

JUNE 17, 2020



NORTHWESTERN LEHIGH ATHLETIC DEPT.

RETURN TO SPORT COVID-19 HEALTH & SAFETY PLAN

NORTHWESTERN LEHIGH SCHOOL DISTRICT
6493 Route 309, New Tripoli, PA 18066

NORTHWESTERN LEHIGH ATHLETIC DEPARTMENT

RETURN TO SPORTS COVID-19 HEALTH & SAFETY PLAN

The following plan is a result of collaboration among sports medicine professionals of the Lehigh Valley Health Network 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 the Northwestern Lehigh School District with a plan for the resocialization of sport regarding off-season training, in-season practice, and competition beginning no earlier than Monday, June 22, 2020, keeping in mind the health and safety of our student-athletes, coaches, employees, parents/caregivers, and spectators.

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 the Northwestern Lehigh School District 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 hand 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.
- Mr. Jason T. Zimmerman, C.A.A., the Northwestern Lehigh Athletic Director will serve as the Athletic Departments Primary Point of Contact for all athletic activity questions regarding COVID-19. Mr. Zimmerman can be contacted at zimmermanj2@nwlehighsd.org or 610.298.8661 x2211.
 - Mr. Brendan Moriarty and Ms. Rachele Cerrone, the Northwestern Lehigh Certified Athletic Trainers through LVHN, will serve as the Athletic Department's Secondary Points of Contact for all athletic activity questions regarding COVID-19.
 - Mr. Moriarty – Brendan_p.moriarty@lvhn.com
 - Ms. Cerrone – Rachele.cerrone@lvhn.com

GENERAL REQUIREMENTS IN ALL PHASES:

- Student -athletes, coaches, officials, referees, umpires, and event staff **MUST** maintain appropriate social distancing at all times possible 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 any activity (off season training/workout, practice, scrimmage, or game).
 - The “Northwestern Lehigh Team & Event Personnel Screening Form” **MUST** be completed and signed by the individual attending the sports activity prior to arriving on campus. The completed form **MUST** be turned into the Coach upon arrival.
 - The coach will keep a daily file of completed forms.
 - ALL participants (coaches, student-athletes, etc.) must complete and submit the screening form.
 - The screening form will be available for download on the Northwestern Lehigh Athletic Department website and the coach will be provided will blank forms for distribution.
 - This process will be in effect until such time students 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 **MUST** submit the “Confirmation of Review” Form to the Athletic Office prior to beginning any training / workout / practice.
 - 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/ practice.
- All student-athletes and their parents/caregivers will be provided a copy of the CDC’s “Consideration for Youth Sports” for review.
- When feasible, activities should 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.
- The use of locker rooms is discouraged whenever possible.
 - 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 locker facilities, including showers.
- Unnecessary individuals should **NOT** be present (i.e. managers, non-participating student-athletes, etc.)
- 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 is **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, etc. from attending competitions in both the Yellow and Green Phase.

- Whenever feasible, scrimmages and games should be contested within the PIAA District XI Region.
- Sharing water bottles and using fixed water fountains are prohibited.
 - Hydration stations will be set up at each facility scheduled for use and will include:
 - Water coolers with food grade foot pumps installed.
 - Disposable one-time use cups
 - Garbage can
 - Portable pump sprayer with EPA certified disinfectant to spray on touch points as necessary.
 - Hand Sanitizer
 - Hydration Stations will be disinfected at the conclusion of each event.
- Activities that increase the risk of exposure to saliva is prohibited including spitting, licking fingers, chewing gum, eating sunflower seeds, etc.
- “Ice Towels” should be used once and then laundered.
- The Athletic Training room will be limited to a maximum of six (6) individuals, including the Athletic Trainers, at any given time. All individuals must be spaced out six (6) feet apart.
 - All individuals inside the Athletic Training Room should wear masks or face covering.
 - Only one (1) individual on the that taping/treatment table at a time.
 - Taping/Treatment tables MUST be sanitized after each use.
 - The entire Athletic Training Office should be sanitized at least twice per day.
 - Athletic Trainers will conduct this sanitizing midway through their day.
 - Custodian Staff will conduct this sanitizing at the conclusion of the day.
- Use of Whirlpools, Cold Tubs, and Hot Tubs is prohibited unless for use in a medical emergency.
 - Cold Water Immersion on-site within five (5) minutes of the facility in use.
- Team huddles should be limited and only utilized when absolutely necessary and only during contests only.
- No handshakes, fist bumps, hand slaps, etc. Avoid all non-essential contact.
- Coaches, officials, referees, and umpires are encouraged to wear masks or face coverings unless doing so jeopardizes their health.
- 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 each use.
 - Balls used should be disinfected as much as possible during the session and preferably after every repetition if feasible.
- All clothing worn during sport activities MUST be washed daily and should never be shared with other individuals.
- All training and practice session requests, including use of the weight room and wrestling room MUST be submitted to the Athletic Office for approval.
 - Upon approval, ALL schedules will be entered into the School Dude Database. Custodians and Maintenance Staff have direct access to this database so they can determine cleaning and sanitation needs.

