

# Athletics & Activities Health and Safety Plan

## Penn Hills School District

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**Point of Contact for COVID-19 Athletics Related Questions:**

Stephanie Strauss, Director of Athletics & Activities

[sstrau@phsd.k12.pa.us](mailto:sstrau@phsd.k12.pa.us); 412-793-7000 x5206

### **INTRODUCTION**

The Penn Hills School District Athletics & Activities Health and Safety Plan contains guidance and recommendations for a safe return to school-sponsored sports and activities for Penn Hills student-athletes, marching band members, coaches and staff amid the COVID-19 pandemic.

The following guidance is preliminary and takes into consideration the current information available from Pennsylvania Governor Tom Wolf, Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Education (PDE) and UPMC Sports Medicine. The Penn Hills School District Athletics Health and Safety Plan will continue to be updated as more information becomes available.

#### **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. 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

#### **How does COVID-19 spread?**

The virus is thought to spread mainly from person-to-person (CDC):

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

#### **How do we prevent the spread of COVID-19?**

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread (CDC):

- Maintain good social distance (about 6 feet). This is very important in preventing the spread of COVID-19.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Routinely clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a cloth face covering when around others.

### **ATHLETICS & ACTIVITIES RECOMMENDATIONS**

The following precautions will be taken in order to help lower the risk of COVID-19 exposure and reduce the chance of spread during practice and competition. Following the recommendation of UPMC Sports Medicine, Penn Hills Athletics will follow a phased return to play plan. The plan starts with small groups of student-athletes and group sizes will slowly increase over a period of five weeks. By managing group sizes and keeping groups consistent, the aim is to help prevent the potential spread of illness by an asymptomatic carrier and be able to use contact tracing if necessary. Head coaches will be responsible for ensuring the safety plan is followed by all students, assistant coaches and approved volunteers.

### **Penn Hills Athletics & Activities Phased Return to Play**

#### **Phase #1:**

- July 1-14 (or 2 weeks)
  - Groups of 15 student-athletes or less
  - Groups will remain constant for a two week period

#### **Phase #2:**

- July 15-28 (or 2 weeks)
  - Groups of 30 student-athletes or less
  - Groups will remain constant for a two week period

#### **Phase #3:**

- July 29 (or after 4 weeks)

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- Full squad integration is permitted but smaller groups are still encouraged, when possible.
- PIAA Start Dates (1st Official Fall Practices): August 24

#### **ATHLETICS & ACTIVITIES GUIDELINES:**

1. Do not report to workouts or practices if you feel ill or have a fever of 99.5 degrees Fahrenheit or higher. Participation in workouts or practices is voluntary and students will not be penalized for missed workouts or practices.
2. Student-athletes, marching band members, coaches, and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting which will consist of a temperature reading (using a no-touch thermometer, when available) and COVID-19 symptom questionnaire.
  - a. A positive screen that would warrant further investigation would be a temperature greater than 99.5°F or a “yes” response to either of these questions:
    - i. Initial Screening:
      1. Have you tested positive or been tested for COVID-19?
    - ii. Daily Screening:
      1. Have you had known exposure to a COVID-19-positive or presumed positive individual?
      2. Do you have a new onset cough or shortness of breath?
  - b. If the temperature is greater than 99.5°F, the student/coach should be separated from the group in a comfortable space for 5 minutes, and a second temperature reading should take place to confirm the original reading was accurate.
  - c. If the temperature reading is confirmed to be above 99.5°F or if any of the questions have a positive response, that individual should be removed from the group and their parent or guardian notified of the documented concern for illness/fever. Please refer to the “Illness Protocol” on Page 6 for more information.
  - d. Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case contact tracing is required (see template attachment). All responses will be kept confidential.
3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) before, during and after workouts. Hand Sanitizer will be available for team use as resources allow.
4. Intensify cleaning, disinfection, and ventilation in all facilities.
5. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, when feasible.

## Athletics & Activities Health and Safety Plan

### Penn Hills School District

6. Educate student-athletes, coaches, and staff on health and safety protocols.
7. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
8. Athletes and coaches **MUST** provide their own water bottle for hydration that is labeled with the student's name. Water bottles must not be shared. As resources allow and personnel are available, hydration stations may be available for refilling water bottles. Personnel may include athletic trainers, coaches, and approved volunteers who wear a mask and gloves while refilling bottles.
9. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.
10. If a student, coach, or staff member travels out of state, they should notify the head coach so that information can be noted.

### Guidance For Coaches and Athletics Staff:

#### *Face Masks:*

- Coaches and staff must have a face cloth or face mask on their person (ready to be used; around their neck or in their pocket) 100% of the time.
  - **INDOORS:** Coaches and staff must wear a face covering 100% of the time when **indoors** and occupying the same general area as one or more other individuals (coach, student, staff member, parent, etc).
  - **OUTDOORS:** Coaches and staff must wear a face covering outdoors when they are **less than 6 feet** from another individual. Face coverings must be readily available and easily accessible to be worn when social distancing is not possible.
  - When worn, the face covering should cover both the nose and mouth and allow for continued unlabored breathing.
- Coaches and staff who are unable to wear a mask due to medical reasons must submit a medical excuse from their doctor to the Athletic Director AND wear a sticker clearly displaying they are “medically excused” from wearing a mask.
- Coaches and staff should teach and reinforce the use of cloth face coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Wearing cloth face coverings is most important when indoors and when physical distancing is difficult.
  - People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently.
  - Cloth face coverings should not be placed on:
    - Anyone who has trouble breathing or is unconscious;

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.

