



# **Saint Michael School PK-12 Athletics Health and Safety Plan Template**

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The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.

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## Athletics Health and Safety Plan: St Michaels School

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

## Resuming PK-12 Sports-Related Activities

### Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
- How will you communicate your plan to your local sports and school communities?
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?

### Summary of Responses to Key Questions:

**The St Michaels School Athletics Health and Safety Plan will highlight the specific answers to key questions for safe return to athletics. All CDC, PIAA, federal, state, and local return to competition guidelines and protocols will be adhered to.**

**The proposal for practice, instruction, and competitive basketball was presented to the St Michaels School Athletic Association. Their decision was to complete the Athletic Plan and survey parents for interest in returning to basketball.**

**The St Michaels School Athletics Health and Safety Plan will be posted on the Diocesan website and the St Michaels School website. It will be presented to coaches and made available to students and parents.**

**The decision making process will begin with St Michaels School Pastor, Father John Byrnes. The Department of Health and the Diocese of Altoona Johnstown will be contacted for advice on closure or modification.**

**Anticipated launch date for sports related activities:**

**October 23, 2020**

## Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Mrs. Rhonda Seymour	St Michaels School Principal Co Pandemic Coordinator	814-472-9117 rhonda.seymour@st-michael-school.org
Father John Byrnes	St Michaels School Pastor Co Pandemic Coordinator	814-472-8851
Mr. Brian Beiswenger	St Michaels School Athletic Director	814-472-9117

## Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.

- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

In the following tables, an asterisk (\*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

## **Cleaning, Sanitizing, Disinfecting, and Ventilation**

### **Key Questions**

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
- What protocols will you put in place to clean and disinfect throughout the day?
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

### **Summary of Responses to Key Questions:**

**The St Michaels School Maintenance Staff and coaches will disinfect all areas used during the evening and at the end of the last practice.**

**The restrooms will be cleaned and sanitized following the scheduled practices.**

**Water fountains will be off limits.**

**The student athletes must provide their own water bottle.**

**Sanitizing supplies, water, soap, and gloves will be provided to coaches for healthy hygiene.**

**The parents of the student athletes provide transportation.**

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* <b>Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</b>	The coaching staff will disinfect all areas used during the evening and at the end of the last practice.	Coaches	Disinfectant	Y
	The restrooms and foyer will be cleaned and sanitized at the end of practices.	Maintenance Staff	Disinfectant	Y
	The student athletes will be required to provide their own water bottle.	Coaches		N
	The student athletes will not change in the restrooms.	Coaches		N
	Sanitizing disinfectant supplies, water, soap, and gloves will be provided to coaches for healthy hygiene and to clean the shared basketballs.	Maintenance Staff and Coaches	Sanitizing and disinfectant supplies, soap, and gloves	Y
	The parents of the student athletes provide transportation.	Parents		N
<b>Other cleaning, sanitizing, disinfecting, and ventilation practices</b>	None			

## Social Distancing and Other Safety Protocols

### Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
- How will you utilize outdoor space to meet social distancing requirements?

- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

**Summary of Responses to Key Questions:**

**Coaches and student athletes when appropriate will social distance 6 feet.**

**Cloth facemask will be required while athletes are seated or stopped.**

**No food is served or eaten.**

**Hand sanitizer is provided for use during practice and will be provided at the bench for use during the games.**

**Student Athletes and Coaches will be encouraged to wash their hands as needed, or requested, and use hand sanitizer frequently.**

**Hugging, shaking hands, or “fist bumps” for supporting teammates will be prohibited.**

**Bathroom, Handwashing, and Sanitizing Posters are displayed in the gym.**

**Hand sanitizer is provided for use during practice and games.**

**Student Athletes and Coaches ONLY permitted during practice.**

**Parents restricted during practice to comply with the federal, state, and local guidelines.**

**Basketballs used by multiple individual athletes and coaches should be cleaned between uses and intermittently during practice and games.**

**Student athletes will arrive dressed and ready for practice or games.**

**The restrooms will be disinfected and sanitized nightly following the practices.**

Coaches and student athletes using the restroom will be required to wear a cloth facemask as well as thoroughly washing their hands after use.

