



SPRING COVID-19 MITIGATION GUIDELINES

Upper Perkiomen School District

(Updated March 14, 2022)

Overview

COVID-19 has had a dramatic impact on the entire educational process, including athletics. Hopefully, the severity of this pandemic has passed: however, the recent rise of variants and their spread continue to be a concern. These guidelines are an effort to keep everyone safe and healthy, while working to ensure an uninterrupted winter season as possible. Please note that these strategies are guidelines and not mandates; although Upper Perkiomen School District will follow any applicable federal, state and local guidelines that impact educational institutions.

Attendance

Any student-athlete or coach attending a practice or competition should be in good physical condition. Anyone feeling sick or experiencing any unusual symptoms associated with COVID-19 should stay home to protect themselves and others.

If a student-athlete starts to feel sick at a practice or competition, the individual should immediately inform one of the coaches who should separate the student-athlete from the rest of the team. The parent/guardian should be alerted immediately and the student-athlete should be sent home.

Masking

As approved by the school board on February 24, 2022, Upper Perkiomen is mask optional. This means facemasks are recommended but not required while on school grounds. However, a couple exclusions apply:

1. Individuals who are close contacts returning on day 6 must mask on days 6-10 including while actively participating in their sport. Additionally, individuals who are participating in the Mask to Stay Program must mask for 10 days following the date of last exposure including while actively participating in their sport.
2. Individuals returning from COVID infection after day 5 of positive test (date of test is day 0) must continue to mask during days 6-10 including while actively participating in their sport.
3. If an outbreak of two or more cases with a verified link in the same sport with an onset within 14 days of the first positive case is experienced, administration is authorized to implement universal masking to control the spread of COVID-19.

If a student-athlete is deemed a close contact and declines to participate in the Mask to Stay program they will be asked to quarantine for 10 days. Additionally, student-athletes who decline to wear a mask during days 6-10 after returning from their quarantine/isolation will be asked to complete their quarantine/isolation period prior to returning to sport.

On December 27th, 2021, the CDC updated isolation and quarantine guidelines. This update requires any athlete in the Mask to Stay Program or returning from quarantine on days 6-10 to wear a mask during sports, including while actively participating. Any athlete who chooses not to mask will be asked to quarantine for 10 days. In addition, athletes that have met all the requirements and return from COVID after 5 days of isolation must wear a mask during sports on days 6-10, including while actively participating.

Pre-Participation

When a coach or student-athlete arrives for a team event, he/she will be encouraged to wash their hands for a minimum of 20 seconds or use hand sanitizer before checking in with the coaching staff.

Social Distancing

Coaches and student-athletes should stay 6 feet apart as much as possible. Workout and training activities should be organized to allow for this required spacing. This includes student-athletes actively engaged in drills, as well as student-athletes waiting for participation. Please ensure that you have detailed practice plans so that contact tracing is accurate should that be needed.

Weight Room

Coaches should use their best judgement when using inside facilities. Coaches and athletes should be 6 feet apart whenever possible.

Hydration

Our athletic trainers will provide water for all practices and contests. All student-athletes must provide their own water bottles which should be labeled with the individuals' name and should not be shared.

Hygiene

Prior to and at the conclusion of a practice and/or game, student-athletes should wash their hands or use hand sanitizer. Student-athletes should shower as soon as they get home from an athletic event. In addition, student-athletes should wash all garments and equipment after each workout.

Travel to Away Competitions

Bus or van transportation will be provided to away events. All teams are required to create seating charts for all away contests. Going forward, wearing masks on buses/vans to away games will be contingent on local, state and federal rules and guidelines, as well as all regulations established by the busing contractor and/or school district.

Team Meals

It is recommended that team meals are individually packaged and that participants stay 6 feet apart when eating. In the event that family style meals are served, it is recommended that one individual serves the group and wears a mask while serving.

Competition Considerations

Home contest sites will have sanitation supplies available for players, coaches, officials and games workers. The pre-game conference in all sports will be limited to one official, the head coach from each team and one captain from each team. These individuals should be a minimum of 6 feet apart. This includes the coin toss as well.

The scoring table will be limited to the home team scorer and/or timer. If space is available, the visiting team scorer will be permitted at the table.

Substitutions shall report to the scoring table but must maintain a distance of 6 feet from other substitutes and scoring table workers.

Locker Rooms

Coaches should use their best judgement when using inside facilities. Coaches and athletes should be 6 feet apart whenever possible.

Athletic Training Room

The number of individuals allowed in the Athletic Training Room will be limited and determined by the activities being performed. The athletic trainers will make this determination and enforce any and all limits. Depending on the time of day or season, individuals wishing to see the athletic trainers may be required to schedule an appointment online. This will be at the discretion of the athletic trainers.

Upon returning from COVID infection, student-athletes and their parent will be asked to complete the COVID Return to Play Form. Physician notes are no longer required for mild cases (such as fever of less than 2 days and common cold-like symptoms, GI symptoms, and loss of taste and/or smell). Doctor's notes will be required for moderate cases (such as fever for 2 or more days, chills, flu-like symptoms, chest pain, and shortness of breath). The return progressions vary based on case severity and are outlined on the COVID Return to Play Form. Return to play progressions will be individualized based on the sport. Return to Play Forms are on file with the athletic trainers and will be emailed out on a case-by-case basis once notified by the district, coach, or parent of the positive case. Return to Play Forms can also be found on the Upper Perk Athletic website under Sports Medicine.

Competition Spectator Information

It is expected that there will be no crowd limits this spring. However, in the event that there are capacity limits, consideration will be given to family members of student-athletes participating in the contest.

Student-Athlete or Coach Who Contract COVID-19

Positive and negative results from at-home antigen testing will be considered when someone is symptomatic or exposed to COVID. Families may be asked to report the type of test, brand name, date of test, and result to the school. If a student-athlete or coach comes down with COVID, the individual will be required to isolate for a minimum of 5 days (date of test is day 0). Student-athletes and coaches can return on day 6, if 24 hours with no fever off medication and symptoms are resolving. Student-athletes should continue to follow their doctor's orders and school nurse guidance on return school and athletics.

Contact Tracing

Contact tracing will only be performed by administration in the incident of 3 or more positive cases. Because Upper Perk is mask-optional, a close contact is deemed as 6 feet for 15 consecutive minutes. Families are encouraged to share vaccination status to assist with contact tracing. Parents may be notified if contact tracing was performed and their child was a close contact. This may be a generic notification (such as a letter) or individualized notification (such as a phone call or email) depending on the situation. Household close contacts must isolate 5 days and may return on days 6-10.

As of 1/24/22 the link below has the most updated requirements for quarantine following for close contacts. Upper Perk will follow the most updated federal, state, and local guidelines.

<https://www.montcopa.org/DocumentCenter/View/29760/COVID-19-School-Exclusion-Chart?bidId=>