#### *Sport Training:*

- Focus on individual skill building rather than competition.
- Limit the time players spend close to others.
- Organize players into small groups that remain together and work through stations rather than switching groups or mixing groups.
- Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

#### *Social Distancing:*

- Engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout). During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- Create practice plans that maximize the space available at each athletic facility so that all participants and coaches can maximize social distancing. Players should be spread out by using the entire field and all available courts/hoops, locker rooms, etc.
- Minimize unnecessary physical contact: No high fives, no fist bumps, no elbow bumps; instead clap for each other and give words of affirmation.
- No team huddles -- instead all players and coaches should space out 6 feet apart and talk to each other from a safe distance.
- Spotters for maximum weight lifts should be stationed at each end of the bar.

#### *Hygiene and Respiratory Etiquette:*

- Teach and reinforce handwashing with soap and water for at least 20 seconds.
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- 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, shot put, discus, etc.) should be cleaned intermittently during practice and events as deemed necessary

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

#### **Guidance for Student-Athletes:**

##### *Face Masks:*

- One face mask option to consider is a neck scarf/buff which allows for easy on (up) and off (down).
- **WHEN STUDENTS SHOULD WEAR A MASK:**
  - When entering and exiting an athletic facility.
  - In the athletic training room.
  - In the locker room or restroom.
  - In the weight room when students are not actively lifting or working out.
  - On the sidelines or in the gym when students are not actively participating in a drill or competition.
- **WHEN STUDENTS MAY REMOVE A MASK:**
  - Students may remove their face covering when they are actively participating in a workout (indoors and/or outdoors).

##### *Social Distancing:*

- When student-athletes are on the sideline or are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between others (at least 6 feet).
- Minimize unnecessary physical contact: No high fives, no fist bumps, no elbow bumps; instead clap for teammates and give words of encouragement.
- Stay within assigned groups and locations when directed by coaches.

##### *Hygiene and Respiratory Etiquette:*

- Wash your hands before, during and after practice as directed by your coaches and parents/guardians. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- No spitting is allowed and everyone is encouraged to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- Shirts with sleeves must remain on for workouts.

##### *Water Bottles-*

- Bring your own water bottle labeled with your name and do NOT share water bottles with teammates.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

#### **ILLNESS PROTOCOL**

- Should an individual athlete or coach become ill, have a temperature above 99.5°F, or respond affirmatively to the health screening questions, they should be immediately removed from the group, masked if not already, and isolated in their individual space.
  - The parent or guardian should be notified right away.
  - The head coach or designee should notify the Athletic Director who will consult with the Allegheny County Health Department, when appropriate.
- In consultation with the individual's primary care physician, testing for COVID-19 should be done. If testing is positive, contact tracing should be initiated.
  - This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
  - Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.
- The athlete/coach with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared, according to CDC guidelines.
- Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID-19 should provide a written release for return to activity from their medical provider before allowing continued participation.

#### **SANITIZATION**

- Athletic facilities will be disinfected daily by custodial and maintenance staff.
- High touch areas will be cleaned between group sessions.
- Weight room equipment should be wiped down after each individual's use. Disinfectant spray and paper towels will be provided.
- When possible, athletes should not share gear and instead use their own personal equipment.
- Each athlete should have his/her own personal defined hydration container that is never to be shared and is labeled with his/her name.

## Athletics & Activities Health and Safety Plan

### Penn Hills School District

- As resources allow, hand sanitizer will be made available via coaches and throughout the facility for use before, during, and after workouts.
- Appropriate clothing (shirts with sleeves) and shoes should be worn at all times in all athletic facilities to minimize sweat from transmitting onto equipment surfaces.
- NOTE: The chance of contracting the virus from participating in athletics on a field is rather small due to the dilution of virus, activity of sunlight in killing the virus, and keeping symptomatic athletes from playing (UPMC).

### Adhering to Pennsylvania Guidelines

#### **RED PHASE**

No in-person practices, workouts or meetings. Student-athletes are encouraged to workout on their own at home. Teams are permitted to hold virtual team meetings and coaches may share workouts for athletes to complete at home.

#### **YELLOW PHASE**

Gathering limit is 25 people and sports related activities are limited to student-athletes, coaches, officials, and staff only. Virtual team meetings are encouraged.

#### **GREEN PHASE**

Gathering limit is 250 people and sports-related activities are limited to student-athletes, coaches, officials, and staff only.

*As of August 30, 2020, the Allegheny County gathering limit for K-12 sports and activities is 250 outdoors and 25 indoors. Within the 250 maximum outdoors, groups or pods in one general area may not exceed 100 people. For indoor gatherings, the maximum is 25 people **per space**. Gym dividers may be used to separate spaces with no more than 25 people per court when dividers are down.*

### **SPORT SPECIFIC RECOMMENDATIONS (Practices/Training)**

As coaches develop practice plans, the following information should be taken into consideration. According to the CDC, "the more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity."

The risk of COVID-19 spread increases in youth sports settings as follows (CDC):



## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.
- Increasing Risk: Team-based practice.
- More Risk: Within-team competition.
- Even More Risk: Full competition between teams from the same local geographic area.
- Highest Risk: Full competition between teams from different geographic areas.

The following sport specific recommendations will be updated by coaches as more information and resources become available:

#### **Football**

- See "Penn Hills Football Return to Play Guidelines (Attached)"

#### **Soccer**

- Use the entire field and consider using the adjacent grass field (through the tunnel).
- Use two colors of pinnies for each player to avoid sharing.
- Disinfect soccer balls before and after each practice.

