

Adopted: 6/30/2020

By: Keystone Oaks School Board

**Keystone Oaks School District
Athletic Department
Athletic Health and Safety Plan**

(Resocialization of Athletics Procedures)

Understanding that this document is a working document that can and will have updates as we review weekly when conditioning starts. We will also meet in August to make any updates needed to assure safety when games and full practices begin. Any changes will be made if we receive any updates from the Governor, CDC, PIAA. Any changes approved by the School Board will be added to the School and Athletic websites.

INTRODUCTION

The COVID-19 pandemic has presented all Athletic Department's with countless challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 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 current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The Keystone Oaks School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic programs. The Keystone Oaks School District realizes knowledge regarding COVID-19 is constantly changing, as new information and treatments become available. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

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MANDATES

The following is mandatory for **all phases** for Middle School and High School Athletics during the COVID-19 pandemic:

1. All student-athletes, coaches, and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The purpose of the health screening is to check for signs and symptoms of COVID-19. This location of this health screening will be announced prior to the practice or event.
2. Promote healthy hygiene practices to limit the spread of COVID-19 including:
 - a. Hand washing (20 seconds with warm water and soap)
 - b. Students should wear a face covering (masks or face shields) when feasible. (Face coverings will not be required for student-athletes while practicing or competing.)
 - c. Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
 - d. Use hand sanitizer.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, when feasible
5. Educate Student-athletes, Coaches, and Staff on health and safety protocols
6. Coaches that refuse to follow or deviate from the plan will be disciplined or terminated
7. Require that anyone who is sick to stay home
8. Follow the plan for a student or employee who gets sick
9. Regularly communicate and monitor developments with local authorities, coaches, staff, and families regarding cases, exposures, and updates to policies and procedures
10. Student-athletes and Coaches **MUST** provide their own water bottle for hydration. Bottles of water will be provided at facilities during conditioning in the event a student-athlete forgets or runs out of water during conditioning. Water bottles must not be shared. Disposable cups will not be provided.
11. Personal protective equipment (PPE) will be used as needed and situations warrant, or determined by local/state governments. These items include gloves, face masks, and eye protection.
12. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunocompromised
 - Obesity
 - Diabetes
 - Kidney or liver disease

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PHASE 1 (Pennsylvania Yellow Phase)

- All school facilities must remain closed as per PA State Guidelines.
- Student-athletes and Coaches may communicate via online meetings (Zoom, Google Classroom, etc.)
- Student-athletes are encouraged to participate in home workouts including strength and conditioning.
- Student-athletes and Coaches should follow all guidelines set forth by the local and state governments.

PHASE 2 (Pennsylvania Green Phase)

Pre-workout Screening:

- All coaches and student-athletes will be screened for signs/symptoms of COVID-19 prior to any workout or event. (See Appendix for COVID-19 Screening Form)
- All coaches and student-athletes will be educated on the screening process before the first scheduled off-season workout/practice.
- Screenings will include a temperature check and questioning to each person for COVID-19 symptoms. These responses should be recorded and stored to provide a record. Coaches will check temperatures of student-athletes and coaches before every conditioning.
- Attendance should be recorded for contact tracing reasons.
- If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- Any individual with suspected positive COVID-19 symptoms should not be allowed to take part in workouts.
 - Student-athletes will need to contact parents/guardians for immediate pick-up
 - Parents will need to contact their primary care provider or other appropriate health-care professional for guidance. Any individual that was sent home from conditioning due to a high temperature or answering yes to a question will need a doctor's note to return.

Limitations on Gatherings:

- Coaches and student-athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, student-athletes and coaches should not congregate.
- Gatherings shall not exceed 50% of the total occupancy permitted by law for the facility or no more than 250 total individuals (whichever is less), including coaches per field or court. The "250 to individuals" will be reviewed in August in preparation for mandatory practices and games.
- Sports-related activities are limited to student-athletes, coaches, officials, and staff only. **Spectators will not be permitted.**
- The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

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- No locker room use for out of season workouts will be permitted. Locker room use will be minimized during in season events.

