



# ATHLETICS/ EXTRACURRICULARS HEALTH & SAFETY PLAN

*Indiana Area School District*

## INTRODUCTION

In light of established requirements by the Commonwealth of Pennsylvania, all school districts are required to create, implement, and adopt an *Athletics Health and Safety Plan*. This plan must be aligned to the Pennsylvania Department of Education's *Preliminary Guidance on Reopening* document prior to conducting sports-related activities with students. Additionally, the plan will be made available to our families and posted on our district website. **It is our goal to safely reopen interscholastic athletics programs for the return participation of student-athletes on or about July 1, 2020. This plan will be applicable to all sports as well as other after school extracurricular activities.** Extracurricular activities that occur during the school day will follow the District Health and Safety Plan.

Indiana Area School District will take the necessary precautions and recommendations from the federal, state, and local governments; Centers for Disease Control and Prevention (CDC); PA Department of Health (DOH); the National Federation of State High School Associations (NFHS); and the Pennsylvania Interscholastic Athletic Association (PIAA).

IASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted accordingly in order to decrease the risk of exposure for our staff, students, and spectators.

Please note that information in the plan is subject to change due to revisions, adoptions, and deletions made by the federal, state, and local government or agencies including the IASD Board of Directors.

# ACTIVITY- SPECIFIC GUIDELINES

[Click here to review a comprehensive list of each sport/extracurricular group and their specific guidelines.](#) We encourage each family to review this information thoroughly so that you understand fully the risks at hand as well as the precautions the District is taking to mitigate the spread of the COVID-19 virus.

The specific plans for each activity can be found by following the link above. Winter and Spring sports cannot initiate any team activities until their plans are submitted and approved.

Please review the universal precautions the District is undertaking regardless of the sport/extracurricular throughout the remainder of this document.



## BACKGROUND



The COVID-19 pandemic has presented school communities across the world with a variety of challenges. The COVID-19 virus causes a highly contagious illness that 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.

Although severe outcomes have been rarely reported in children, a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable (see listing below). While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current guidance suggests there are many steps schools can take to reduce the risks to students, coaches, sponsors, advisors, and their families.

*Our athletics and extracurricular programs will follow the health and safety guidelines and direction set forth by Governor Tom Wolf, PLAA, and the Pennsylvania Department of Education (PDE), The Department of Health (DOH), and Center for Disease Control (CDC).*

*School-based practices and conditioning will only begin on or off of school property with the approval of the Indiana Area School District Board of Directors.*

### Vulnerable Populations

- Asthma (moderate-to-severe)
- Chronic kidney disease being treated with dialysis
- Chronic lung disease
- Diabetes
- Hemoglobin Disorders
- Immunocompromised
- Liver disease
- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Serious heat conditions
- Severe obesity





## PROFESSIONAL EXPECTATIONS

- *The IASD Athletics Department and School Administration have developed a plan of action in the event an participant, coach, sponsor, advisor or official falls ill.*
- *The plan will be explained to the entire athletic community via a coaches' meeting to be scheduled prior to summer conditioning occurring. This plan applies to all extracurriculars as well. School administrators will do the same for advisors and sponsors.*
- *Staff, coaches, advisors, sponsors, athletic trainers and participants will be educated about the symptoms of COVID-19 and when to stay home through posters and electronic communications.*
- *Participants will be educated on proper hand washing, proper hygiene and the disinfection of equipment and facilities.*
- *During off-season summer activities, coaches will screen and monitor athletes for symptoms/signs prior to and during games and practices, with health screening questions and any necessary follow up temperature checks by the athletic trainer and/or school nurse.*
- *The plan will be emailed to families as well as available on our District website.*

## BACKGROUND

Participating in extracurricular activities both at the high school and middle school level is a privilege, and it is of the utmost importance that participants work with advisors, sponsors, coaches and staff to help adhere to the following safety guidelines. Doing so is a responsibility of participating in extracurriculars, both in and out-of-season. Failure to adhere to the safety guidelines jeopardizes a participant's ability to participate.

The IASD Athletic Director, Greg Lezanic, has been designated as the primary point of contact for all questions related to Athletics and COVID-19. School administration is responsible for such matters involving all other extracurricular activities related to COVID-19. Health professionals will be consulted on all matters and questions related to COVID-19.