#### **Cross Country**

- Practices will be held on school grounds and athletes will stay at least 6 ft. apart from each other while running.
- The team will stay outside except to use the restrooms. All warmups, cool downs, drills and core exercises will also be done outside with plenty of room between each athlete.
- Stagger start times on the designated practice course so that all runners have space between other runners.

#### **Golf**

- Space out golfers at least 6 feet apart when at a driving range.
- Stagger tee times so as to give distance between small groups of golfers.
- Refrain from sharing golf clubs, golf balls, and other equipment.
- Golfers must carry their own bags and bring their own water bottles.
- Leave the golf flagstick in at all times when putting, so that players are not touching the flagstick. Players take their own ball out of the hole.
- Avoid raking bunkers with rake when possible to avoid multiple players touching the rake. Smooth the sand with your foot after playing from the bunker.
- Do not trade scorecards with opponents (as we sometimes do in matches). Keep your own score and just confirm with the opponent after each hole. Do not sign each other's card after the match. Don't shake hands after the match.
- Always pick up your own ball. Do not pick up another's ball and toss it to them.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- Bring your own snacks and drinks to avoid going into the pro shop and snack bar to purchase items.

#### **Tennis**

- Do not allow players to share tennis racquets.
- Spread out players on all available tennis courts.

#### **Volleyball**

- Set-up multiple nets and spread out athletes on all available courts.
- Disinfect volleyballs before and after each practice.

#### **Basketball**

- Use all available hoops to spread out athletes.
- Disinfect basketballs before and after each practice.

#### **Cheerleading**

- Create practice areas in multiple spaces by utilizing the hallway when necessary to separate activities.
- Disinfect cheer mats after each practice.
- Cheerleaders will space themselves out in the gymnasium 6 feet apart in all directions.
- Mats will be sanitized after usage prior to storage and only utilized when necessary (tumbling/stunting).
- Cheerleaders will utilize the weight room and comply with the sanitizing efforts in place.
- Cheerleaders will be split into small groups sessions with rotating time slots.

#### **Marching Band**

- Masks when not participating
- Bottled water/adults filling bottles so no contamination
- Students/staff maintain social distancing
- Areas where students are will be sanitized often
- Students reminded to sanitize/wash hands often.
- No shared food/water
- Monitor # of students in restrooms to maintain social distancing.
- Staggered entry/exit
- Maximize use of outdoor space
- Visual ensemble will be given equipment that they will sign out and be responsible for. There will be no mixed equipment between students.
- All equipment will be sanitized throughout the day and will be sanitized (as a group).
- Multiple pop-up shade covers will be offered for students to have outdoor eating options while observing social distancing.

**Athletics & Activities Health and Safety Plan  
Penn Hills School District**

**COVID-19 HEALTH SCREENING  
TEMPLATE**

SPORT	DATE				DATE			
	TIME	TEMP	COVID	SYMP	TIME	TEMP	COVID	SYMP
COACH NAME								
COACH NAME								
STUDENT NAME								
STUDENT NAME								
STUDENT NAME								
STUDENT NAME								
STUDENT NAME								

TIME= Time reported to practice on a particular date; if the box is empty, the player/coach was absent.

TEMP= Box is checked if the student's/coach's temperature is over 99.5°F.

COVID= Box is checked if the student/coach responded yes about known exposure to a COVID-19-positive or presumed positive individual.

SYMP= Box is checked if a student/coach has a NEW cough or shortness of breath.

**Athletics & Activities Health and Safety Plan  
Penn Hills School District**

**Penn Hills Football  
RETURN TO PLAY GUIDELINES  
(July 1, 2020)**

FIRST AND FOREMOST, THE PENN HILLS FOOTBALL PROGRAM HOPES THAT YOU AND YOUR LOVED ONES ARE SAFE AND HEALTHY. It has been a long, several months that we have been able to see the players, and we have missed them dearly. Over the last several months, COVID-19 (coronavirus disease 2019) has impacted our lives significantly. In an effort to return to play and begin workouts, the following guidelines have been established. While this recommendation has been prepared after reviewing several guidelines, mainly from the Center for Disease Control and different health organizations, among other local guidelines used by sports organizations, it should be understood that no one can guarantee prevention of illness or injury during athletic participation. This document does not supersede any state or federal guidelines, instead provides instruction for return to play based on those guidelines. These guidelines are subject to change, as we will follow the most recent CDC and state guidelines, and are based on the current best practice at the time. The guidelines work in conjunction with the Penn Hills Athletic Department's Health and Safety Plan. We recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community, but we must do this in the safest ways possible. We are excited to continue workouts following these guidelines to protect players, families, and our community.

The coronavirus is easily transmitted, especially in group settings. There is currently no vaccine to prevent the coronavirus. The best way to prevent the illness is to avoid being exposed to it. The virus is thought to spread mainly from person to person, between people in close contact with each other (within 6 ft for a given time, through respiratory droplets produced when an infected person coughs, sneezes, etc.), and by touching your mouth, nose, or eyes after touching a surface that the virus may reside on. Studies suggest the virus may be spread by people who are not showing symptoms. While the virus cannot be prevented completely, following these guidelines suggest we can minimize the risk of infection. Face coverings, social distancing, and promoting healthy hygiene are of utmost importance.

Penn Hills does not assume liability for anyone who contracts COVID-19 while participating in these voluntary workouts. We will make every effort to minimize the risk of infection. Any individual feeling sick must stay at home without penalty. If you are sick, stay at home! The health and safety of all involved is our biggest concern. It is believed in following these guidelines, we can minimize the risk of exposure. At-risk/vulnerable individuals should not participate. Everyone's choices will be respected as to participation – individuals wishing not to participate will face no negative consequences during the regular season.