Facilities Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities and common area to mitigate any communicable disease
- Athletic Facilities will be cleaned prior to arrival and following workouts and team gatherings, with high touch areas cleaned more often
- Weight Room Equipment will be wiped clean after each individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity

- The start of out of season practices for all school-sponsored sports will follow the Keystone Oaks School District Progressive Return to Physical Activity Plan.
- The Return to Physical Activity Plan will ensure that all student-athletes are safely and progressively reintroduced to high-intensity physical activity.
- This progression will allow the student-athletes' bodies to adapt to increasing loads of physical stress over time, which will help to decrease the risk of soft tissue and overuse injuries.
- The Return to Physical Activity Plan will also ensure that the student-athletes' bodies are given proper time to acclimatize to exercising in the heat, reducing the risk of heat-related injuries and illnesses.
- The Return to Physical Activity Plan will have a general outline that all sports must follow and then proper safeguards and time frames to introduce specific safeguards and guidelines specific for each sport.
- This plan will start on July 1, 2020, for all sports and be reevaluated before the start of official practices (Football: August 10, all other fall sports August 17, and remaining sports at a date to be determined)
- Coaches must review and consider the CDC guidance to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- Personal items should not be shared. This includes clothing, towels, and pinnies.
- If equipment must be shared, all equipment should be properly disinfected often during practice and events, as deemed necessary.
- Hand Sanitizer will be used periodically, during group water breaks
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration:

- All student-athletes, coaches, and officials must bring their own water and drinks to team activities. Bottles of water will be provided at facilities during conditioning in the event a student-athlete forgets or runs out of water during conditioning.
- Team water coolers for sharing through disposable cups are not allowed.
- Fixed water fountains will not be used

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OTHER GUIDANCE:

Primary Point of Contact

- The Keystone Oaks School District has designated Suzanne Lochie as the District's primary point of contact for all questions related to COVID-19.
- Contact information for Suzanne Lochie is: lochie@kosd.org

Transportation

This will be reviewed after the Educational Plan is adopted. This will be revised in August before teams start traveling the week of August 17, 2020.

- Modifications for team transportation to and from athletic events may be necessary based on current Pennsylvania Department of Education guidelines.
- This may include:
 - Reducing the number of students and coaches on a bus or van
 - Using hand sanitizer upon boarding a bus or 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.
- Student-athletes, coaches, and staff will wear a mask or face covering when traveling on busses to away facilities.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench Area
 - Appropriate social distancing will need to be maintained on sidelines or bench area during practices and events, as deemed necessary by the school, PIAA, state and local governments.

Who should be allowed at events?

This section will be reviewed in August before games begin, with hopefully more guidance given from the Department of Health and/or the Department of Education. This section could change on a weekly basis as we progress through August into September.

- Grouping of individuals into tiers from essential to non-essential:
 - Tier 1 (Essential) – Student-athletes, coaches, contest officials, event staff, medical staff, security personnel
 - Tier 2 (Preferred) – Media
 - Tier 3 (Non-essential) – Spectators
- Only Tier 1 and 2 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.
- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults should wear face coverings (masks or face shields) at all times.

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- Once state and/or local governments lift restrictions on mass gatherings, caregivers and spectators will be prohibited to enter the field of play or bench areas.

Overnight/Out of State Events/Travel to other Counties/Events in COVID-19 Hot Spots

- The Keystone Oaks School District will evaluate each event and follow all local/state government guidelines on a case by case basis.
- All out-of-state travel is prohibited until further notice.
- Every consideration must be taken as to not expose students to unnecessary or potential high-risk exposure by traveling outside of the region.

Other Important Information

- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other student-athletes, coaches, officials, and spectators.
- If multiple events are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between student-athletes.
- Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained.
- Establish protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities with clear signage.
- Stagger pick up and drop off times and locations for practice and events.
- Ensure that student-athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off.
- Parents dropping off and picking up student-athletes should remain outside of athletic facilities. Parents should not enter the facility.
- Concession stands or other food must adhere to Guidance for the Restaurant Industry.
- When restarting competitions, start by limiting games, scrimmages, and matches to teams in the region first (PIAA District 7 and District 8 only). Can expand beyond regional play if COVID-19 cases continue to stay low.

Positive Cases and Coaches, Staff, or Student-athletes Showing COVID-19 Symptoms

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. (See CDC Fact Sheet in Appendix)
- Symptoms may include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches

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- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick or think you are infected with the COVID-19 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, school nurse, athletic trainer, and/or 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 and DOH.

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

If anyone tests positive or is sent home due to answering yes to a question of having a high temperature, the people (student-athletes, coaches, staff) whom had contact with this individual will be notified as will parents. All members of the team will also be notified.