## Questions?

Any questions regarding the plan can be sent to IASD Athletic Director -  
Mr. Greg Lezanic  
Email: [glezanic@iasd.cc](mailto:glezanic@iasd.cc)  
Phone: 724-762-5057



# OVERALL HEALTH & SAFETY GUIDELINES FOR IASD ATHLETICS & EXTRACURRICULARS



*If participants need to refill their water bottles, staff will be responsible for filling water from the water supply. Staff member will use disinfecting wipes to clean his or her hands between refills of student water bottles. The water containers/dispensers will be cleaned after every practice.*

- All coaches, advisors, and sponsors will communicate to participants and their parents health guidelines and safety practices that are respective to their particular programs.
- All coaches, advisors, and sponsors will ensure that all student participants wear face-coverings that cover the nose and mouth at all times unless actively engaged in strenuous conditioning, practice or competition. All other student participants, coaches, staff, and other attendees will wear proper face-coverings at all times.
- Participants and staff who exhibit signs or symptoms of COVID-19 will be referred to a school nurse or athletic trainer and will not attend any meetings, conditioning, and practices until cleared. All actions will comply with HIPAA requirements.
- Staff and participants will practice appropriate and feasible social distancing during conditioning, practices, and competitive play.
- Participants will avoid any unnecessary contact including refraining from any celebrations by physical contact including, but not limited to: high-fives, fist-bumps, cheering or yelling, etc.
- Hydroelectrostatic disinfectant sprayers will be used to treat any school-issued equipment each night that is stored at the school. Facilities, including the IHS Fitness Center, will be regularly cleaned after each use. For example, each piece of equipment will be wiped down after usage and on a daily basis.
- Social distancing will occur to the maximum extent possible during meetings and in locker rooms. Designated one-way entrances and exits of facilities will be utilized when possible. Meetings may need to occur in a variety of locations and/or in smaller groups to ensure social distancing.
- Each meeting or event at a complex must adhere to the current gathering occupancy limits set forth by the State.
- School-issued equipment such as balls, bats, and other types of shared items will be cleaned after each team or club activity.
- When feasible (based on staff discretion and availability of bussing), only one occupant per seat on school bus trips is permitted to any off-site activities. Only essential stops traveling to or from such sites are allowed. Students/Staff are required to wear face coverings on the bus.
- Staff will stagger arrivals and departures of students to the maximum extent possible to help with social distancing efforts.

# OVERALL HEALTH & SAFETY GUIDELINES FOR IASD ATHLETICS & EXTRACURRICULARS



## **Athletic Director/School Administrator Responsibilities**

- Oversee the management and implementation of the IASD Athletics and Extracurricular Safety Plan.
- Conduct staff meetings prior to the start of extracurricular activities.
- Provide professional development for staff on the COVID-19.
- Ensure that each individual game or practice at a complex adheres to current gathering occupancy limits.
- Provide families, staff, and student participants with timely and ongoing communication regarding changes in the plan and/or changes as a result of COVID-19.
- Will make arrangements to screen students/staff before all events.



## **Participant Responsibilities**

- Student participants will wear face-coverings that cover the nose and mouth at all times except when engaged in strenuous physical activity or competition.
- Student participants will wash hands/use hand sanitizer prior to the beginning and at the end of team activities, and more frequently as the need arises.
- Staff and participants will practice appropriate and feasible social distancing during activities.
- Participants will arrive at summer conditioning activities dressed in their practice clothing and take home their practice/competition clothing/uniforms to clean on a daily basis.
- Participants will bring personal water bottles and food to practices and conditioning. Spitting, licking fingers, eating sunflower seeds, & chewing gum are prohibited.
- Participants will have access to cleaning and disinfecting supplies. However, families are encouraged to provide their students with antibacterial wipes and hand sanitizer.
- Participants will shower at home following the end of conditioning, practices, or play.
- Participants will practice social distancing upon arrival to and departure from conditioning, practices, and competitive play.
- Participants who are at a higher risk for severe illness due to chronic conditions like asthma, diabetes, obesity, compromised immune systems, or other health-related issues are permitted to perform conditioning at their homes.
- Parents/guardians will keep ill students home from any activities. Any participant, staff or volunteer who tests positive for COVID-19 is required to obtain a physician's release to return to participation.
- Students are not permitted to share personal gear or equipment (jerseys, practice gear, helmets, towels, headbands, mouth guards) with others.

*Sports physicals will be required for the 2020-21 school year. Please visit [www.indianahsathletics.bigteams.com](http://www.indianahsathletics.bigteams.com) for more information.*

*All participants and their parents/guardians, staff, and adult volunteers will review and acknowledge by signature the IASD Athletics /Extracurricular Health & Safety Plan.*



# WHO SHOULD BE ALLOWED AT EVENTS?



The IASD Athletics Department and School Administration will continue to monitor and evaluate the guidance provided as it relates to spectators attending high/middle school extracurricular functions. As it stands, the following people are accordingly grouped into tiers based on occupancy guidelines from essential to non-essential, and this will determine who will be allowed at an event until further notice:

## Tier 1 (Essential)

- Participants, staff coaches, officials, event staff, medical staff and security
- The AD will maintain a list of essential personnel for each event.

