

HEALTH & SAFETY PLAN



RETURN TO SPORTS COVID-19 HEALTH & SAFETY PLAN

The following plan is a result of collaboration among sports medicine professionals in conjunction with guidelines set forth by the Center for Disease Control (CDC), Pennsylvania Interscholastic Athletic Association (PIAA), and the Pennsylvania Governor's Office.

Goal: Provide Bishop McDevitt with a plan for the resocialization of sport regarding off-season training, in-season practice, and competition beginning no earlier than July 1st, 2020 and approved by the Archdiocese of Philadelphia.

Disclaimer: Engaging in sports activities with and against other individuals, in any capacity during this time, holds an inherent risk of a person becoming infected and potentially infecting other individuals, such as their household members. Please consider this risk when allowing your child to participate in organized sports. Although Bishop McDevitt High School will implement procedures to reduce the risk and prevent the spread, the risk still exists.

GUIDING PRINCIPLES:

- The information regarding SARS-CoV-2, the virus causing the COVID-19 illness, is changing rapidly nationally and in our community. These recommendations will be reviewed and updated based on new scientific information and local information including COVID-19 testing capacity and state and local health department recommendations.
- Key strategies currently used should continue: frequent and effective hygiene, social distancing as possible, disinfecting high-touch areas, and avoiding touching the face.
- This plan is subject to change based on Federal, State, or Local governing agency guidance.

- Mrs. Patricia Rooney, Principal will serve as the Pandemic Team Coordinator.
prooney@mcdevitths.org or (215) 651-4174.
 - Secondary Point of Contact:
 - Mrs. Nora Weigold RN, BSN, CCM at nweigold@mcdevitths.org or (215) 887-5575 ext. 240

GENERAL REQUIREMENTS IN ALL PHASES:

- Student-athletes, coaches, officials, referees, umpires, and event staff MUST maintain appropriate social distancing at all times including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. Congregating during down times is discouraged.
- Student-athletes, coaches, officials, referees, umpires, and event staff MUST undergo a healthcare screening prior to starting an activity (off season training/ workout, practice, scrimmage, or game).
 - The Bishop McDevitt Screening Form MUST be completed and signed by the individual attending the sports activity prior to arriving on campus or the location of the sporting event.
 - The coach will keep a daily file of completed forms.
 - ALL participants (coaches, student-athletes, ect.) must complete and submit the screening form.
 - The screening form will be available on the Bishop McDevitt High School website and the coaches will be provided blank forms.
 - This process will be in effect until such time students can physically return to school for the 2020-2021 school year.
- All coaches MUST review the CDC’s “Consideration for Youth Sports” and Governor Wolf’s “Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public.”
- Coaches will provide each participant with an electronic copy of the documents and host a virtual meeting to review the documents with their team prior to the first scheduled in-person training, workout, or practice.

- All student-athletes' parents are to refer to the Bishop McDevitt website to review the CDC's "Consideration for Youth Sports" for review.
- Activities will be spaced out to limit the number of individuals arriving and departing at the same time.
- Hand hygiene is essential. Frequent and effective hand hygiene will be promoted and required. Ample hand sanitizer (60% ethanol or 70% isopropanol) must be made available in the absence of the availability of soap/water.
 - Student-athletes are encouraged to carry ample hand sanitizer in their gym bags.
- With the exception of football, due to equipment purposes, fall sports teams will be directed to arrive dressed and ready to go. The locker room will not be available.
 - If locker rooms are used, coaches will limit the number of student-athletes in the facility at any given time as per CDC, PIAA, and Governor's guidance during the respective Yellow and Green phase.
 - Proper social distancing should be practiced at all times when using the locker rooms.
- Unnecessary individuals should NOT be present (i.e. managers, non-participating student-athletes, ect.)
- Spectators, Media, and Parents are NOT permitted at off-season workouts or in-season practices.
 - Parents/Caregivers should remain in their vehicles.
 - Congregating in parking lots, on field, or in facilities are NOT permitted.
- Whenever feasible, a drop off line for student-athletes is encouraged to limit exposure.
- The Pennsylvania Governor's Office currently prohibits spectators, parents, media, ect. From attending competitions in both the Yellow and the Green Phase.
- Whenever feasible, scrimmages and games should be contested within the PIAA District XII Region.
- Sharing water bottles and using fixed water fountains are prohibited.
 - Students must bring their own water, preferably in one gallon jugs with their name clearly displayed on it.
 - Hydration stations will be set up on campus.

