

**Peters Township School District
Extracurricular Health and Safety Plan – Winter Season**

INTRODUCTION

The COVID-19 pandemic has presented all School Districts with countless challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children can be infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risks of furthering the spread of COVID-19, the current science suggests that there are steps schools can take to reduce the risks to students, staff, and community.

The Peters Township School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic programs. The Peters Township School District realizes knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff, and community. School Board approval of Plan modifications are required.

The administration will regularly communicate and monitor developments with state and local authorities, coaches, sponsors, staff, and families regarding cases, exposures, and updates to policies and procedures.

This plan is intended to cover extracurricular activities that occur in the winter season. Future School Board action will be necessary to authorize extracurricular activities that occur in the spring.

PHASE 1 (Red Phase)

- All school facilities must remain closed as per Pennsylvania Guidelines.
- Students and coaches/sponsors may communicate via online meetings (CANVAS).
- Students are encouraged to participate in individual home workouts including strength and conditioning.
- Athletes and coaches should follow all guidelines set forth by the District and state and local governments/agencies.

PHASE 2 (Yellow and Green Phase)

Waiver Requirements

Parents and students must complete and return a signed paper copy of the participation waiver for communicable diseases including COVID-19 to participate in athletics or extra-curricular activities. (attachment)

Screening

- All persons (including but not limited to coaches/sponsors, staff, referees, ticket takers, scoreboard operators, and students, etc.) entering any District facility for any activity related to an athletic practice, program, or event shall be screened for signs/symptoms of COVID-19 prior to entering the facility. (See Appendix for COVID-19 Screening Form)
 - Screenings will include:
 - Temperature check (using a handheld temperature device) and
 - Asking questions to each person for COVID-19 symptoms. The responses to the questions will be recorded and stored to provide a record.
- All students shall answer COVID-19 questions honestly. If a student does not honestly respond to the COVID-19 screening questions, he/she may receive disciplinary consequences including removal from extracurricular activities or athletics.
- The location of this health screening will be announced prior to the practice or event.
- Attendance at all team events shall be recorded for potential contact tracing.
- If individuals answer “YES” to any of the COVID screening questions, they must be immediately sent home.
- Any individual with suspected positive COVID-19 symptoms shall not be allowed to take part in any in-person team activity.
 - Students will need to contact parents/guardians for immediate pick-up.
 - Parents should contact their primary care provider or other appropriate health-care professional for guidance.
- The Pandemic Coordinator and school nurse will be notified.

Coaches’/Sponsors’ Responsibility for Promoting Healthy Practices

Coaches/Sponsors shall educate students about and promote healthy hygiene practices that limit the spread of COVID-19 including:

- Require hand washing for 20 seconds with soap and water before and after team activities
- Promote the frequent use of hand sanitizer.
- Ensure that participants follow social distancing (6 feet apart) through increased spacing, small groups, and limited mixing between groups.
- Educate students about COVID-19 health screening.
- Educate students about the signs and symptoms of COVID-19 and what to do if COVID-19 is suspected.

- Review facility entrance and exit plans.
- Review hydration plans.
- Requiring anyone who is sick to stay home.
- Prohibit activities that increase the risk of exposure to saliva including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Prevent shaking hands, fist bumps, or high fives before, during or after events. Limit unnecessary physical contact with teammates, other participants, coaches, staff, and officials.
- Ensure that student-athletes keep their mouth guards in their mouths throughout the competition. If the mouth guard is removed, the athlete must wash or disinfect his or her hands and then disinfect the mouth guard before reinserting it.
- Encourage Student-athletes to shower and wash their workout clothing as quickly as possible after practices and competitions.
- Require athletes to wear appropriate clothing/shoes at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Limitations on Gatherings

