PK-12 Athletics
Health and Safety Plan Template

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity’s governing body. Each school entity must develop and adopt an 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 must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity’s publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity’s public website.
Muncy School District Athletic Department Resocialization Guidelines

This guidance is preliminary; as more public health information becomes available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons. The guidelines will apply to all staff members (athletic trainer, coaches, administrators, strength and conditioning staff, volunteers, coordinators and advisors) of the Muncy School District. The athletic director will serve as the athletic pandemic coordinator and point of contact for related inquiries.

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.

The Muncy School District will take necessary precautions by using recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. We realize the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These guidelines will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

PROCEDURES

Procedures for Phases 2-4 for Junior and Senior High Athletics

1. Athletes, Coaches, and Staff should 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 screening will include a daily form as well as a temperature check. The purpose is to check for signs and symptoms of COVID-19. Individuals whose temperature is 100.4°F or higher will be sent home.
2. Employees will promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap). Employees will be required to wear a cloth face covering. (Face coverings help decrease potential exposure to COVID-19 respiratory droplets by an infected individual). Student-athletes will be required to wear face coverings when not practicing or competing. Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Encourage anyone who is sick to stay home
7. Plan for if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches will provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing. Due to the possibility of asymptomatic/presymptomatic contagion, all coaches and staff will wear face coverings. Face coverings should cover both the nose and the mouth.
11. 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 immunocompromised
   - Obesity
   - Diabetes
   - Kidney or liver disease
12. Keep equipment and facilities clean.
   - Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
   - Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
   - Weight Room Equipment should be wiped down after and individual’s use
   - Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

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

**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, baseball, softball, soccer, field hockey, tennis
**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: track and field, golf, weightlifting, sideline cheer

**Phase 1 (PA State Red)**

- All school facilities remain closed as per PA State Guidelines
- Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.)
- Athletes may participate in home workouts including strength and conditioning.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

**Phase 2 (PA State Yellow/Green) July 6-July 19**

**Pre-workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check. (See Appendix for COVID-19 Screening Form).
- Responses to screening questions for each person will 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 allowed to take part in workouts and must contact his or her primary care provider or other appropriate health-care professional.
- Attendance will be recorded daily for contact tracing purposes.
- All student-athletes must sign and have their parent/guardian sign the participation waiver in order to take part in any school related voluntary activity.
Limitations on Gatherings:

- No gathering of more than 15 student-athletes on a field/court location at any one time. These groups of 15 will remain constant throughout the phase.
- Controlled non-contact practices only, modified game rules.
- When not directly participating in workouts or contests, social distancing and masks will be utilized.
- Only outdoor facilities will be utilized during Phase 2 with the exception of restrooms, the weight room and new gymnasium.

Physical Activity:

- Lower risk sports workouts may begin.
- Modified workouts may begin for Moderate and High risk sports (workouts must remain non-contact and include social distancing where applicable).
- Students should refrain from sharing clothing/towels and should be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Phase 3 (PA State Yellow/Green) July 20-August 9

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider.
- Attendance will be recorded daily for contact tracing purposes.

Limitations on Gatherings:

- No gathering of more than 50 student-athletes on a field/court location at any one time if the county is in the Green.
- No more than 15 student-athletes on a field/court location at any one time if the county reverts back to Yellow.
- When not directly participating in workouts or contests, social distancing and masks will be utilized. Indoor facilities may be utilized in Phase 3 in based on current state restriction limits. All contests will be approved at the discretion of the Athletic Director or Principal.
Physical Activity and Athletic Equipment:

- Low, Moderate, and High Risk practices and competitions may begin (As per State, Local, and PIAA Guidelines).
- Students should refrain from sharing clothing/towels and should be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar.

IN-SEASON GUIDELINES
Phase 4 (PA State Yellow/Green) August 10- November 19

Pre-workout/Contest Screening:
- Any person who has COVID-19 symptoms will not be allowed to participate in practice/games, and must contact their primary care physician or another appropriate health-care provider.
- Attendance will be recorded daily for contact tracing purposes.
- Student-athletes must be screened a minimum of once per day in order to practice or participate in events.
- The visiting team will be responsible for screening their student-athletes/coaches/staff.
- Officials, game workers and staff will be screened by the home team trainer/game manager/athletic director for all competitions.