YELLOW PHASE REQUIREMENTS:

- ALL aforementioned "General Requirements for All Phases" still apply.
- ALL normal PIAA Out of Season and In Season Rules and Regulations still apply.
- Off-season training sessions can begin on campus limited to no more than twenty-five (25) individuals, including coaches per field / court.
- Outdoor sessions, whenever feasible, is strongly encouraged.
 - Please note that the Recreation Complex has basketball courts and sand volleyball courts.
- 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 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, wrestling room, etc.
 - A cloth mask is also required by all individuals accessing the athletic training room, locker room, field house, bathroom, etc.
- Locker rooms and bathrooms will remain closed during the YELLOW phase unless there is an extenuating circumstance and will prior approval of the Athletic Director AND Director of Operations.
 - Portable restroom facilities will be available throughout campus.
 - Student-athletes and coaches should report to the facility in proper gear and immediately return home to shower at the end of the session.
- 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 and Regulations still apply.
- Off-season training sessions can continue on campus, limited to the lesser of no more than two hundred fifty (250) individuals or 50% of the facility's maximum capacity, including coaches per field / court.
- Limited Contact Drills when necessary 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 open and social distancing is still encouraged whenever possible.
- When scheduling facilities, time must be provided to clean the facility after use and prior to the next group coming in.

SCREENING:

- The “Northwestern Lehigh Team & Event Personnel Screening Form” will include the following questions:
 - 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 need to take their temperature, at home, prior to coming to 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 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-athlete to a designated isolation room or an area away from others. They need to immediately put a mask on.
 - Parents should be notified that they need to schedule a virtual COVID-19 screening visit at www.LVHN.org/videoscreening.
 - The student-athlete 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.
 - Athletic Director will notify the building principal and superintendent immediately.
 - Athletic Trainer will notify the public health authority immediately.
 - Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.
- 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 48 hours before they started showing symptoms will be excluded from participation for fourteen (14) days.
 - If participating vs. 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 to 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.

- These exceptions will only be made by our Athletic Trainers in direct consultation with our LVHN Team Physician and with the approval of the Athletic Director upon review of the professional medical staff opinion after consultation with the Superintendent.
- Returning to Sport Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized).
 - The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction, and arrhythmias that have been in association with COVID-19.
 - Individuals must meet all the following criteria to return to sport:
 - At least 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 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.

NORTHWESTERN LEHIGH ATHLETIC DEPARTMENT
TEAM & EVENT PERSONNEL COVID-19 SCREENING FORM

Today or in the past 24 hours have you had any of the following symptoms:

| SYMPTOM | YES | NO |
|---|-----|----|
| Fever? <ul style="list-style-type: none"> • Temperature greater than 100.4 under age of 18 • Temperature greater than 100.0 over age of 18 | | |
| 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 2 weeks? | | |

If you answered yes to any of the above:

- Inform your Coach, Athletic Trainer, or Athletic Director IMMEDIATELY.
- Stay Home / Go Home IMMEDIATELY.
- Student-Athletes, have your parent / caregiver go to www.LVHN.org/videoscreening to receive an evaluation.
- Coaches & Staff, go to www.LVHN.org/videoscreening to receive an evaluation.
- You will NOT be allowed to return until you have been screened and results are shared with the Athletic Trainer for approval to return.

Participant's signature below designates that this self-screening was conducted prior to reporting to campus and the information provided is true and factual to the best of participant's knowledge.

Participant Printed Name

Date

Participant Signature

Coach or ATC Signature Approved

NORTHWESTERN LEHIGH 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 “Northwestern Lehigh 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 Office prior to beginning any athletic program after June 22, 2020 until further notice.

**A detailed schedule (dates, time frames, facility, etc.), including a list of general activities you will conduct during each session, must also be submitted to the Athletic Office for approval at least five (5) days prior to beginning any program.

Coach’s Printed Name

Coach’s Signature

Athletic Director Signature

Date Approved