

MANHEIM TOWNSHIP ATHLETIC DEPARTMENT  
ATHLETIC HEALTH & SAFETY PLAN  
RETURN TO ATHLETICS GUIDELINES



INTRODUCTION

On behalf of Manheim Township School District, we are pleased to present this outline for the return of our students to in-person, on-campus training. The health and safety of our students, faculty and community is our number one priority. Therefore, the following guidelines are based on recommendations from Governor Tom Wolf, the PIAA, the CDC and local health officials.

Manheim Township will continue to work closely with the PIAA so that timely and accurate information can guide appropriate responses to any changes or updates to these procedures. It should be understood that this guidance is preliminary and subject to change as conditions change within our state and local communities.

The protocols outlined in this plan are designed to minimize risk for our students, staff and community. It is vital to the health and safety of all involved that our students and staff are fully conscious of this at all times and take responsibility for these guidelines with the utmost seriousness.

PREPARING STUDENTS & STAFF

All Manheim Township coaching staff members will meet with Athletic Director, Jason Strunk, to learn and review the enclosed procedures and protocols. This meeting will be scheduled to take place before June 22, 2020 (before any student workouts begin).

CLASSIFICATION OF SPORTS

**Higher Risk:** Sports that involve close, sustained contact between participants and high probability that respiratory particles will be transmitted between participants. Examples: cheerleading (stunts), football, lacrosse and 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, high jump, long jump, volleyball, field hockey, softball, soccer, tennis, pole vault, and, 7 on 7 football.

**Lower 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: cross

country, golf, individual swimming, running events, sideline cheer, throwing events, rifle, bowling, and weightlifting.

Source: NFHS

## REOPENING PHASES

Manheim Township School District is currently in Pennsylvania's YELLOW PHASE.

All procedures and protocols in this document pertain to YELLOW or GREEN PHASE reopening.

- PA State Yellow or Green - Team Activities may include meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer.
- During this initial phase (YELLOW) of reopening, the following types of practices, competition, or drills are prohibited to take place at MTSD Facilities as well as any off site locations run by MTSD Staff:
  - 1 on 1 drills/competition (high and moderate risk sports)
  - 5 on 5 drills/competition (high and moderate risk sports)
  - 7 on 7 football (moderate risk)
  - Scrimmages (high and moderate risk sports)
- PA State Green - once permitted by PIAA
  - All other provisions contained in this athletic health and safety plan remain in effect during "green," as well.
  - These provisions remain in effect until the time that the administration communicates otherwise.
  - Once in the Green phase, team activities may include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.
    - 1 on 1 drills/competition (high and moderate risk sports) PERMITTED
    - 5 on 5 drills/competition (high and moderate risk sports) PERMITTED
    - 7 on 7 football (moderate risk) PERMITTED
    - Scrimmages (high and moderate risk sports) PERMITTED

Source: Governor Tom Wolf; NFHS

## KEY PRINCIPLES:

- Educating students and staff on health and safety protocols.
- Monitoring developments with governing bodies and adjusting our plan as new information becomes available.
- Hygiene - Hand washing/sanitizing will be emphasized before, during, and after activities.
- Cleaning and sanitation - Routine and enhanced cleaning and sanitation measures will be implemented by staff.
- Safe access to facilities - Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- Screening Procedures for students and staff - Daily symptom and temperature screening assessment will be required of students and staff.
- All students must have a COVID-19 Pre-Screening form on file to participate.
- Students and staff following the protocols in place to ensure maximum safety for all.

Source: Governor Tom Wolf; NFHS; CDC

## DISINFECTION & SANITIZATION

- Athletic facilities and equipment will be disinfected and sanitized before, during, and after work out sessions.
- Spray bottles and disposable wipes will be in close proximity to all workout stations.
- All sports balls and equipment used during the sport specific skill training will be sanitized after each session.
- Hand sanitizer will be provided in multiple locations (indoor and outdoor). Students and staff will use hand sanitizer before, during, and after each workout session.
- Students are required to wash hands, utilize the “one in one out” model, and sanitize hands after exiting the restroom.

Sources: Governor Tom Wolf; NFHS; CDC

## SAFETY

- Students are not required to wear face masks while working out or competing.
- Masks will be used at all times when not working out (IE: When entering the facilities, walking through the halls, using restroom, etc). Gloves, masks and eye protection regulations may be adjusted based upon mandated local/state governing bodies. (This applies to both students and staff)

- Students shall not share wearable equipment with other students (batting helmets etc.).
- Students will bring their own water. No student shall share food or water.
- Students are prohibited from chewing gum, eating sunflower seeds, spitting or licking fingers during workouts.
- All workout stations shall be at least 6 feet apart (weight room and turf field).
- Students and staff will remain 6 ft apart when exercising with the only exception being for safety reasons (spotting, etc).
- Students must come dressed to work out. They will not be allowed to enter into the locker rooms or change in the restrooms.
- Students will not be allowed to shower in the locker rooms.
- There will be no unnecessary contact such as high fives, fist bumps etc.