- Staff, students, and spectators must maintain appropriate social distancing at all times possible, including on the field of play, in meeting locations, on sidelines, in dugouts, on benches, in meeting rooms, in workout areas, etc. During down time, staff and students shall not congregate. Spectators shall not congregate and shall remain in designated seating areas.
- All extracurricular activities including sports-related activities (including but not limited to practices, scrimmages, competitions, and meetings, etc.) will be subject to congregate gathering limitations established by the School District consistent with applicable guidelines and gathering limitations.
- Gathering size limitations are based on all individuals within the facility, including staff, coaches/sponsors, athletes, trainers, medical personnel, etc.
- Cheerleaders and Pep Band Members excluding wind instruments are allowed in facilities for an athletic event and shall be counted towards the headcount for the occupancy limitation.
- Occupancy will be posted in all areas.
- Coaches/Sponsors are encouraged to hold team meetings virtually, if possible.
- Gathering locations should be in larger spaces that promote social distancing.
- Gathering groups shall be limited to smaller “pods” whenever possible.
- Weight Room group size cannot exceed 20 people including coaches and athletes.
 - Athletes must make a reservation to use the Weight Room prior to arriving for a workout.

Spectators

- Spectators are permitted to attend contests. Attendance will be subject to the following limitations:

- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household.
 - Individuals not from the same household must adhere to social distancing requirements of at least 6 feet of spacing in all seating areas including bleachers.
 - Bleachers and seating areas will be clearly marked to indicate appropriate social distancing requirements.
 - The first few rows of seating are unavailable for spectators to allow for additional social distancing.
- To assist with proper social distancing, areas shall be clearly marked.
- Spectators will be required to have a temperature check and health screening upon arrival at the facility.
- All spectators must wear face coverings at all times that comply with the District's rules for masks in the educational setting. At the time of the approval of this Plan the following types of masks are not permitted: bandanas, handkerchiefs, masks with valves and gaiters.
- Based on spectator limitations and facility limitations, each participating student will be limited to the number of tickets he/she may be able to receive/purchase. The Athletic Director shall determine the number of tickets each student may be able to receive or purchase based on state, local and/or District restrictions on crowd limitations.
- No visiting team spectators are permitted unless required by PIAA or WPIAL guidelines or otherwise agreed upon by the Superintendent in advance.
- Spectators shall not enter the field of play or bench areas.
- Facility use by the public will be prohibited during extracurricular activities.

Masking Requirements

- All persons (including but not limited to coaches/sponsors, other adult personnel, students, referees/judges, etc.) shall wear a face covering at all times as required by the District's Health and Safety Plan. (See masking requirements for athletes later in the plan.)
- Participants are permitted to wear masks during physical activity if they so desire.
- At the time of the approval of this Plan, the following types of masks are not permitted: bandanas, handkerchiefs, masks with valves and gaiters (except District approved gaiters for Athletes as set forth below).
- While athletes are not required to wear face coverings while actively engaged in vigorous athletic activity, they must wear face coverings when on the sidelines, dugouts, bench area, etc.
- The District shall have disposable masks readily available at District facilities and events for those who have forgotten their mask.
- Athletes may use the District-approved double-layered gaiters. No other gaiter is permitted.
- Masks are required in the Weight Room at all times.
- Spectators must wear masks at all times, even when physically distanced.

Facilities Cleaning/Preparation

- Adequate cleaning schedules shall be created and implemented for all extra-curricular facilities and common areas in order to mitigate any communicable disease.
- Extra-curricular facilities shall be cleaned prior to arrival and following workouts and gatherings with high touch areas cleaned more often.
- During athletic activities that involve a ball(s), the ball(s) shall be regularly rotated and cleaned in accordance with ball manufacturer's recommendations to reduce the possibility of spreading the virus.
- Weight Room Equipment must be wiped clean after each individual's use.
- If multiple events are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between students and staff.
- If any indoor facilities are used for any athletic activity, improvement of ventilation including circulation of outdoor air into the facility should be accomplished, as much as possible.

