

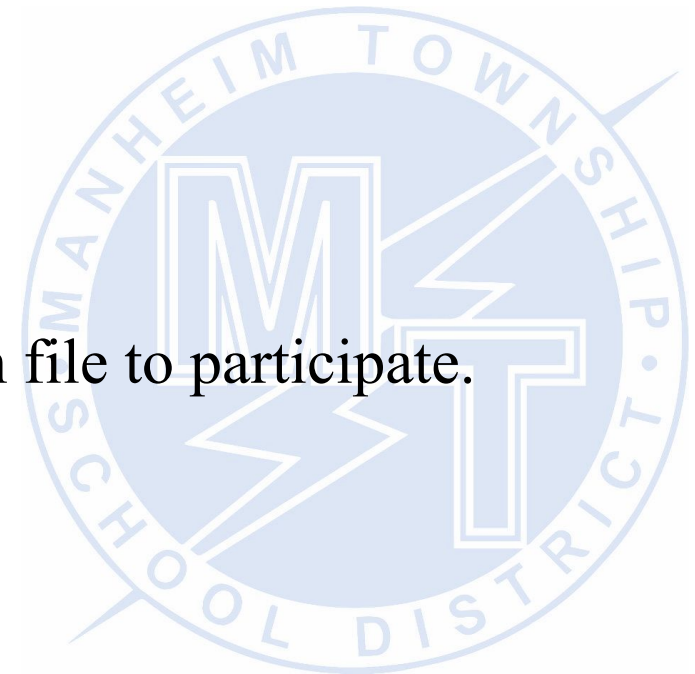
MANHEIM TOWNSHIP
ATHLETIC DEPARTMENT

ATHLETIC HEALTH &
SAFETY PLAN
RETURN TO ATHLETICS
GUIDELINES



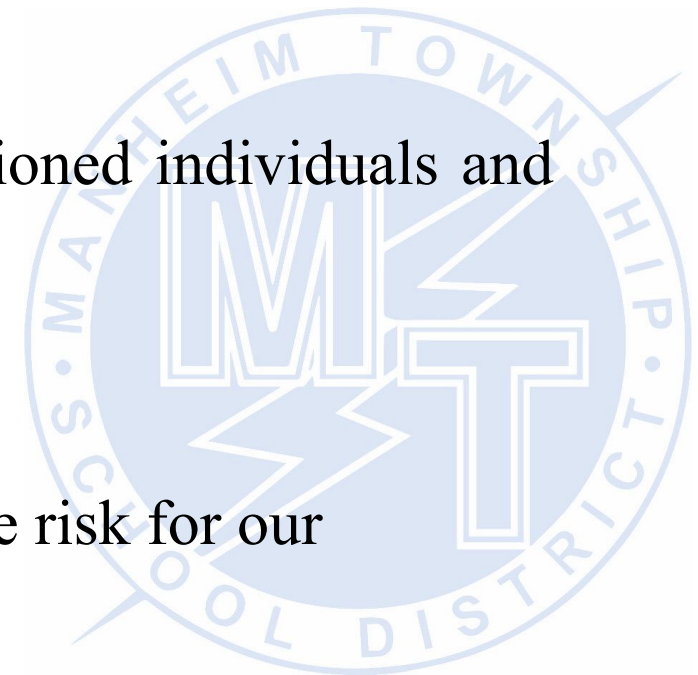
Key Principles: Safely Returning Students to Campus Activities

1. Educating students and staff on health and safety protocols
2. Ongoing monitoring at the Federal, State, and Local levels
3. Hygiene
4. Cleaning and sanitation
5. Safe access to facilities
6. Screening Procedures for students and staff
7. All students must have a COVID-19 Pre-Screening form on file to participate.
8. Stakeholder Communication Plan



Introduction

1. MTSD Athletic Health & Safety Plan Return to Athletics Guidelines are based on recommendations from:
 - a. Governor Tom Wolf
 - b. PIAA
 - c. CDC
 - d. National Federation of High School (NFHS)
 - e. Local health officials
2. Ongoing monitoring of recommendations from aforementioned individuals and organizations
3. All procedures and protocols may be adjusted as new information/recommendations are released
4. The protocols outlined in this plan are designed to minimize risk for our students, staff, and community.



