

**Wattsburg Area School District**  
**Recommendations and General Guidelines for Resocialization of Sports and Activities**

**INTRODUCTION**

The COVID-19 pandemic has presented 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.

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

**RECOMMENDATIONS FOR ALL LEVELS AND PHASES**

Recommendations for **ALL PHASES** for Junior and Senior High Athletics and Activities

1. Athletes, Coaches, Staff, and Participants 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 and may include a non-touch temporal scan.
2. Practice healthy hygiene such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will not be used while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
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, Staff, and Participants on health and safety protocols.
6. Anyone who is sick must stay home.
7. There must be a 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, Coaches, Staff, and Participants **MUST** provide their own water bottles for hydration. Water bottles must not be shared. Do not use drinking fountains or water coolers.
10. PPE (gloves, masks, eye protection) will be used as needed and as situations warrant or regulated by local/state governments.
11. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC "People Who are at a Higher Risk for Sever Illness").

## CLASSIFICATION OF SPORTS AND ACTIVITIES

- High Risk:** Sports and other activities that involve close, sustained contact, lack of significant protective barriers, and high probability that respiratory particles will be transmitted. Examples: football and wrestling.
- Moderate Risk:** Sports and other activities that involve close, sustained contact, but with protective equipment in place reducing likelihood of respiratory particle transmission OR intermittent close contact OR group sports using equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer.
- Low Risk:** Sports and other activities that can be done with social distancing or individually with no sharing of equipment or with the ability to clean the equipment between uses by competitors. Examples: cross country, track and field running and throwing events, golf, weightlifting, sideline cheerleading, and marching band.

**High/Moderate Risk Sports may move to the Low Risk category with non-contact modifications.**

### RED PHASE

#### Limitations and Guidelines:

- All school facilities may remain closed as per PA state guidelines.
- Athletes, Coaches, Staff, and Participants may communicate via online meetings.
- Athletes and Participants may participate in home workouts including strength and conditioning.
- Athletes, Coaches, Staff, and Participants should abide by guidelines set forth by local & state governments.
- Weight rooms will remain closed.

### YELLOW PHASE

#### Pre-workout Screening:

- All staff and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. A non-touch temporal scan indicating a temperature greater than 99.5 degrees will trigger the COVID-19 action protocol. See Appendix for COVID-19 Screening Form.
- Responses to screening questions for each person should be recorded and stored so there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptom(s) reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance (CIPPE form, page 8) may be required to return to practice or competition.

#### Limitations on Gatherings:

- No gathering of more than 25 individuals, including coaches and spectators, per scheduled field/court.
- Controlled, non-contact, practices only; modified game rules.
- No concession stands.
- Social Distancing should be applied during practices and in locker rooms and other gathering areas.
- Restrooms should only be used in an emergency.

#### Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic and common facilities should be cleaned prior to arrival, and after workouts and team gatherings; high touch areas should be cleaned more frequently.
- Weight room equipment should be wiped down after an individual's use. Appropriate clothing/shoes should be worn to minimize sweat transmission.

**Physical Activity:**

- Low risk sports practices may begin.
- Modified practices may begin for Moderate and High Risk sports, however, practices must remain non-contact and include social distancing where applicable.
- Students should refrain from sharing clothing or towels. These items, including pinnies, should be washed after each practice.
- Athletic equipment used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.
- Weight room must have proper supervision to ensure equipment is being cleaned and students are adhering to the requirements.

**Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water troughs, etc.) should not be utilized.

## GREEN PHASE

**Pre-workout/contest screening:**

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games and should contact their primary care physician or other appropriate health-care provider.
- Team and Activity attendance should be recorded.

**Limitations on Gatherings:**

- As per State and Local guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied.

**Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic and common facilities to mitigate any communicable disease.
- Athletic and common facilities should be cleaned prior to arrival, and after workouts and team gatherings; high touch areas should be cleaned more frequently.
- Weight Room Equipment should be wiped down after an individual's use. Plates, Bars, Seats, etc.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

**Physical Activity and Athletic Equipment:**

- Low, Moderate, and High Risk practices and competitions may begin (as per State, Local, and PIAA Guidelines).
- Students should not share clothing, towels, or pinnies. These items should be washed after each practice.
- Equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- Weight room must have proper supervision to ensure equipment is being cleaned and students are adhering to the requirements.

**Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but MUST be cleaned after every practice/event.

**Please note that in the event that school is closed due to COVID-19, all athletics and extracurricular activities will be canceled and/or postponed. Also, in the event the county is deemed in Red Phase, school districts will be closed, including all athletics and extracurricular activities.**

## **OTHER RECOMMENDATIONS**

**Transportation:**

Modifications for transportation to and from athletic events may be necessary and include:

- Reducing the number of students/coaches/staff on a bus.
- Using hand sanitizer upon boarding a bus.
- Social distancing on a bus.

These potential modifications will be determined by the District, bus company, Department of Education, state and local governments.

**Social Distancing during Contests/Events/Activities:**

- Sidelines/Bench – appropriate social distancing will be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Tape or paint as a guide for students and coaches may be utilized.

**Who should be allowed to attend events?**

- Establish tiers (see below) and decide which group(s) will be permitted to attend an event:
  - Tier 1 (Essential) – athletes, coaches, advisors, officials, event staff, medical staff, and security.
  - Tier 2 (Preferred) – Media
  - Tier 3 (Non-essential) – Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by state/local governments.

**Overnight/Out of State Events/ Events in COVID-19 Hot Spots**

- The WASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to avoid unnecessary or potential high-risk exposure.

## **POSITIVE CASES AND COACHES, STAFF, ATHLETES, OR PARTICIPANTS SHOWING COVID-19 SYMPTOMS**

**What are the signs and symptoms of COVID-19?**

- Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix)
- Symptoms may include:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Sore throat

**What to do if you are sick:**

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

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

- Give them a mask to put on immediately.
- Every effort will be made to isolate the ill individual from others until that student or staff member can leave the school or event.
- If a student becomes ill, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

**Return of student or staff following a COVID-19 diagnosis:**

- Student or staff should have medical clearance from physician or appropriate healthcare professional, be non-contagious, fever free (without fever-reducing medicine), demonstrate improvement in respiratory symptoms (cough, shortness of breath), and have no vomiting or diarrhea.

## **EDUCATION AND AWARENESS**

Staff, Coaches, Parents, and Students will be educated, through appropriate media, on the following:

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No handshakes or group celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Students should arrive at the event or practice already dressed for activity when possible.
- Limit indoor activities and the areas used. Locker room use may not be permitted, and facility showers cannot be used.
- Students should remain with their assigned groups during each workout or practice and during daily workouts to limit the number of people with which they come in contact.
- No students are allowed in training areas without the presence of an athletic trainer.



## NON-PIAA RECREATIONAL SPORTS

Recreational and amateur sports organizations and teams, including, but not limited to, basketball, football, soccer, baseball, softball, volleyball, cross country, are permitted to conduct in-person activities, including games and practices, in counties designated as being in the Green phase only if they strictly adhere to the requirements of this guidance, including the limits on total occupancy outlined below.

To conduct games and practices, organizations and teams authorized to conduct in-person activities pursuant to this guidance must adhere to the following:

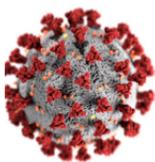
- Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- The community, league, or team must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also should be educated on proper hand washing and sanitizing.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
- Coaches 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 99.5 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- If multiple games 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 athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

# APPENDIX

**WATTSBURG AREA SCHOOL DISTRICT ATHLETIC DEPARTMENT**  
**Athlete and Coach COVID-19 Monitoring Form Instructions**

- Athletes, Coaches, Staff, and Participants should self-report as deemed necessary prior to each practice or event. This form will be used daily for each coach and sport participant.
- Temperature may be taken from a designated, trained individual as needed. Symptoms should be marked as “N” - NO or “Y” - Yes answers.
- For the “Close Contact” column, the answer should reflect the following question:  
*Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19?* (Note: close contact is defined as being within 6 feet for more than 10 consecutive minutes, without PPE equipment.)
- If any responses are “YES”, student will NOT be allowed to practice or compete and will be asked to leave school grounds. Parent/Guardian will be notified.
- Please see the “WASD COVID-19 Monitoring Form” for further details.

# 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)

### 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.

## DOCUMENT RESOURCES

- Modified from HASD with permission, June 2020
- **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