Physical Activity

- Staff must review and consider the CDC guidance to modify practices and events to mitigate the risk of spreading the virus including focusing on individual skill-building versus competition and limiting contact in close-contact sports and activities.
- Staff shall consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Coaches should limit game day squad sizes for social distancing purposes.
- Personal items shall not be shared including clothing, towels, and pinnies.
- If equipment must be shared, all equipment shall be properly disinfected often during practices and events, as deemed necessary.
- When weightlifting, spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration

- All students, staff, and officials must bring their own water and water bottle for hydration.
- Water bottles must be clearly marked with a name and shall not be shared.
- Team water coolers for sharing through disposable cups are prohibited.
- Fixed water fountains and water buffaloes cannot be used.
- Access to water for filling up water jugs and/or bottles will be administered by the Athletic Training staff.

Transportation

- Transportation to and from extracurricular events shall be governed by the same restrictions as transportation of students to and from school.

- Parents shall be permitted to transport their child(ren) to and from extra-curricular events if they desire. However, the use of carpools or vanpools to travel to events is discouraged. Private transportation to events should be limited to persons living in the same household.
- The number of students and staff are limited to 48 total passengers on a full-size bus and are limited to 9 total passengers on a van.
- The use of masks on District-provided transportation is required for all passengers and staff.
- The District-provided transportation vehicle should have adequate supplies of hand sanitizer and disposable masks on hand for those who might have forgotten theirs.
- All extracurricular travel must be approved by the Athletic Director and/or Principal.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench Area
 - Social distancing shall be maintained during the National Anthem and introductions.
 - Staff must ensure appropriate social distancing is maintained on sidelines, in bench areas, and in other areas during practices and events as deemed necessary by the CDC, PIAA, state and local governments/agencies.
 - Outdoor sports may need to extend bench areas in order to allow for social distancing. Indoor sports may need to use bleachers or multiple levels of seating in order to allow for social distancing.

Overnight/Out-of-State Events

- The Peters Township School District will evaluate each event and follow all state and local governments/agencies guidelines on a case-by-case basis.
- All overnight travel is prohibited until March 1, 2021 (at the earliest) unless the Superintendent grants approval.
- Every consideration must be taken in order to avoid exposing students to unnecessary or potentially high-risk exposure by traveling outside of the region.

Other Important Information

- Remote Learning Students enrolled as Peters Township Students may participate in District-sponsored athletics and extracurricular activities as permitted and available.
- Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained.
- The Athletic Director shall establish protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities with clear signage in order to ensure separation of participants and staff.
- Pick-up and drop-off times and locations for practices and events will be staggered.
- Students are not permitted to congregate in order to avoid crowding during pick up and drop off.

- Parents dropping off or picking up students must remain outside of facilities. Parents are not permitted to enter the facility.
- Concession stands may not operate until further notice.
 - No eating or drinking by spectators is permitted.
- Banquets, team meals, whether pregame or postgame, and team parties are prohibited and discontinued until further notice.
- For competitions, scrimmages, games, and matches, schedules will be limited to teams in the region first (PIAA District 7 and District 8 only).
 - Playoff events will be exempt from regional play.
 - If COVID-19 cases continue to stay within or below required DOH or PDE thresholds, expansion beyond regional play may be considered.

Education

- Staff, coaches, sponsors, parents, and students will be educated on the following (through posters, flyers, meetings, and emails):
 - COVID-19 signs and symptoms,
 - Proper ways to limit exposure to COVID-19 (hand washing, cough into elbow, disinfecting touched surfaces, social distancing, etc.),
 - The content of this Plan, and
 - Any pertinent COVID-19 information released by DOH, state and local governments/agencies, NFHS, and PIAA.
- All students, parents and coaches/sponsors must sign an acknowledgement that they have read and understand this Extracurricular Health and Safety Plan – Winter Sports and agree to abide by the rules set forth in the Plan.