- Make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event
- A parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- The ill individual will need to contact their physician or appropriate healthcare professional for direction.
- The ill individual will need a note from her/his doctor in order to return to practices and games.
- The facility where the sick individual was present will need to be disinfected immediately.

Return of student or staff to athletics following a COVID-19 diagnosis?

- Student or staff must provide written medical clearance from their medical doctor or CRNP
- Return to athletics can begin once the individual is determined by a medical doctor or CRNP to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

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EDUCATION

Staff, Coaches, Parents, and Student-athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by DOH, local governments, NFHS, and PIAA.

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APPENDIX

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Keystone Oaks School District Return to Physical Activity Plan

The purpose of this plan is to lay out a detailed and progressive return to physical activity for our student-student-athletes. This pandemic has caused our student-athletes to be away from their regular training routines for several months. Although many have probably stayed active daily, the intensity, consistency, and duration of these workouts are unknown. The start of this program being in the heat of the summer creates the need for a structured, progressive plan to ensure the health and safety of our student-student-athletes while continuing to follow the best practices to mitigate the transmission and spread of COVID-19.

This plan will follow the 50/30/20/10 rule that is outlined in the Korey Stringer Institute's Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs Document. This rule states: It is recommended that weekly conditioning volume be reduced by 50% from the uppermost volume on file in week 1 with a 1:4 or greater Work to Rest Ratio (W:R) and 30% in week 2 with a 1:3 or greater W:R. Based on the protocol, the returning student-athletes can return to average training volumes and intensities based upon the coach's professional judgment. For student-athletes who are new to the program, it is recommended that a minimum of a 20%, and 10% reduction take place in weeks 3 and 4, respectively.

The intensity (the speed the student-athletes are running) of any conditioning exercise/drill should not exceed the following to help decrease the risk of soft tissue injuries:

- Week 1: 75%
- Week 2: 80-85% (student-athletes should still have 2-3 gears left)
- Week 3: 90-95% (student-athletes should have 1-2 gears left)
- Week 4: 95-100% (student-athletes should have one gear left to be at top speed) Keep the number of full effort-runs per workout at 4-6 (number of sprints decreases as the length of the sprints increases) and increase by 1 or 2 per workout.

Hydration is an essential part of physical activity, especially in the hot and humid summer months. The sharing of water bottles will be strictly prohibited due to the COVID-19 virus being easily transmitted through respiratory droplets. There will also not be water coolers or water stations available. Each athlete and coach must bring their own water bottle(s). If an athlete does not bring a water bottle, they will not be permitted to workout/practice and must go home. If they run out of water during the workout/practice, they will not be allowed to continue and must go home.

The plan for all sports with specific dates is as follows: (the outline of this plan was taken from the UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines (High School):

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Phase 1: Education Phase July 1 through July 17

Purpose of the phase:

- To ensure proper education of the coaches and student-athletes on the policy and procedures of the Keystone Oaks School Districts Resocialization of Athletics Plan and the Return to Physical Activity Plan.
- To educate students, parents, coaches, and staff about disease symptoms, spread, and prevention

A meeting will be held on July 1, 2020, to review information with coaches and for the coaches to sign-off on a District waiver.

Student-athletes will also be required to review all information and sign-off on the District waiver.

Parents will also be required to review all information and sign-off on a District waiver.

Phase 2: Small Group Workouts July 1 through July 17

Purpose of the phase:

To reintroduce our student-student-athletes to structured performance enhancement and sport-specific practices and workouts.

Guidelines During Phase 2:

- All student-athletes must be assigned to a group of no more than twelve (12) that has a designated time for their workout/practice. They will stay in this group for the entirety of phase 2 and are not permitted to switch groups at any time.
- A maximum of two coaches per group
- All student-athletes and coaches will be screened before beginning the workout by a coach using the Keystone Oaks Athletic Department COVID-19 Screening. If only one coach is attending the workout/practice, that coach must complete the entire screening process at home, taking their temperature before arriving at the school.
- Practices and workouts may not exceed 60 minutes, including screenings. Practices should be individual skill-based and not team or competition oriented. Student-athletes should remain six feet apart at all times
- Any individual sporting equipment that is permitted to be used (see individual sport guidelines at the end of this document) must not be shared and must be sanitized between uses.
- Student-athletes may only participate in five total workout sessions week 1 and six sessions week 2. During week 1 an athlete may only participate in two workouts/practices on the same day once, and during week 2 they can join in two workouts/practices on the same day twice. A workout/practice session is anything that consists of 50% or more of the practice/workout time being moderate or higher physical activity (excluding a warm-up).