- Activities that increase the risk of exposure to saliva is prohibited including spitting, licking fingers, chewing gum, eating sunflower seeds, ect.
- The Athletic Training Room will be limited to a maximum of three (3) individuals, including the athletic trainer, at any given time while maintaining social distancing.
 - All individuals in the Athletic Training Room will wear masks or face covering.
- Team huddles should be limited and only utilized when absolutely necessary.
- No handshakes, fist bumps, hand slaps, ect. Avoid all non-essential contact.
- Coaches, officials, referees, and umpires will wear masks or face coverings unless doing so jeopardizes their health.
- Additional information regarding mask protocols can be found at :

<http://www.piaa.org/assets/web/documents/Press%20release%20-%20Friday%20July%2003%202020%20-%20Masks.pdf>

- All equipment used during activities should be disinfected with Environmental Protection Agency (EPA) certified products at the conclusion of each session and between repetitions whenever feasible.
 - Weight Room equipment must be disinfected with EPA certified products by each user after use.
 - Balls should be disinfected as much as possible during the session.
- All clothing worn during sport activities MUST be washed daily and should never be shared with other individuals.
- All training and practice session requests MUST be submitted to the Athletic Office for approval.
 - Upon approval, ALL schedules will be entered into the Google Athletic Calendar.
 - Facilities & Maintenance MUST know where each team is practicing, training, and competing.
- Weight Room
 - No student/athlete may enter the weight room unless instructed by a coach or school employee.

- The weight room may be used, but all above mentioned requirements for indoor activity (mentioned here) must be adhered to, including masks, adherence to current signage, etc...
- The official capacity of the weight room is (22) people. Therefore, no more than (10) individuals, including coaches may be within the weight room at a given time.
- Equipment will be arranged to comply with social distancing guidelines, thus a minimum of 6'.
- To accommodate this students/athletes will be grouped in pods.

Travel

- When Bishop McDevitt travels to away location, the same rules outlined here travel with us. Students and coaches will be expected to act and react as if we are on our own campus relative to all safety precautions.
- Additional guidelines from the Commonwealth's website shall be adhered to:
 - <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

YELLOW PHASE REQUIREMENTS

- All aforementioned "General Requirements for All Phases" still apply.
- All normal PIAA out of season and in season rules still apply.
- Off Season training sessions can begin on campus limited to no more than twenty five (25) individuals once plan is approved by the Archdiocese of Philadelphia and after July 1st.
- Outdoor sessions, whenever feasible, are strongly encouraged.
- Sessions should focus on strength & conditioning, agility, and technique/strategy repetitions against "air". Student athletes are NOT permitted to compete against each other and contact drills are prohibited in the YELLOW phase.
- All participants, including coaches must be socially distanced at six (6) feet apart.
- A cloth mask must be worn for all INDOOR workouts by all participants, including coaches. This includes workouts in the gymnasium, weight room, training room, ect.

- When scheduling facilities, time must be provided to clean the facility after use and prior to the next group coming in.

GREEN PHASE REQUIREMENTS

- All aforementioned “General Requirements for All Phases” still apply.
- All normal PIAA out of season and in season rules still apply.
- Off season training sessions can continue on campus, limited to the lesser of no more than two hundred and fifty (250) individuals or 50% of the facility’s maximum capacity, including coaches per field/ court.
- Limited contact drills are permitted.
- Student-athletes are permitted to compete against each other as necessary.
- Teams are permitted to scrimmage.
- Competitions are permitted.
- Social Distancing is still encouraged whenever feasible.
- A cloth mask is only required by all individuals accessing the athletic training room, locker room, field house, bathroom, and weight room.
- Locker rooms and bathrooms will be opened and social distancing is still encouraged whenever possible. There will be a limited number.
- When scheduling facilities, time must be provided to clean the facility after use and prior to the next group coming in.

SCREENING

- Bishop McDevitt High School will conduct the following screening questions on a daily basis prior to a student-athlete entering the facility:
 - Today or in the past 24 hours have you had any of the following symptoms:
 - Fever?
 - Temperature greater than 100.4 under the age of 18.
 - Temperature greater than 100 over the age of 18.
 - Student-athletes and coaches will have their temperature on campus.

- New or worsening cough?
 - Shortness of breath or trouble breathing?
 - Sore throat that is different from your seasonal allergies?
 - New loss of smell or taste or both?
 - Diarrhea or vomiting?
 - Do you have a household member or close contact who has been diagnosed with COVID-19 in the past two (2) weeks?
- If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student athlete's parents are not present, escort the student-athletes to a designated isolation room or an area away from others.
 - Parents will be notified that they need to schedule a COVID-19 test.
 - They student-athletes is NOT eligible to return until they present documentation signifying the SARS-CoV-2 test was negative or they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19.
 - If an individual receives a positive COVID-19 diagnosis:
 - Notify the coach, athletic trainer, and athletic director immediately.
 - Coach will notify the Athletic Director immediately.
 - Athletic Director will notify the building principal immediately.
 - Athletic Trainer will notify the public health authority immediately.
 - If an individual not wearing a mask is confirmed to have COVID-19, the following MUST occur:
 - All persons who have been in the presence of the diagnosed individual up to forty eight (48) hours before they started showing symptoms will be excluded from participation for fourteen (14) days.
 - If participating against another school, the Athletic Director will make immediate contact with the opposing school's Athletic Director to notify them of the case for contact tracing purposes.

