New confusion
- D. Inability to wake or stay awake
- E. Bluish lips or face



Hygiene, Hydration, and Sanitation:

1. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible (Face coverings are **HIGHLY** encouraged, when feasible). Athletics' staff shall mask at all times when on-site.
 - A. Hand sanitizer will be available for team use as resources allow.
 - B. PPE (gloves, masks, eye protection) will be used as needed and as situations warrant.
 - C. Masks will be made available to those individuals who need them. It is encouraged that individuals provide their own masks, whenever possible.
2. Athletes will take ALL of their equipment home daily and have it washed before returning to practice, open gyms, etc.
 - A. Student-athletes who do not have access to laundry facilities can make accommodations with the sports medicine staff to have this completed. Coaches can help facilitate this process with consistent communication to their team.
3. Everyone (Students/coaches) **MUST** bring their own water bottle already filled. Water fountains will not be accessible for public use. Cups/water bottles and/or water coolers will not be accessible for us.
4. Athletic Trainers shall be the only individuals utilizing the ice machines for treatment purposes only.
5. Clothing should be changed and washed following each workout session.
6. Strict cleaning guidelines shall be enforced through PVSD administration to ensure safety and compliance of all.
7. Ensure all high touch, high traffic areas are included in cleaning and disinfecting schedules.
8. Cleaning schedules/guidelines shall be posted and accessible for easy reference.
9. Workouts shall occur outdoors with maximum social distancing possible, when feasible.



New Restrictions:

1. Equipment uses at practices, open gyms, etc., must be disinfected after each session by the coaches. Please limit public equipment use and restrict sharing of equipment.
2. The athletics department will supply spray/wipes for equipment. Maintenance will be responsible for cleaning facilities overnight.
3. Weights and machines must be disinfected in between each persons' use.
4. No handshakes, celebrations, high fives, fist/elbow bumps, chest bumps, hugging, etc.
5. Provide continual reminders of ways to limit exposure to COVID-19 (hand washing, coughing in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
6. 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.
7. Workout pods shall be developed and utilized to promote minimal interaction with other teammates for as long as possible. Athletes working out in pods shall not cross contaminant or intermix with other pods until cleared to do so by the sports medicine staff and the athletic director.
8. Student-athletes shall come to practice/workouts dressed and ready to go.
9. Coaches shall promote and incorporate healthy habits for their teams including handwashing, hydration, proper sanitation, appropriate laundering, and social distancing.
10. Coaches shall demonstrate proper communication with their teams to ensure student-athletes who develop symptoms/positive testing/close contact with someone who tested positive for COVID-19 are not reporting to workouts/practice and are self-isolating.
11. Coaches and staff shall be reporting symptoms of COVID-19 or close contact with (+) testing to the athletic department to ensure they are not reporting to PV with possible infection transmission.
12. Frequent staff meetings and updates shall occur to promote effective communication.
13. Coaches shall restrict team meetings to reduce transmission.
14. Spotters during weight room workouts shall stand at each end of the bar.
15. football equipment including shoulder pads, helmets, and jerseys shall be sanitized following each use.

Athletic Training Services:

1. Athletes shall schedule a time per the athletic trainers' schedule to complete rehabilitation, pre-practice taping/wrapping/padding/bracing. Students will have access to the schedule for equal opportunity. The athletic trainers will utilize Twitter to provide schedule changes/availability, when possible.
 - A. 2 athletes at a time will be permitted in the athletic training room.
 - B. 15-minute timeslots will be available for access to the athletic trainers.
 - C. Students experiencing a medical emergency will gain primary focus.
 - D. Students will be provided at-home exercise programs, when able, to reduce in-person contact.
 - E. Student-athletes receiving care will be expected to sanitize upon entering/exiting the ATR, and wear a mask for the duration of care.
 - F. Food or drinks shall not be shared or consumed while receiving care unless medically directed to do so.
 - G. Students shall not share medications, equipment (braces/shoes/hairbands), or drinks with each other.
2. An athletic trainer will be on-site during all workouts to ensure compliance with guidelines.
3. The athletic trainer(s) shall be notified immediately if a student-athlete/staff member is sent home and/or develops symptoms of COVID-19 at any time. Contact tracing may occur following.
4. Cold water immersion tubs will not be utilized for treatment purposes UNLESS a medical emergency warrants the immediate use.
5. Athletic trainers shall wear masks and the appropriate PPE when in contact with others, until CDC guidance becomes updated.
6. Ice towels may be used for single use and properly washed following individual use.
7. Athletic training equipment will be properly sanitized/cleaned by the athletic training staff on an as used basis. Items include, but not limited to, tables, medical supplies, towels, braces, handles/light switches.
8. Athletic Trainers will have resources for COVID-19, CDC guidance, and associated conditions to provide to students, guardians, and staff, if warranted.
9. Parents/guardians shall be directed to the athletic trainer on-site for further detail/guidance, if warranted.