Much like the State's approach to opening, we will be following a phased approach for our return to play. Social distancing will be encouraged throughout all phases when possible. Social distancing will be maintained by limiting the number of people in a given area, creating a one-way path so that students enter and exit in the same place, while utilizing the time needed to facilitate this safely, and spacing out

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

across different areas. No parents or spectators will be permitted during any workout. Sports-related activities are limited to the student athletes, coaches, and school staff.

Prior to each workout, everyone must go through a verbal and/or written screening. Upon arrival, athletes should wear masks into the building and temperatures will be taken for each individual. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. Athletes will be assigned a locker room or appropriate space for their belongings during the workout. Minimal belongings should be brought to the workout, only what is essential for workouts (shirt, shorts, shoes, water labeled with student's name). Slides should not be worn at any time. No one is to share water, towels, etc. Athletes will be spaced out to assure social distancing. Masks will be required when athletes are not currently working out. Coaches will wear masks at all times indoors, and when social distancing cannot be maintained outdoors. Masks should remain on each individual at all times for use when required. Athletes will wear masks when social distances cannot be maintained, or during non-athletic activities.

It is understood that during the pandemic that many athletes have had limited to no access to strength equipment or organized activities during the last few months. We will have a gradual progression to increase strength, endurance, and stamina considering the athletes level of conditioning. During workouts, sanitization will be encouraged regularly. Equipment will be cleaned; athletes will wash their hands. Efforts will be made to minimize the sharing of athletic equipment. Each athlete should provide his own hydration container (bring their own water). Athletes should not use fixed water fountains. A hydration station will be available, as resources allow, to fill water containers (only the athletic trainer or an appointed coach will be permitted to fill bottles). Grouping athletes will help provide space for social distancing. Physical closeness and contact between players will be reduced as much as possible. Upon completion of the workouts, athletes will be required to leave the facility and wait outside for their transportation. No socializing in the building will be permitted. There should be no hand shaking, high fives, or fist bumps. Spitting should be avoided. No gum or sunflower seeds are permitted.

With the assistance of the Penn Hills School District staff, the common areas (locker rooms, bathrooms, weight room, entrance ways, water fountains, etc.) will be disinfected daily, with sanitization escalation of these areas when necessary. Weights and field equipment will be wiped down between groups. Good hygiene will be encouraged throughout the workout. Ventilation will be intensified in the facility with industrial fans at certain doorways. Players should bring hand sanitizer that can be used on the field between sessions. Any group going into or leaving the weight room will be required to wash their hands. Balls will be wiped down daily. All participants must do their part in helping maintain a clean facility. No clothing will be permitted to be left in the lockers. Clothes should be washed immediately upon returning home. Any trash generated by an individual should be put into a trash receptacle. Toilets should be flushed after each use.

Any team travel to other schools for competition will require the approval of the Penn Hills Athletic Department. Likewise, hosting a team at Penn Hills facilities will require the approval of the Penn Hills Athletic Department. Any player who travels outside of the Pittsburgh Area should discuss the travel with the Athletic Trainer and Head Coach upon return, before entering the facility. Additional guidelines/restrictions may be enforced on a case by case basis.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

The health and safety of our athletes, staff, and volunteers remain our highest priority. The guidelines outlined in this document will help us ensure we are lowering the risk of COVID-19 as much as possible while allowing our athletes to begin workouts. Questions can be addressed to Coach Jon LeDonne at [jonledonne@gmail.com](mailto:jonledonne@gmail.com).

Given the dynamic nature of the COVID-19 pandemic, guidance will evolve as further research, data, and resources become available. For the most up-to-date, reliable information, please continue to refer to the CDC and the Commonwealth of Pennsylvania's website (Department of Education and Department of Health) for responding to COVID-19.

Any individual that does not adhere to these guidelines will be asked to leave and will not be permitted back. This decision is at the discretion of the head coach and/or athletic trainer, with notification to the athletic director.

### **FOOTBALL ARRIVAL**

- Individuals must arrive on time, by the arrival time, or will not be permitted to participate in the workout that day and will be sent home.
- Individuals should have their own water bottle and will not be permitted to wear slides at any time. A refilling station will be available during workouts, as resources permit; however, if an individual reports without a water container, they will be sent home.
- All individuals should wear a shirt with sleeves, and will be required to wear it throughout the workouts.
- All individuals will be required to enter through the main building hallway (door opposite the field side).
- Individuals should wear a mask upon arrival.
- Individuals should maintain 6 feet spacing upon arriving when waiting in line for screening, following marking on the driveway.
- Health Screening Conducted Daily:
  - Series of questions will be asked:
    - Initial
      - Have you tested positive or been tested for COVID-19?
    - Daily
      - Have you had known exposure to a COVID-19-positive or presumed positive individual?
      - Do you have a new onset cough or shortness of breath?
  - Temperature will be taken for each individual.
  - Safety precautions in place, including screening log.
  - An elevated temperature (>99.5°F) or an answer "yes" to any of the questions would warrant further investigation. The individual will be removed from the group and their parent/guardian will be contacted.
- Upon entry into the facility, individuals should wash their hands and then report to their designated locker space.

## Athletics & Activities Health and Safety Plan

### Penn Hills School District

**ITEMS TO BRING:** Tennis Shoes, cleats (permitted to leave in locker), personal water bottles, towel, shirt with sleeves. No slides, even to enter the facility. Players should bring a lock to secure any valuables.