Three Sports Classifications

1. High Risk:

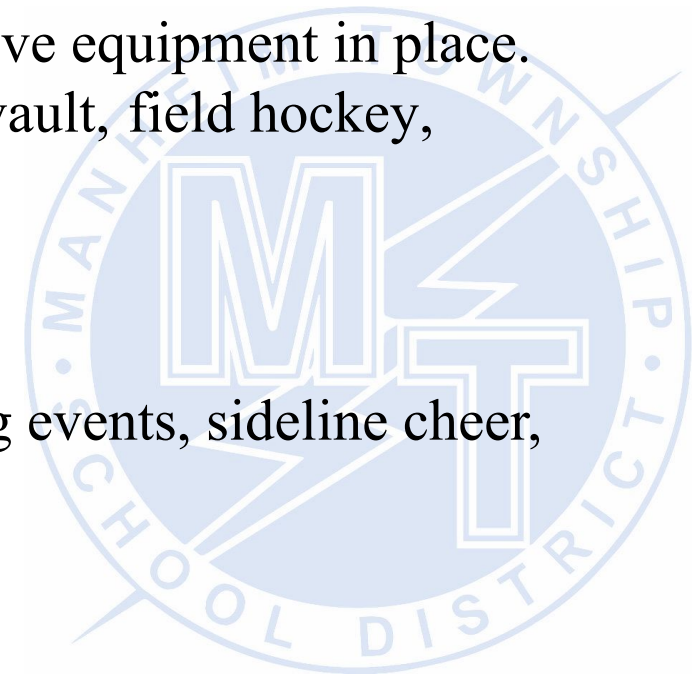
- a. Sports that involve close, sustained contact between participants.
- b. Examples: cheerleading (stunts), football, lacrosse, and wrestling.

2. Moderate Risk:

- a. Sports that involve close, sustained contact, but with protective equipment in place.
- b. Examples: baseball, basketball, high jump, long jump, pole vault, field hockey, softball, soccer, tennis, volleyball and 7 on 7 football.

3. Low Risk:

- a. Sports that can be done with social distancing.
- b. Examples: cross country, golf, individual swimming, running events, sideline cheer, throwing events, rifle, bowling, and weightlifting.

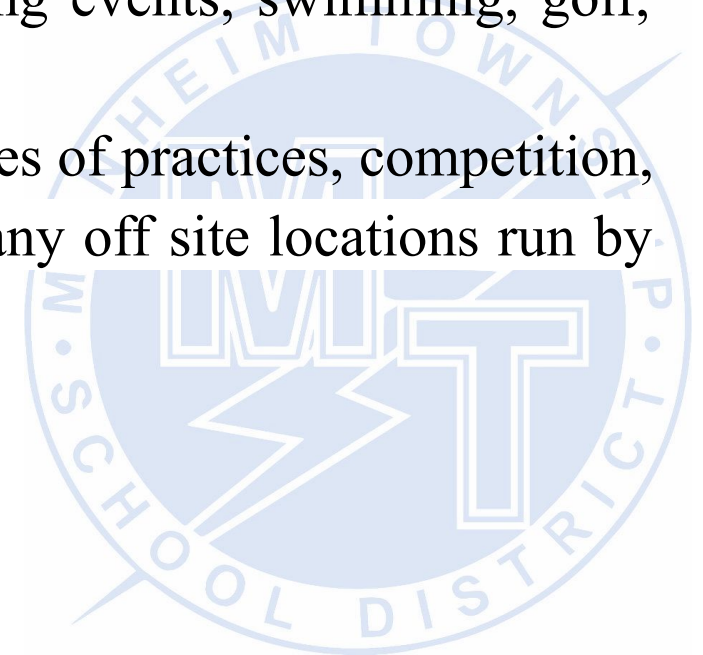


Current Reopening Phase

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)