The parents of the student athletes provide transportation.

Practice times will not overlap.

St Michaels School will follow all federal, state, and local guidelines in accordance with mass gatherings.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* <b>Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</b>	Coaches and student athletes when appropriate will social distance 6 feet.	Athletic Director and Coaches	Extra Facemasks	Y
	Cloth facemask will be required while athletes are seated or stopped.			Y
* <b>Procedures for serving food at events</b>	No food is served or eaten.			
* <b>Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</b>	Hand sanitizer is provided for use during practice and will be provided at the bench for use during the games.	Athletic Director and Coaches	Hand Sanitizer	Y
	Student Athletes and Coaches will be encouraged to wash their hands as needed, or requested, and use hand sanitizer frequently.	Coaches	Hand Sanitizer	Y
	Hugging, shaking hands, or "fist bumps" for supporting teammates will be prohibited.	Athletic Director and Coaches		Y

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* <b>Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</b>	Bathroom, Handwashing, and Sanitizing Posters are displayed in the gym.	Maintenance Staff	Signage	Y
	Hand sanitizer is provided for use during practice and games.	Coaches	Hand Sanitizer	Y
* <b>Identifying and restricting non-essential visitors and volunteers</b>	Student Athletes and Coaches ONLY permitted during practice.  Parents restricted during practice to comply with the federal, state, and local guidelines.	Athletic Director and Coaches	Guideline Updates	Y
<b>Limiting the sharing of materials and equipment among student athletes</b>	Basketballs used by multiple individual athletes and coaches should be cleaned between uses and intermittently during practice and games.  Student Athlete and Coaches will be encouraged to wash their hands as needed, or requested, and use hand sanitizer frequently.	Athletic Director and Coaches	Basketballs Disinfectant and Sanitizer	N
<b>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</b>	Student athletes will arrive dressed and ready for practice or games.	Athletic Director, Coaches, and Parents		N
	The restrooms will be disinfected and sanitized nightly following the practices.	Maintenance Staff and Coaches	Disinfectant and Sanitizer	Y
	Coaches and student athletes using the restroom will be required to wear a cloth facemask as well as thoroughly washing their hands after use.	Coaches	Extra Facemasks	N
<b>Adjusting transportation schedules and practices to create social distance</b>	The parents of the student athletes provide transportation.	Parents		N
	Practice times will not overlap.	Athletic Director and Coaches	Practice Schedule	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</b>	St Michaels School will follow all federal, state, and local guidelines in accordance with mass gatherings.	Principal, Athletic Director, and Coaches	Guideline Updates	N
	Practices will be limited to coaches and student athletes. Parents will not enter the facility.	Coaches		N
	Cloth facemask will be required while athletes are seated or stopped.	Coaches	Extra Masks	N
<b>Other social distancing and safety practices</b>	None			

## Monitoring Student Athletes and Staff Health

### Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
- Who will be responsible for monitoring?
- Where will the monitoring take place?
- When and how frequently will the monitoring take place?
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

## **Summary of Responses to Key Questions:**

**Symptoms may appear 2-14 days after exposure to the virus. Symptoms may include:**

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore Throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

**Coaches will complete an attendance and prescreening log for student athletes prior to the start of practice.**

**All coaches and student athletes, who have COVID-19 symptoms, will not be allowed to participate in practices or games.**

**If a coach or student athlete is sick with COVID-19 or think they are infected with the virus, they MUST STAY HOME! It is essential that they take the steps to help to prevent the disease from spreading to others. Call a health professional for advice and notify the school immediately.**

