

CANTON AREA SCHOOL DISTRICT

Health and Safety Plan



**Athletics, Extra & Co-Curricular
Activities**

June 2020

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 CASD 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 CASD 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**, Extra & Co-Curricular Activities

1. Students, Coaches/Advisors, and appropriate 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 recommended 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 through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Students, Coaches/Advisors, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Have a 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. PPE (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")

PARTICIPANT INVOLVEMENT

- A Student will be defined as any student enrolled in the CASD who participates in school sponsored athletics, and/or extra & co-curricular activity.
- A Coach/Advisor/Staff Person will be defined as any board approved employee providing supervision to students
- A Head (Coach) Staff member will be defined as any board approved supervising staff member (Coach)

CONSIDERATIONS OF RISK

The descriptions below have been developed as guidelines for coaches, students, parents student advisors and other staff involved to make informed decisions based on the risk presented by participation in the various athletics, extra & co-curricular activities.

- **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, marching band, color guard

** High/Moderate Risk Sports may move to a Low Risk category with non-contact modifications.**

PHASE DESCRIPTION AND DETAILS

Phase 1 (PA State Yellow)

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

Phase 2 (PA State Green)

Pre-Activity Screening:

- Each head staff member (Coach/Advisor) will be the primary point of contact for their respective participants for all communication.
- All coaches/Advisors and participating students will sign the participation waiver (see Appendix 1.0)
- All coaches/Advisors and participating students will be screened for signs/symptoms of COVID-19 as they arrive on campus. Screenings will be recorded daily by the coach/advisor. (See Appendix 2.0 for COVID-19 Screening Form)
- The response 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

- The Athletic Director will be responsible for monitoring the screening of the coach/advisors during the season.
- Any person with positive symptoms reported will not be permitted to take part in the activity. Parental/guardian communication or primary care provider or other appropriate health-care professional will occur immediately.
- Individuals with signs or symptoms of COVID-19 are prohibited from returning until they are symptom free without medication for 24 hours (48 hours for fever of 100.4F or higher).

Limitations on Gatherings:

- Gatherings in facilities are limited to a maximum of 50% normal capacity provided 6 feet of social distancing can be achieved where practical.
- Students should practice within the same group. Changes to groups can be made gradually as needed. Group attendance will be tracked daily by coaches. (See Appendix 3.0 for Student Group Attendance Record)
- Concession stands must adhere to DOH guidelines for Restaurants and Businesses
- Social Distancing should be applied, where practical, during practices and in locker rooms, and gathering areas.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for appropriate facilities to mitigate any communicable disease
- School facilities should be cleaned prior to arrival and post activity gatherings and high touch areas should be cleaned more often
- Equipment will 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
- CASD will provide the staff with spray bottles, disinfectant, and paper towels to periodically wipe-down shared equipment, balls, etc. during and at the conclusion of activities.

Physical Activity:

- Activities in all areas of risk may resume as per the guidelines set forth by PIAA and state and local agencies
- Activities should remain non-contact and include social distancing where applicable
- Students should refrain from sharing clothing/towels and should be washed after each activity
- 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
- Hand washing with soap and water for 20 seconds should occur periodically during events and practices. Hand Sanitizer may be used as resources allow.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) will **not** be utilized

ADDITIONAL RECOMMENDATIONS:

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary
This may include:

- Reducing the number of students/coaches/advisors/staff on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus
- Wearing of face coverings during transportation

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Social Distancing During Contests/Events/Activities

- Appropriate social distancing will be maintained during contests and events, as deemed necessary by the school, PIAA, state and local governments.

Event/Activity Attendance

Current PA guidelines for schools, limit event attendance to students, coaches, game officials, referees, and security. Once that restriction is lifted, event attendance will be determined by groups below ensuring limits on maximum occupancy and social distancing can be maintained.

- Group 1– Participating students, coaches/advisors, officials, event staff, medical staff, security
- Group 2– Parents/Guardians
- Group 3– Non-Participating Students, Other School Staff, General Admission, Media, etc.

Overnight/Out of State Events

- Travel to areas that are designated as in the Red or Yellow phase will not be permitted. Travel to areas that are designated as in the Green phase will be evaluated and follow all local/state government guidelines on a case by case basis.
- Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

COVID-19 SIGNS & SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See Appendix for CDC Fact Sheet)

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/Advisor)
- It will be determined if others who may have been exposed (students, coaches/advisor, or other 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 by the Health Department with the assistance of local health professionals and the CDC/PA DOH. (See What is Contact Tracing? 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?

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

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

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION:

All participants (Staff, Coaches, Parents and Students) will be educated on the following (through posters, flyers, meetings, emails, phone calls, social media, etc.):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA
- Students should come dressed for activity
- Limit indoor activities and the areas used
- Locker room use is not permitted
- Facility showers cannot be used

- Student should remain with their assigned groups during each activity to limit contact

MODIFICATIONS

If necessary to maintain compliance with guidance, orders, or laws from state, local governments, department of health, or to protect the health and safety of students, staff, or the community, the Superintendent in consultation with the district's Pandemic team, is authorized to amend this plan as necessary.

Any modifications and changes to the plan will be posted to the district website (www.canton.k12.pa.us) and shared with Coaches/Advisors, Students, Families, and the Board of Directors.

APPENDIX

**Canton Area School District
Athletics, Extra & Co-Curricular Activities
Participation Waiver for Communicable Diseases Including COVID-19**

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 CASD 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 CASD 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.

These Recommendations include but may not be limited to:

1. Students, Coaches/Advisors, and appropriate 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.
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9. Athletes and Coaches MUST 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.
11. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.

I understand 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. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the CASD to limit the exposure and spread of COVID-19 and other communicable diseases.

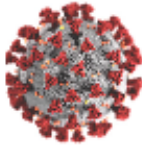
Sport/Activity: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student: _____ Date: _____

*Parents/Guardians may request a full copy of the CASD detailed plan. Contact Bob Rockwell AD at brockwell@canton.k12.pa.us.

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

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.