

Guidelines for Extracurricular Activities/Playgrounds

Introduction

The Sto Rox 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 Sto Rox 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.

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. It is recommended that students should wear a face covering (masks or face shields) when feasible.
 - 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 Athletes, Coaches, and Staff on health and safety protocols
6. Require anyone who is sick to stay home. Follow the plan for a student or employee who gets sick
- 7.. Regularly communicate and monitor developments with local authorities, coaches, staff, and families regarding cases, exposures, and updates to policies and procedures
- 8. Athletes and coaches must provide their own water bottle for hydration. Water bottles must not be shared. Disposable cups will not be provided.

Phase 1 (Pennsylvania Yellow Phase)

- All school facilities must remain closed as per PA State Guidelines
- Athletes and Coaches may communicate via online meetings (Zoom, Google Classroom, etc.)
- Athletes are encouraged to participate in home workouts including strength and conditioning.
- 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)
- 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.
- 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 should contact their primary care provider or other appropriate health-care professional for guidance.

Limitations on Gatherings:

- Coaches and athletes must maintain appropriate social distancing at all times possible
- Gatherings should not exceed more than 250 total individuals
- 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.
- 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 should be cleaned prior to arrival and following workouts and team gatherings, with high touch areas cleaned more often

- Weight Room Equipment should 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

- 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 and towels etc.
- If equipment must be shared, all equipment should be properly disinfected often during practice and events, as deemed necessary.
- Hand Sanitizer should be used periodically, as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration

- All athletes, coaches, and officials must bring their own water and drinks to team activities.
- Fixed water fountains should not be used.

Other Guidance

Primary Point of Contact

- The Sto Rox School District has designated Frank Dalmas as the District's primary point of contact for all questions related to COVID-19
- Contact information for Frank Dalmas is: 412-771-3213 (x5236)

Transportation

- 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, State and Local governments.

Social Distancing during Contest/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?

- 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.
- Tier 3, seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household.

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

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 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?

- Make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction

- The facility where the sick individual 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.

VI. Playground/Recess Procedures

Primary Center and Upper Elementary

- **Primary Center**
 - The Primary Center will have five (5) different locations for children to participate in Recess during their scheduled times:
 - Location 1: Grass Area by the basketball courts
 - Location 2: Basketball Courts
 - Location 3: Playground
 - Location 4: Left side of front parking lot
 - Location 5: Right side of front parking lot
- **Upper Elementary**
 - The Upper Elementary will have 4-5 different locations for children to participate in Recess during their scheduled times:
 - Location 1: Right side of front parking lot
 - Location 2: Left side of front parking lot
 - Location 3: Grass area in back of building behind Library
 - Location 4: Grass area by outdoor equipment area (back of building)
 - Location 5: Grass area between 5th and 6th Grade Hallways
- Limit the contact play and/or sports during recess when possible.

(Location Rotations: Classes will rotate through locations daily. For example, if Class A had Recess in Location 1 on Monday, they will have Recess in Location 2 on Tuesday, and so on)

- **Handwashing Procedures**
 - To be done before and after recess. Teachers should provide students with hand sanitizer prior to entering the outdoors.
 - Upon returning inside the building, teachers will provide students with hand sanitizer again to ensure hands are clean.
- **Cleaning of Playground Equipment**
 - A bin of playground equipment will be provided outside for students for Recess.

- Once Recess is over, students will return equipment to designated bins.
- COVID-19 cleaning staff will thoroughly deep clean equipment prior to the next class' scheduled play time.