## FOOTBALL WORKOUTS

- Groups will be identified, posted, and remain the same for these two weeks. Groups will include the same individuals and coaches.
- Groups will be spaced out across the weight room, Fralic indoor facility, and Yuhas-McGinley Stadium (field, bleachers, hillside).
- A circuit-like approach will be used for the workout, with groups rotating between stations. Sanitization and hand washing will be encouraged/required between rotations when appropriate.
- Groups entering/exiting the weight room will be required to wash their hands.
- Groups exiting the weight room should sanitize equipment used. Disinfectant stations will be provided throughout the weight room.
- Neck-type face coverings are recommended, so that they can be adjusting accordingly when needed.
- Bumper plates are required for any weight touching the floor of the Fralic Indoor Facility.
- No parents or spectators permitted.
- If an individual becomes ill during any period, they will be immediately removed from the group, masked, and isolated. Their parent/guardian will be contacted and the individual will be sent home right away. The individual should be tested for COVID-19, with contact tracing initiated if positive. A written release for return to activity will be required from a medical care provider before the individual can return to workouts. All occurrences will be handled by the athletic training staff.

### PHASE 1

- Minimum two-week period (July 1 – July 17) of groups consisting of no more than 15 athletes per group.
- Much individual training, minimal football specific drills. No balls on the field except QBs.
- Focused on strength and speed conditioning.
- Focus on body weight, resistance training, sub-maximal lifts.

### PHASE 2

- Two-week period (July 20 – July 31) of groups consisting of no more than 30 athletes per group.
- More group training with social distance, introduce football specific drills. Introduce balls to group sessions.
- Position specific group sessions with modified practice plans.
- Continued focus on strength, speed, and endurance conditioning.
- Weight training with spotters on each side of the bar.
- **Sports Physical Date: July 29, 8:00 AM**

### PHASE 3

- (Aug 3) Team combined into a total group for full practice and competition.
- Continue group work as much as possible, with introduction of team sessions.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- Introduction of game simulation activities, with minimal physical contact drills. Within team competition.
- No limit of participants besides facility capacity limitations.

### **FOOTBALL DEPARTURE**

- Upon dismissal from workouts, individuals will be permitted to return to their locker space briefly, should wash their hands, and then will be required to exit the facility.
- No clothing should be left in the lockers (spikes are permitted to be left).
- Face covering should be worn in the locker room and to depart. Face coverings should be cleaned routinely.
- Individuals should wipe their chairs down before returning them to their lockers. No chairs should be left on the floor.
- Individuals will exit through the same doors as arrival (main hallway opposite the field side).
- Individuals will be required to wait for their rides outside the facility, where they will be asked to maintain social distancing upon waiting for their transportation.
- Coaches will not be permitted to ride individuals home. Any individual without a ride should be prepared to walk 15-minutes after the end of the workout.

### **PLAN OF ACTION FOR SICK INDIVIDUAL**

If an individual is sick, the individual is asked to stay at home. Symptoms of COVID-19 may appear up to several weeks after exposure to the virus. The symptoms may range from mild to severe. Should an individual fail the health screening (see checklist), the individual will not be permitted to partake in workouts or enter the building. The individual will be sent home, until a medical provider provides a return to play letter. If an individual becomes sick during the workout, they will be isolated from the group until transportation can be provided. Areas the individual may have entered will be closed for 24 hours, followed by a disinfectant and cleaning.

It is essential steps are taken to prevent the spread of the disease. Notification should be made to the school and the team if tested positive for COVID-19 (athletic trainer). Appropriate action will be taken for others who may have been in close contact with the individual (contact tracing).

In any case, an individual sent home due to related symptoms or sickness will require medical clearance from their physician or appropriate health care provider to return to workouts, likely to be a minimum of 14 days.



**Athletics & Activities Health and Safety Plan**  
**Penn Hills School District**

## **REFERENCES**

- Center for Disease Control and Prevention, "Coronavirus (COVID-19)."  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Center for Disease Control and Prevention, "Considerations for Youth Sports," dated May 2020.
- National Federation of High School Football, "Guidance for Opening Up High School Athletics and Activities," dated May 2020.
- Penn Hills School District, Athletic Department, "Athletic Health and Safety Plan," dated June 24, 2020.
- Pennsylvania Department of Education, "Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public," dated June 10, 2020.
- Pennsylvania Department of Education, "Pre-K to 12 Athletic Health and Safety Planning Guide," dated June 16, 2020.
- Pennsylvania Department of Education, "Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools," dated June 3, 2020.
- Pennsylvania Department of Health, "Summer Recreation, Camps, and Pools," dated May 22, 2020.
- PIAA, "Press Release – Mechanicsburg, PA," dated Friday, June 5, 2020.
- PIAA, "Press Release – Mechanicsburg, PA," dated Friday, June 10, 2020.
- UPMC, "UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines (High School)," dated May 28, 2020.

# **RETURN TO COMPETITION GUIDELINES**

***Updated August 30, 2020***

## **Athletics & Activities Health and Safety Plan Penn Hills School District**

### **Return to Competition Guidelines**

On Friday, August 21, the PIAA voted to permit Fall sports to start official practices on Monday, August 24, based on local school decisions. The Penn Hills School District Board of School Directors supports the start of Fall sports. Penn Hills School District Athletics will continue to follow the most recent guidance from Governor Wolf, the Department of Health, Department of Education, CDC, and Allegheny County. The PIAA released Return to Competition Guidelines on July 30, 2020 that include considerations for each Fall sport and are listed in the plan below.

#### **WAIVER**

As advised by the Penn Hills Board of School Directors and District Solicitor, all students who choose to participate in athletics and/or activities in the Penn Hills School District will be asked to sign a waiver titled "Participation Waiver and Release of Liability for Communicable Diseases including COVID-19" (see attached).