Limitations on Gatherings:
- No outside gatherings of more than 250 people may occur per the governor’s order.
- No more than 25 student-athletes may participate in an indoor workout per the governor’s order.
- When not directly participating in workouts or contests, social distancing will be utilized. If outdoors and social distancing can’t be utilized, student-athletes will wear face coverings. If indoors, when not directly participating in workouts or contests, student-athletes will be required to wear face coverings.
- All contests will be approved at the discretion of the Athletic Director or Principal.
- Food will not be served at any events.

Physical Activity and Athletic Equipment:
- Low, Moderate, and High Risk practices and competitions may begin (As per State, Local, and PIAA Guidelines).
- Students should refrain from sharing clothing/towels and must be washed after each practice.
• Teams are prohibited from the traditional end of game handshakes.
• Limit of one coach and one captain at the pre-game meeting with officials.
• Limit of essential game workers only at scorer’s table/press box at events.
• Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) will be cleaned intermittently during practice and events as deemed necessary.
• Hand Sanitizer should be used periodically as resources allow.
• Spotters for maximum weight lifts will be stationed at each end of the bar.
• Weight room equipment will be sanitized after each usage by the user.
• The weight room supervisor will sanitize the equipment at the end of each session.
• Busses will be sanitized after each usage.
• Individuals must provide their own water bottles.
RESOURCES

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”

A Guide to Re-Entry to Athletics in Texas Secondary Schools
By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC
# Table of Contents

**Introduction** .................................................................................................................. 2

**Athletics Health and Safety Plan** ..................................................................................... 10
- Resuming PK-12 Sports-Related Activities ................................................................. 11
- Primary Point of Contact ............................................................................................. 12
- Key Strategies, Policies, and Procedures ...................................................................... 12
  - Cleaning, Sanitizing, Disinfecting and Ventilation ................................................ 13
  - Social Distancing and Other Safety Protocols ....................................................... 16
  - Monitoring Student Athletes and Staff Health ....................................................... 22
  - Other Considerations for Student Athletes and Staff ............................................ 29
- Athletic Health and Safety Plan Professional Development ....................................... 32
- Athletic Health and Safety Plan Communications ..................................................... 33

**Athletics Health and Safety Plan Summary** ................................................................. 34
- Facilities Cleaning, Sanitizing, Disinfecting and Ventilation .................................. 34
- Social Distancing and Other Safety Protocols ......................................................... 34
- Monitoring Student Athletes and Staff Health ......................................................... 35
- Other Considerations for Student Athletes and Staff ............................................... 36

**Athletics Health and Safety Plan Governing Body Affirmation Statement** .............. 37

**Appendices** .................................................................................................................. 38
Athletics Health and Safety Plan: Muncy School District

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by Governor Wolf's Process to Reopen Pennsylvania. The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- **Red Phase**: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- **Yellow Phase and Green Phase**: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity’s publicly available website.

Use this template to document your LEA’s plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.
Resuming PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
- How will you communicate your plan to your local sports and school communities?
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?

Summary of Responses to Key Questions: Using the guidelines provided by DOH, CDC, NFHS, PIAA, PDE and the governor’s office, we will bring student-athletes back using a phased approach utilizing daily screenings, face coverings, sanitation practices, social distancing and contact tracing to ensure the safest possible setting for a return to play. Our return to play plan was shared with the coaching staff through an in-person meeting on Wednesday, June 25th. The plan is available for anyone to view on our school district’s website. The decision to prompt a school closure or modification of our return to play plan would come via the governor’s office, the PIAA or the Muncy School District Superintendent.

Anticipated launch date for sports related activities: July 6, 2020 – Phase 2

July 21, 2020 – Phase 3

August 10, 2020 – Phase 4
Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person’s contact information.

<table>
<thead>
<tr>
<th>Point of Contact Name</th>
<th>Position of Point of Contact</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curt Chilson</td>
<td>Athletic Director</td>
<td><a href="mailto:cchilson@muncysd.org">cchilson@muncysd.org</a> 570-546-3127</td>
</tr>
</tbody>
</table>

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency.

