

Brockway School District Return to Play Policy

Coaches Before Practicing begins:

Each individual Head Coach will meet with AD to pick up appropriate information and cleaning supplies for practices.

Pre workout / Contest Training:

- ❖ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- ❖ Coaches should sign every student athlete in and record their temperature
- ❖ Players should use hand sanitizer before the start of workout and/or during workout
- ❖ All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- ❖ Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- ❖ Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- ❖ Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on gatherings:

- ❖ No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- ❖ If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- ❖ Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- ❖ There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning:

- ❖ Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- ❖ Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- ❖ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- ❖ Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

- ❖ Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- ❖ Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- ❖ Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- ❖ Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- ❖ Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- ❖ Modified practices may begin for Moderate risk sports.
- ❖ There should be no shared athletic towels, clothing or shoes between students.
- ❖ Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- ❖ All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- ❖ Hand sanitizer should be plentiful at all contests and practices.
- ❖ Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- ❖ Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- ❖ All students shall bring their own water bottle. Water bottles must not be shared.
- ❖ Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Requirements:

- ❖ All coaches will be required to wear masks during workouts.
- ❖ If a player or coach gets sick we will follow CDC guidelines and need a doctors excuse for the individual to return to play.

Website:

All information is from state guidelines set forth to us as the school district.

- ❖ www.nfhs.org
- ❖ www.cdc.gov
- ❖ www.piaa.org

I (Coach) _____ understand the protocol and will follow these rules.

Date _____

Brockway School District Athletic Department

Athletic Department

Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the BASD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, BASD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the BASD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the BASD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they 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 during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the BASD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the BASD Resocialization of Sports Recommendations. Contact Peter Grecco, AD at pgrecco@brockway.k12.pa.us.