#### **SPECTATORS**

Per Governor Wolf, K-12 sports related activities are limited to student-athletes, coaches, officials and staff only. As of August 30, 2020, spectators are still not permitted at K-12 sporting events. Penn Hills Athletics will provide opportunities for parents/guardians, families and the community to watch the following sporting events online:

- Girls and Boys Soccer (middle school, junior varsity, and varsity): NFHS Network via a Pixellot camera installed at the Nate Ferraco Memorial Stadium which automatically records and live streams all home soccer matches. A subscription to the NFHS Network is \$10.99 per month or \$69.99 per year (both with unlimited number of events).
- Girls Volleyball (junior varsity and varsity): NFHS Network via a Pixellot camera installed at the Penn Hills High School Main Gym which automatically records and live streams all home girls volleyball matches. A subscription to the NFHS Network is \$10.99 per month or \$69.99 per year (both with unlimited number of events).
- Football (varsity): Penn Hills Football Network on YouTube which will include live play by play by the Penn Hills Quarterback Club. All home and away varsity games are live streamed and are free to watch on YouTube.
- Remaining Fall Sports (varsity girls tennis, varsity golf, varsity cross country, junior varsity football, middle school football, middle school swimming, middle school girls basketball): When possible, home competitions for the remaining Fall sports will be live streamed via Facebook Live on the Penn Hills Athletics Facebook page.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

#### **HOME COMPETITIONS**

- All outdoor competitions (football, soccer, cross country, golf, tennis, marching band, and cheerleading) will be limited to a maximum number of 250 people inside the competition venue. At no time will a group of people in one specific area exceed 100 people. Sidelines and attendees will be limited to essential personnel only.
- The Athletic Director will communicate with the visiting team regarding the maximum size of the travel party permitted to attend. Visiting Teams will be asked to provide a roster that includes all members of the travel party that day (students, coaches, staff, and support personnel). The Roster Verification Form (attached) will be signed by a coach or administrator that certifies all members of the opponent's roster have passed a COVID-19 Pre-Screening and are permitted to attend that day's event. The Pre-Screening will be consistent with each school's process. If no process exists, the opposing team will be asked to question their coaches, players and staff regarding COVID exposure and symptoms (new cough or shortness of breath).
- With the additional restrictions on events in the COVID-19 era, the Athletic Department will need additional volunteers to help manage game days. Parent volunteers will have the opportunity to serve vital roles in game day operations to ensure the safety of students, coaches, and staff.
  - Any volunteers who will be on the field, court or interact directly with students must have all four clearances (criminal history, FBI fingerprints, child abuse, mandated reporter) and be board approved. Volunteers working in the press box or in areas away from students are not required to submit clearances.
    - Football Home Games: Parent volunteers will be utilized for essential gameday jobs such as hand sanitation, football sanitation, water refilling stations, crowd control, etc.
    - Soccer Home Games: Parent volunteers will be utilized for essential gameday jobs such as hand sanitation, soccer ball sanitation, scoreboard operator, announcer, crowd control, ball runners, etc.
    - Girls Volleyball Home Games: Parent volunteers will be utilized outside the gym in the hallways to help limit the number of people inside the gymnasium, so as not to exceed 25 people in an area at one time.
    - Cross Country, Girls Tennis, Golf Home Competitions: Parent volunteers opportunities will be offered as they become available.
  - Parent volunteers who are permitted to attend home events will be asked to sign a form that certifies they have a body temperature in normal range, have not had contact with a COVID positive individual, and do not have a new onset cough or

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

shortness of breath. This form will be required and filed for each event in order to have a record of who was present.

- Officials
  - Officials will be asked to sign a form that certifies they have a body temperature in normal range, have not had contact with a COVID positive individual, and do not have a new onset cough or shortness of breath. This form will be required and filed for each event in order to have a record of who was present.
  - When available, officials will be issued a locker room space that allows for social distancing.
  - Hand sanitizer will be provided for use.
  - Bottled water will be available, when possible.

### **AWAY COMPETITIONS**

- The host school will determine how many people will be able to travel to their venue so as to be compliant with the 250 people maximum at outdoor gatherings and 25 people maximum at indoor gatherings.
  - Football- The Big 56 Conference voted on the minimum number of 80 people in the visiting team's travel party (including all students, coaches, and support staff). The Head Coach and Athletic Director will determine the travel roster for each event. Travel teams will likely be used which will consist of starters, back-ups, coaches, and essential staff only, due to the limit on numbers able to travel to other schools.
  - The Marching Band and Cheerleaders will participate in home games only.
- Penn Hills School District teams will comply with the specific rules and regulations of the host school while continuing to follow PHSD guidelines for competition.
- Opponents will be asked to provide a roster that includes all members of the travel party that day (students, coaches, staff, and support personnel). The Roster Verification form will be signed by a coach or administrator that certifies all members of the team have passed a COVID-19 Pre-Screening and are permitted to attend that day's event. The Pre-Screening will be consistent with each school's process. If no process exists, the opposing team will be asked to question their coaches, players and staff regarding COVID exposure and symptoms (new cough or shortness of breath).