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.
In the following tables, an asterisk (*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

### Cleaning, Sanitizing, Disinfecting, and Ventilation

**Key Questions**

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
- How often will you implement cleaning, sanitization, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
- What protocols will you put in place to clean and disinfect throughout the day?
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

**Summary of Responses to Key Questions:** Head coaches will be responsible for cleaning any and all equipment shared by multiple individuals (balls, shields, tackling dummies, etc.). The indoor facilities will be on a regular cleaning schedule performed by the custodial staff. The weight room will be cleaned by individuals after using each machine as well as a final cleanup performed each day by the weight room supervisor as well as regular custodial cleaning. Student-athletes will not be allowed to share clothing/towels and their practice clothing will be taken home each day to be washed. Hand sanitation stations have been placed throughout the indoor facilities to ensure easy access.
<table>
<thead>
<tr>
<th>Requirements</th>
<th>Action Steps under Yellow and Green Phase</th>
<th>Lead Individual and Position</th>
<th>Materials, Resources, and or Supports Needed</th>
<th>PD Required (Y/N)</th>
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<tbody>
<tr>
<td>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</td>
<td>District will follow the CDC’s Guidance for Cleaning &amp; Disinfecting Schools</td>
<td>Sean Tetreault-Football, Rae-Elijah Biddle-Field Hockey, Jason Gresh-Girls Soccer/Boys Basketball, Ed Rogers-Girls Basketball, John Karichner-Boys Soccer Ken Hampe-Weight Room Joe Tedesco-Softball, Chris Persing-Baseball Bo Meyer-Boys/Girls Tennis 3.Custodial Staff</td>
<td>Sanitizing Wipes Hand sanitizer Disinfectant sprays, soap. Etc. PPE CDC Guidance for Cleaning and Disinfecting Schools</td>
<td>Y</td>
</tr>
<tr>
<td>Requirements</td>
<td>Action Steps under Yellow and Green Phase</td>
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Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
- How will you utilize outdoor space to meet social distancing requirements?
- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

