

**Jersey Shore Area School District
Interscholastic Athletics and Extracurricular Activities
RETURN TO PLAY RECOMMENDATIONS**

This plan is a working draft document. The district will comply with all state orders in effect and notify staff and families of any necessary changes while operating schools.

As more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

INTRODUCTION

The COVID-19 pandemic has presented interscholastic athletics and extracurricular activities 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, instructors, staff, and their families.

The JSASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The JSASD 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.

Prior to a participant being allowed to participate in a JSASD workouts/practices/rehearsals, the parent and student must sign a participation waiver for communicable diseases including COVID-19.

Throughout this document participants refer to all or any of the following individuals Athletic Director, Athletic Trainer, Student Athletes, Band Members, Play/Musical Cast Members, Coaches, Band Directors, Instructors, Staff, Officials, Referees, and Umpires.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** for JSASD Middle and Senior High School

1. 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.

2. Promote healthy hygiene practices 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 for participants while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Participants are encouraged to carry ample hand sanitizer in their gym bags.
4. All coaches, extracurricular staff, and volunteers must review the CDC's "Consideration for Youth Sports" and Governor Wolf's "Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public". Coaches, extracurricular staff, and volunteers MUST submit the "Confirmation of Review Form to their department directors prior to beginning any training/workouts, practices, and or rehearsals.
5. Intensify cleaning, disinfection, and ventilation in all facilities
6. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
7. Educate participants on health and safety protocols
8. Encourage anyone who is sick to stay home
9. Plan in place if a participant gets sick
10. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
11. Participants MUST provide their own water bottle for hydration. Water bottles must not be shared.
12. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
13. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.
14. Spectators, Media, and Parents are NOT permitted at off-season workouts or in-season practices. Parents/Caregivers should remain in their vehicles. Congregating in parking lot, on fields, or in facilities is NOT permitted.
15. Activities that increase the risk of exposure to saliva is prohibited including spitting, licking fingers, chewing gum, eating sunflowers seeds, etc.
16. All equipment used during activities should be disinfected at the conclusion of each session and between repetitions whenever feasible.

CLASSIFICATION OF SPORTS

High Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts), dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

Low Risk: Sports and activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer, marching band, and colorguard.

** High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. Team Activities should be limited to individual skill development drills that maintain social distancing.

LEVELS OF PARTICIPATION

Level 1

We will only use this level if we move back to Red.

- Group and Ensemble Activities: No In-person gatherings allowed, Participants may communicate via online meetings (zoom, google meet, etc.), participants may participate in individual lessons, and home workouts including strength and conditioning.
 - All school facilities remain closed as per PA State Guidelines.
 - Participants should abide by guidelines set forth by the local and state governments.

Level 2

This will be the starting point for all groups. We will stay at this level for a minimum of two weeks.

Pre-workout Screening:

- All participants should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a participant develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts/practices/competitions/rehearsals and should contact his or her primary

care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- **Outdoors**

- No gathering of more than 75 individuals including coaches, instructors, and staff per scheduled field. Only approved coaches and volunteers are permitted.
- Limited Contact Practices. High emphasis on skill development.
- No Locker Room and bathrooms.
- Participants should report to the facility in proper gear and immediately return home to shower at the end of the session.
- No Concession Stands.
- When not directly participating in practices or contests, social distancing should be considered and applied when able.

- **Indoors**

- No gathering of more than 25 individuals including coaches, instructors, and staff for Gyms, Band Rooms, and Auditoriums. Only approved coaches and volunteers are permitted.
- No gathering of more than 15 individuals including coaches, instructors, and staff for Weight Rooms and Wrestling Rooms. Only approved coaches and volunteers are permitted.
- Limited contact practices. High emphasis on skill development.
- No Locker Rooms and bathrooms
- Participants should report to the facility in proper gear and immediately return home to shower at the end of the session.
- No Concession Stands.
- When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease
- Facilities should be cleaned between each group access to the facility.
- Weight Room Equipment should be wiped down after an individual's use

General Guidelines:

- Participants should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, 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
- Students MUST bring their own water bottle. Water bottles must not be shared. Limit indoor activities and the areas used.
- Participants should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of a coach, instructor, or staff.