## Athletics & Activities Health and Safety Plan Penn Hills School District

### TRANSPORTATION

- Penn Hills Athletics and Activities will follow the plan submitted by Krise Transportation in the School Reopening Plan, which includes:
  - Students, coaches and staff must wear a mask at all times when on Penn Hills School District buses.
  - Maximum of two people per seat.
  - The bus will be loaded from the back to the front (students who enter first will be seated in the back of the bus and then others will fill in).
  - The first row of seats behind the bus driver will remain open to give the bus driver space.
  - When possible, students and coaches will be spaced out on the bus to allow for social distancing.
  - All windows will be open for airflow except during extreme weather. Students and coaches should pack jackets when the weather gets cooler in the evening.
- Parents/guardians may choose to transport their children in their personal vehicles to and/or from competitions, in lieu of PHSD buses/vans. The parent/guardian must sign a transportation form provided by the head coach which will be filed in the Athletic Office.
- Krise Transportation has graciously offered to supply **sports and activity shuttles** to transport PHSD remote learners to Linton Middle School and the High School for practices and competitions at no charge, effective September 8, 2020.
  - Two routes will be offered in Penn Hills: one in the area of Frankstown Road and the other in the area of Universal Road.
  - One bus per route will be provided to transport middle school students to Linton Middle School (to arrive before dismissal).
  - One bus per route will be provided to transport high school students to Penn Hills High School (to arrive before dismissal).
  - More specific information regarding bus stop locations and times will be distributed through the coaches.
  - Families will be responsible for transporting their students home after practices and competitions.

**Athletics & Activities Health and Safety Plan  
Penn Hills School District**

**SPORT SPECIFIC RECOMMENDATIONS FOR COMPETITION**

**FOOTBALL**

- **TEAM BOX:**
  - The team box will be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
  - Maintain social distancing of 6 feet at all times while in the team box. The Penn Hills High School Football Field will have markers on the sideline that are spaced 6-feet apart as a point of reference for players to maintain social distancing.
  - Some players may be situated in the bleachers behind the team bench in order to keep sideline numbers to a minimum and to allow social distancing.
  - Uniforms, towels, and other apparel and equipment will not be shared.
  - Athletic trainers will be responsible for using hygienic and efficient hydration practices for players.
- **FOOTBALLS:**
  - Footballs will be cleaned and sanitized throughout the contest using a sanitizing solution that was recommended by the manufacturer.
  - The ball holders should maintain social distancing of 6 feet at all times during the contest.
  - Football sanitizing stations will be set-up on the sideline which will be operated by a staff member or approved volunteer. The ball will be cleaned on a ball rotation to the sidelines.
  - Ball individuals will wear gloves and be supervised and directed by an adult staff member or approved volunteer.
- **FACE MASKS:**
  - Cloth face coverings are permitted.
  - Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest.
- **TOOTH AND MOUTH PROTECTORS:**
  - Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- **GLOVES:**
  - Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

## Athletics & Activities Health and Safety Plan

### Penn Hills School District

- CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES:
  - A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for rehydration. For social-distancing purposes the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
  - Each game official and player should have their own beverage container.
  - Encourage the minimization of offensive and defensive huddles and encourage coaching staff to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.
- INTERMISSION BETWEEN PERIODS AND AFTER SCORING:
  - The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.
- PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES:
  - For the coin toss, limit attendees to the referee, and one designated representative from each team.
  - Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
  - No handshakes prior to and following the coin toss.
  - Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, and individuals handling the balls during the game and team personnel.
  - Line-to-gain (stick) crew must wear face coverings.
  - For the overtime coin toss procedure, the same procedure will be used as the start of the contest.
- PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:
  - No pregame or post game shaking of hands.
  - Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
    - Only 25 people are permitted inside each locker room at one time. Coaches will be responsible for managing numbers inside each space.
    - Tents will be provided outside the locker room spaces to provide additional coverage in case of inclement weather.
  - The **Penn Hills High School Marching Band** is permitted to perform the National Anthem before the game and perform their show at halftime.



## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

- The marching band **MUST** wait until both football teams have exited the field to their designated locker rooms before the band enters the stadium so as to keep a maximum of 250 people in the stadium at one time.
- No more than 100 band members and staff may be in one area at one time. If the whole band exceeds 100 people, they must stay in separate groups of no more than 100 people.
- The marching band must also allow enough time after their show to exit the football stadium before the footballs return to the field to warm-up for the second half.
- The marching band must stay in their designated area outside the football stadium during the football game.
- The band may return to the field for a post-game show.
- The **Penn Hills High School Cheerleaders** are permitted to cheer from their designated area outside the football stadium.
  - If there is space within the 250 person maximum, cheerleaders will be permitted to cheer from the bleachers inside the football stadium. This will be on a game-by-game basis, depending on the size of the visiting team's travel party and total number of people required to safely host the event.
  - The varsity cheerleaders have the opportunity to perform at halftime after the Penn Hills Marching Band since the visiting team's band will not be present.
- **FINAL CONSIDERATIONS FOR FOOTBALL:**
  - Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
  - Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
  - Everyone should have their own beverage container that is not shared.
  - Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
  - Gloves are permitted for all coaches and team staff and for all game administration officials.
  - Try and limit the number of non-essential personnel who are on the field level throughout the contest.
  - If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.

**Athletics & Activities Health and Safety Plan**  
**Penn Hills School District**

**SOCCKER**

- **PREGAME CONFERENCE:**
  - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
  - Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet.
  - No handshakes prior to and following the Pregame Conference.
- **BALL INDIVIDUALS:**
  - Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball.
  - Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
- **TEAM BENCHES:** Encourage bench personnel to observe social distancing of 6 feet. Team areas may be expanded to promote social distancing.
- **SUBSTITUTION PROCEDURES:** Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- **OFFICIALS TABLE/PRESS BOX:** Limit to essential personnel who includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- **PREGAME, HALF-TIME AND POST MATCH CEREMONY:**
  - No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
  - Water bottles are discouraged on the field of play and should be used off the playing surface. Goalkeepers are encouraged to keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
  - Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant and off the playing surface, where possible.
  - No post game shaking hands.
- **EQUIPMENT AND ACCESSORIES:** Cloth face coverings are permitted. Gloves are permitted.
- **LEGAL UNIFORM:** Long sleeves are permitted. Long pants are permitted. Under garments are permitted but must be of a similar length for the individual and a solid like color for the team.