Summary of Responses to Key Questions: Our return to play plan includes phases that will increase the number of student-athletes allowed to participate in each group every two to three weeks. This will allow for contact tracing should a member of any group become ill. Each group will be limited to utilizing one field/court at a time. A screening process will be utilized to detect possible exposure or illness for each student-athlete and coach. During phase 2 only outdoor facilities will be utilized with the exception of the restrooms, weight room and new gymnasium. No locker rooms will be utilized during summer workouts. When we start to utilize school transportation, social distancing to the maximum extent possible and face coverings will be utilized by all student-athletes and coaches on the bus. All coaches will be required to complete the NFHS covid-19 online training course.
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<th>PD Required (Y/N)</th>
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</thead>
<tbody>
<tr>
<td>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</td>
<td>Coaches, athletes, and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and any other time 6 feet of social distancing is not possible. Maintain limitations established in each phase of the re-opening identified in the introduction.</td>
<td>Curt Chilson-Athletic Director</td>
<td>Masks for student-athletes and coaches</td>
<td>N</td>
</tr>
<tr>
<td>Requirements</td>
<td>Action Steps under Yellow and Green Phase</td>
<td>Lead Individual and Position</td>
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<td>* Procedures for serving food at events</td>
<td>Serve meal components to achieve contactless service whenever possible. There will be no buffet style meal service. Make alternative tables &amp; chairs available in additional areas to achieve physical distancing to avoid across the table seating. Ensure physical distancing when eating. In accordance with the Governor’s orders, face coverings are required where one cannot consistently maintain 6 feet of social distance. Dining &amp; serving areas should be thoroughly cleaned before and after events. Use of prepackaged/disposable items when possible, including meal condiments. Encourage the use hand sanitizer before and after consuming food or drink items. Avoid sharing of food and utensils.</td>
<td>Curt Chilson- Athletic Director</td>
<td>Masks, gloves and wipes</td>
<td>N</td>
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<tr>
<td>Requirements</td>
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| * Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices | All staff will be trained on healthy hygiene practices so they can teach and model these practices to students and families. Ensure handwashing strategies include washing with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not available and hands are not visibly dirty, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Ensure adequate supplies (e.g., soap, paper towels, hand sanitizer, tissue) to support healthy hygiene practices. | Curt Chilson Athletic Director | Soap  
Alcohol Based Hand Sanitizer  
Training  
How to Protect Yourself & Others  
Health Promotion materials.  
Proper Handwashing Technique  
Tips for families to help children develop good handwashing habits.  
CDC Handsanitizer Use | N |
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</table>
| * Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs | Post CDC COVID-19 posters in all high traffic areas in all buildings.  
Work with local health departments and health care systems to disseminate hygiene and disinfection strategies for infection prevention at home. | Curt Chilson Athletic Director | What You Should Know to Protect Yourself and Others  
Slow the Spread  
Prevent the Spread of COVID-19 If You are Sick  
Face Coverings  
Higher Risk Precautions | N |
| * Identifying and restricting non-essential visitors and volunteers                           | No outside gatherings of more than 250 people may occur per the governor’s order.  
Indoor gatherings will comply with current restriction limits set by the state.  
Access to the building will only be provided to essential event personnel providing essential related services to the event.  
Face coverings, such as masks or face shields, must be worn by all non-students, both staff and visitors (including parents and guardians), while on school property, including during student drop-off and pickup. | Curt Chilson Athletic Director | N | N |
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<th>PD Required (Y/N)</th>
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<tbody>
<tr>
<td>Limiting the sharing of materials and equipment among student athletes</td>
<td>Any equipment that may be used by multiple individuals (balls, shields, tackling dummies) will be cleaned intermittently during practice and events as deemed necessary.</td>
<td>Head Coaches</td>
<td>Sanitizing wipes</td>
<td>N</td>
</tr>
<tr>
<td>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</td>
<td>A weekly practice schedule will be made to encourage social distancing through increased spacing and limiting of mixing between groups.</td>
<td>Curt Chilson Athletic Director</td>
<td></td>
<td>N</td>
</tr>
<tr>
<td>Adjusting transportation schedules and practices to create social distance</td>
<td>Athletic trips will be monitored to balance student ridership when possible.</td>
<td>Curt Chilson Athletic Director</td>
<td></td>
<td>N</td>
</tr>
<tr>
<td>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</td>
<td>Maintain limitations established in each phase of the re-opening identified in the introduction and follow athletic schedules.</td>
<td>Curt Chilson Athletic Director</td>
<td></td>
<td>N</td>
</tr>
<tr>
<td>Other social distancing and safety practices</td>
<td>Refer to applicable components of Muncy School District’s Health and Safety Plan.</td>
<td>Curt Chilson Athletic Director</td>
<td></td>
<td>N</td>
</tr>
</tbody>
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Monitoring Student Athletes and Staff Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
- Who will be responsible for monitoring?
- Where will the monitoring take place?
- When and how frequently will the monitoring take place?
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

Summary of Responses to Key Questions: The Muncy School District will utilize a daily pre-workout screening for all student-athletes and coaches. The head coach of each team will be responsible for conducting the screening questions as well as filling out the screening form each day. A hand held thermal scanner will be given to each head coach so that temperature checks can be conducted as part of the daily screening. Any individual that does not pass the screening will be sent home and the trainer will be notified. These individuals are to follow the guidance specified in this section for return to play. We will contact Department of Health (DOH) staff before acting in response to a known or suspected communicable disease at 1-877-PA Health (1-877-724-3258); a representative is on-call 24 hours a day. The Department of Health (DOH) will provide guidance to schools regarding disease information, appropriate letters and communications, identification of high-risk individuals, appropriate action and treatment, and on-going support and assistance.
<table>
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<tr>
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<th>Action Steps under Yellow and Green Phase</th>
<th>Lead Individual and Position</th>
<th>Materials, Resources, and or Supports Needed</th>
<th>PD Required (Y/N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Monitoring student athletes and staff for symptoms and history of exposure</td>
<td>Develop and implement daily pre-workout screening process for all student-athletes and coaches.</td>
<td>Dan Picarella Athletic trainer</td>
<td>8 Thermal Scanners</td>
<td>N</td>
</tr>
<tr>
<td>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</td>
<td>Work with school administrators, athletic trainer, and other healthcare providers to identify an isolation room or area to separate anyone who has COVID-19 symptoms. Athletic trainers and other healthcare providers should use Standard and Transmission-Based Precautions when caring for sick people. Close off the area(s) used by a person testing positive for COVID-19 and do not use before cleaning and disinfecting.</td>
<td>Dan Picarella Athletic Trainer</td>
<td>N</td>
<td>N</td>
</tr>
</tbody>
</table>
Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics

Staff and students with fevers or symptoms associated with COVID-19 should seek medical attention for further evaluation and instructions before returning to school.

Staff and students with fever or symptoms that may be associated with COVID-19 and no known direct exposure to a person with COVID-19 may return to school when they are asymptomatic and have been fever free for at least 24 hours without the use of fever-reducing medicine or have confirmation of an alternative diagnosis from a health care provider that explains the COVID-19-like symptom(s).

Staff or students with symptoms who have had a direct exposure to a person with COVID-19 will be considered probable cases and should remain excluded from school/work until release from isolation criteria has been met.

A student or staff member who is quarantined following close contact with a case may not return to school until cleared to do so by DOH or the appropriate CMHD. A negative test obtained prior to the end of quarantine does not clear an individual for return. The entire quarantine period must be completed. See CDC guidance on Quarantine if You Might be Sick.

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions (Symptoms Based):

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,

Dan Picarella
Athletic Trainer

N

N
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics

- At least 10 days have passed since symptoms first appeared.
- A written release to return to school from their medical provider.

Persons who have COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions (Test Based):

- Resolution of fever without the use of fever-reducing medications and
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), and
- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens)*. See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 (COVID-19)](https://www.cdc.gov/coronavirus/2019-ncov/lab/recommendations.html). Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.
- A written release to return to school from their medical provider.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions (Symptoms Based):

- At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy

<p>| Dan Picarella | N | N |</p>
<table>
<thead>
<tr>
<th>Requirements</th>
<th>Action Steps under Yellow and Green Phase</th>
<th>Lead Individual and Position</th>
<th>Materials, Resources, and Supports Needed</th>
<th>PD Required (Y/N)</th>
</tr>
</thead>
</table>
| * Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics | should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.  
  • A written release to return to school from their medical provider.          | Dan Picarella  
  Athletic Trainer                                                                | N                          | N                                |
| Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions (Test Based): | • Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens)*. See Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 (COVID-19). Note, because of the absence of symptoms, it is not possible to gauge where these individuals are in the course of their illness. There have been reports of prolonged detection of RNA without direct correlation to viral culture.  
  • A written release to return to school from their medical provider. | | | |
<table>
<thead>
<tr>
<th>Requirements</th>
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<th>Materials, Resources, and or Supports Needed</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</td>
<td>Cancellation of sports-related activities due to the pandemic will be issued by the administration as early as possible.&lt;br&gt;Post Athletics Health and Safety Plan on MSD Website&lt;br&gt;Provide regular updates on MSD website and through other regular methods of districtwide communications (E-mail, One Call Now).</td>
<td>Athletic Office District Office</td>
<td>N</td>
<td>N</td>
</tr>
</tbody>
</table>
**Other monitoring and screening practices**

| Please notify school officials if you become sick with [COVID-19 Symptoms](#), test positive for COVID-19, or are exposed to someone with COVID-19 symptoms or to someone with a confirmed or probable case of COVID-19 or you recently traveled to recommended areas for self-quarantine. | Dan Picarella  
Athletic Trainer | N | N |
|---|---|---|---|
| Schools should call DOH at 1-877-PA Health (1-877-724-3258); before acting in response to a known or suspected communicable disease. DOH will provide guidance regarding disease information, appropriate letters and communications, identification of high-risk individuals, appropriate action and treatment, and on-going support and assistance. | Curt Chilson  
Athletic Director | | |
| If the person is present on school property when DOH staff notify the school of positive case information, the person should immediately, but discreetly, be taken to the COVID-19 related isolation space for pick up (if student) or asked to return home (if staff). | | | |
| Establish procedures for safely transporting home sick individuals. | | | |
| Close off areas used by the sick person and do not use again before cleaning and disinfecting. Follow [CDC Guidance on Cleaning and Disinfecting](#) protocols. | | | |
| Wait at least 24 hours before cleaning and disinfecting. If not feasible, wait as long as possible. If seven days have passed since the sick individual was in the affected area, cleaning is not needed. | | | |
| Take every measure to maintain the confidentiality of the affected individual. | | | |
Other Considerations for Student Athletes and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
- Which stakeholders will be trained on these protocols? When and how will the training be provided?