## Tier 2 (Preferred)

- Media

## Tier 3 (Non-Essential)

- Spectators/boosters

- Only Tier 1 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.
- Media (Tier 2) will be restricted from the immediate playing field/activity until further notice.
- Seating areas, including bleachers, will adhere to face covering and social distancing requirements of at least 6 feet of spacing for anyone not in the same household once spectators are permitted. To assist with proper social distancing, areas will be clearly marked. It is required that adults wear face coverings (masks or face shields) when indoors or when sitting fewer than six feet from others.
- Once state and/or local governments lift restrictions on mass gatherings, caregivers or spectators will be allowed into some venues, but will be prohibited from entering the field of play, immediate area of vicinity of participants or staff, as well as bench areas.

# UNIVERSAL PRECAUTIONS

Indiana Area School District

## FACILITIES CLEANING

### Preventative Measures

- Daily cleaning schedule created and implemented for all athletic facilities
- Cleaned prior to arrival and post activity gatherings (heightened focus on high touch points)
- Weight Room Equipment wiped down after individual use
- Participants should wear appropriate clothing to minimize sweat from transmitting onto surfaces

## PHYSICAL ACTIVITY AND EQUIPMENT

### Safety At All Times

- Face-coverings that properly cover the nose and mouth will be worn at all times except during strenuous physical activities and competition
- Hand Sanitizer should be used periodically as resources allow
- Students should refrain from sharing clothing/towels and these items should be washed after each activity
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, etc.) should be cleaned intermittently during practice and as deemed necessary

## TRANSPORTATION

### Modifications

Modifications for participant transportation to and from events may be necessary. This may include:

- Reducing the number of students/staff on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, and State and Local Governments.

## HYDRATION

### Expectations

- Students must bring their own water bottles
- Student water bottles must be labeled with the student's name
- Water bottles must not be shared
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized
- Only staff are permitted to refill student water bottles during after school activities

## WHAT TO DO IF YOU ARE SICK?

# Stay home!

What to do if you are sick?

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.



# CLEANING AND FACILITIES

Our IASD Supervisor of Buildings and Grounds, Mr. Greg Trout, will organize and coordinate efforts of maintenance and custodial staff to regularly clean and disinfect areas of use by our athletic and extracurricular communities. Cleaning schedules will be developed and our staff will educate participants to adhere to cleaning and disinfecting protocols for school-issued equipment and personal-use items. Such training will be provided via a training module and/or face-to-face meeting.

Such preparedness and the degree to which the success of the plan will be measured via monitoring, feedback, and constant re-evaluation of efforts to promote the health and safety of our school community members.

Dayshift custodians will disinfect the locker rooms, gyms, fitness center, and other high use areas with electrostatic sprayers with disinfectants that are approved by the EPA to combat COVID-19. The evening custodians will clean and follow the disinfectant routine in the evening. The restrooms, high touchpoints, and drinking fountains/bottle fillers will be cleaned in the same manner. The air delivery systems will have increased airflow to allow for the maximum air change over to the spaces. The air handler will have the highest Merv rated air filter that will allow for proper operation. The transportation vendor will disinfect the busses before student pick up for the trip and after drop off at the event to ensure that the bus is disinfected for the return trip.

**According to PDE Preliminary School Sports Guidance, if multiple events are held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected.**

# CLEANING AND FACILITIES

## Locker Rooms

### All Sports/General:

Locker rooms will be available for after school practices and events in a non-traditional use. They will be available as changing areas only. Student athletes will bring practice/event clothes in a 'duffle' bag and will change from school day clothes into athletic clothing. School clothes will be kept in the duffel bag and taken with them. No clothing will be left in the locker rooms. Senior high and junior high locker rooms will abide by the current inside gathering limit. This will also ensure proper social distancing. When locker room use is necessary, a member of the coaching staff or athletic department must be onsite to supervise, ensure proper social distancing and the maximum limit is not exceeded. Locker rooms will only be available for evening practices and events for emergency situations. The IHS athletic department will request that visiting teams come dressed ready to play and will contact the upcoming opponent's athletic office before each competition to discuss these procedures. Game referees and other officials will be encouraged by the IASD Athletic Department to arrive at the facility dressed and ready to officiate. Upon request, a changing room will be made available for officials to use following the competition/event.