Level 3

Will move to this level after completing level 2.

Pre-workout Screening:

- All participants should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check.(See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms 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 may be required to return to play.

Limitations on Gatherings:

- **Outdoors**
 - No gathering of more than 100 individuals including coaches, instructors, and staff per scheduled field. Only approved coaches, instructors, staff, and volunteers are permitted.
 - Normal practices, rehearsals, and inter-squad scrimmages are allowed.
 - Locker Room access will be limited to 25 individuals including coaches, instructors, and staff.
 - Concession Stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.
 - When not directly participating in practices or contests, social distancing should be considered and applied when able.
- **Indoors**
 - No gathering of more than 25 individuals including coaches, instructors, and staff for Gyms, Band Rooms, and Auditoriums. Only approved coaches, instructors, staff, and volunteers are permitted.
 - No gathering of more than 15 individuals including coaches for Weight Rooms and Wrestling Rooms. Only approved coaches, instructors, staff, and volunteers are permitted.
 - Limited contact practices. High emphasis on skill development. Inter-squad scrimmage can start twice a week.
 - Locker Room access will be limited to 25 individuals including coaches, instructors, and staff.

- No Concession Stands.
- When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease
- Facilities should be cleaned between each group access to the facility.
- Weight Room Equipment should be wiped down after an individual's use

General Guidelines:

- Participants should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, 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
- Students MUST bring their own water bottle. Water bottles must not be shared. Students should come dressed for activity
- Participants should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an athletic trainer

Level 4

Regular Season for PIAA Sports:

We will follow all guidelines set out by the PIAA and the Governor's office starting

- August 3, 2020 for Marching Band
- August 10, 2020 for Football
- August 17, 2020 for all other fall sports

PIAA Return to Competition: Individual Sport Considerations

SCREENING

The JSASD screening form will include the following questions:

- Have you had any symptoms of COVID-19 in the past 14 days? Fever/chills, Cough, Sore Throat, Short of Breath, Loss of Taste
 - Sore Throat that is different from your seasonal allergies
- Have you been in close contact who is currently suspected or confirmed having COVID-19 in the past 14 days?
- Temperature if applicable

The coach, instructor, staff, trainer will ask each participant the screening questions at the beginning of the session while the participant submits the questions via an electronic form for contact tracing.

- If a participant has positive finding on the screening:
 - Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
 - If student, 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

POSITIVE CASES AND 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. Symptoms may include:

- Fever or chills (100.4 or High)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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, band directors)
- It will be determined if others who may have been exposed (students, coaches, instructors, 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.

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

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, 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 to athletics following a COVID-19 diagnosis?

- Participants must meet the all the following criteria to return to activities:
- At least 14 days have passed since symptoms first appeared. During this time the participant should not participate in any exercise while monitoring clinical worsening symptoms.
- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

ATHLETIC TRAINING

The athletic training room will be a maximum of four (4) individuals, including the athletic trainer, at any given time. All individuals must be spread out six (6) feet apart.

- All individuals inside the Athletic Training Room should wear masks or face covering.
- Only one (1) individual on the taping/treatment table at a time
- Taping/treatment tables **MUST** be sanitized after each use.
- The entire Athletic Training Office should be sanitized at least once per day. Custodial Staff will conduct this sanitizing at the conclusion of the day.
- Use of Whirlpools, cold tubs, and hot tubs is prohibited unless for use in a medical emergency.

EDUCATION

Individuals involved in instructing, coaches, supervising athletic and extracurricular activities **MUST** attend a training prior to participating.

Participants including parents/families will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- 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/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

SPECTATORS

Gathering limitations. All individuals present at the facility at which such activities are held count toward gathering.