Sources: Governor Tom Wolf, NFHS; CDC

#### STUDENTS/COACH/STAFF CHECK IN PROCEDURES

- Students/Staff will check in and complete the screening process each day. Each athlete and coach will have his/her temperature checked before entering the facility. Each athlete and coach will have his/her Covid-19 Pre-Screening form completed and approved before entering for their first workout of the summer and then again after the 4<sup>th</sup> of July break.
- If a student, coach or staff member checks in with a temperature of **100.4 or higher they must immediately leave the facility and return home.**
- Students/Staff will stay home if they do not pass the Covid-19 Pre-Screening Form.
- Students/Staff must stay home if they do not feel well or exhibit any symptoms.
- Students/Staff will limit physical contact and respect social distancing rules at all times.
- There will be no unnecessary contact, such as high fives, fist bumps, hugging etc.
- Students/Staff who develop or display symptoms during a workout session will be sent home immediately.

Sources: Governor Tom Wolf; NFHS; CDC

#### COVID-19 SYMPTOMS, TESTING & MANAGEMENT

Students and staff who appear to have symptoms or who become sick during the day will be immediately separated from other students, staff and instructed to return home. A symptomatic student will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received. Students who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by meeting the criteria listed below:

- 1) Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
- 2) Negative results of an FDA Emergency Use Authorized COVID-19 test. OR
- 3) The student is symptom free for 72 hours without the use of medication, and at least 10 days have passed since symptoms first appeared.

Positive Test Confirmed: If a student tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications **The student must obtain a clearance note from their doctor prior to returning to workouts.** If a student has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with them that has tested positive for COVID -19:

- 1) The student should inform Manheim Township Staff or administrators and quarantine for 14 days. Manheim Township will notify students who may have been exposed to COVID-19 and provide guidance. Fellow students may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received.

#### ENTERING AND EXITING THE FACILITY

- A detailed plan specific to each facility in regards to entering and exiting the facility will be shared by each coach to parents and students. Drop off and pick up locations will also be included in this communication.
- A hand sanitizing station will be set up at the facility's screening checkpoint where all students must sanitize their hands prior to entry/re-entry into the facility.
- Six feet social distancing indicators will be set up along the entrance. These will assist in keeping students at a safe distance from each other as they are waiting to be screened prior to entering the facility.
- Non-essential personnel (parents, siblings, etc.) will not be allowed to watch workout sessions. This will follow the guidelines to limit the number of people inside and outside of each facility.
- Those dropping off and picking up students will need to stay in their vehicles.

#### LIMITATIONS ON GATHERINGS

- No gathering of more than (25 Yellow - 250 Green) individuals per group, including staff, per practice area.
- Maximum occupancy of facilities may not exceed 50%
- Controlled non-contact practices only, modified game rules
- Social Distancing should be applied during practices and in and gathering areas.

Sources: Governor Tom Wolf; NFHS

## WORKOUT GROUPS

- Students will stay in the same groups each day when possible. Staff will create the group and ensure students are in the same group daily. There will be no switching of groups. If a student develops symptoms of COVID-19, all students in that group will be removed until the athlete has been cleared by medical officials.

## ATTENDANCE

- Student and coach attendance is OPTIONAL.
- Attendance will be kept for safety reasons in order to track student and staff contact in the case of a suspected COVID-19 case.
- Students may attend up to 2 hours per day of strength and conditioning.

## EXPECTATIONS

- As we come back to begin athletic training and coaching, the expectation is to ease the students back into workouts slowly and steadily.
- As a district, we take these protocols seriously and expect everyone working with our students to adhere to implementing these guidelines.
- We must have clear lines of communication and we expect staff to contact us with any questions about protocols and procedures.
- It is our expectation that students and staff work diligently in carrying out these guidelines to the best of their knowledge and understanding to ensure maximum safety at all times.
- Coaches and staff are encouraged to reach out to the Athletic Director directly if there are any questions regarding our policies and guidelines to safely return our students back to workouts.

## PLAN INITIATION TIMELINE

- 6/16/20 - Facility walk through to establish workout station spacing, entry and exit points and student check in locations and procedures.
- 6/18/20 - MT School Board presentation and vote on current/draft version of this Athletic Health & Safety Plan
- Ongoing - Await the release of PDE's template for the Athletic Health & Safety Plan. Review and revise this plan accordingly.
- 6/19/20 - Coach training on this Athletic Health & Safety Plan
- 6/19/20 - Communication Sent to Students, Parents & Guardians (Via School Messenger, email, & Coaches)
- 6/22/20 - Activate Athletic Health & Safety Plan, permitting off-season workouts that are in compliance with this Athletic Health & Safety Plan
- 7/30/20 - Board approval of the finalized Athletic Health & Safety Plan