### Football:

For the duration of the COVID-19 pandemic, all IASD locker rooms will be used as changing rooms only and will not be used as locker rooms in the traditional sense. Home football team participants will use the changing room in shifts to accommodate the current maximum occupancy mandate. Under the direct supervision of a coach or staff member, the participants will change into their athletic uniforms/gear before practices/games. Street clothes will be stored in the lockers during practices/games. Following practices/games, the athletes will change back into their street clothes and their pads/gear will be left in the lockers. Custodial staff will open the lockers and sanitize the equipment using hydro electrostatic disinfectant sprayers following each practice. No personal items will be permitted in the lockers. Visiting football teams will be assigned a changing room according to the maximum capacity guidelines (based on 6' of social distancing and inside gathering limits). This capacity number includes the visiting coaches and training staff. The visiting team will need to dress in shifts to accommodate the size of the team. The visiting coaching staff will be responsible to ensure adherence to both social distancing and inside gathering limitations in the changing area. The IASD Athletic Department will encourage visiting teams to consider partially dressing before departing their school to help minimize the time needed for the team to get changed and ready to compete.

Updated policies and procedures for each game week will be communicated to upcoming opponent's athletic offices by the IASD Athletic Department.





# LEVELS OF RISK

In alignment with NFHS and CDC guidelines and guiding principles, the following information categorizes the level of risk for each sport:

- **High Risk:** Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
- **Moderate Risk:** Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants.
- **Low Risk:** Activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by participants.

# RISK LEVELS BY SPORT/ACTIVITY

## IASD Athletics & Extracurriculars

### HIGH RISK

The following sports were identified by the IASD Athletics Department and administration to be "High Risk" activities.

- Basketball
- Cheerleading
- Dance Team
- Football
- Hockey
- Lacrosse
- Rugby
- Wrestling
- Knee Hockey Club
- Volleyball
- Fitness Center

### MODERATE RISK

The following sports were identified by the IASD Athletics Department and administration to be "Moderate Risk" activities.

- Baseball
- Softball
- Rifle
- Soccer
- Tennis
- Track
- Appetizers and Food Art Club
- Art Club
- Athena Club
- Aviation Club
- Bumper Pool, Billiards, and Darts Club
- Card Games Club
- Chess and Board Games Club
- Drama Club
- French Club
- Future Business Leaders of America
- German Club
- Key Club
- Pathways of Service Club
- Portfolio Club
- Sailing Club
- Science Club
- Social Club
- Spanish Club
- Stage Crew
- Steampunk Club
- Stop the Bleed Club
- Student Government Association
- Table Tennis Team
- Handball/Ultime Frisbee
- Technology Education Club

### LOW RISK

The following sports were identified by the IASD Athletics Department and administration to be "Low Risk" activities.

- Cross Country
- Golf
- Swimming & Diving
- Acoustic Stringed Instruments Club
- Calming Coloring Club
- Crochet Club
- Culture Club: People of the World
- Digital Media Production Club
- Doctor Who Club
- Drum Corps Club
- Eco Club
- Fellowship of Christian Athletes Club
- (FCA)Film Club
- Journalism Club
- Library Club
- Love is Love Club
- Math Club
- Me to We Club
- Outreach Club
- Super Smash Club
- Ukulele Club
- We for AP Club
- Young Adults Books and Movies Clubs

# POSITIVE CASES AND COACHES, STAFF, OR STUDENTS SHOWING COVID-19 SYMPTOMS

What to do if you are sick?

- If you are sick, 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/or other COVID-19 symptoms (including, but not limited to: coughing, sore throat, shortness of breath, or a fever greater than 100.0), as well as, if you have come into close contact or care for someone with COVID-19, call your healthcare provider for medical advice.
- Notify the school immediately (Head Coach or Advisor - see flowchart on next page). It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.
- Failure to comply with these safety measure may result in a loss of privilege to participate in athletics or extracurricular activities.

## Education for Families

Staff, coaches, other essential personnel, and participants will be educated by appropriate school personnel, to include nurses, athletic trainers or coaches. Parents and guardians will be educated (through posters, flyers, meetings, email, phone calls, etc.) on the following items:

