

6/19/2020 Plan Approved by Office of Education

Allentown Central Catholic Athletics and Activities Return to Play

Subcommittee of ACCHS Reopening Committee

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This plan is to provide guidelines for Allentown Central Catholic Students, Coaches and Administrators to return to Athletic and School Activities. This plan includes the PDE requirements for return to athletics which are consistent with the CDC Considerations for Sports. This plan also takes into consideration guidance from the National Federation of State High School Association (NFHS)/ Sports Medicine Advisory Committee(SMAC)/ UPMC Sports Medicine return to play.

We will continue to monitor the guidelines of our Lehigh Valley Health Network and government organizations and all or our host sites for further “best practices” throughout the process.

Fundamental Guidelines to limit the Spread of Covid 19 as we begin return to play and activities. These fundamental guidelines should be followed in all 3 phases outlined in this document.

Social Distancing and Hygiene

- Social distancing should be encouraged at all times (six feet at a minimum).
- Consider limiting staff to only essential personnel.
- Take into account the capacity of rooms/buildings and consider a reduction in this number.
- Large social gatherings in any spaces should be discouraged.
- Virtual team meetings should take place when possible.
- When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
- In all common areas, seating should be spaced six feet apart. Large social gatherings in any spaces should be discouraged.
- Student athletes should sit every other seat on a bench and should avoid using a dugout when possible. They should consciously stand six feet apart when not participating in a drill or activity that requires closer contact.
- All equipment should be cleaned between each individual use.

- When possible, athletes should not share gear and instead use their own personal equipment.
 - Each athlete should have his/her own personal defined hydration container that is never to be shared.
 - Strongly encouraged that athletes carry hand sanitizer and Sanitary wipes in their sports bag.
 - Where ever possible Hand sanitizer will be made available throughout the facility for use before, during, and after workouts.
 - Student athletes, coaches, and staff should be strongly encouraged to use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.
 - Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary).
 - While we understand it may be difficult to wear a mask when actively participating in a sport that takes place indoors on a court, (for example: volleyball, basketball, cheerleading, dance) the percentage of time without the mask should be limited to the active participation time.
 - At all times, all coaches and staff should be encouraged to be masked 100% of the time.
- frequent handwashing and avoidance of touching the face.

Daily Screening –People who feel sick should stay home

Student athletes, coaches, and staff should be screened daily with no-touch temperature checks and a questionnaire. Screening will be conducted in Phase 1, 2, and 3

- A positive screen that would warrant further investigation would be a temperature greater than 100.4° F or a “yes” response to any of these three screening questions:
- Questions Checklist

1. Do you have any of the following symptoms beyond what you normally experience? (please check any or all that apply)

- Fever (>100.4)
- Cough
- Shortness of breath/difficulty breathing
- Chills
- Muscle ache
- Headache
- Sore Throat
- New Loss of Taste or Smell

2. Have you recently been diagnosed with COVID-19 infection (confirmed by a positive COVID test)?
3. Have you been recommended for social isolation or quarantine because of exposure to a patient with the confirmed diagnosis of COVID-19?
4. Were you recently tested for COVID-19 and still awaiting results?

C. Temperature check with a thermometer is recommended but not required (temperature greater than 100.4 for children and greater than 100.4 for individuals over the age of 18 is considered a fever).

i. Temperature assessment is much more important for screening adults

ii. Forehead thermometer or touchless thermometer is preferred

iii. Tips for athletes/staff to avoid low or high temps

1. Turn off AC or heat and/or angle blowers away from the face approx. 2-3 min before temp (visual cue – when you pull into school to park)
2. Oral thermometers – refrain from drinking hot or cold liquids in the 2 – 3 min before temp
3. Cold weather – remove warm hats such as beanies 2-3 min before temp
4. If walking in overly cold weather – temporal reading often fails, as it's too cold for the thermometer to register. We'll retake at the wrist or neck.
5. Warm weather – we haven't had incredibly HOT weather yet so we'll see how that affects walkers. We do see abnormally low temps due to AC in cars – that's easily addressed by the first bullet.

iv. Screening Process:

1. Fails are allowed several retries within a period of 10 min.
2. First: make the adjustments listed above. This often resolves the issue in less than 1 min. If it doesn't....
3. Second: have them pull over (car line) or stand to the side (indoor process) and retest in about a minute. If that doesn't work...

4. Third: wait several more minutes 3 – 5 and retest. Fails can retest at 10 min again, if desired but it's very unlikely that their temp will drop if it hasn't already.

5. Artificially lowered temps (a common cheat) will usually raise within 1-2 min. The employee/athlete typically looks sick so this is an easy cheat to spot/address.

Positive Test for Covid 19 will follow CDC Guidelines for Isolation and contact tracing

Pre-participation Exams and Impact Testing

- Pre-participation exams will be required by PIAA prior to start of mandatory PIAA start dates as we have followed in previous years.

Phased Approach to return to play

Phase 1 –This Phase should be followed by ACCHS Athletics and Activities while Lehigh County is in the Yellow Phase Once Permitted PIAA

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. There should be a point person on each coaching staff over seeing this process
- 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 (chart attached).
- 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 1
- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- 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.
- Adequate cleaning schedules should be created for each of our athletic facilities 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, benches, 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:
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Examples :
 - o A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
 - o A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
 - o A volleyball player should not use a single ball that others touch or hit in any manner.
 - o Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
 - o Wrestlers may skill and drill without touching a teammate.
 - o Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
 - o Tennis players may do individual drills, wall volleys and serves.
 - o Runners should maintain the recommended 6 feet of distancing between individuals Hydration:

Phase 2.- This Phase should be followed by ACCHS Athletics and Activities Once Lehigh County has entered the Green Phase and continue for 14 days.

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. There should be a point person on each coaching staff overseeing this process
- 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 (chart attached).
- 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.
- 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 and High 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.

Phase 3 This Phase should be followed by ACCHS Athletics and Activities once Lehigh County has completed 14 days of the Green Phase

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. There should be a point person on each coaching staff over seeing this process
- 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 (chart attached).
- 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 can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed. Limitations on Gatherings:
 - Gathering sizes of up to 50 individuals, indoors or outdoors.
 - When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. 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:
 - Moderate and High risk sports practices and competitions may begin.
 - 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.
 - 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. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
 - 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.

Higher risk sports competition may resume.

Contests

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: Wrestling, football, boys lacrosse, competitive cheer, dance

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

Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football *Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)

Transportation

Transportation to events Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

Social distancing during Contests/Events/Activities

a. Sidelines/benches Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.

b. Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at events:

1. Tier 1 Essential: Athletes, Coaches, Officials, Event Staff, Medical staff, Security
2. Tier 2 Preferred: Media
3. Tier 3 non-essential : Spectators, vendors –Concession stands must adhere to the Guidance for Businesses in the Restaurant Industry

Only Tier 1 and 2 personnel will be allowed to attend events until state/ local health departments lift restrictions for mass gatherings.

Appendix Items

LVHN Covid 19 Temperature Screen and Symptom Check List

LVHN Covid 19 Frequently Asked Questions

Allentown Central Catholic Covid 19 Frequently asked Questions