Summary of Responses to Key Questions: Students, coaches and athletic staff will be made aware of the Covid-19 pandemic and its effects. Coaches will complete the Covid-19 course through NFHS. The school district will collaborate with students and families and staff at higher risk for severe illness to determine how to meet their needs safely. Students, coaches or other athletic staff will follow return to play guidelines established in the previous section. All of the athletic opportunities within the Muncy School District are provided to the student body are voluntary. Should any coach become ill, the administration will put in place a plan to cover that absence until said coach is able to return via the existing protocols.
<table>
<thead>
<tr>
<th>Requirements</th>
<th>Action Steps under Yellow and Green Phase</th>
<th>Lead Individual and Position</th>
<th>Materials, Resources, and or Supports Needed</th>
<th>PD Required (Y/N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Protecting student athletes and coaching staff at higher risk for severe illness</td>
<td>Cancel all non-essential travel&lt;br&gt;The district will follow guidelines set forth in the (FFCRA) Families First Coronavirus Response Act&lt;br&gt;Eliminate the use of perfect attendance awards and incentives.&lt;br&gt;Collaborate with staff at higher risk for severe illness to determine how to meet their needs safely.&lt;br&gt;Collaborate with students and families at higher risk for severe illness to determine how to meet their needs safely.</td>
<td>Curt Chilson&lt;br&gt;Athletic Director&lt;br&gt;Dan Picarella&lt;br&gt;Athletic Trainer</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td>* Use of face coverings by all coaches and athletic staff</td>
<td>In accordance with the Secretary’s orders, face coverings are required where one cannot consistently maintain 6 feet of social distance.</td>
<td>Curt Chilson&lt;br&gt;Athletic Director</td>
<td>Masks</td>
<td>N</td>
</tr>
<tr>
<td>* Use of face coverings by student athletes as appropriate</td>
<td>In accordance with the Secretary’s orders, face coverings are required where one cannot consistently maintain 6 feet of social distance.</td>
<td>Head Coaches</td>
<td>Masks</td>
<td>N</td>
</tr>
<tr>
<td>Requirements</td>
<td>Action Steps under Yellow and Green Phase</td>
<td>Lead Individual and Position</td>
<td>Materials, Resources, and or Supports Needed</td>
<td>PD Required (Y/N)</td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------</td>
<td>---------------------------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Unique safety protocols for student athletes with complex needs or other</td>
<td>Collaborate with students and families to determine how to meet needs safely.</td>
<td>Curt Chilson Athletic Director</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>vulnerable individuals</td>
<td>Implement unique safety protocols as deemed necessary.</td>
<td>Dan Picarella Athletic Trainer</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Management of Coaches and Athletic Staff</td>
<td>Should any coach become ill, the administration will put in place a plan to cover that absence until</td>
<td>Curt Chilson Athletic Director</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>said coach is able to return via the existing protocols.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic**: List the content on which the professional development will focus.
- **Audience**: List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position**: List the person or organization that will provide the professional learning.
- **Session Format**: List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed**: List any materials, resources, or support required to implement the requirement.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Audience</th>
<th>Lead Person and Position</th>
<th>Mode of Communication</th>
<th>Start Date</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covid-19</td>
<td>All Athletic Staff</td>
<td>Curt Chilson- Athletic Director</td>
<td>NFHS Learn online course</td>
<td>July 13, 2020</td>
<td>August 10, 2020</td>
</tr>
<tr>
<td>Return to Play Covid-19 Coaches Ed.</td>
<td>Head Coaches</td>
<td>Curt Chilson- Athletic Director</td>
<td>In person meeting</td>
<td>June 24, 2020</td>
<td>June 24, 2020</td>
</tr>
</tbody>
</table>
**Athletics Health and Safety Plan Communications**

