

Bishop McDevitt High School

Return to Athletics Procedures 2020-2021

Summary:

The Bishop McDevitt High School Athletic Department first priority is to ensure a safe and healthy environment for all student athletes, coaches and families. Listed in this document are the procedures for all athletic teams at Bishop McDevitt High School. These procedures and guidelines must be followed until further notice through the 2020-2021 athletic season. Bishop McDevitt will continue to work closely with the PIAA and other governing bodies to produce timely and accurate information to our student athletes, coaches and families. The procedures in this plan are designed to minimize risk for our student athletes and coaches. It is imperative that the procedures in this document are adhered to by each student athlete and coach. It is the responsibility of the coaching staff for each sport to make sure the procedures put forth in this plan are strictly enforced and any student athlete or coach that does not adhere to these procedures may not participate in the team practice/workout or game until further notice.

All coaches and student athletes must arrange for small group team meetings at the first workout/practice to review safe practice guidelines and procedures with the Director of Athletics and school trainer.

All coaches are required to keep a copy of this document and sign and return a copy to the Director of Athletics before participating in workouts.

Any questions about these procedures please contact Mr. Tommy Mealy, Director of Athletics.

Focus Points:

- Promote Healthy Hygiene Practices
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. It is recommended that student-athletes, coaches and staff wash their hands before, during and after activities.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs or sneezes with a sleeve or elbow, not hands
- Do NOT Shake hands
- When sick, stay home
- Avoid Close Contacts
- Coaching staff and other adult personnel should wear face coverings at all times, unless doing so jeopardizes their health
- Student athletes must wear neck gators and must wear them when in close proximity to any coach or fellow player when not engaged in the actual physical movement a play, work out or condition.

- Avoid close contact with people who are sick, even inside your home.
- Stay at least 6 feet (about 2 arms' length) from other people when in huddles or sidelines and post workout activities.
- Do not gather in large groups.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.
- Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators. This includes shaking hands, fist bumps and high fives at any time
- Continued and constant cleaning and sanitation
- Routine and enhanced cleaning and sanitation measures will be implemented by staff. This includes but is not limited to athletic equipment, athletic uniforms, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Clean all surfaces. Use detergent or soap and water prior to disinfection.
- Use of shared objects (e.g., gym or athletic equipment, bars, weights) should be limited when possible and constantly cleaned between use.
- Ensure safe and correct use and storage of cleaning and disinfection products including storing securely away from children. Use products that meet EPA disinfection criteria.
- Cleaning products should not be used by children, and staff should ensure that there is adequate ventilation when using these products to prevent exposure to toxic fumes.
- Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- Any and all organizations that share or use the school facilities need to communicate and collectively work together to ensure the safety off all athletes and coaches.

Screening Procedures for Student Athletes

- Coaches, student-athletes and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- Student-athletes/Coaches will check in and complete the screening process each day.
- Each athlete and coach will have his/her temperature checked before entering the facility. Each athlete and coach will have his/her Covid-19 Pre-Screening form completed and approved before entering for their first workout of the summer and then updated on a daily basis. ***The daily temperature checks must be logged in for each player or they may not participate. It is important to keep daily accurate records of every coach and player for the screening process.***
- Athletes/Coaches will stay home if they do not pass the Covid-19 Pre-Screening Form.
- Athletes/Coaches must stay home if they do not feel well or exhibit any symptoms.

- Athletes/Coaches will limit physical contact and respect social distancing rules at all times.
- Athletes/Coaches who develop or display symptoms during a workout session will be sent home immediately.
- ***Student athletes and Coaches must wear protective face coverings in huddles, team meetings, post workout discussions or gatherings, cool downs and any time it is deemed necessary for safety as directed by coaching staff.***

ENTERING AND EXITING THE FACILITY

- A detailed plan specific to each facility in regards to entering and exiting the facility will be shared by each coach to parents and athletes. Drop off and pick up locations will also be included in this communication.
- A hand sanitizing station will be set up at the facility's screening checkpoint where all student athletes must sanitize their hands prior to entry/re-entry into the facility.
- Six feet social distancing indicators will be set up along the entrance. These will assist in keeping student athletes at a safe distance from each other as they are waiting to be screened prior to entering the facility.
- Limit any nonessential visitors, volunteers, and activities involving external groups or organizations as possible. Non-essential personnel (parents, siblings, etc.) will not be allowed to watch workout sessions. This will follow the guidelines to limit the number of people inside and outside of each facility.
- Pursue virtual activities and events in lieu of student assemblies, program-wide parent meetings as possible.
- Pursue options to convene sporting events and participation in sports activities in ways that minimizes the risk of transmission of COVID-19 to players, families, coaches, and communities.
- Individuals dropping off and picking up student-athletes will need to stay in their vehicle.
- Students are reminded at drop off/pick up, not to congregate in groups. Once practice has ended, the expectation is that all students are picked up so the coaches and staff can fully sanitize equipment and facilities. If a parent/guardian needs to contact a coach/staff member, he/she should do so via email or phone.
- Stagger arrival and drop-off times or locations by teams to limit contact between student athletes and direct contact with parents as much as possible.
- Maintain small workout groups as much as possible, have these smaller groups workout together and avoid intermixing workout groups to ensure group safe hygienic practices.