Athletics' Specific Information

Locker Rooms

- Locker Room use by student athletes is limited to changing/dressing only.
- Team meetings shall not be held in locker rooms.
- Lockers shall be assigned in such a manner so that proper social distancing can occur while in the locker room.
- Coaches shall schedule arrival times for practices and games in order to stagger access to and limit the time spent in locker rooms and other indoor locations as necessary.

Media and Game Officials

- Media shall contact the school prior to attending in order to request an appointment for attendance.
 - Members of the media will be limited, if permitted.
 - The media will be required to have a temperature check and health screening upon arrival at the facility.
 - The media will be restricted to areas outside of the team areas.
 - The media will be required to wear face coverings.
- Game officials shall contact the school prior to attending in order to make appropriate arrangement for attendance.

- Game officials will be required to have a temperature check and health screening upon arrival at the facility.
- Game officials will be required to wear face coverings.
- Game officials shall come to the event fully dressed in uniform.

Winter Sports' Specific Plans

Basketball

- **Moderate Risk Sport**
- **Competition Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pre-match conference will be at center court. Teams shall stay on their side of the court.
 - All individuals shall maintain a social distance of 6 feet during the conference.
 - Handshakes before and after the event shall be prohibited.
 - Rosters for the official scorebook shall be submitted directly to the officials' table before the 10-minute mark.
 - TEAM BENCHES:
 - Team areas shall be expanded to promote social distancing outside of playable areas, including using multiple rows of chairs or bleachers.
 - Bench personnel shall observe social distancing of 6 feet.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
 - SUBSTITUTION PROCEDURES:
 - Limit contact between players when substituting.
 - Maintain social distancing of 6 feet between each substitute by requiring the substitutions to occur closer to center court.
 - OFFICIALS' TABLE:
 - Personnel at the officials' table are limited to the home team scorer, visiting team scorer, announcer, and timer.
 - These individuals shall be placed with a minimum of 6 feet distance between each person.
 - PREGAME, SET CHANGE, AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their court positions for introductions.
 - Water bottles shall not be allowed on the court and shall be used off the playing surface.
 - Coaches shall hold pregame, timeout, and postgame meetings socially distant.

- Meetings can take place behind the team bench area to provide a larger space for team members in order to socially distance.
- Handshakes before and after the event shall be prohibited.
- Timeout conferences shall take place with a limited number of team members in the team area to promote social distancing.
- OTHER:
 - Game balls shall be sanitized during timeouts and between quarters.
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.
- BASKETBALL RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Face coverings or District-approved gaiters are permitted to be worn during play/competition.
 - Gloves are permitted.
 - LEGAL UNIFORM:
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

Cheerleading

- **Low Risk Sport**
- **Performance Modifications:**
 - CHEERLEADING MODIFICATIONS:
 - Cheerleaders must wear masks at all times.
 - Stunting is prohibited.
 - The use of megaphones for cheering are prohibited. They may be present at the game as a prop.
 - Cheerleaders must maintain at least 6 feet social distance at all times.

Indoor Track

- **Low Risk Sport**
- **Competition Modifications:**
 - INDOOR TRACK MODIFICATIONS:
 - Events and practices shall be held outdoors whenever possible.
 - Events shall be limited to a maximum of 8 participants from each team starting at a particular time.

- Meets shall use staggered, wave, or interval starts in order to limit the number of participants on the starting lines.
- Practice will be held outdoors when the temperature is 40 degrees Fahrenheit or higher.
- When practices are held indoors, location will be limited to certain stairwells or hallways.
 - Stairwells and hallways will be closed to other individuals until practice is over.
- TEAM BENCHES:
 - All individuals shall observe social distancing of 6 feet when not competing.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
- PRE-RACE AND POST-COMPETITION PROCEDURES:
 - Team and individual participants shall practice social distancing.
 - Handshakes before and after the event shall be prohibited.
 - The use of team tents for congregation of students shall be prohibited.
 - Water stations and open cups are prohibited.
- OTHER:
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible.
 - Players are required to sanitize their hands after each event.
 - Limit the size of their traveling party to include essential personnel, staff, and only those with the ability to compete.
 - Consider practicing in pods to limit close contacts across the entire team.
 - Eliminate handshakes with opposing coaches post-match.
 - Any shared equipment shall be sanitized after each use.
 - Face coverings or District-approved gaiters are permitted to be worn during play/competition.
 - Gloves are permitted.