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- Student-athletes may participate in unlimited strategy/play or formation installation/walkthrough/ educational sessions. These sessions are defined as any practice/workout that consists of less than 25% of the total time being physical activity of a moderate or higher level.
- All practice/workout areas and equipment must be disinfected after each workout. Specifics will be given to each coach for their areas.

Phase 3: Team Workouts (Less than 50 total student-athletes) July 18 through July 31

Purpose of the phase:

To continue to progress the student-athletes through increasing intensity, duration, and frequency of practices and workouts in a team environment.

Guidelines for Phase 3:

- Teams may practice/ workout together in groups of no more than 50 student-athletes.
- No maximum on the number of coaches permitted at each practice/workout.
- All student-athletes and coaches will be screened before beginning the workout by a coach using the Keystone Oaks Athletic Department COVID-19 Screening. If only one coach is attending the workout/practice, that coach must complete the entire screening process at home, including taking their temperature before arriving at the school.
- Practices and workouts may not exceed 90 minutes, and screenings may be done before starting the practice/ workout.
- Practices may be team-related, but there should still be an emphasis on individual skill. Team portions of practice are permitted to be full contact within the PIAA and WPIAL rules governing your sport. Student-athletes should remain 6 feet apart anytime they are not in a drill.
- Any individual sporting equipment that is permitted to be used (see individual sport guidelines at the end of this document) may be shared (passing a ball between players act) but must be disinfected often.
- Student-athletes may only participate in six total workout sessions week 1 and seven sessions week 2. During week 1 an athlete may only participate in two workouts/practices on the same day twice, and during week 2 they can participate in two workouts/practices on the same day three times. A workout/practice session is anything that consists of 50% or more of the practice/workout time being moderate or higher physical activity (excluding a warm-up).
- Student-athletes may participate in unlimited strategy/play or formation installation/walkthrough/educational sessions. These sessions are defined as any practice/workout that comprises less than 25% of the total time being physical activity of a moderate or higher level.

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Phase 4: Full Return of Normal Pre-Season Practices August 1 until the start of official practice

Purpose of Phase:

To finish the progression of preparing the student-athletes physically and mentally for their upcoming season.

Guidelines for Phase 4:

- No restrictions on team size.
- No maximum on the number of coaches permitted at each practice/ workout.
- All student-athletes and coaches will be screened prior to beginning the workout by a coach using the Keystone Oaks Athletic Department COVID-19 Screening. If only one coach is attending the workout/practice, that coach must complete the entire screening process at home, including taking their temperature prior to arriving at the school.
- Practices and workouts duration and intensity are at the discretion of the head coach.
- Student-athletes should remain 6 feet apart anytime they are not in a drill.
- No restrictions on the use of equipment but the disinfection of shared equipment must happen frequently.
- There are no limitations to the number of workouts/ practices an athlete may participate in but must be given one full day off per week.

The District will review activities during the month of July 2020 and make any changes that are needed to assure the health and safety of student-student-athletes, coaches and staff.

Individual Sport Guidelines Return to Physical Activity

Football:

Phase 2: July 1 through July 17

- May not exceed 60 min, including screenings.
- Footballs: May be used by one individual at a time and not passed, handed off, or snapped to another player. The ball is the player's for the entire practice and then must be disinfected after the practice.
- Blocking Sleds: May not be used.
- Hand Shields/Individual Pads/Handheld Dummies: May not be used.
- Practice Pinnies: May be used but not shared and must be washed each night.

Phase 3: July 18 through July 31

- May not exceed 90 min not including screenings.
- Footballs: Maybe handed off, passed or snapped from player to player. Footballs should be rotated often and disinfected once out of the rotation.
- Blocking Sled: May be used and must be wiped down between players with a disinfecting spray or wipe.
- Hand Shields/Individual Pads/Handheld Dummies: May be used but must be wiped down with a disinfecting spray or wipe.
- Practice Pinnies: May be used but not shared and must be washed each night.

Phase 4: August 1 through the start of official practices.

- No time restrictions.
- Footballs: May continue to be used by multiple players. Must continue to rotate in disinfected balls as often as possible.
- Blocking Sled: May continue to be used but must be wiped down with a disinfecting spray or wipe.
- Hand Shields/Individual Pads/Handheld Dummies: May be used but must be wiped down with a disinfecting spray or wipe.
- Practice Pinnies: May be used but not shared and must be washed each night.