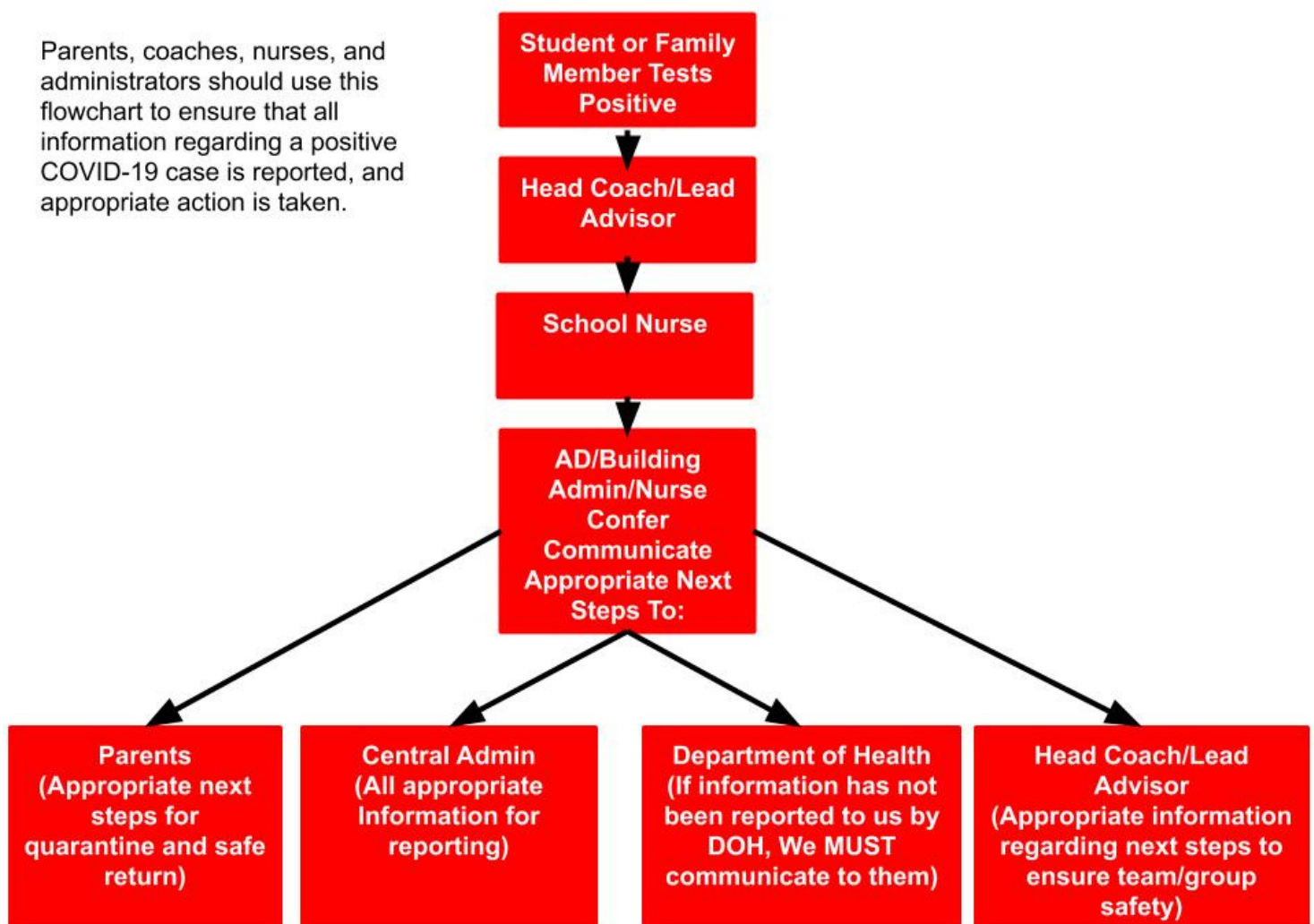
- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, coughing in one's elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this *Return to Activities Guidelines* Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA

# COMMUNICATION CHAIN

The following flowchart outlines the reporting responsibilities of each affected person should a student or family member test positive for COVID-19.

Please note the parents are responsible for contacting their child's head coach or lead club advisor should the student or any member of the household test positive for COVID-19.

Parents, coaches, nurses, and administrators should use this flowchart to ensure that all information regarding a positive COVID-19 case is reported, and appropriate action is taken.



# POSITIVE CASES AND COACHES, STAFF, OR STUDENTS SHOWING COVID-19 SYMPTOMS

What to do if a student or staff becomes ill during an activity or event or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- In the case of a student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual or the parent or guardian of the ill student will be asked to contact his or her physician for direction.

How should a participant or staff member return to activities following a COVID-19 diagnosis?

- Once the student or staff member is determined to be non-contagious, fever free for 24 hours (without fever-reducing medicine), and with improvement in symptoms AND it has been 10 days since the onset of the symptoms, then -
- The student or staff member must be cleared by the school nurse or athletic trainer prior to returning to any activity.





