



**BRENTWOOD BOROUGH SCHOOL DISTRICT
DEPARTMENT OF ATHLETICS**

Athletics/Activities Health and Safety Plan

INTRODUCTION

The COVID-19 pandemic has presented all school districts and athletic departments 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, among others, has found that while children can be 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 Brentwood Borough School District will take the necessary precautions and recommendations from the federal, state, and local governments, Center for Disease Control, Pennsylvania Department of Health, as well as the National Federation of High School Sports, and the Pennsylvania Interscholastic Athletic Association to safeguard the participants and staff of our athletic programs and activities. The Brentwood Borough School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students and spectators.

RECOMMENDATIONS

Recommended guidelines for **ALL LEVELS** of middle school and high school athletics and activities will be implemented as follows:

1. Prior to participation in any Brentwood Borough School District athletic or activity program, parents must complete and return the Brentwood Borough School District Athletics and Activities Participation Waiver (Appendix A).

2. Upon arrival to a Brentwood Borough School District school, facility, or rental facility, all athletes, participants, coaches, sponsors, and staff must wear a face covering or face shield. Furthermore, all athletes, participants, coaches, sponsors, and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. A series of questions (Appendix B) will be asked to gauge symptoms or exposure to the COVID-19 virus. Any potential exposure or symptoms reported by any of the above-mentioned individuals will result in the individual being sent home immediately.
3. All student athletes will be required to submit Section 7 of the PIAA CIPPE (Appendix C). **Section 7 does not replace the initial and complete CIPPE required prior to the first day of season play.**
4. The Brentwood Borough School District promotes healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a face covering/face shields as feasible (face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will not be used for athletes/participants while practicing or competing.) Hand sanitizer will be available for team use as resources allow.
5. The Brentwood Borough School District has planned for cleaning, disinfection and ventilation in all facilities.
6. The Brentwood Borough School District encourages physical distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
7. The Brentwood Borough School District will educate athletes, participants, coaches, sponsors, and staff on health and safety protocols.
8. The Brentwood Borough School District requires anyone who is sick to stay at home.
9. The Brentwood Borough School District has developed a plan for a student or employee who becomes ill.
10. The Brentwood Borough School District will regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
11. Athletes, participants, coaches, and sponsors are required to provide their own hydration (water bottle). Water bottles **must not** be shared. Individual water bottles will be used in lieu of indoor/outdoor water fountains, hydration stations, water coolers, etc.

12. Personal Protective Equipment (PPE) (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments.
13. The Brentwood Borough School District will identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as but not limited to:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunosuppressed
 - Obesity
 - Diabetes
 - Kidney or liver disease
14. All practice sessions are closed to spectators. ONLY those actively instructing or participating are able to remain in the designated areas.
15. All Brentwood Borough School District facilities are closed to the public through the summer of 2020 to prioritize the needs of our student athletes and activity participants.

CLASSIFICATION OF SPORTS & ACTIVITIES

High Risk: Sports/Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Cheerleading (stunts), Football, Wrestling.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place may reduce the likelihood of respiratory particles transmission between participants or intermittent close contact or group sports that use equipment that can't be cleaned between participants.

Examples: Basketball, Volleyball, Baseball, Softball, Soccer, High Jump, Long Jump, 7-on-7 Football.

Low Risk: Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Running Events, Cross Country, Throwing Events, Swimming, Golf, Weightlifting, Sideline Cheer, Band.

****High/Moderate Risk sports and activities may move to the Low Risk classification with non-contact modifications. Team activities should be limited to individual skill development drills that maintain physical distancing.*

HYDRATION

- Students must bring their own means of hydration (water bottles).
- Means of hydration are not to be shared.
- Hydration stations (water trees, cows, troughs, etc.) will not be utilized.
- All indoor water fountains throughout Brentwood Borough School District facilities will be off limits and covered.

STATE LEVEL GUIDELINES

LEVEL 1 (PA State Red)

Activities:

- No in-person gatherings allowed
- Athletes, participants, coaches and sponsors may communicate via online meetings (Zoom, Google Meet, etc.).
- Athletes and participants may participate in individual home workouts including strength training, practicing instruments, and conditioning.

