

**Delaware Valley School District
Athletic Department
Resocialization of Sports Recommendations**

This plan is preliminary; as more public health information is available from the local, state and national agencies, the administration may work with applicable entities to release further guidance which could impact fall, winter, or spring seasons.

Delaware Valley will be using Guidelines from the CDC, DOH, PIAA, and the PA Governor's Office to update protocols as they become available during the year.

Any questions regarding the implementation of this plan should be directed to Christopher Ross, Athletic Director @ 570-296-1858 or cross@dvsd.org

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 may 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.

Delaware Valley School District (DVSD) will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. DVSD 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.

Promoting Practices that Prevent the Spread

Strategies for **ALL LEVELS** 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. The screenings will start with a temperature check and, based on data, evolve into a daily questionnaire. Temperatures higher than 100.4 will be sent home.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap). 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 based on the Phase of Participation.
5. Educate Athletes, Coaches, and Staff on health and safety protocols through a number of messaging platforms.

6. Educate staff and student-athletes about when they should stay home and when they can return to activity.
7. Create procedures for the occurrence of a student-athlete or coach becoming symptomatic.
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. There will be no refill station set up on DVSD campus.
10. PPE (gloves, masks, eye protection) will be used as needed and as individual situations warrant, based on local/state/national government recommendations / mandates.
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")
12. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

LEVELS OF PARTICIPATION

The level of participation will be congruent with the State of Pennsylvania's Color System of Reopening and all PIAA

Phase One

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings will be done by administration of a no-touch temperature check.
- Coaches will document attendance and the passing of the temperature check for each athlete entering practice facility.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance will be required to return to play.

Limitations on Gatherings:

- No gathering of more than 10 student-athletes per group, per practice area.
- These groups should remain constant for the two-week period. Mingling of groups is prohibited.
- There will be a designated time slot for practices in order to accommodate efficient testing of student-athletes.
- Controlled non-contact practices only, modified game rules.
- Social Distancing should be applied during practices and in locker rooms, and gathering areas.
- Indoors: Masks must be worn even when social distancing protocols are met. This excludes athletes that are actively participating in drills.

Facilities Cleaning:

- 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 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:

- Students should refrain from sharing clothing/towels and should be washed after each practice, including practice jerseys.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, 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

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.) should not be utilized and will not be available to students on DVSD campuses

Phase Two

Based on 14 days of small group (10 or less) and a community disease load that that is not rising.

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. A clearance may be required to return to play.
- COVID-19 Screenings (Temperature Checks may continue and/or Daily Questionnaires be administered based on Local and State government recommendations / mandates.
- Team attendance should be recorded with or without Temperature Screening.

Limitations on Gatherings:

- The teams of ten (10), may be merged into groups of no more than fifty (50) student-athletes who can now practice following PIAA Regulations for Off-Season Workouts.
- When not directly participating in practices or contests, social distancing should be considered and applied when able
- Indoor facilities should operate at fifty (50) percent capacity.
- Indoors: Masks must be worn even when social distancing protocols are met. This excludes athletes that are actively participating in drills.

Facilities Cleaning:

- 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 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:

- Students should refrain from sharing clothing/towels and should be washed after each practice, including practice jerseys.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, 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

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- There will be no refilling stations available on any DVSD campus.

Phase Three

Based on prior two-week period being complete and disease load in the community is not rising.

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.
- COVID-19 Screenings (Temperature Checks and/or Daily Questionnaires may continue as per State and Local government recommendations)
- Team attendance should be recorded with or without Temperature Checks

Limitations on Gatherings:

- Teams may combine to the total group for full practices and competitions
- When not directly participating in practices or contests, face masks are required to be worn indoors and outdoors when social distancing is not feasible.
- Indoor facilities should operate at 25-person capacity unless other guidance comes from local, state, or federal agencies.
- Face masks are required for coaches and players not directly participating in practices or contest when social distancing is not feasible.
- Indoors: Masks must be worn even when social distancing protocols are met. This excludes athletes that are actively participating in drills and/or competitions.