**It will be determined if others who may have been exposed need to be notified, isolated, or monitored for symptoms.**

**If a positive case of COVID-19 is diagnosed, Contact Tracing will be implemented with the assistance of the DOH.**

**If a student athlete becomes sick during practice or a game:**

- **Every effort will be made to isolate the student athlete from others.**
- **Parent or guardian will be contacted immediately. Arrangements will be made for immediate pickup.**
- **Parent or guardian will contact health professional for direction.**

**A coach or student athlete who has been isolated or quarantined may return to play under the following guidelines:**

- **A coach or student athlete with fever or symptoms that may be associated with COVID-19 and no known direct exposure to a person with COVID-19 may return to play when they are asymptomatic and have been fever free for at least 24 hours without the use of fever-reducing medication or have confirmation of another diagnosis from a health care provider that explains the COVID-19-like symptoms.**
- **If a coach or student athlete had a negative COVID-19 test, and were not in close contact with a case, he/she can return to school/play once there is no fever without the use of fever-reducing medications for 24 hours and no other symptoms.**
- **A coach or student athlete who is quarantined following close contact with a case may not return to play until cleared to do so by the DOH. A negative test obtained prior to the end of quarantine does not clear an individual for return. The entire quarantine must be completed.**
- **If a coach or student athlete is diagnosed with COVID-19 by medical professional based on test or their symptoms does not get a COVID-19 test but has symptoms, he/she may not return to play until it has been at least 10 days since the start of symptoms with improvement, and at least three days since any fever has resolved without the use of fever-reducing medication.**
- **All student athletes MUST HAVE a physician's clearance for return to play.**

**Clear, consistent, upfront, and immediate notification will be communicated.**

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p><b>* Monitoring student athletes and staff for symptoms and history of exposure</b></p>	<p>Symptoms may appear 2-14 days after exposure to the virus. Symptoms may include:</p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore Throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	Principal, Athletic Director, and Coaches	Signage for COVID Symptoms	Y
	<p>Coaches will complete an attendance and prescreening log for student athletes prior to the start of practice.</p>	Athletic Director and Coaches	Prescreening Logs	Y
	<p>All coaches and student athletes, who have COVID-19 symptoms, will not be allowed to participate in practices or games.</p>	Coaches		

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p><b>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</b></p>	<p>If a coach or student athlete is sick with COVID-19 or think they are infected with the virus, they <b>MUST STAY HOME!</b> It is essential that they take the steps to help to prevent the disease from spreading to others. Call a health professional for advice and notify the school immediately.</p>	<p>Athletic Director and Coaches</p>	<p>Signage for COVID Symptoms</p>	<p>Y</p>
	<p>It will be determined if others who may have been exposed need to be notified, isolated, or monitored for symptoms.</p>	<p>Principal, Athletic Director, and Coaches</p>	<p>Touchless Forehead Thermometer</p>	<p>Y</p>
	<p>If a positive case of COVID-19 is diagnosed, Contact Tracing will be implemented with the assistance of the DOH.</p>	<p>Principal</p>		<p>N</p>
	<p>If a student athlete becomes sick during practice or a game:</p> <ul style="list-style-type: none"> <li>• Every effort will be made to isolate the student athlete from others.</li> <li>• Parent or guardian will be contacted immediately. Arrangements will be made for immediate pickup.</li> <li>• Parent or guardian will contact health professional for direction.</li> </ul>	<p>Coaches and Athletic Director</p>		<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p><b>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</b></p>	<p>A coach or student athlete who has been isolated or quarantined may return to play under the following guidelines:</p> <ul style="list-style-type: none"> <li>• A coach or student athlete with fever or symptoms that may be associated with COVID-19 and no known direct exposure to a person with COVID-19 may return to play when they are asymptomatic and have been fever free for at least 24 hours without the use of fever-reducing medication or have confirmation of another diagnosis from a health care provider that explains the COVID-19-like symptoms.</li> <li>• If a coach or student athlete had a negative COVID-19 test, and were not in close contact with a case, he/she can return to school/play once there is no fever without the use of fever-reducing medications for 24 hours and no other symptoms.</li> <li>• A coach or student athlete who is quarantined following close contact with a case may not return to play until cleared to do so by the DOH. A negative test obtained prior to the end of quarantine does not clear an individual for return. The entire quarantine must be completed.</li> <li>• If a coach or student athlete is diagnosed with COVID-19 by medical professional based on test or their symptoms does not get a COVID-19 test but has symptoms, he/she may not return to play until it has been at least 10 days since the start of symptoms with improvement, and at least three days since any fever has resolved without the use of fever-reducing medication.</li> <li>• All student athletes MUST HAVE a physician's clearance for return to play.</li> </ul>	<p>Principal, Athletic Director, and Coaches</p>	<p>Federal, State, and Local Guidelines</p>	<p>Y</p>