Swimming/Diving

- **Low Risk Sport**
- **Competition Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pre-match conference will be near the starting blocks.

- The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- All individuals shall maintain a social distance of 6 feet during the conference.
- Handshakes before and after the event shall be prohibited.
- TEAM BENCHES:
 - Athletes should arrive to the venue already in competitive attire.
 - Team areas shall be expanded to promote social distancing and teams shall be placed on opposite side of the pool.
 - Bench personnel shall observe social distancing of 6 feet.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
 - All team members shall wear cloth face coverings when not in the pool or on the starting block.
 - When in the pool or on the starting block, swimmers will place face coverings on individual wall hooks provided.
- PREGAME, SET CHANGE, AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Coaches shall hold pregame and postgame meetings socially distant.
 - Meetings can take place in larger areas to provide a larger space for team members in order to socially distance.
 - Handshakes before and after the event shall be prohibited.
- OTHER:
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible.
 - Players are required to sanitize their hands after removal from play.
 - Only one person per lane for lap counting should be permitted at turning end. These individuals shall to clean hands and wipe down devices.
 - Swimming Warm-up Areas
 - Coaches shall establish multiple sessions for warm-up periods to limit number of swimmers per lane and communicate with officials and the opponent.
 - Restrict the number of swimmers in competition area and limit number of swimmers per lane during warm-up and warm-down periods.
 - Diving Warm-up Areas
 - Coaches shall limit number of divers during warm-up by creating multiple sessions, if necessary.
 - During competition, divers may not approach the board until their turn to compete.

- Hot tubs shall not be permitted.
 - The home team shall compete in lanes 1-3 and visitors shall compete in lanes 4-6.
- SWIM/DIVE RULES INTERPRETATIONS FROM PIAA:
 - Referee and Starter shall use alternative methods for communications, including use of the P.A. system, hand signals or written communication.
 - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
 - Timers must wear cloth facial coverings.

Wrestling

- **High Risk Sport**
- **Competition Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pre-match conference will be at center court. Teams shall stay on their side of the court.
 - All individuals shall maintain a social distance of 6 feet during the conference.
 - Handshakes before and after the event shall be prohibited.
 - TEAM BENCHES:
 - Team areas shall be expanded to promote social distancing outside of playable areas, including using multiple rows of chairs or bleachers.
 - Bench personnel shall observe social distancing of 6 feet.
 - Athletes and Coaches must wear masks off the mat.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
 - OFFICIALS' TABLE:
 - Personnel at the officials' table are limited to the home team scorer, announcer, and timer.
 - These individuals shall be placed with a minimum of 6 feet distance between each person.
 - No one touches the score sheet except the scorer.
 - PREGAME, SET CHANGE, AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Water bottles shall not be allowed on the mat and shall be used off the competition surface.
 - Coaches shall hold pre-match, timeout, and post-match meetings socially distant.