Cleanliness and Safety

DISINFECTION & SANITIZATION

- a. Cleaning of facilities and sports equipment
- b. Cleaning Supplies available to students and staff
- c. Custodial Daily Cleaning

SAFETY

- a. Face Masks
- b. Handwashing
- c. Social Distancing
 - i. Individuals
 - ii. Workout Stations

Daily Arrival and Departure Procedures

CHECK IN PROCEDURES

(Coach/Staff Oversight)

1. Prescreening Form
2. Temperature Check
(Upon Arrival)

ENTERING AND EXITING THE BUILDING

1. Students & Staff Only
2. Assigned Entrances
3. Sanitation Stations

1. LIMITATIONS ON GATHERINGS

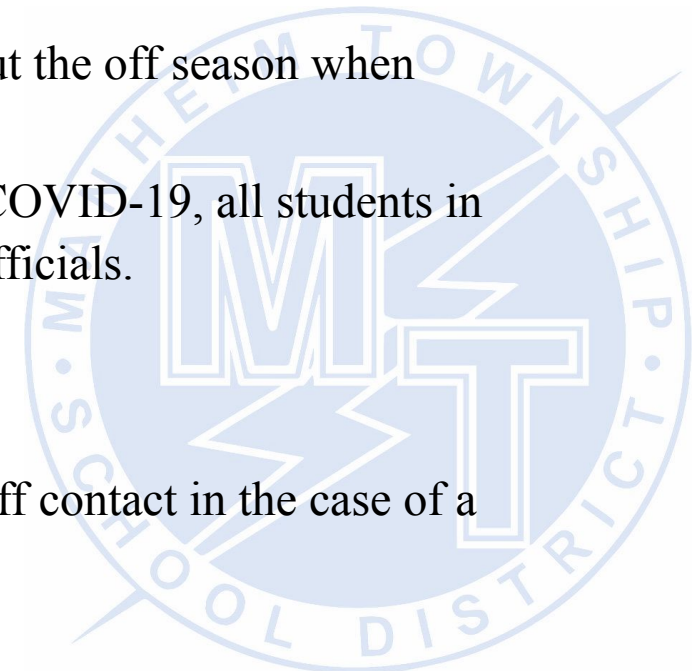
- a. **Yellow** 25 individuals; **Green** 250 individuals per group per practice area (including staff)
- b. Maximum occupancy of facilities may not exceed 50%
- c. Controlled non-contact practices only, modified game rules
- d. Social Distancing should be applied during practices and in gathering areas.

2. WORKOUT GROUPS

- a. Staff created student groups
- b. Students are to stay in the same groups for each training session throughout the off season when possible.
- c. 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.

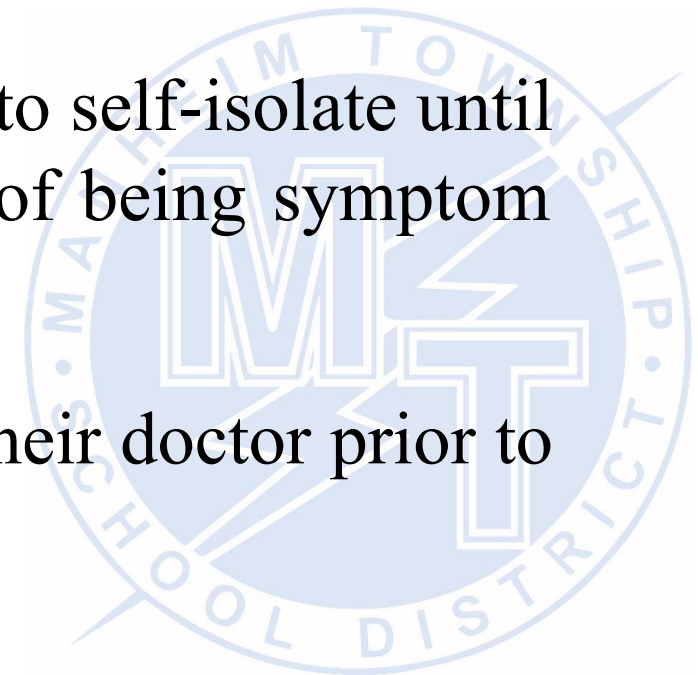
3. ATTENDANCE

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



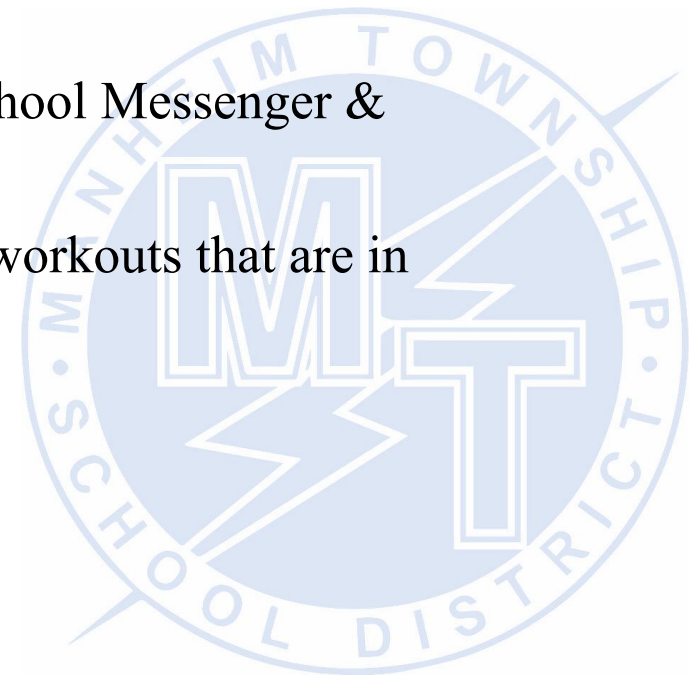
Covid-19 Symptoms, Testing & Management

1. 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
2. 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
3. The student must to obtain a clearance note from their doctor prior to returning to workouts.



Plan Initiation Timeline

- 6/16/20 - Facility walk through by Administrative Team (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 Athletic Health & Safety Plan
- 6/19/20 - Training for coaches on Athletic Health & Safety Plan
- 6/19/20 - Communication Sent to Students, Parents & Guardians (Via School Messenger & 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
- Ongoing - monitoring at the Federal, State and Local levels



BOARD MEMBER QUESTIONS?

MANHEIM TOWNSHIP ATHLETIC
DEPARTMENT:

ATHLETIC HEALTH & SAFETY PLAN
RETURN TO ACTIVITY GUIDELINES



MANHEIM TOWNSHIP SECONDARY
SCHOOLS

EXTRACURRICULAR HEALTH &
SAFETY PLAN
RETURN TO ACTIVITY GUIDELINES



Plan based upon the Athletic Return to Athletics Guidelines

1. Adjusted nomenclature (Swapping Athletic Terms with Extracurricular terms)
2. Key Principles Identical to Aforementioned Athletic Return Guidelines
 - a. Cleanliness and Safety
 - b. Current Reopening Phase
 - c. Daily Arrival and Departure Procedures
 - d. Limitations on Gatherings
 - e. Groups
 - f. Attendance
 - g. Stakeholder communication
3. Advisor/Director Meeting in conjunction with Athletic Coaches Meeting on Friday 6/19/2020



BOARD MEMBER QUESTIONS?



EXTRACURRICULAR HEALTH &
SAFETY PLAN
RETURN TO ACTIVITY GUIDELINES