## Information of IASD's Plan to Educate Staff

<b>Where:</b>	Indiana Area Senior High School Auditorium
<b>When:</b>	<b>Head Coaches:</b> Tuesday, June 30 <sup>th</sup> , 2020 @ 6:00 PM <b>Assistant Coaches and Advisors:</b> July 1 <sup>st</sup> , 2020 @ 6:00 PM <b>Follow-Up Meetings:</b> To be scheduled at a later date and time <b>Make-up Meetings:</b> Schedule meeting with IASD Athletic Director or Administration
<b>Presenters:</b>	IASD Athletic Director and School Administration
<b>Who is in Attendance:</b>	All head coaches, advisors, and sponsors – Specifically, any coach/advisor who is planning on starting summer workouts/conditioning programs.
<b>Purpose:</b>	To train staff members on necessary cleaning protocols and to address and safety concerns related to COVID-19
<b>Rationale:</b>	As a community institution, IASD has the legal, moral, and ethical obligation to keep our students' and community's safety at the forefront of our decision making process. Extra-curricular activities are a vital part of our school community. In order to safely return, all coaches need to be educated about the key concepts, topics, and expectations they have as part of our IASD community.
<b>Responsibilities:</b>	Each member of our community shares the need to strive to keep our community safe. By including our athletic and extra-curricular communities, as well as advisors/coaches and student participants in our plan, we ensure that all parties are doing their part to keep our community safe.
<b>Key Topics to be Covered:</b>	<b>Restrictions:</b> Green Phase, Yellow Phase, and Red Phase
	<b>Risk Levels:</b> High, Medium, and Low risk activities.
	<b>Responses to COVID-19:</b> Suspicion and/or Confirmation of COVID-19
	Screening Tools
	Participation Waiver
<b>Resources Used:</b>	Specific Topics Relating to Individual Sports and Activities
	<ul style="list-style-type: none"> <li>• Governor Tom Wolf</li> <li>• PDE Preliminary Guidance</li> <li>• PIAA – Pennsylvania Interscholastic Athletic Association</li> <li>• USSSA – United States Specialty Sports Association</li> <li>• NFHS – National Federation of State High School Associations</li> <li>• CDC (Center for Disease Control and Prevention) Considerations for Youth Sports</li> <li>• PA Department of Health</li> <li>• UPMC Sports Medicine Playbook</li> <li>• School District Examples</li> <li>• PDE PK-12 Athletics Health and Safety Plan Template</li> </ul>
<b>Frequently Asked Questions:</b>	<i>Q: What can a staff member do if they miss the initial meeting?</i>
	A: Staff members who miss the initial meeting can make up the missed meeting by either attending a later meeting that will be held at a yet to be determined date and time or schedule a meeting with IHS Athletic Director or School Administration. NOTE: Staff who have not yet attended this meeting WILL NOT be able to hold off-season workouts/conditioning until they have rescheduled and attended a follow-up meeting.
	<i>Q: Do assistants/assistant coaches need to attend the meeting on 6/30/20?</i>
	A: No. A separate meeting will be scheduled for assistant coaches and coaches/advisors of other sports/activities that have yet to be preliminarily approved to begin off-season activities. This meeting will be held on 7/1/20.
	<i>Q: Is this meeting for ALL head advisors/coaches of ALL school activities?</i>
	No. This meeting is only for coaches of the preliminarily approved sports that were listed at the Special Board Meeting held on 6/29/20. All other out-of-school extra-curricular activities and sports, not yet approved to reopen, will be included in future meetings with our Athletic Director and School Administration.

# FITNESS CENTER GUIDELINES



HR

- IASD will implement a schedule for Fitness Center use for athletic teams and students enrolled in online HPE.
- Fitness Center operations will comply with all health and safety guidelines as well as the Governor's recommendations.
- Social Distancing efforts will be utilized to the maximum extent possible.
- All equipment will be regularly cleaned and equipment used by students athletes will be disinfected after each use.
- All individuals will wear face coverings at all times while in the fitness center.
- Signs will be posted to remind students and staff about the importance of personal hygiene and to remind students to wipe down each piece of equipment after use.
- Capacity will be limited to 25%, or 20 total people in the fitness center per 1 hour. Equipment will be spread out as our space will allow and signs will be placed on every other piece of equipment as a reminder.