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Audience</th>
<th>Lead Person and Position</th>
<th>Mode of Communication</th>
<th>Start Date</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation Waiver For Communicable Diseases including Covid-19</td>
<td>Parents of all athletes</td>
<td>Curt Chilson Athletic Director</td>
<td>Written waiver- signed and dated by parent/guardian and athlete</td>
<td>July 6, 2020</td>
<td>August 17, 2020</td>
</tr>
</tbody>
</table>
Athletics Health and Safety Plan Summary: Muncy School District

Anticipated Launch Date: July 6, 2020 (Phase 2); July 21st (Phase 3); August 10th (Phase 4)

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

<table>
<thead>
<tr>
<th>Requirement(s)</th>
<th>Strategies, Policies and Procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</td>
<td>Head coaches will be responsible for cleaning any and all equipment shared by multiple individuals (balls, shields, tackling dummies, etc.). The indoor facilities will be on a regular cleaning schedule performed by the custodial staff. The weight room will be cleaned by individuals after using each machine as well as a final cleanup performed each day by the weight room supervisor as well as regular custodial cleaning. Student-athletes will not be allowed to share clothing/towels and their practice clothing will be taken home each day to be washed. Hand sanitation stations have been placed throughout the indoor facilities to ensure easy access.</td>
</tr>
</tbody>
</table>

Social Distancing and Other Safety Protocols

<table>
<thead>
<tr>
<th>Requirement(s)</th>
<th>Strategies, Policies and Procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</td>
<td>Our return to play plan includes phases that will increase the number of student athletes allowed to participate in each group every two to three weeks. This will allow for contact tracing should a member of any group become ill. Each group will be limited to utilizing one field/court at a time. A screening process will be utilized to detect possible exposure or illness for each student athlete and coach. During phase 2 only outdoor facilities will be</td>
</tr>
<tr>
<td>Requirement(s)</td>
<td>Strategies, Policies and Procedures</td>
</tr>
<tr>
<td>------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</td>
<td>utilized with the exception of the restrooms, weight room and new gymnasium. No locker rooms will be utilized during summer workouts. When we start to utilize school transportation, social distancing to the maximum extent possible and face coverings will be utilized by all student-athletes and coaches on the bus. All coaches will be required to complete the NFHS covid-19 online training course.</td>
</tr>
<tr>
<td>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</td>
<td></td>
</tr>
<tr>
<td>Identifying and restricting non-essential visitors and volunteers</td>
<td></td>
</tr>
<tr>
<td>Limiting the sharing of materials and equipment among student athletes</td>
<td></td>
</tr>
<tr>
<td>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</td>
<td></td>
</tr>
<tr>
<td>Adjusting transportation schedules and practices to create social distance between students</td>
<td></td>
</tr>
<tr>
<td>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</td>
<td></td>
</tr>
<tr>
<td>Other social distancing and safety practices</td>
<td></td>
</tr>
</tbody>
</table>

**Monitoring Student Athletes and Staff Health**

<table>
<thead>
<tr>
<th>Requirement(s)</th>
<th>Strategies, Policies and Procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Monitoring student athletes and staff for symptoms and history of exposure</td>
<td>The Muncy School District will utilize a daily pre-workout screening for all student-athletes and coaches. The head coach of each team will be responsible for conducting the screening questions as well as filling out the screening form each day. A hand held thermal scanner will be given to each</td>
</tr>
<tr>
<td>Requirement(s)</td>
<td>Strategies, Policies and Procedures</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</td>
<td>head coach so that temperature checks can be conducted as part of the daily screening. Any individual that does not pass the screening will be sent home and the trainer will be notified. These individuals are to follow the guidance specified in this section for return to play. We will contact Department of Health (DOH) staff before acting in response to a known or suspected communicable disease at 1-877-PA Health (1-877-724-3258); a representative is on-call 24 hours a day. The Department of Health (DOH) will provide guidance to schools regarding disease information, appropriate letters and communications, identification of high-risk individuals, appropriate action and treatment, and on-going support and assistance.</td>
</tr>
<tr>
<td>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</td>
<td></td>
</tr>
<tr>
<td>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</td>
<td></td>
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</tbody>
</table>