- Indoors: 25 or fewer
- Outdoors: 250 or fewer

All individuals must comply with face covering order and social distancing guidelines.

- Everyone attending the sporting event, including coaches, officials, athletes, staff, and spectators, age 2 and older must wear face covering (masks or face shields), unless they are outdoors and can consistently maintain social distancing of at least 6 feet.

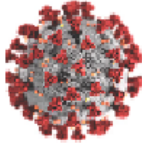
Spectators should not enter the field of play, bench area, course, courts, or dugouts.

Non-essential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.

See Spectator Sport Specific Guidelines – Appendix B

APPENDIX A

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.



CS1740531 04/15/2020

[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 **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

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

Centers for Disease Control and Prevention

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

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

PA Department of Health

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

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

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

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

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

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

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

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

APPENDIX B

SPECTATOR SPORT SPECIFIC GUIDELINES

GENERAL GUIDELINE

Gathering limitations. All individuals present at the facility at which such activities are held count toward gathering.

- Indoors: 25 or fewer
- Outdoors: 250 or fewer

All individuals must comply with face covering order and social distancing guidelines.

- Everyone attending the sporting event, including coaches, officials, athletes, staff, and spectators, age 2 and older must wear face covering (masks or face shields), unless they are outdoors and can consistently maintain social distancing of at least 6 feet.

Spectators should not enter the field of play, bench area, course, courts, or dugouts.

Non-essential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.

CROSS COUNTRY

- No concessions
- No admission charged
- Non-participants should not enter the course, wear face coverings, social distance of at least 6 feet

GOLF

- JS does not host events

SOFTBALL (Not held on school district property)

- No concessions
- No admission charged
- Spectators should not enter the playing field
- Spectators should not sit in the first row of bleacher seating
- Wear face coverings, social distance of at least 6 feet
- Team social distance as possible

SOCCER (2020 Season: Boys [6 seniors], Girls [5 seniors])

- Games have been moved to Avis Elementary School field
- No concessions
- No admission charged
- Spectators should not enter the playing field
- Wear face coverings, social distance of at least 6 feet
- Teams social distance as possible

TENNIS (2020 Season: 6 seniors)

- No concessions
- No admission charged
- Spectators should not enter the courts
- Wear face coverings, social distance of at least 6 feet
- Teams social distance as possible.

BASKETBALL 25 capacity indoors - (Girls MS starts late October)

- No concessions
- No admission charged
- Game personnel
 - Team & Coach (10)
 - Table Crew (3)
 - Officials (2)
 - Trainer (1)
 - Visiting team & coach (10)
- The team playing will be in the gym
- The team waiting to play or has played will be staged in a staging area (classroom, cafeteria, library)

FOOTBALL – MS/9th Grade/JV

- No concessions
- No admission charged
- Cheerleaders during the game
- Spectators should not stand on the field or track around the field
- Wear face coverings, social distance of at least 6 feet
- Teams social distance as possible
- Spectator tickets will be issued by the coach via the Athletic Director and be evenly distributed to participants parents based on the varsity decision.

MARCHING BAND (2020 Season: [4 seniors], 40 with instructors & parent field crew)

- Not traveling to away events
- Entire band performs and stays at home varsity and can participate in JV football games

CHEERLEADING (2020 Season: 18 cheerleaders [9 seniors], 2 coaches)

- Not traveling to away events
- Entire team cheers at home varsity and JV football games

FOOTBALL – Varsity

- No concessions
- Spectators should not stand on the field or track around the field
- Wear face coverings, social distance of at least 6 feet
- Teams social distance as possible
- Visiting team – no band, cheerleaders or spectators
- Live stream event – Bear 9.99 video and radio, Gary Chrisman video.
- Admission – no admission charged
- Who is in attendance?
 - JS senior parents are the first priority – tickets distributed to parents until 250 capacity is reached.