- Meetings can take place behind the team bench area to provide a larger space for team members in order to socially distance.
- Handshakes before and after the event shall be prohibited.
- Timeout conferences shall take place with a limited number of team members in the team area to promote social distancing.
- OTHER:
 - The District will follow all additional guidelines or limitations provide by the PIAA.
 - In the event that the District guidelines are more restrictive, the District guidelines will be followed.
 - Disinfect the mats prior to and following competition.
 - Prior to and following each match, players will use provided disinfected lotion to sanitize skin.
 - Players are required to sanitize their hands after removal from play.
 - Have hand sanitizer and wipes available at the scoring table.
 - Wash stations or sanitizer must be at mat side for both teams.
 - For tournament settings, wrestlers shall be prohibited from warming up simultaneously for competition.
 - Provide for separate warm-up areas off of the competition mats for use and sanitize regularly.
 - Provide for separate warm-up mats off of the competition mat for teams involved in dual competition.
 - Each team should be expected to provide their own leg bands for competition.
 - Limit the size of their traveling party to include essential personnel, staff, and only those with the ability to wrestle.
 - Consider practicing with wrestlers in pods to limit close contacts across the entire team.
 - Eliminate handshakes with opposing coaches post-match.
- WRESTLING RULES INTERPRETATIONS FROM PIAA:
 - Officials shall recognize the winner of the match by pointing to the wrestler and raising the appropriate color wrist band.

Academic Clubs and Other Extra-Curricular Activities

All other academic clubs and other extra-curricular activities shall follow all applicable guidance and mandates provided in this document. In addition, the District's Health and Safety Plan must also be followed. Groups that use indoor facilities are limited to gathering limitations from the Pennsylvania Department of Health or state and local governments/agencies as stated previously in this Plan.

- **Personal Masks**

- All sponsors and participants must wear personal cloth or disposable masks as required by the District in education areas at all times.

- **Social Distancing**
 - Proper Social Distancing is required during meetings, practices, competitions, and events as deemed necessary by the CDC, state and local governments/agencies.
 - Students and staff must maintain at least six (6) feet of distance from other individuals.
 - Staff shall ensure that the numbers of participants in the meeting space are limited to the classroom capacity established by the District's Health and Safety Plan and cannot exceed the number of desks available in any classroom or meeting space.
 - Additional desks are not permitted to be brought into classrooms or meeting spaces.
 - Desks are not permitted to be moved when using classrooms or meeting spaces to maintain established social distancing requirements.
- **Hydration and Food**
 - All students shall bring their own water bottle, clearly marked with their name.
 - Sharing of water bottles is prohibited.
 - Hydration stations (water cows/troughs/fountains/disposable cup stations) are prohibited.
 - The sharing of food is strictly prohibited.
- **Transportation**
 - Any group transportation provided must comply with the same limitations that apply to transportation of students to and from school in the District's Health and Safety Plan.
- **Additional Information**
 - Sponsors are encouraged to hold meetings virtually via Canvas.
 - Group banquets, dinners or parties outside of the school are prohibited.
 - All group meetings regardless of location must comply with the District's Health and Safety Plan.
 - Students are prohibited from sharing devices, materials, documents, or other resources.
 - Singing is prohibited.

OTHER GUIDANCE

Primary Point of Contact

- The Peters Township School District has designated Dr. Michael Fisher, Assistant Superintendent, as the District's Pandemic Coordinator and primary point of contact for all questions related to COVID-19.
 - Contact information for Dr. Fisher: 724-941-6250, x7298 (Office) and FisherM@pt-sd.org (Email)
- A secondary contact for Athletics is Mr. Brian Geyer, Athletic Director.
 - Contact information for Mr. Geyer: 724-941-6250, x5233 (Office) and GeyerB@pt-sd.org (Email)
- Any questions on the implementation of this document should be referred to Dr. Fisher or Mr. Geyer.

- The Pandemic Coordinator shall ensure that all coaches/sponsors are trained on all safety protocols prior to the first in-person team event.
 - These protocols include:
 - Performing a COVID-19 health screening,
 - Promoting healthy hygiene,
 - Reviewing the signs and symptoms of COVID-19 and what to do if COVID-19 is suspected in an individual,
 - Review social distancing, facility entrance and exit plans, and the provisions of this Extracurricular Plan.

Frequently Asked Questions (FAQs)

What if athletes, participants, coaches, sponsors, or staff are sick?