Boys and Girls Soccer:

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- Soccer Balls: May be used by one individual per practice, and that is their ball for that entire practice. May not be passed back and forth or headed at any time. Only individual skill work is permitted.
- Goalies: Are not permitted to have balls kicked at them for the purpose or working on saves in any manner.

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- Goals: Goals may be used for shooting drills, but each player must retrieve their own ball each time. No goalies are permitted in the goal.
- Practice Pinnies: May be used but not shared and must be washed each night.

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings.
- Soccer Balls: Maybe used and passed from individual to individual in drills and scrimmages. Balls should be rotated frequently and disinfected between uses. Heading of the soccer balls should be restricted or limited.
- Goalies: Are permitted to start their regular practice routines. They must disinfect their gloves daily and if possible multiple times during practices or switch to another pair of gloves.
- Goals: No safeguards on the use of goals.
- Practice Pinnies: May be used but not shared and must be washed each night.

Phase 4: August 1 through the start of official practices

- No time restrictions.
- Soccer Balls: Balls should be rotated frequently and disinfected between uses. Heading of the soccer balls should be limited.
- Goalies: They must disinfect their gloves daily and, if possible multiple times during practices or switch to another pair of gloves.
- Goals: No safeguards on the use of goals.
- Practice Pinnies: May be used but not shared and must be washed each night.

Boys and Girls Volleyball:

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- Volleyballs: Maybe used by one individual at a time, and that is their ball for the entire practice. Balls may not be passed, set, spiked or served from player to player; individual players may pepper, pass, and set off of a wall. They are permitted to serve to an empty court but must retrieve their own ball.
- Nets: Nets may be used, but players should not be facing one another on either side of the net.

Phase 3: July 18 through July 31

- May not exceed 90 minutes not including screenings. Volleyballs: Maybe used and passed, set, spiked or served between players. Balls should be rotated and disinfected frequently.
- Nets: Nets may be used. Nets and poles should be disinfected with a spray at different times during practice paying particular attention to making sure the floor is dry before resuming practice.

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Phase 4: August 1 through the start of official practices

- No time restrictions.
- Volleyballs: Balls should be rotated and disinfected frequently.
- Nets: Nets and poles should be disinfected with a spray at different times during practice paying particular attention to making sure the floor is dry before resuming practice.

Girls and Boys Tennis:

Phase 2: July 1 through July 17

- May not exceed 60 minutes including screenings.
- Tennis Balls: May not be served or hit back and forth between the players. Players may play wall ball or serve to an open court. Balls should be disinfected before another player uses them. If using a ball machine with multiple student-athletes, the balls can only be picked up by a disinfected hopper and not touched when putting them back in the machine.
- Rackets: Rackets may not be shared at any time.

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings.
- Tennis Balls: May be hit back and forth between players. Must be rotated and disinfected frequently.
- Rackets: Rackets should not be shared, but if they need to be, they must be disinfected before another player uses it.

Phase 4: August 1 through the start of official practices

- No time restrictions.
- Tennis Balls: Must be rotated and disinfected frequently.
- Rackets: Rackets should not be shared, but if they need to be they must be disinfected before another player uses it.

Coed Cross Country:

All phases: No sport specific safeguards or guidelines. Student-athletes will be assigned a pinnie or vest when running off campus. They can keep them or return them to be cleaned each night. Student-student-athletes are not to share their pinnies or vest.

Boys Golf:

All phases: Student-athletes should refrain from sharing a golf cart. Clubs should not be shared, but they must be disinfected before being used by another golfer if they are shared for any reason. If possible, pins should not be removed for putting, and players should only pick up their own golf balls.

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Cheerleading:

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- Student-athletes may only do cheers.
- No team stunting allowed.

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings.
- Student-athletes may start performing team stunts.

Phase 4: August 1 through the start of official practices

- No time restrictions, and no sport specific safeguards or guidelines

Boys and Girls Basketball:

The District will start basketball after the first two weeks of Fall sports and will review issues as they arise.