- Exception for this fourteen (14) day exclusion could be made if all participants can be confirmed as practicing social distancing throughout the entire time exposed AND if the diagnosed individual was properly wearing a suitable mask.
- Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized).
 - Individuals MUST meet all of the following criteria to return to sport:
 - At least fourteen (14) days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring clinical worsening of symptoms.
 - Symptoms have resolved, no fever (>100.4) for seventy two (72) hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath).
 - The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA).
 - Individuals without a medical provider can contact their local public health agency.
 - Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned.
 - Medical providers should take into consider the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.
 - After returning, the athlete/coach should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as a joint decision between the medical provider, coach and athletic trainer.

- If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope the athlete/coach should be evaluated by a medical provider.

Bishop McDevitt High School Athletic Department

Athlete and Staff COVID-19 Screening

CoVid-19 Daily Questionnaire

Name:

Date:

Sport:

Temperature:

Do you have a new onset of cough or shortness of breath?

Yes

No

Have you had a fever or felt chills?

Yes

No

Do you have a headache?

Yes

No

Have you experienced loss of taste or smell?

Yes

No

Have you had a known exposure to a CoVID-19 positive individual?

Yes

No

Have you had a sore throat?

Yes

No

Have you had any general muscle soreness or fatigue?

Yes

No

Have you recently traveled outside the surrounding area?

Yes

No

If so - where

Bishop McDevitt High School Athletic Department

Coach Confirmation of Review Form

I, _____, have reviewed, understand, and agree to comply and reinforce with my team to the best of my ability, the guidelines, recommendations, and requirements detailed in the Bishop McDevitt High School Return to Sport Plan, the CDC’s “Consideration for Youth Sports” document, and the Pennsylvania Governor’s Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public” document.

I also agree to conduct a virtual meeting with my student-athletes to review the aforementioned guidelines, recommendations, and requirements prior to engaging in any in-person activity.

This document must be signed, submitted, and approved by the Athletic Director prior to beginning any athletic program after July 1, 2020 until further notice.

A detailed schedule (dates, time frames, facility, ect.), must be submitted to the Athletic Director five (5) days prior to starting your workouts/ practices.

Coach’s Printed Name

Coach’s Signature

Athletic Director Signature

Date

ACKNOWLEDGEMENT AND PLEDGE

For Students of Bishop McDevitt High School

All members of Bishop McDevitt High School Athletic teams have an important role to play in keeping our fellow students and the Bishop McDevitt High School community safe by doing our part to stop the spread of COVID-19. As a member of Bishop McDevitt High School Athletic team, I know that I must take steps to stay well, to protect others and promote a safe return to campus for students and faculty. Because of this, I pledge to take responsibility for my own health and help stop the spread of the COVID-19.

Bishop McDevitt High School's highest priority is the safety of its students, faculty, staff, and visitors. I know that by engaging in campus activities, including attending classes, pursuing my education, eating in dining areas, attending activities, participating in sports and recreation, I may be exposed to COVID-19 and other infections. I also understand that despite all reasonable efforts by the high school, I can still contract COVID-19 and other infections. In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all the guidelines and expectations outlined by Bishop McDevitt High School.

As more information is gathered and known, I understand that Bishop McDevitt High School may modify these guidelines and expectations. It is my responsibility to make every effort to keep myself apprised of these changes to protect myself and my school community.

It is my pledge to protect myself, my peers, and the Bishop McDevitt High School community by doing the following:

- Agree to testing for COVID-19 and potential subsequent self-quarantining or self-monitoring if I am identified as a contact of anyone who has been determined to be positive for COVID-19.
- If I test positive for COVID-19, I agree to remain off campus until:
 - o My symptoms have resolved, and
 - o It has been at least ten days since the start of my symptoms, and

- o I have a negative COVID-19 test result.
- Complete the student health questionnaire daily
 - Monitor for the following:
 - o A fever of 100.4 or higher
 - o Respiratory symptoms, such as dry cough or shortness of breath
 - o Sore throat
 - o Headache
 - o Body aches
 - o Chills
 - o Loss of taste or smell
- If I develop the above symptoms, I will contact my athletic trainer, coach, school nurse and follow instructions which may include being tested for COVID- 19 and self-quarantining while the test results are pending, and/or being evaluated by the athletic trainer or school nurse.
- Stay at home if I am feeling sick.
- Participate fully and honestly with school staff for contact tracing to determine whom I might have potentially exposed to COVID-19.
- Wear a mask or the appropriate PPE as required.
- Practice physical distancing as much as possible.
- Frequently wash and/or sanitize my hands.
- Keep my personal space, shared common space, and my belongings clean.

I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID- 19 disease, even if I follow all of the safety precautions above and those recommended by the CDC, local health department, and others. I understand that although the high school is following the coronavirus guidelines issued by the CDC and other experts to

reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections.

I have read, understand, and agree to comply with my pledge above. I also acknowledge that these expectations and pledge are a condition of my participation in Bishop McDevitt High School Athletics and that any failure to comply above may lead to immediate removal of athletic participation privileges and/or the inability to use Athletic facilities.

I take my pledge seriously and will do my part to protect Bishop McDevitt High School.

Signature of Student-Athlete

Date

Signature of Parent/Guardian

Date