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</b>	Clear, consistent, upfront, and immediate notification will be communicated.	Principal, Athletic Director, and Coaches		Y
<b>Other monitoring and screening practices</b>	None			

### Other Considerations for Student Athletes and Staff

#### Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
- Which stakeholders will be trained on these protocols? When and how will the training be provided?

#### Summary of Responses to Key Questions:

Coaches and student athletes will be identified that are considered a higher risk for severe illness due to underlying medical conditions during this COVID-19 pandemic. If a coach and or student athlete needs additional accommodations due to COVID-19, they will be considered on a case-to-case basis.

Coaches and staff will be required cloth facemasks or other approved face coverings at all times during practices and competitions.

Cloth facemasks or other approved face coverings will be required while student athletes are seated or stopped and when not engaged in play.

Coaches and student athletes will be identified that are considered a higher risk for severe illness due to underlying medical conditions during this COVID-19 pandemic. If a coach or student athlete needs additional accommodations due to COVID-19, they will be considered on a case-to-case basis.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* <b>Protecting student athletes and coaching staff at higher risk for severe illness</b>	Coaches and student athletes will be identified that are considered a higher risk for severe illness due to underlying medical conditions during this COVID-19 pandemic. If a coach and or student athlete needs additional accommodations due to COVID-19, they will be considered on a case-to-case basis.	Principal, Athletic Director and Coaches	Develop individual safety plan	Y
* <b>Use of face coverings by all coaches and athletic staff</b>	Coaches and staff will be required cloth facemasks or other approved face coverings at all times during practices and competitions.	Athletic Directors and Coaches	Extra Facemasks	Y
* <b>Use of face coverings by student athletes as appropriate</b>	Cloth facemasks or other approved face coverings will be required while student athletes are seated or stopped and when not engaged in play.	Athletic Director and Coaches	Extra Facemasks	Y

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</b>	Coaches and student athletes will be identified that are considered a higher risk for severe illness due to underlying medical conditions during this COVID-19 pandemic. If a coach or student athlete needs additional accommodations due to COVID-19, they will be considered on a case-to-case basis.	Principal, Athletic Director, and Coaches	Develop individual safety plan	Y
<b>Management of Coaches and Athletic Staff</b>	None			

### Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
<b>Infectious Control: face coverings, hand sanitizing, hand washing</b>	Coaches	Principal and Athletic Association Members	Email and Written Flyers	COVID-19 Stop the Spread of Germs Education	Wednesday, October 14, 2020	Ongoing

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
<b>COVID Coaches Information and Guidelines</b>	Coaches	Principal and Athletic Association Members	Meeting with Social Distance Requirements	Safety Plan and Documentation	Wednesday, October 14, 2020	Ongoing
<b>Cleaning and Sanitizing</b>	Coaches and Maintenance Staff	Principal, Athletic Director, and Maintenance Manager	Meeting with Social Distance Requirements	Sanitizing Wipes and Directions for Use	Wednesday, October 14, 2020	Ongoing

### Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
<b>St Michaels School Athletic Health and Safety Plan</b>	School Council	Principal	Verbal Presentation of Plan	Thursday, October 8, 2020	Same
<b>St Michaels School Athletic Health and Safety Plan</b>	Parents and Public	Principal	St Michaels School Website	Friday, October 16, 2020	Ongoing
<b>St Michaels School Athletic Health and Safety Plan</b>	Athletic Association Members and Coaches	Principal and Athletic Association Members	Meeting with in the Social Distance guidelines and Presentation of Copies of the Plan	Tuesday, October 13, 2020	Same
<b>St Michaels School Athletic Health and Safety Plan</b>	Parents	Principal	Sent to all families through PowerSchool to all parent emails	Friday, October 16, 2020	Ongoing

## Athletics Health and Safety Plan Summary: St Michaels School

**Anticipated Launch Date: October 23, 2020**

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

### Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</b></p>	<p><b>The St Michaels School Maintenance Staff and coaches will disinfect all areas used during the evening and at the end of the last practice.</b></p> <p><b>The restrooms and foyer will be cleaned and sanitized following the scheduled practices.</b></p> <p><b>The student athletes must provide their own water bottle.</b></p> <p><b>The student athletes will not be permitted to change clothes in the restrooms.</b></p> <p><b>Sanitizing supplies, water, soap, and gloves will be provided to coaches for healthy hygiene and to clean the shared basketballs.</b></p>

### Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</b></p>	<p><b>Coaches and student athletes when appropriate will social distance 6 feet.</b></p>

Requirement(s)	Strategies, Policies and Procedures
<p>* Procedures for serving food at events including team meetings and meals</p>	<p>Cloth facemask will be required while athletes are seated or stopped.</p>
<p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p>	<p>No food is served or eaten.</p> <p>Hand sanitizer is provided for use during practice and will be provided at the bench for use during the games.</p>
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Student Athlete and Coaches will be encouraged to wash their hands as needed, or requested, and use hand sanitizer frequently.</p>
<p>Identifying and restricting non-essential visitors and volunteers</p>	<p>Hugging, shaking hands, or fist bumps for supporting teammates will be prohibited. The use of other non-contact methods of encouragement is allowed.</p>
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>Bathroom, Handwashing, and Sanitizing Posters are displayed in the gym.</p>
<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<p>Hand sanitizer is provided for use during practice and games.</p>
<p>Adjusting transportation schedules and practices to create social distance between students</p>	<p>Student Athletes and Coaches ONLY permitted during practice.</p>
<p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p>	<p>Parents restricted during practice to comply with the federal, state, and local guidelines.</p>
<p>Other social distancing and safety practices</p>	<p>Basketballs used by multiple individual athletes and coaches should be cleaned between uses and intermittently during practice and games.</p>
	<p>Student athlete and Coaches will be encouraged to wash their hands as needed, or requested, and use hand sanitizer frequently.</p>

Requirement(s)	Strategies, Policies and Procedures
	<p>Student athletes will arrive dressed and ready for practice or games.</p> <p>The restrooms will be disinfected and sanitized nightly following the practices.</p> <p>Coaches and student athletes using the restroom will be required to wear a cloth facemask as well as thoroughly washing their hands after use.</p> <p>The parents of the student athletes provide transportation.</p> <p>Practice times will not overlap.</p> <p>St Michaels School will follow all federal, state, and local guidelines in accordance with mass gatherings.</p> <p>Practices will be limited to coaches and student athletes. Parents will not enter the facility.</p> <p>Cloth facemask will be required while athletes are seated or stopped and not in active play.</p>

### Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>Symptoms may appear 2-14 days after exposure to the virus. Symptoms may include:</p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> </ul>