***Using shared equipment indoors for prolonged periods of time makes using the fitness center a high-risk activity. If at all possible, fitness activities should be conducted outdoors.***





## IASD Extracurriculars Health and Safety Plan: "Activity" (Risk Level)

**Screening and Monitoring** – Prior to any activity, all participants (students, coaches, officials, other adult staff or volunteers) will be screened using the IASD COVID-19 SCREENING TOOL. Any participant who presents with physical symptoms will be sent home, as soon as possible. Symptoms include the following:

Temperature > 100.0°	Short Breath/Difficult Breathing	Fatigue/Muscle or Body Aches
Fever/Chills	Loss of Taste or Smell	Congestion/Runny Nose
Cough	Vomiting/Diarrhea/Nausea	Close Contact with a confirmed or possibly COVID positive person.
Sore Throat	Headache	

For more information, see: the "Positive Cases & Coaches, Staff or Students Showing COVID-19 Symptoms" section of the IASD ATHLETICS/EXTRACURRICULARS HEALTH & SAFETY PLAN.

**ILLNESS** - Should the coach, school nurse, and/or athletic trainer suspect that any participant is ill, they will communicate with the parent/guardian of student participants or they will communicate directly with adult participants. Further steps to be taken may include, but will not be limited to:

- Making arrangements for the participant's prompt departure from school grounds
- Encouraging that the participant's personal care physician be contacted
- Recommending COVID-19 testing for the participant
- Requirements that must be met before participants are permitted to return to school activities are dependent on the nature of the illness.

**Positive Test Result for COVID-19** - Upon receiving a positive test result for the virus, the school nurse should be notified and the participant must follow the guidelines from the PA Dept. of Health and quarantine for at least 10 days. Additional Information is available in the IASD ATHLETICS AND EXTRACURRICULARS HEALTH & SAFETY PLAN

**Return to Participation** – Should a participant receive a diagnosis of COVID-19, the participant must follow the guidelines from the PA Dept. of Health and quarantine for at least 10 days. Additional Information is available in the IASD ATHLETICS/EXTRACURRICULARS HEALTH & SAFETY PLAN

**Masks and Personal Hygiene** – Student participants will wear masks at all times unless actively engaged in strenuous conditioning, practice or competition. All other student participants, coaches, staff, and other attendees will wear masks at all times. Hand washing and/or sanitizing is required prior to any activity and will be promoted throughout the duration of and at the end of the activity. All participants are encouraged to provide their own hand sanitizer. All participants (students, coaches, staff) will practice social distancing at all times during the activity to the maximum extent possible. Spitting, chewing gum, licking fingers and eating during the activity are prohibited. To allow for optimal social distancing, restroom use will be staggered with limited numbers of participants being permitted inside at any given time.

**Personal Items/Equipment** – Participants will not be permitted to share equipment with others. During any activity, a participant's bags, storage equipment or other personal belongings must be stored at least 6 feet away from those of the other participants. Personal items such as athletic wear, water bottles and other personal items must be taken home after each activity.

**Hydration and Food** – Participants will bring their own water bottles and any food for consumption before or after the competition to activities. Water bottles and food must not be shared among participants. Water bottle refills will be done by a designated staff member. The staff member will use hand sanitizer/sanitizing wipes before and after the refilling of each water bottle. Participant names should be clearly labeled on water bottles.

**Cleaning and Disinfecting** – All facilities will be cleaned and disinfected on a daily basis and especially after participant use. Cleaning and disinfecting supplies will be provided by the district. Participants are encouraged to supply their own cleaning wipes and hand sanitizer.



**Transportation** – Participants are required to wear face masks at all times when being transported in any type of vehicle other than by a family member. Social distancing will be maintained to the maximum extent possible during transport. Additionally, only essential stops of eating and restroom use are permitted. Face masks, social distancing, and hand washing/sanitizing guidelines must be followed when entering and exiting restaurants and other places of business or rest stops.

**Arrival and Departure** - Participants will arrive at and depart from activities following a staggered time schedule. Locker rooms will not be available for participant use unless use of facilities is essential to the activity, i.e. swimming and diving. See the [IASD Athletics/Extracurriculars Health and Safety Plan](#) for further information about locker room usage during the pandemic. Participants will practice social distancing from each other and will not congregate in large groups awaiting the start of activities nor during pick up times following events or practices. Participants will enter and exit district facilities at identified locations to the maximum extent possible.

**Conditioning** - When possible, Participants will condition and exercise outside in designated smaller groups of 5-10 students each or by ability level, adhering to social distancing guidelines to the maximum extent possible. Conditioning inside of the building will take place only in well-ventilated areas and all participants will be required to wear face coverings at all times.

**Fitness Center** - Participants will adhere to the established and posted guidelines concerning social distancing, face coverings, hand washing/sanitizing and equipment cleaning/disinfecting. Participants will wear clothing that limits the amount of sweat remaining on equipment after use. Please visit the [IASD Athletics/Extracurriculars Health and Safety Plan](#) for more information.

