

Eastern Lebanon County School District Athletic Department COVID-19 Pre-Season Workout Protocol

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 Eastern Lebanon County School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The Eastern Lebanon County School District 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.

RECOMMENDATIONS

Recommendations for **ALL PHASES** for Junior and Senior High Athletics

1. Athletes, Coaches, and Staff 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) and employees wearing a cloth face covering as feasible. (Face coverings are mandatory anytime social distancing of 6 feet cannot be maintained to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing (minimum 6 feet distance) through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place 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 **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
10. Personal Protective Equipment (PPE), such as gloves, masks, eye protection will be used as needed and situations warrant, or determined by local/state governments.
11. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC "People Who are at a Higher Risk for Severe Illness")

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), dance

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.

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)

- 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 3 (PA State Green)

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a voluntary out-of-season workout. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form)
- 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
- All coaches must keep on file the daily pre-season workout questionnaires for each student-athlete participating in their daily workouts.
- Any person exhibiting any signs and symptoms of COVID-19 or answering yes to any of the screening questions will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional
- Team attendance should be recorded

Limitations on Gatherings:

- No gathering of more than 250 individuals including coaches and staff per scheduled field/court. No spectators per scheduled field/court.
 - As per State and Local Guidelines
- Controlled non-contact practices only, modified game rules
- When not directly participating in practices or contests, social distancing should be applied where appropriate (Locker Room, Gathering Areas, parking lots) (Minimum 6 feet)
- All coaches, officials and support staff must have a face mask in their possession at all times. It does not need to be worn if social distancing of 6 feet or greater is possible. When 6 feet social distancing is not maintained, wearing of the face mask is mandatory.
- Student-athletes are required to wear a cloth face covering at all times for the exception of when they are competing.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Intensify cleaning, disinfection, and ventilation in all facilities
- Weight Room Equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Athletic Equipment:

- Low, Moderate, and High-Risk practices may begin (As per State, Local, and PIAA Guidelines)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
 - The weight room will be limited to 12 student-athletes at one time which will remain constant throughout the green phase. It is recommended that student-athletes maintain the same lifting partner. Cloth face coverings are not required while lifting.
 - Social distancing of a minimum of 6 feet should remain when possible.
- Hand Sanitizer should be used periodically as resources allow

Hydration:

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

OTHER RECOMMENDATIONS:

Transportation: All transportation is the responsibility of the individual with no sharing of rides when possible. No transportation in school vehicles will be provided.

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

What are the 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
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you have any symptoms of COVID-19, 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 any symptoms, immediately 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 begins to exhibit any COVID-19 symptoms during practice, event, or during transportation to or from an event?

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

Return of student or staff to athletics following a confirmed positive COVID-19 test?

- Student or staff should have medical clearance from their physician or appropriate healthcare professional AND have been COVID-19 symptom free for a minimum of seven days and no fever (without medication) for a minimum of three days (per DOH Guidelines)

Return of student or staff to athletics who failed the daily Pre-Workout Screening but did not exhibit any COVID-19 symptoms?

- Student or staff exhibiting symptoms of COVID-19, need to immediately seek medical attention and receive a medical clearance prior to returning.
- Student or staff who may have had prolonged exposure with a person who tested positive for COVID-19, must self-quarantine for 14 days from their last exposure to the positive person or receive a negative COVID-19 test result.

EDUCATION:

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

- COVID-19 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.
- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used and students should come dressed for activity
- 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.
- No students allowed in pre-season workouts training areas without the presence of a coach

APPENDIX

**Eastern Lebanon County School District
Pre-Workout Screening Questionnaire**

In the last 14 days have you had any of the following COVID-19 symptoms: Fever or chills (100.4 or Higher), Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore Throat, Nausea or vomiting, Diarrhea.

YES _____ NO _____

If yes, please describe: _____

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

In the last 14 days have you had prolonged exposure with someone who is currently sick with suspected or confirmed COVID-19? (Note: Prolonged exposure is defined as within 6 feet for more than 10 consecutive minutes) YES _____ NO _____

If yes, please describe: _____

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

Print Name: _____

Signature _____

Date: _____

**Eastern Lebanon County School District
Pre-Workout Screening Questionnaire**

In the last 14 days have you had any of the following COVID-19 symptoms: Fever or chills (100.4 or Higher), Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore Throat, Nausea or vomiting, Diarrhea.

YES _____ NO _____

If yes, please describe: _____

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

In the last 14 days have you had prolonged exposure with someone who is currently sick with suspected or confirmed COVID-19? (Note: Prolonged exposure is defined as within 6 feet for more than 10 consecutive minutes) YES _____ NO _____

If yes, please describe: _____

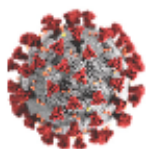
If yes, did you seek medical treatment? YES _____ NO _____

Print Name: _____

Signature _____

Date: _____

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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

BACKGROUND

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

WHAT DOES THIS PROCESS LOOK LIKE?

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

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

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

RESOURCES:

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

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“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