DISINFECTION AND SANITIZATION

- Athletic facilities and equipment will be disinfected and sanitized before, during, and after work out sessions. Each team will be provided all the cleaning supplies and must maintain inventory daily. Each team must have a coach designated to clean, sanitize and disinfect continually during practices all equipment, benches, athletic gear.
- Spray bottles and disposable wipes will be in close proximity to all workout stations.
- All sports balls and equipment used during the sport specific skill training will be sanitized throughout and after each session.
- ***Athletes will bring their own water or water bottles. No athlete shall share food or***

water. Students should not plan on using drinking fountains until further notice.

- Coaches, students and staff are NOT PERMITTED to participate in the following risks of exposure: chewing gum, spitting, licking fingers and eating sunflower seeds.
- Hand sanitizer will be provided in multiple locations (indoor and outdoor). Athletes and coaches will use hand sanitizer before, during, and after each workout session.
- Athletes and coaches will remain at least 6 ft. apart when not exercising.
- Athletes and coaches will remain 10 ft. apart when exercising with the only exception being for safety reasons (spotting, etc.). Coaches are required to have mouth and nose coverings when in these situations.
- All workout stations shall be at least 10 feet apart.
- Athletes must come dressed to work out. They will not be allowed to enter into the locker rooms or change in the restrooms during the summer months. In season locker room use prior to and after practice will require students entering in shifts and only 10 players at a time. ***Complete supervision by coaching staff is required and students are limited to 5 minutes in the locker room.***
- Athletes will not be allowed to shower in the locker rooms.
- **Restrooms** – Only 2 students at any given time may use restroom facility simultaneously. Athletes are required to wash hands, utilize the “one in one out” model, and sanitize hands after exiting. Upon exiting a restroom, a staff member will sanitize the handles used.
 - When applicable, in the weight room, students will social distance and wear neck gator face covering.
- Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

When to Seek Emergency Medical Attention

- Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

***This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.**

If a student athlete tests positive for COVID–19:

1) The student athlete should inform the Bishop McDevitt Athletic Trainer, Coaches or administrators and quarantine for 14 days. One of the Bishop McDevitt staff members will notify student the families/athletes/coaches who may have been exposed to COVID-19 and provide guidance. Fellow student athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received.

2) Recovery:

- a. Stay home and seek medical care. Attendance to school and team events is forbidden.
- b. Take care of yourself. Get rest and stay hydrated. Follow doctors care.
- c. Stay in touch with your doctor until cleared. A note from a doctor must be on file before a student or coach is permitted to return.

Preparing Staff and Athletes:

- All Coaching coaching staff members will be required to adhere to all guidelines provided and sign off on information provided.

Off Season Attendance:

- Student-athlete and coaches are reminded attendance for summer workouts is OPTIONAL.
- Attendance will be kept for safety reasons in order to track athletes/coaches contact in the case of a suspected COVID-19 case.
- Students may attend up to 2 hours per day of strength and conditioning, workouts.
- Workouts may not exceed two hours (2 hours) and workouts should include a mixture of conditioning and skill building development.
- Sport specific skills may include specific sports equipment, but not contact equipment.
- Equipment should be regularly disinfected after repetitions and after workout sessions. Equipment should not be shared between groups. Any competitive drills involving one or more students on offense vs defense in skills. For example any 1-on-1, 3-on-3, 5-on-5, 7-on-7, etc. should be minimized and limited during the summer workouts.

Coaches Signature: _____ Date: _____

Coaches Sport: _____

Bishop McDevitt High School

Pre-Workout Screening Questionnaire

In the last 14 days have you had any of the following COVID-19 symptoms: Fever or chills (100.4 or Higher), Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore Throat, Nausea or vomiting, Diarrhea.

YES _____ NO _____

If yes, please describe:

If yes, did you seek medical treatment. YES _____ NO _____

In the last 14 days have you had prolonged exposure with someone who is currently sick with suspected or confirmed COVID-19? (Note: Prolonged exposure is defined as within 6 feet for more than 10 consecutive minutes) YES _____ NO _____

If yes, please describe:

If yes, did you seek medical treatment? YES _____ NO _____

Print Name: _____

Signature _____ Date: _____

Bishop McDevitt Athletic Department
Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of 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, among others, has found that while children do get 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 risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

Bishop McDevitt will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. Bishop McDevitt High School realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

These Recommendations include but may not be limited to:

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared. **Refill Stations and Water Fountains will NOT BE Initially AVAILABLE!**
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death 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. I willingly agree to comply with the stated recommendations put forth by Bishop McDevitt High School to limit the exposure and spread of COVID-19 and other communicable diseases.

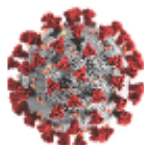
Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the Bishop McDevitt High School Sports Recommendations. Contact Tommy Mealy, AD at tmealy@bishopmcdevitt.org or Rochelle Blakely at athletictrainer@bishopmcdevitt.org.

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://www.cdc.gov/coronavirus)

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 **closecontact** 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 Re-opening 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