**Practice** - When possible, participants will practice and train outside in designated smaller groups of 5-10 students each or by ability level, adhering to social distancing guidelines to the maximum extent possible. Conditioning inside of the building will take place only in well-ventilated areas. Unnecessary contact between participants is prohibited. Participants not directly involved in drills or plays will socially distance from each other. All participants are required to wear face coverings indoors and outdoors at all times unless directly involved in competition during games, matches or events.

**Competition** - Participants not directly involved in or those who are in stand-by mode for competitive play will socially distance from each other and will wear masks. At all other times, all participants are required to wear face coverings indoors and outdoors. Visiting teams will arrive for home competitions dressed for play. Visitor access to locker rooms will be made available only on an as-needed basis. See the [IASD Athletics/Extracurriculars Health and Safety Plan](#) for further information about locker room usage during the pandemic. Participants will follow 2019-2020 PIAA guidance and regulations during competition unless directed otherwise by any rule changes or modifications from Pennsylvania Interscholastic Athletic Association.

**Spectators/Visitors** – Spectators will adhere to current health and safety guidelines of mask wearing, temperature checks, and socially distanced seating indoors and outdoors on school property. Spectators will follow health and safety guidelines of opponents' schools, as well as comply with health and safety plans of non-school owned facilities that host IHS activities. The school district has established the number of spectators permitted at each event. We recognize that not everyone who wishes to attend may be able to do so. The health and safety of our community is our primary concern. We are pleased that students are able to participate in their chosen activities during this pandemic and thank you for your understanding and continued support of IASD.

**Concessions** - Concession stands are closed until further notice.



## IASD Athletics and Extracurriculars Health and Safety Guidelines for Specific Activities

Activity:		Season:	2020-2021	
# of Participants		Where Practice is Held:		
# of Staff (Paid & Volunteer)		Does this activity require the use of a locker room?		
<b>Staff Education:</b>  If unable to attend the 6/30/20 meeting, you will be unable to conduct practice until you have met with the Athletic Director or a designated School Administrator.				
		Rescheduled meeting:	Time:	
			Date:	
Participant Education:		When:		
		Where:		
		How:		

Participant Arrival and Departure Times and Procedures:		
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Cleaning Procedures for Equipment:  What equipment will be shared by participants?	Equipment:	Procedure for Cleaning:
	Other:	

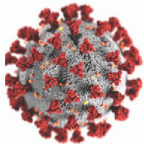
What will be done (if anything) to sanitize that equipment between uses?		
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Group Splits:  How will your team or group be divided and distanced during summer workouts?	Number of Groups Students will be split into:	
	Breakdown of Groups:  (Ex:  Band: Percussion, horns, etc.  Volleyball: Hitters, Setters, etc.)	

Small Group Conditioning:  How many groups will your group/team be split into for small group drills at practices?	
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<p><b>Communication with Parents/Guardians:</b></p>	<p><b>Method for Initial Communication of Plan:</b></p>	<p>Please visit the <a href="#">IASD Athletics and Extracurriculars Health and Safety Plan</a>.</p>
<p>How will you communicate your plans and procedures with parents? In addition, how will you</p>	<p><b>Method for Follow-Up Communication:</b></p>	<p>Please visit <a href="#">COVID-19 Communication Chain</a> to learn about important health and safety plan communications protocols.</p>
<p>notify your parents if a participant of the activity becomes sick?</p>		
<p><b>Screening and Monitoring:</b></p> <p>How will you screen and monitor your participants for signs of COVID-19 before, during and after your activities?</p>		
<p><b>Additional Information and Procedures:</b></p> <p>Please list any additional information from any sections above, or list and other precautions that will be used for your specific activity.</p>		

# 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.



CS 314937A 06/01/2020


[cdc.gov/coronavirus](https://cdc.gov/coronavirus)





[Click here to access the Participation waiver for Communicable Diseases Including COVID-19](#)

[Click here to access the screening form.](#)



# **Athletics & Extracurricular Health and Safety Plan Governing Body Affirmation Statement**

Based on the approval of the Academic and Extracurricular Committee, the Board of Directors for the Indiana Area School District reviewed and provisionally approved for the purpose of starting preseason activities, with coaches, other extra-curricular positions, and students receiving training on the plan prior to the start of any activity, as presented the Athletics/Extracurricular Health and Safety Plan on June 29, 2020.

The plan was formally approved by a vote of:

5 - Yes

3 - No

Affirmed on June 29, 2020

By:

Mr. Walter Schroth  
IASD Board President