**Other Considerations for Student Athletes and Staff**

<table>
<thead>
<tr>
<th>Requirement(s)</th>
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</thead>
<tbody>
<tr>
<td>* Protecting student athletes and coaching staff at higher risk for severe illness</td>
<td>Students, coaches and athletic staff will be made aware of the Covid-19 pandemic and its effects. Coaches will complete the Covid-19 course through NFHS. The school district will collaborate with students and families and staff at higher risk for severe illness to determine how to meet their needs safely. Students, coaches or other athletic staff will follow return to play guidelines established in the previous section. All of the athletic opportunities within the Muncy School District are provided to the student body are voluntary. Should any coach become ill, the administration will put in place a plan to cover that absence until said coach is able to return via the existing protocols.</td>
</tr>
<tr>
<td>* Use of face coverings by all coaches and athletic staff</td>
<td></td>
</tr>
<tr>
<td>* Use of face coverings by student athletes as appropriate</td>
<td></td>
</tr>
<tr>
<td>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</td>
<td></td>
</tr>
<tr>
<td>Management of Coaches and Athletic Staff</td>
<td></td>
</tr>
</tbody>
</table>
Athletics Health and Safety Plan Governing Body Affirmation Statement


The plan was approved by a vote of:

_____ Yes  
_____ No

Affirmed on: July 20, 2020

By:

________________________________________
(Signature of Board President)

________________________________________
(Print Name of Board President)
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?

- Should an individual athlete become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space. The parent or guardian should be notified right away.
- 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 (DOH’S Contact Tracing Plan.) See Information in Appendix.

- This tracing helps to identify those individuals who would have been within six feet of an infected person for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
- Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.

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

- The athlete with the positive COVID-19 test may return to social interaction in accordance with the Athletics Health and Safety Plan.

**EDUCATION:**

Staff, Coaches, Parents and Athletes 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, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
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, the MSD 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. As knowledge regarding COVID-19 is constantly changing, MSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the MSD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the MSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student’s participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student’s participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the MSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport:

Signature of Parent/Guardian: ____________________________ Date: ____________

Signature of Student Athlete: ____________________________ Date: ____________

*Parents/Guardians may request a full copy of the MSD Resocialization of Sports Recommendations. Contact Curt Chilson, AD at cchilson@muncysd.org or Dan Picarella, ATC dpicarella@muncysd.org.
Example School Symptom Screening Tool

*May be utilized as a screening tool for both at home and on-site screening practices.

Complete Daily Prior to School/Work*

Employee or Student Name:

Assigned Class/Group:

Temperature:

Are you/is the student taking any medication to treat or reduce a fever such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol)?

Are you/is the student experiencing any of the following?

<table>
<thead>
<tr>
<th>Group A</th>
<th>1 or more symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever (100.4 or higher)</td>
<td></td>
</tr>
<tr>
<td>Cough</td>
<td></td>
</tr>
<tr>
<td>Shortness of breath</td>
<td></td>
</tr>
<tr>
<td>Difficulty breathing</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group B</th>
<th>2 or more symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sore throat</td>
<td></td>
</tr>
<tr>
<td>Runny nose/congestion</td>
<td></td>
</tr>
<tr>
<td>Chills</td>
<td></td>
</tr>
<tr>
<td>New lack of smell or taste</td>
<td></td>
</tr>
<tr>
<td>Muscle pain</td>
<td></td>
</tr>
<tr>
<td>Nausea or Vomiting</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td></td>
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<td>Diarrhea</td>
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Stay home if, you or the student:

- Have one or more symptoms in Group A **OR**
- Have two or more symptoms in Group B **OR**
- Are taking fever reducing medication.
Please notify school officials if you become sick with COVID-19 Symptoms, test positive for COVID-19, or are exposed to someone with COVID-19 symptoms or to someone with a confirmed or probable case of COVID-19 or you recently traveled to recommended areas for self-quarantine.
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.
- **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.