- If athletes, participants, coaches/sponsors, and staff are sick or think they are infected with the COVID-19 virus, they **MUST STAY AT HOME**.
 - It is essential that athletes, participants, coaches/sponsors, and staff take steps to help prevent the disease from spreading.
 - If athletes, participants, coaches/sponsors, and staff think they have been exposed to COVID-19 and develop a fever and symptoms, they should call their healthcare provider for medical advice.
- Caregivers should monitor their children for symptoms prior to any extra-curricular activity or sport.
- Student athletes or participants, who are sick or showing symptoms, must stay home.
- If student athletes or participants are sick, caregivers are asked to notify the school immediately (principal, athletic director, school nurse, athletic trainer, coach and/or sponsor).
- The athletic director or principal will immediately inform the District's Pandemic Coordinator and the Superintendent.
- It will be determined if others who may have been exposed (students, coaches, sponsors, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, local health professionals, the CDC, and/or DOH will implement contact tracing. All subsequent directives will be followed.

What if a student or staff becomes ill with COVID-19 symptoms during practice, an event, or during transportation to or from an event?

- A coach, sponsor, or athletic trainer will make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event.
- If a student is sick, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- The facility, where the sick individual was present, will be disinfected immediately.

How will a student or staff return to athletics/extra-curricular activity following a COVID-19 diagnosis?

- Student or staff must provide written medical clearance from their medical doctor or CRNP before resuming any athletic activity.
- Once a diagnosed individual is determined by a medical doctor or CRNP to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea, the student or staff may participate in athletics again.

- A student may return to a non-athletic extra-curricular activity after testing positive only if the student would be permitted to attend in-person educational instruction.

How will a student or staff return to athletics/extra-curricular activities following exposure to a person with a positive COVID-19 diagnosis?

- Student or staff exposed to a positive case but not testing positive can return to play following the expiration of the CDC or PA DOH quarantine period.

What happens if a District building is required to close because of COVID cases?

- If a District building is required to close for in person education due to COVID cases, no athletic or extra-curricular activities or meetings are permitted unless, after consultation with the Department of Health, the Superintendent determines it is safe to participate in the activity after notifying the Board.

ATTACHMENT

Peters Township School District Participation Waiver for Communicable Diseases Including COVID-19 and Acceptance of Rules

The COVID-19 pandemic has presented all School Districts with countless challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children can be infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risks of furthering the spread of COVID-19, the current science suggests that there are steps schools can take to reduce the risks to students, staff, and community.

The Peters Township School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic and extra-curricular programs.

I understand that participating in athletic programs, events, and extra-curricular clubs and activities may include a possible exposure to a communicable disease including but not limited to MRSA, Influenza, and COVID-19.

I also understand that certain individuals may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as the following:

- Age 65 or older,
- Lung disease, moderate-severe asthma,
- Serious heart conditions,
- May be immunocompromised,
- Obesity,
- Diabetes, and/or
- Kidney or liver disease

I understand that it is the responsibility of the student and the student's parents/guardians to identify those in their households who may be of higher risk of severe illness from COVID-19 and accept all risks associated with exposure to COVID-19 resulting from participation in District athletic and extracurricular activities.

As a condition to the ability to participate in District extra-curricular activities I agree to abide by the following mandatory rules for **all phases** of Middle School and High School Extra-Curricular Athletics and Activities during the COVID-19 pandemic:

1. All student athletes, participants, and spectators will undergo a COVID-19 health screening prior to any practice, event, or meeting.
 - a. The purpose of the health screening is to check each individual for signs and symptoms of COVID-19.
 - b. This health screening will involve temperature check and COVID-19 questions.
 - c. The location of this health screening will be announced prior to the practice or event