Additional Guidelines:

- All school facilities remain closed as per PA State Guidelines.
- Athletes and coaches should abide by guidelines set forth by the local and state governments.

LEVEL 2 (PA State Yellow or Green - once permitted by PIAA)

Activities may include:

- Team meetings, open gym, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, band, etc.

Pre-workout/Practice/Contest Screening:

- COVID-19 Screenings (questionnaires will be administered as per state and local government recommendations). Students, coaches, and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. Students and staff will be asked a series of questions to gauge any susceptibility or exposure to COVID-19.
- Responses to screening questions for each person should be recorded and archived so that there is a record of everyone present in case a student develops COVID-19.

- Any person with positive symptoms reported will not be permitted to take part in workouts/activities and should contact his or her primary care provider or another appropriate health-care professional. A clearance may be required to return to play/practice.

Limitations on Gatherings:

- No gathering of more than 25 individuals may occur during the Yellow Phase. No gathering of more than 250 individuals may occur during the Green Phase per group including supervisors/coaches per practice area. During Brentwood's initial reopening phase, gatherings will be limited to 25 and expanded as appropriate.
- Controlled non-contact practices only, modified game rules must be in place with physical distancing and disinfecting when appropriate.
- Physical distancing will apply during practices and in locker rooms, and gathering areas. Locker rooms will **NOT** be available until the beginning of the official season.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic and band facilities to mitigate any communicable disease.
- Athletic and band facilities should be cleaned prior to arrival and post practices/workouts, activities and team gatherings; high touch areas should be cleaned more frequently.
- Weight room equipment should be wiped down after an individual's use and fogged once per day after use; sanitizing spray will be provided to each athlete to clean equipment after his/her use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Physical Activity:

- Practices for Low Risk sports and activities may begin.
- Modified practices may begin for Moderate Risk and High Risk sports (practices must remain non-contact and include physical distancing where applicable; activity should focus on individual skill development).
- Students should refrain from sharing clothing/towels which should be washed after each practice.

- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, etc.) should be cleaned intermittently during practice and events as deemed necessary; daily disinfecting will occur of all equipment used.
- Hand sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar and not over top of the athlete.

Hydration:

- Students must bring their own means of hydration (water bottles).
- Means of hydration are not to be shared.
- Hydration stations (water trees, cows, troughs, etc.) will not be utilized.
- All indoor water fountains throughout Brentwood Borough School District facilities will be off limits and covered.

LEVEL 3 (PA State Green - once permitted by PIAA)

Activities may include: Basketball, volleyball, baseball, softball, soccer, pole vault, high jump, long jump, etc.

Pre-workout/Practice/Contest Screening:

- Any person who has symptoms of COVID-19 will not be allowed to participate in practice/games/activities, and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.
- COVID-19 Screenings (questionnaires will be administered as per state and local government recommendations). Students, coaches, and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. Students and staff will be asked a series of questions to gauge any susceptibility to COVID-19. Team and/or activity attendance will be recorded.

Limitations on Gatherings:

- Follow state and local guidelines.
- When not directly participating in practices or contests, physical distancing should be considered and applied when able with students and staff not congregating immediately next to one another and practicing six feet of separation when feasible.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings; high touch areas should be cleaned more often.
- Weight room equipment should be wiped down after an individual's use; hand sanitizer should be used periodically as resources allow.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Physical Activity and Athletic Equipment:

- Students should refrain from sharing clothing/towels which should be washed after each practice.
- Students initially, will not be able to utilize locker rooms or keep personal items in a locker.
- Showers initially, will be unavailable for use prior to or immediately following activities.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently 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 and not over top of the athlete.

Hydration:

- Students must bring their own means of hydration (water bottles).

- Means of hydration are not to be shared.
- Hydration stations (water trees, cows, troughs, etc.) will not be utilized.
- All indoor water fountains throughout Brentwood Borough School District facilities will be off limits and covered.

LEVEL 4 (PA State Green - once permitted by PIAA)

Activities include: Low/Moderate Sports may resume. High Risk Sports (football, wrestling, and cheerleading stunting) may begin full person to person contact and competition.