Facilities Cleaning:

- 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

Physical Activity and Athletic Equipment:

- Normal practice and competition may begin in accordance with PIAA Regulations

- Students should refrain from sharing clothing/towels and should be washed after each practice, including practice jerseys.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, 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

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- There will be a “hands free” filling station available to athletes to fill their own bottles.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.

Illness Protocol

During Practice or Competition

- Should an individual athlete or coach become ill during any Phase, they should be immediately removed from the group, masked (if not already), and isolated in an individual space.
- 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
- Testing for COVID-19 should be administered by appropriate healthcare professional
- 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.

Symptoms at Home

- 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.

Return of Student or Staff to Athletics Following a COVID-19 Diagnosis

- Student or staff must 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.

OTHER CONSIDERATIONS:

Education

Staff, Coaches, Parents and Athletes will be educated on the following (through numerous media outlets):

- 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.
- 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 training rooms without the presence of an athletic trainer

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.

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

Facilities

Locker Room and Restroom Use

- Any student athlete using the locker room facility must maintain proper social distancing guidelines and wear a mask while inside the locker room facility.

- If social distancing requirement cannot be met, student-athletes may rotate use of the locker room facility as needed.
- Teams will be scheduled in a locker room in order to separate individuals
- During practices, teams will be assigned a restroom for use in order to cut down on facility sharing.

Weight Room / Exercise Areas

- During Phase One of this plan Weight Rooms and Exercise Areas located indoors will operate in Groups of 10
- During Phase Two and Three, weight rooms and exercise areas located indoors will operate at fifty percent (50%) capacity (Handout Given to Coaches)

Guidance for Caregivers and Spectators (Contingent on the Lifting of “No Spectator” Guideline)

- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas will be clearly marked. It is recommended that spectators wear face coverings (masks or face shields) at all times.
- Caregivers and spectators should not enter the field of play or bench areas.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching. Caregivers or other community members will not be admitted into practice areas during scheduled practice times.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at higher risk for severe illness. Caregivers should share this information with the coaches and trainers.
- Caregivers should monitor their children for symptoms prior to any sporting event or practice. Student-athletes who are sick or showing symptoms must stay home.

DV Summer Sport Camps

- Delaware Valley Youth Sport Camps, under the supervision of Delaware Valley Athletic Staff, will be permitted to open July 6 [Phase Two (2)]. All aspects of the above plan must be adhered to when running a youth sports camp.
- It may be also be important to share the [CDC Considerations for Youth Sports](#) with parents during the registration phase.

Community Youth Organizations

- Any Community Youth Organization that requests field or gym usage must be equipped and staffed to follow the guidelines set forth in this plan. (Note) Gym usage will not be approved until further notice.
- Any organization that cannot adhere to the plan will not be granted access to the playing field or gymnasiums on campus.
- If not already familiar, Youth Sports Organizations should review the [CDC Considerations for Youth Sports](#)

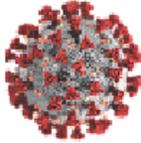
Transportation Within District / Away Competitions

- Before boarding the bus for an away competition, each student-athlete must have a temperature check and/or fill out the Health Questionnaire. The roster will be shared with the home team before Delaware Valley student-athletes arrive at an opposing campus.
- Student-Athletes will sit a maximum of two (2) to a seat and be wearing masks for the entire trip. This applies to intra-district and away competitions.
- Coaches may designate a “travel” squad for away competitions in order to keep the bus ridership at a safe, manageable number.
- Parents may drive their student-athlete to an away competition by filling out a transportation form and presenting it to the coach. Parents taking their student-athletes to games will not be permitted to attend the contest until “No Spectator” Guidance is updated for fan access.
- Parents will transport their student-athlete only. There will be no mingling of families in the same automobile.
- Students will not be allowed to drive themselves to games / competitions unless pre-approved by administration.

Resources

[PIAA Return to Competition: Individual Sport Considerations](#)

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