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- Basketballs: Basketballs may be used by one individual, and that is their ball for the entire practice. Balls may not be passed from player to player or rebounded by another player, all skill and shooting work must be done individually. Balls must be disinfected after each use.
- Shooting Machine: A shooting machine may be used by one player at a time. If another player is going to use the machine, the balls must be replaced with disinfected balls each time a new player uses it. The device should be sprayed down with a disinfecting spray while following the manufacture's guidelines.
- Hand shields: Not permitted to be used.
- Practice Pinnies: May be used but not shared and must be washed each night

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings.
- Basketballs: Basketballs may be passed to and rebounded by other players. Balls should be rotated and disinfected frequently.
- Shooting Machine: More than one player may use a shooting machine at a time. As often as possible and any time new players use the machine, the balls should be rotated, and disinfected balls should be used.
- Hand shields: May be used but must be wiped down with a disinfected spray or wipe between student-athletes.
- Practice Pinnies: May be used but not shared and must be washed each night

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By: Keystone Oaks School Board

Phase 4: August 1 through the start of official practices.

- No time restrictions.
- Basketballs: No safeguards. Balls should be rotated and disinfected frequently.
- Shooting Machine: A shooting machine may be used by more than one player at a time. As often as possible and any time new players use the machine the balls should be rotated, and disinfected balls should be used.
- Hand shields: May be used but must be wiped down with a disinfected spray or wipe between student-athletes.
- Practice Pinnies: May be used but not shared and must be washed each night.

Swimming:

Conditioning and practices will not begin until the first day of the school year.

All Phases: No sport specific safeguards or guidelines. Student-athletes will be assigned kick boards, snorkels, and any pool training devices. Student-student-athletes are responsible for caring for those items during the season. No student-athlete should share any items (goggles, training devices, suits, towels, etc.).

Wrestling:

Conditioning will not begin until October.

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- Individual conditioning drills and shadow wrestling.

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings.
- To be determined.

Phase 4: August 1 through the start of official practices.

- No time restrictions.
- To be determined

Adopted: 6/30/2020

By: Keystone Oaks School Board

Baseball/Softball:

Conditioning and practices will not begin until the first day of the school year.

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- Baseballs/Softballs: Balls may not be thrown or hit from one player to another. Players may throw balls into a screen or net but must be disinfected before another player uses them.
- The player may hit off a tee, but the balls must be disinfected before being used by another player.
- Batting Helmets/Gloves/Batting Gloves/Bats/Catchers Equipment: Must not be shared at any time and kept separated as much as possible.

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings.
- Baseballs/Softballs: Balls may be thrown and hit from player to player. Balls must be rotated and disinfected frequently.
- Batting Helmets/Gloves/Batting Gloves/Bats/Catchers Equipment: Should not be shared and kept separated as much as possible. If they need to be shared, they must be disinfected before each use.

Phase 4: August 1 through the start of official practices.

- No time restrictions.
- Baseballs/Softballs: Balls must be rotated and disinfected frequently.
- Batting Helmets/Gloves/Batting Gloves/Bats/Catchers Equipment: Should not be shared and kept separated as much as possible. If they need to be shared, they must be disinfected before each use.

Boys and Girls Track and Field:

Conditioning and practices will not begin until the first day of the school year.

Phase 2: July 1 through July 17

- May not exceed 60 minutes, including screenings.
- High Jump and Pole Vault Mats: Must be wiped down with a disinfecting spray or wipe after each use.
- Shot Puts/Javelins/Discus: Must not be shared during practice. Must be disinfected after practice.

Phase 3: July 18 through July 31

- May not exceed 90 minutes, not including screenings
- . High Jump and Pole Vault Mats: Must be wiped down with a disinfecting spray or wipe after each use.

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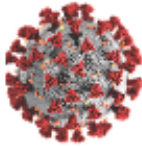
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- Shot Puts/Javelins/Discus: Should not be shared during practice, but if they must be, they must be disinfected between uses. Must be disinfected after practice.

Phase 4: August 1 through the start of official practices.

- No time restrictions.
- High Jump and Pole Vault Mats: Must be wiped down with a disinfecting spray or wipe after each use.
- Shot Puts/Javelins/Discus: Should not be shared during practice, but if they must be, they must be disinfected between uses. Must be disinfected after practice.

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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



WHAT IS CONTACT TRACING?

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands,

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covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website, www.health.pa.gov, or the

Help is available, contact the Crisis Text Line by
texting **PA to 741-741**

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RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities
(per update on May 2020)

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “Phased Re-opening Plan by Governor Wolf”

Korey Stinger Institute: Covid-19 Return to Activity

UPMC Sport Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines
(High School)

PIAA: Pennsylvania Interscholastic Athletic Association

MBM Law- Solicitors Guide to The Athletic health and Safety Plan