Pre-workout/Practice/Contest Screening:

- Any person who has COVID-19 symptoms will not be allowed to participate in practice/games and should contact their primary care physician or another appropriate health-care provider.
- COVID-19 Screenings (questionnaires will be administered as per state and local government recommendations). Students, coaches, and staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. Students and staff will be asked a series of questions to gauge any susceptibility to COVID-19.
- Team attendance will be recorded.

Limitations on Gatherings:

- Follow state and local guidelines
- When not directly participating in practices or contests, physical distancing should be considered and applied with students and staff, so as not to congregate immediately next to one another.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight room equipment shall be wiped down after an individual's use with supplied sanitizing wipes and also cleaned at the end of the day with an aerial disinfectant.

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Athletic and Activity Guidelines:

- Students should refrain from sharing clothing/towels and should be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) shall be cleaned intermittently during practice and events as deemed necessary.
- All sport implements will be cleaned at the end of the day with those pieces being shared by participants placed in an enclosed environment and aerial disinfectant will be used overnight.
- High use areas from participants will be aerial disinfected regularly as appropriate.
- Hand sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar and not over top of the athlete.

Hydration:

- Students must bring their own means of hydration (water bottles).
- Means of hydration are not to be shared.
- Hydration stations (water trees, cows, troughs, etc.) will not be utilized.
- All indoor water fountains throughout Brentwood Borough School District facilities will be off limits and covered.

PHYSICAL CONDITIONING PARAMETERS

- The initial resumption of athletics and activities such as marching band will begin with groups of no more than 25 per coach/sponsor and group size will be adjusted accordingly by phase integration.

- The initial offerings or restarting of athletics if needed will primarily consist of cardio, aerobic and anaerobic activity, flexibility and overall general non-sport specific conditioning to return the student to an acceptable level of fitness.
- This is accomplished utilizing our coaches to run all facets of sport mobility while being supported by our athletic trainer. The program will continue to operate in concert with those sports who have advanced to a more traditional sport specific training. The decision is based on a consensus of athletic trainer, sponsors and head coaches of the respective programs.

ADDITIONAL RECOMMENDATIONS

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

- Reducing the number of students/coaches on a bus.
- Using hand sanitizer upon boarding a bus.
- Physical distancing on a bus with riders wearing face coverings due to not being able to restrict recommended physical distancing of six feet.
- Considerations may be given to parents/guardians wishing to drive their child(ren) to away athletic and activity events.

These potential modifications will be determined by the school district, bus companies, Department of Education, state and local governments.

Physical Distancing during Contests/Events/Activities

- Sidelines/Bench/Seating Area-appropriate physical distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Districts should consider using tape or paint as a guide for students and coaches.

Who should be allowed at events and practices?

At this time, spectators for K-12 events are not allowed. Sports-related activities are limited to student-athletes, coaches, officials and staff only. (PIAA Return to Competition, 7-29-20)

- Only game personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings and at the district's discretion.

- The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
- Changes to seating capacity and physical distancing may be necessary for each venue facility and will be determined as more recommendations are released by the state/local governments.

Overnight/Out of State Events/Events in COVID-19 Hot Spots

- The Brentwood Borough School District will evaluate each event and follow all state/local government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk.

IDENTIFYING POTENTIAL SYMPTOMS AND POSITIVE CASES OF COVID-19

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.

What to do if you are sick?

- If you become ill 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, school nurse, athletic director, athletic trainer, coach).
- Should a student become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space. The parent or guardian should be notified right away, and the students should leave the practice/game.
- Individuals should be tested for COVID-19.
- If testing is positive, then teams will be shut down for a minimum of 14 days and contact tracing should be initiated. This tracing will identify those individuals who would have been within six feet of the sick athlete/student for more than 15 minutes while the person was symptomatic or within the

48 hours prior to becoming symptomatic. These guidelines will be revised based on direction from ACHD, PA Health Department and CDC in the event guidance is modified and as appropriate.

- Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual so cannot be relied on for return to play.