**Athletics & Activities Health and Safety Plan**  
**Penn Hills School District**

**GIRLS VOLLEYBALL**

- **PRE-MATCH CONFERENCE:**
  - Limit attendees to the first referee, head coach, and one captain from each team.
  - Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
  - Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.
- **TEAM BENCHES:**
  - Suspend the protocol of teams switching sides/benches between sets.
  - Home team will select their bench prior to the match and remain on the same side for the duration of the match.
  - Team areas may be expanded to promote social distancing outside of playable areas.
    - Gym dividers may be used to create additional spaces for substitutes (may have up to 25 people per court if gym dividers are used). The Auxiliary Gym and hallways adjacent to the Main Gym may also be used for staging junior varsity/varsity players.
- **DECIDING SET PROCEDURES:**
  - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
  - Suspend the protocol of teams switching sides/benches before a deciding set.
- **SUBSTITUTION PROCEDURES:**
  - Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- **OFFICIALS' TABLE:**
  - Limit to essential personnel (which includes home team scorer, libero tracker and timer), with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- **EQUIPMENT AND ACCESSORIES:** Cloth face coverings are permitted. Gloves are permitted.
- **LEGAL UNIFORM:** Long sleeves are permitted. Long pants are permitted. Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

**Athletics & Activities Health and Safety Plan**  
**Penn Hills School District**

**GOLF**

- Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Normal golf groups are permitted.
- Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4).
- Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.

**CROSS COUNTRY**

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- Cross country meets should consider using staggered, wave or interval starts.
- PRE AND POST RACE CEREMONY:
  - Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
  - The use of team tents on site is discouraged.
  - Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

## **Athletics & Activities Health and Safety Plan**

### **Penn Hills School District**

#### **TENNIS**

- **PRE-MATCH CONFERENCE:** Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.
- **TEAM AREAS:** Make sure team personnel observe social distancing of 6 ft.
- **DURING MATCHES:**
  - Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
  - Maintain physical distancing if changing ends of the court.
  - Avoid touching your face after handling a ball, racquet or other equipment.
  - Wash your hands promptly if you have touched your eyes, nose or mouth.
  - When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
  - Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
  - Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
  - Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.
- **TENNIS BALLS:**
  - Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:
    - Use four or six tennis balls.
    - Open two cans of tennis balls that do not share the same number on the ball.
    - Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
    - Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

**PARTICIPATION WAIVER AND RELEASE OF LIABILITY  
FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. As a result, federal, state, and local governments and agencies recommend social distancing and have, in many locations, placed restrictions on certain activities, including school sports. We are doing everything we can to be compliant with all regulations and ensure the safety of you and your children. We have put in place preventative measures to reduce the spread of COVID-19, but we cannot guarantee that you or your family members will not become infected with COVID-19.

By signing below, you agree to the following:

1. On behalf yourself and your children, you hereby release, covenant not to sue, discharge, and hold harmless **THE PENN HILLS SCHOOL DISTRICT**, its board of directors, employees, agents, volunteers, and representatives, of and from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to your participation in our athletic programs, events, and activities during the COVID-19 pandemic. In consideration for providing your child/student the chance to participate in sports/activities, and any transportation, you do voluntarily agree to the herein waivers.

2. You understand and agree that this release includes any claims based on the actions, omissions, or negligence of this organization, its board of directors, employees, agents, volunteers, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any hosted or programmed event by this organization.

3. You further acknowledge that you are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics and activities during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

4. You willingly agree to comply with the stated recommendations put forth by this organization to limit the exposure and spread of COVID-19 and other communicable diseases. You certify that the Student Athlete identified below is in good physical condition or believe the Student Athlete to be in good physical condition and allow participation in our athletic programs, events, and activities at your own risk.

**THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTANDS THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT VOLUNTARILY.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date



# PENN HILLS SCHOOL DISTRICT ATHLETICS OPPONENT ROSTER VERIFICATION



Event: Penn Hills vs. \_\_\_\_\_ Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Level: \_\_\_\_\_ Location: \_\_\_\_\_

**ROSTER FOR TODAY'S COMPETITION (including students, coaches, and staff):**

*If available, you may attach a team roster that includes all members of the team in lieu of adding names to the list below.*

1.	21.
2.	22.
3.	23.
4.	24.
5.	25.
6.	26.
7.	27.
8.	28.
9.	29.
10.	30.
11.	31.
12.	32.
13.	33.
14.	34.
15.	35.
16.	36.
17.	37.
18.	38.
19.	39.
20.	40.

I \_\_\_\_\_ certify that all members (students, coaches, and staff) of my team have passed a COVID-19 Pre-Screening\* and are permitted to participate in today's competition. I acknowledge that the attached or listed roster includes all members of the team present today.

*\*Pre-Screening will be consistent with each school's process. If no process exists, the opposing team will ask their coaches, students and staff two questions: 1. Have you had any recent exposure with a COVID positive or presumed positive individual? 2. Do you have a new cough or shortness of breath? If yes to either question, the Athletic Trainer and/or Athletic Director will be contacted for further review.*

Coach/Administrator's Name: \_\_\_\_\_

Coach/Administrator's Signature: \_\_\_\_\_

Date: \_\_\_\_\_