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</b></p> <p><b>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</b></p>	<ul style="list-style-type: none"> <li>• <b>Headache</b></li> <li>• <b>New loss of taste or smell</b></li> <li>• <b>Sore Throat</b></li> <li>• <b>Congestion or runny nose</b></li> <li>• <b>Nausea or vomiting</b></li> <li>• <b>Diarrhea</b></li> </ul> <p><b>Coaches will complete an attendance and prescreening log for student athletes prior to the start of practice.</b></p> <p><b>All coaches and student athletes, who have COVID-19 symptoms, will not be allowed to participate in practices or games.</b></p> <p><b>If a coach or student athlete is sick with COVID-19 or think they are infected with the virus, they MUST STAY HOME! It is essential that they take the steps to help to prevent the disease from spreading to others.</b></p> <p><b>Call a health professional for advice and notify the school immediately.</b></p> <p><b>It will be determined if others who may have been exposed need to be notified, isolated, or monitored for symptoms.</b></p> <p><b>If a positive case of COVID-19 is diagnosed, Contact Tracing will be implemented with the assistance of the DOH.</b></p> <p><b>If a student athlete becomes sick during practice or a game:</b></p> <ul style="list-style-type: none"> <li>• <b>Every effort will be made to isolate the student athlete from others.</b></li> <li>• <b>Parent or guardian will be contacted immediately. Arrangements will be made for immediate pickup.</b></li> <li>• <b>Parent or guardian will contact health professional for direction.</b></li> </ul>

**Requirement(s)****Strategies, Policies and Procedures**

**A coach or student athlete who has been isolated or quarantined may return to play under the following guidelines:**

- **A coach or student athlete with fever or symptoms that may be associated with COVID-19 and no known direct exposure to a person with COVID-19 may return to play when they are asymptomatic and have been fever free for at least 24 hours without the use of fever-reducing medication or have confirmation of another diagnosis from a health care provider that explains the COVID-19-like symptoms.**
- **If a coach or student athlete had a negative COVID-19 test, and were not in close contact with a case, he/she can return to school/play once there is no fever without the use of fever-reducing medications for 24 hours and no other symptoms.**
- **A coach or student athlete who is quarantined following close contact with a case may not return to play until cleared to do so by the DOH. A negative test obtained prior to the end of quarantine does not clear an individual for return. The entire quarantine must be completed.**
- **If a coach or student athlete is diagnosed with COVID-19 by medical professional based on test or their symptoms does not get a COVID-19 test but has symptoms, he/she may not return to play until it has been at least 10 days since the start of symptoms with improvement, and at least three days since any fever has resolved without the use of fever-reducing medication.**
- **All student athletes MUST HAVE a physician's clearance for return to play.**

**Clear, consistent, upfront, and immediate notification will be communicated.**

Requirement(s)	Strategies, Policies and Procedures

### Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<p>Coaches and student athletes will be identified that are considered a higher risk for severe illness due to underlying medical conditions during this COVID-19 pandemic. If a coach and or student athlete needs additional accommodations due to COVID-19, they will be considered on a case-to-case basis.</p> <p>Coaches and staff will be required cloth facemasks or other approved face coverings at all times during practices and competitions.</p> <p>Cloth facemasks or other approved face coverings will be required while student athletes are seated or stopped and when not engaged in play.</p> <p>Coaches and student athletes will be identified that are considered a higher risk for severe illness due to underlying medical conditions during this COVID-19 pandemic. If a coach or student athlete needs additional accommodations due to COVID-19, they will be considered on a case-to-case basis.</p>



## Athletics Health and Safety Plan Governing Body Affirmation Statement

The Pastor and Athletic Association for St Michaels School reviewed and approved the Athletics Health and Safety Plan on Thursday, October 8, 2020.

Affirmed on: Wednesday, October 14, 2020

By:

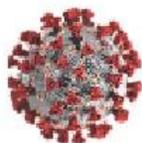
Mrs. Rhonda Seymour, Principal / Rhonda Seymour

Fr. John P. Byrnes, Pastor / Fr. John P. Byrnes

# APPENDIX



# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## WHAT IS CONTACT TRACING?

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

## RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

### **Centers for Disease Control and Prevention**

**Website:** [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”, “Schools Decision Tree”

### **PA Department of Health**

**Website:** [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

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

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

## **Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>