APPENDIX A: 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)

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

**** 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.**

APPENDIX B: 3 LEVELS OF PARTICIPATION

Level 2 (PA State Yellow or Green)

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.

Limitations on Gatherings:

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches per practice area.
- Controlled non-contact practices only, modified game rules Physical Activity:
- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High-risk sports (practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development)

Level 3 (PA State Green)

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

Physical Activity and Athletic Equipment:

- Low, Moderate, and High-Risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)

Level 4 (PA State Green)

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.

Physical Activity and Athletic Equipment:

- All sports may resume normal practice and competition

Panther Valley Athletics Department
APPENDIX C: COVID-19 Daily Screening Checklist

Name: _____ Date of Assessment: _____

In the last 14 days have you had any of the following symptoms:

Fever or chills (100.4 or higher), cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. YES _____ NO _____

If yes, please describe: _____

If yes, did you seek medical treatment. YES _____ NO _____

In the last 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 6 feet for more than 30 consecutive minutes, without PPE) YES _____ NO _____

If yes, please describe: _____

If yes, did you seek medical treatment? YES _____ NO _____

Assessor Signature _____ Date: _____

If (+) for any symptom, close contact, or fever (100.4 or higher), student must immediately be sent home and quarantined in the designated 'isolation zone'. If a parent/caregiver is not present at the time of screening, an athletic trainer or assistant coach shall escort the individual to a designated isolation room away from others while masking. Proper notification to the parent/guardians and the athletics department shall occur immediately. A letter shall be provided to the student-athlete for the next steps to take following (+) findings (appendix D).

ALL CHECKLISTS MUST BE FILED IN KRISTIN'S OFFICE DAILY.

Panther Valley Athletics Department

APPENDIX D: Exposure Risk Notice

To the parents/guardians of _____: Date: _____

_____ presented today to workouts/practice and completed the COVID-19 pre-practice screening process. During this process, they had a positive finding of: _____

Please take the next steps of action to ensure their safety and well-being.

1. Immediate removal from Panther Valley Athletics. Student-athletes should NOT be coming to ANY team organized event until cleared to do so.
2. Unless you are experiencing life-threatening symptoms, you do not need to go to the emergency room.
3. Contact their primary care physician (PCP) for guidance on the course of action to take.
4. The student-athlete shall not return to Panther Valley Athletics organized activity (on/off campus) until cleared to do so by their physician.
5. A physician clearance note is required upon return to activity.
6. If they do not have a PCP, please call St. Luke's University Health Network COVID-19 hotline: 866-785-8537, option 7.
7. Or Lehigh Valley Health Network: 888-402-5846.
8. Per SLUHN policy, should a positive COVID-19 diagnosis be given, they may return to athletics when all of the following are met:
 - a. At least three days (72 hours) have passed since recovery
 - b. Individual has improvement in respiratory symptoms
 - c. At least 10 days have passed since symptoms first began
 - d. Written documentation of clearance from healthcare provider (MD, DO, PA-C, CRNP)
9. Common symptoms of COVID-19 include:
 - a. Fever (100.4 degrees or higher)
 - b. Sore throat
 - c. Chest tightness/discomfort
 - d. Nausea, diarrhea, or vomiting
 - e. New loss of taste/smell
 - f. Shortness of breath/trouble breathing



Should you have any questions/concerns, please contact Dylan at 610-349-8614.