- d. Participants and spectators MUST answer all COVID-19 health screening questions honestly.
2. If a participant has COVID-19 symptoms the participant MUST notify the participant's coach/sponsor and MUST NOT participate in District athletic and/or extracurricular activities until permitted by the District's Pandemic Coordinator.
3. If a participant has been in close contact of an individual with COVID-19, the participant MUST notify the participant's coach/sponsor and the participant MUST NOT participate in District athletic and/or extracurricular activities until permitted by the District's Pandemic Coordinator.
4. If a member of a participant's household has COVID-19 the participant MUST notify the participant's coach/sponsor and the participant MUST NOT participate in District athletic and/or extracurricular activities until permitted by the District's Pandemic Coordinator.
5. All participants must abide by healthy hygiene practices intended to limit the spread of COVID-19 including:
 - a. Hand washing (20 seconds with warm water and soap) shall be required prior to and following team activities.
 - b. Frequent use of hand sanitizer.
 - c. Abiding by social distancing (6 feet apart) through increased spacing, small groups, and limited mixing between groups, when feasible.
 - d. Comply with facility entrance and exit plans.
 - e. Participants MUST provide their own water and water bottle for hydration. Water bottles are not permitted to be shared. Disposable cups will not be provided. Water fountains and water buffaloes shall not be used.
 - f. Food shall not be shared.
6. All participants in District athletic and extracurricular activities must wear a face covering (as required by the District's Health and Safety Plan) at all times unless engaging in vigorous athletic activity.
7. Face coverings must be worn at all times on District provided transportation and students shall sit in their assigned seats.
8. All adult personnel and spectators must wear face coverings (as required by the District's Health and Safety Plan) at all times, while attending a District athletic or extracurricular activity. Failure to do so will be cause for denial of entry or removal from the District facility.
9. Team meals and parties are prohibited.

By signing below, I acknowledge that I understand that while particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death from COVID-19 does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation.

By signing below, I acknowledge that I willingly agree to comply with the rules set forth in this document and the District's Health and Safety Plan.

By signing below, I acknowledge that I understand that:

1. Individual violations of the rules set forth in this waiver or the District's Extracurricular Health and Safety Plan may result in the denial of my/my child's ability to participate in District athletic or extra-curricular activities.
2. Team/Group violations of the rules set forth in this waiver or the District's Extracurricular Health and Safety Plan may result in forfeiture of activities, games, or season.
3. Booster Groups must comply with the rules set forth in this waiver and the District's Extracurricular Health and Safety Plan to maintain their affiliation and good standing with the District.

Print Student's Name: _____

Sport/Activity: _____ Student's Grade: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student: _____ Date: _____

*A full copy of the Peters Township School District's Extracurricular Health and Safety Plan can be found on the District Website.

Contacts: **Dr. Michael Fisher, Pandemic Coordinator at FisherM@pt-sd.org**
 Mr. Brian Geyer, Athletic Director at GeyerB@pt-sd.org

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask, visit:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website,

www.health.pa.gov.

ADDITIONAL RESOURCES

NFHS: Guidance for Opening Up High School Athletics and Activities

(per update on May 2020): <https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>

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

CDC – Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

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

PA Department of Health – “Guidance for All Sports Permitted to Operate During COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public”: <https://www.governor.pa.gov/covid-19/sports-guidance/>

PIAA – “Return to Competition: Individual Sport Considerations”:

http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf

CDC COVID Screening: <https://www.cdc.gov/screening/paper-version.pdf>

NFHS Guidance for Return to High School Marching Band – July 9 2020

<https://www.nfhs.org/media/3812337/2020-nfhs-guidance-for-returning-to-high-school-marching-band-activities.pdf>

NFHS Instrument Cleaning Guidelines – April 24, 2020

<https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines/>

Aerosol Study Update 1 – July 13, 2020

<https://www.nfhs.org/media/4029971/preliminary-recommendations-from-international-performing-arts-aerosol-study.pdf>

Aerosol Study Update 2 – August 6, 2020

<https://www.nfhs.org/media/4119369/aerosol-study-prelim-results-round-2-final-updated.pdf>

News release for Aerosol Study Update 2 – August 6, 2020

<https://www.nfhs.org/articles/second-round-of-performing-arts-aerosol-study-produces-encouraging-preliminary-results/>