What to do if a student or staff member becomes ill with COVID-19 symptoms during practice, 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.
- 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.
- Any student or staff member exposed to an ill individual will be advised to be aware of the signs and symptoms and to self-quarantine if meeting the criteria.

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

- Student or staff are required to have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION

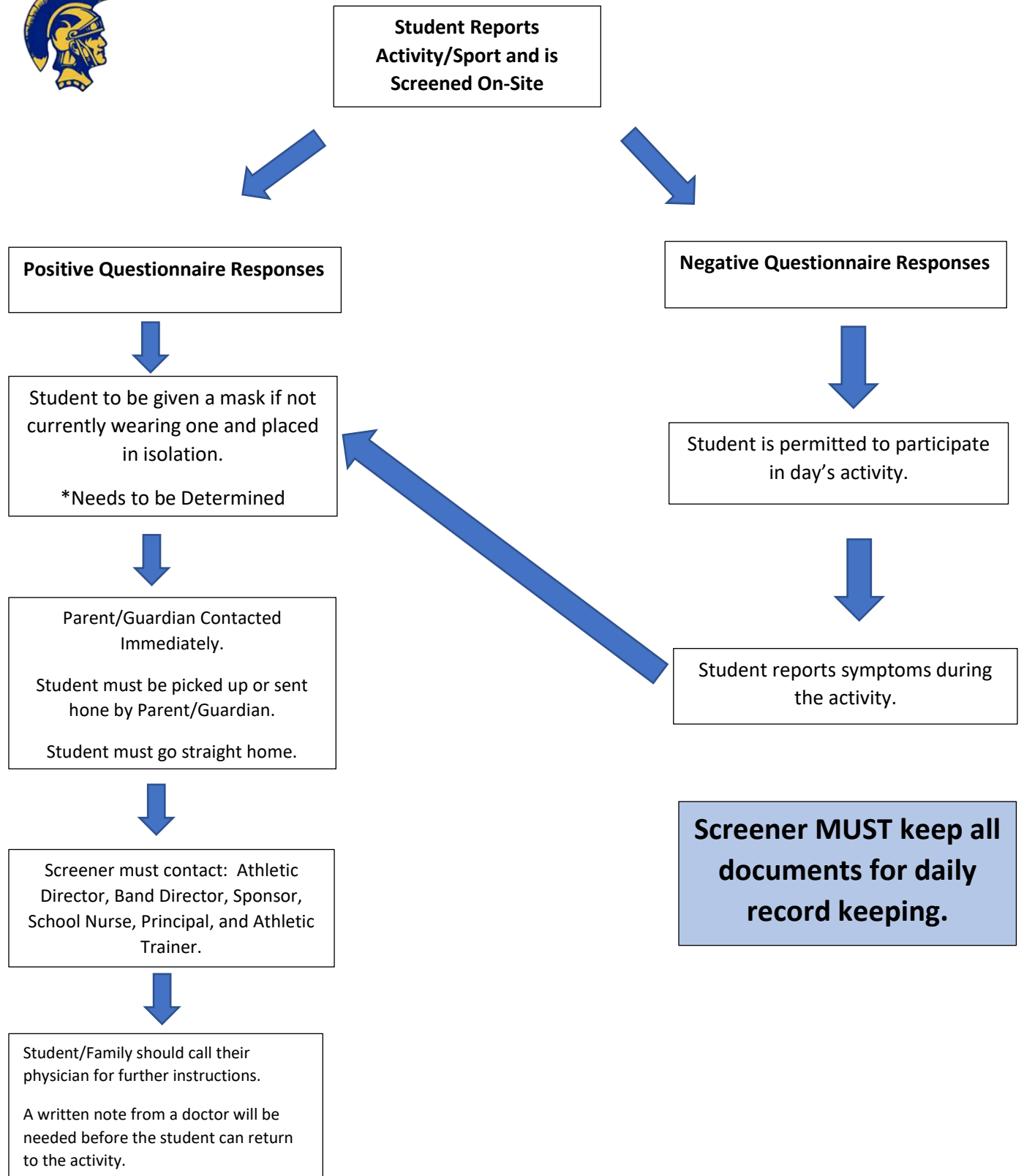
Staff, Coaches, Parents and Students will be educated on the following through traditional outlets:

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfect touched surfaces, physical distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.).
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document.

- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Students should come dressed for activity.
- Limit indoor activities and the areas used. Locker room use is not permitted. Facility showers cannot be used.
- Students should remain with their assigned groups during each workout/practice and during daily workouts to limit the number of people they come in contact.
- No students allowed in training areas without the presence of an athletic trainer.

APPENDIX

2020-2021 Student/Staff Screening Flow Chart





BRENTWOOD BOROUGH SCHOOL DISTRICT ATHLETICS AND ACTIVITIES
PARTICIPATION WAIVER

I understand and acknowledge that _____'s participation in extracurricular programs and related events and activities, sponsored by and in connection with BRENTWOOD BOROUGH SCHOOL DISTRICT may pose dangers and risks of possible exposure to and illness from infectious diseases, including but not limited to influenza and COVID-19. I understand that while particular rules/procedures may be in place and may reduce risk, the risk of serious illness or death exists. I understand that BRENTWOOD BOROUGH SCHOOL DISTRICT assumes no responsibility for any and all illness, disability, death or loss of damage to person or property in connection with my participation. I hereby waive, release, and discharge BRENTWOOD BOROUGH SCHOOL DISTRICT from any and all liabilities or claims, financial or otherwise, made as a result of participation in the athletic program and related events and activities.

Participant Name (printed)

Parent/Guardian Signature

Date

Participant Signature, if age 18 or over

Date

**BRENTWOOD BOROUGH SCHOOL DISTRICT
DEPARTMENT OF ATHLETICS
ATHLETE AND STAFF COVID-19 SCREENING**

Name: _____ Date: _____

Grade: _____ Sports: _____

Students/Coaches should self-report as deemed necessary prior to each practice. Temperatures may be taken from a designated trained individual. The other symptoms should be marked as “N” – NO or “Y” – YES answers.

For the column “Close Contact” the answer should reflect the following question: Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If a student’s temperature is greater than 100.4 degrees and any responses are “YES”, the student will NOT be allowed to practice and will be asked to leave school grounds. Parent/Guardian will be notified.

DATE	TEMP	FEVER CHILLS	COUGH	SORE THROAT	SHORT OF BREATH	LOSS TASTE SMELL	VOMITING DIARRHEA	CLOSE CONTACT

SECTION 7: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 8, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

SUPPLEMENTAL HEALTH HISTORY

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Winter Sport(s): _____ Spring Sport(s): _____

CHANGES TO PERSONAL INFORMATION (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Home Address _____

Current Home Telephone # () _____ Parent/Guardian Current Cellular Phone # () _____

CHANGES TO EMERGENCY INFORMATION (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

SUPPLEMENTAL HEALTH HISTORY:

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

- | | Yes | No | | | Yes | No |
|--|--------------------------|--------------------------|--|--|--------------------------|--------------------------|
| 1. Since completion of the CIPPE, have you sustained an illness and/or injury that required medical treatment from a licensed physician of medicine or osteopathic medicine? | <input type="checkbox"/> | <input type="checkbox"/> | | 4. Since completion of the CIPPE, have you experienced any episodes of unexplained shortness of breath, wheezing, and/or chest pain? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? | <input type="checkbox"/> | <input type="checkbox"/> | | 5. Since completion of the CIPPE, are you taking any NEW prescription medicines or pills? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Since completion of the CIPPE, have you experienced dizzy spells, blackouts, and/or unconsciousness? | <input type="checkbox"/> | <input type="checkbox"/> | | 6. Do you have any concerns that you would like to discuss with a physician? | <input type="checkbox"/> | <input type="checkbox"/> |

#'s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

<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

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

RESOURCES:

PIAA: Return to Competition – Individual Sports Considerations (7-29-20)

NFHS: Guidance for Opening Up High School Athletics and Activities

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

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

Centers for Disease Control – “Schools Decision Tree”

Pennsylvania Department of Health – “Coronavirus Symptoms”

Pennsylvania Department of Health – “What is Contact Tracing”

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

A Guide to Re-Entry to Athletics in Texas Secondary School

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC