



## SOUTH MIDDLETON SCHOOL DISTRICT ATHLETIC/ACTIVITIES HEALTH AND SAFETY PLAN

### INTRODUCTION

The COVID-19 pandemic presents our school district with a myriad of challenges. A highly contagious virus that primarily attacks the upper respiratory system, COVID-19 can infect people of all ages. Research 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, 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 COVID-19, current science suggests steps schools can take to reduce the risks to students, teachers, coaches, and their families.

SMSD takes seriously the precautions and recommendations provided by our federal, state, and local governments, the Centers for Disease Control (CDC), PA Department of Health, National Federation of State High Schools Associations (NFHS) and Pennsylvania Interscholastic Athletic Association (PIAA).

The SMSD administration and school board believes it is essential to the physical and mental well-being of our school students to return to physical activity and athletic competition. However, it is unlikely that ALL students will be able to return to — and sustain — athletic activity at the same time in all schools, leagues, and districts across Pennsylvania. There will likely be variation as to which sports and activities are allowed to be played and held at any given time. While SMSD Leadership would normally have reservations regarding such inequities, the Administration endorses the idea of returning students to school-based athletics and activities in those situations where it can be done safely. This document provides guidance regarding the District's approach to the many components of "opening up" high school athletics and associated extracurricular activities (Marching Band, for example). SMSD realizes that knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The requirements that follow may be adjusted as new information becomes available.

These requirements shall be in place when athletics are permitted by State guidelines of the Governor's Plan to Re-open.

The primary point of contact for all questions related to COVID-19 and athletic activities is the **Athletic Director, Mr. Karl Heimbach: [ksh@smsd.us](mailto:ksh@smsd.us)**.

This Athletic/Activities Health and Safety Plan has been reviewed and approved by the South Middleton School District School Board and Administration. Special thanks go to the following school community members for the creation of this plan document.

School Board	Administration	School Community
Liz Knouse, President	Matt Strine, Superintendent	Chad Jumper, District Physician
John Greenbaum, Vice President	Zach Gump, Supervisor of Safety	Kim Herman, District Nurse
Jon Still, Safety Committee Chair	Karl Heimbach, Athletic Director	
Bill Hartman, Committee Member	David Bitner, Committee Member	

## REQUIREMENTS FOR ALL PHASES OF RE-OPENING

The following requirements **SHALL** be in place for **ALL PHASES** of YBMS and BSHS Athletics and Activities unless/until **officially** relaxed in light of updated conditions.

1. Athletes, Coaches, and Staff SHALL undergo a COVID- 19 health screening to check for signs and symptoms of COVID-19 prior to any practice, event, or team meeting. A screening tool can be found at the end of this document.
2. Healthy hygiene practices such as hand washing (at least 20 seconds with warm water and soap) and wearing a cloth face covering SHALL be promoted. Face Coverings will not be *required* for athletes while practicing or competing, but adult coaches and staff SHALL wear masks when within 6' of others and whenever indoors. Hand Sanitizer SHALL be available for team use.
3. Cleaning and disinfecting of athletic facilities and equipment SHALL be intensified.
4. Social distancing through increased spacing, small groups, and limited mixing between groups, when feasible, SHALL be promoted by all coaches and staff.
5. Athletes, Coaches, and Staff SHALL be educated regarding health and safety protocols.
6. Anyone who is sick SHALL be required to stay home. (see listings)
7. Contingency plans shall be in place to address a student or staff member who shows symptoms of COVID-19.
8. Regular communication and monitoring of developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures shall be undertaken.
9. Athletes and Coaches SHALL provide their own water for hydration. Water bottles must NOT be shared.
10. PPE (gloves, masks, eye protection) SHALL be used as needed and situations warrant, or as determined by local/state governments.
11. Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions should identify themselves to the Athletic Director. Such conditions include:
  - Age 65 or older
  - Lung disease, moderate-severe asthma
  - Serious heart conditions
  - Immunocompromised
  - Diabetes
  - Kidney or liver disease

## **PHASED ATHLETIC RE-OPENING PLAN**

The specific Phase Requirements listed in pages 5-10 of this document are in accordance with guidelines published by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>. Not all states are using the same criteria, and what is allowable during specific phases will vary from state to state, or even within a state. The South Middleton School District used this linked information as a resource in designing our plan.

## **EDUCATION**

Staff, Coaches, Parents and Athletes 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, etc.)
- Limiting the number of people student athletes come in contact with by remaining within their assigned groups during daily workouts.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

## **GOOD HYGIENE**

The number one thing everyone can do to limit the potential spread of COVID-19 is continue practicing good hygiene:

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings whenever in public, and particularly when using any form of mass transit.

## **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
- 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 diagnosed with COVID-19 or think you may be infected with the virus, **STAY AT HOME. DO NOT GO TO WORK OR SCHOOL. CONTACT AND FOLLOW THE ADVICE OF YOUR MEDICAL PROVIDER.** It is essential that you take steps to help prevent the disease from spreading to people in your home or community.
- 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.

## **WHAT IF AN STUDENT OR STAFF MEMBER BECOMES ILL DURING A WORKOUT, PRACTICE, OR EVENT, OR DURING TRANSPORTATION TO/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.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

## **TRANSPORTATION**

Modifications for student and coach transportation to / from athletic events may be necessary. These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

## **ATTENDANCE**

Attendees at any given athletic event will be grouped in tiers from essential to non-essential in order to decide which will be allowed at an event:

Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, 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 the local/state governments.
- Appropriate social distancing will be maintained on sidelines/bench during practices, contests, and events as deemed necessary by the school, PIAA, state and local governments.

# PHASED ATHLETIC RE-OPENING PLAN

## *Phase 1 (Moderate to Substantial Community Spread)*

### **All school facilities remain closed as per PA State Guidelines**

- Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.)
- Athletes may participate in home workouts including strength and conditioning.
- Athletes/Coaches SHALL abide by guidelines set forth by the local and state governments.

## *Phase 2 (Minimal Community Spread & after July 1, 2020)*

### **Pre- workout Screening:** (See the last page of this document for our record keeping tool.)

- All coaches and students SHALL be screened for signs/symptoms of COVID-19 prior to an organized workout. Screening includes a temperature check and responses to required questions.
- Responses to screening questions for each person SHALL be recorded and stored so that there is a record of everyone present in case someone develops COVID-19.
- Any person who has had a fever, is sick, or has COVID-19 symptoms outlined below in the previous 24 hours, or who answers “yes” to any of the required questions, shall NOT be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals, or those considered high-risk for COVID-19 should not oversee or participate in any workouts during Phase 2.

### **Limitations on Gatherings:**

- No gathering of more than 10 people at a time (inside or outside). Facilities or complexes shall not exceed 50% total occupancy.
- Locker rooms shall not be utilized during Phase 2 (with the exception of restroom use). Students SHALL report to workouts in proper athletic gear and immediately return home to shower at end of the workout.
- Workouts SHALL be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods should be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There SHALL be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. To the greatest extent possible, students and coaches should avoid congregating (particularly at the start and end of practices). Unnecessary physical contact SHALL be limited, including shaking hands, high fives, etc.

### **Facilities Cleaning:**

- Adequate cleaning schedules SHALL be implemented for all athletic facilities to mitigate

any communicable diseases.

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility SHALL be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer SHALL be plentiful and available to individuals as they transfer from place to place.
- Weight equipment SHALL be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students SHALL be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### **Physical Activity and Athletic Equipment:**

- There SHALL be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Personal items SHALL be separated.
- Students SHALL wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, SHALL be cleaned after each practice and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts, and use of plyometrics.
- Free weight exercises that require a spotter SHALL NOT be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- **Examples (including, but not limited to):**
  - A basketball or volleyball player may practice with a ball(s), but the team should not practice/pass a single ball among the team.
  - A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there shall be NO sharing of tackling dummies/donuts/sleds.
  - Softball / baseball players shall NOT share gloves, bats, or a single ball among the team. Single players may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they shall be collected and cleaned.

- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may NOT practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Runners shall maintain 6 feet of distancing between individuals

### **Hydration and Etiquette:**

- All students shall bring their own water. Water bottles must NOT be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Activities like spitting, chewing gum, or eating sunflower seeds that increase saliva exposure shall NOT occur.

### ***Phase 3 (Minimal Community Spread & after July 15, 2020)***

#### **Pre-Workout/Contest Screening:**

- All coaches and students SHALL be screened for signs/symptoms of COVID-19 prior to an organized workout. Screening includes a temperature check and responses to required questions.
- Responses to screening questions for each person SHALL be recorded and stored so that there is a record of everyone present in case someone develops COVID-19.
- Any person who has had a fever, is sick, or has COVID-19 symptoms outlined below in the previous 24 hours, or who answers “yes” to any of the required questions, shall NOT be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

#### **Limitations on Gatherings:**

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts. Facilities or complexes shall not exceed 50% total occupancy.
- If locker rooms or meeting rooms are used, there must always be a minimum distance of 6 feet between each individual.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.
- To the greatest extent possible, students and coaches should maintain social distancing, and avoid congregating (particularly at the start and end of practices). Unnecessary physical contact should be limited, including shaking hands, high fives, etc.
- Transition time will be scheduled between uses of facilities by different groups to minimize interaction.

### **Facilities Cleaning:**

- Adequate cleaning schedules SHALL be implemented for all athletic facilities to mitigate communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility SHALL be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer SHALL be plentiful and available to individuals as they transfer from place to place.
- Weight equipment SHALL be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students SHALL be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **Physical Activity and Athletic Equipment:**

- Lower risk sports practices and competitions may resume (see "Potential Infection Risk by Sport" in Appendix A).
- Modified practices may begin for Moderate risk sports.
- There SHALL be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Personal items SHALL be separated.
- Students SHALL wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

### **Hydration and Etiquette:**

- All students SHALL bring their own water. Water bottles must NOT be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Activities like spitting, chewing gum, or eating sunflower seeds that increase saliva exposure shall NOT occur.



## ***Phase 4 (Minimal Community Spread & after August 1, 2020)***

### **Pre-Workout/Contest Screening:**

- All coaches and students SHALL be screened for signs/symptoms of COVID-19 prior to an organized workout. Screening includes a temperature check and responses to required questions.
- Any person who has had a fever, is sick, or has COVID-19 symptoms outlined below in the previous 24 hours, or who answers “yes” to any of the required questions, shall NOT be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of ALL individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

### **Limitations on Gatherings:**

- Gathering sizes of up to 25 individuals indoors or 50 outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

### **Facilities Cleaning:**

- Adequate cleaning schedules SHALL be implemented for all athletic facilities to mitigate communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility SHALL be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer SHALL be plentiful and available to individuals as they transfer from place to place.
- Weight equipment SHALL be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students SHALL be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **Physical Activity and Athletic Equipment:**

- Moderate risk sports practices and competitions may begin (see “Potential Infection Risk by Sport” in Appendix A).
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified\* practices may begin for Higher risk sports:
  - \*Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
  - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

### **Hydration:**

- All students SHALL bring their own water. Water bottles must NOT be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- Activities like spitting, chewing gum, or eating sunflower seeds that increase saliva exposure should be discouraged.

## **APPENDIX A: Classification of Sports**

Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

**Higher 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: Wrestling, football, competitive cheer (with team stunts)*

**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 OR sports that use equipment that can't be cleaned between participants.

*Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, field hockey, swimming relays, pole vault\*, high jump\*, long jump\*, 7 on 7 football*

\*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants

**Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

*Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running (with staggered starts)*

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

## **APPENDIX B: PRE-EVENT SCREENING GUIDELINES & TRACKING FORM**

Screening for COVID-19 symptoms will occur prior to any workout, practice, or competition.

Symptoms and signs of COVID-19 may appear 2-14 days after exposure to the virus. Symptoms may include:

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

Coaches, Staff, and Student Athletes SHALL self-report prior to each practice/event. Temperature SHALL be taken by a designated, trained individual.

**Question 1:** Do you have a temperature of 100.4 degrees or higher?

**Question 2:** Do you have any of the COVID-19 symptoms?

**Question 3:** Are you sick?

**Question 4:** Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (read definition of close contact aloud- 6 feet, longer than 10 minutes)

If any responses are “Yes”, student will NOT be allowed to practice or compete and will be asked to leave school grounds, as will a student whose temperature is 100.4 or higher. Parents/Guardians will be notified.

*NOTE: Individual temperatures should be taken PRIOR to workouts, and preferably indoors or in a shaded area, to prevent inaccurate or high readings with infrared thermometers.*

DATE:		Circle YES or NO below										TEMPERATURE
ATHLETE/COACH NAME:	TIME:	FEVER?		COUGH?		SORE THROAT?		SHORTNESS OF BREATH?		CLOSE CONTACT OR CARED FOR SOMEONE WITH COVID-19		Record if 100.4F or higher
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
10		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
11		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
12		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
13		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
14		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
15		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
16		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
17		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
18		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
19		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
20		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
21		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
22		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
23		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
24		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
25		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
26		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
27		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
28		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
29		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
30		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
31		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
32		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
33		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
34		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
35		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

**APPENDIX C: ATHLETE PARTICIPATION WAIVER**

I, \_\_\_\_\_ agree that allowing my child to participate in athletics within the South Middleton Area School district may expose them to COVID 19. By signing this waiver, I understand and accept that my child may become sick. If my child does display any symptoms related to COVID 19, I will keep them away from others and seek medical attention prior to allowing them to resume participation.

Parent / Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **APPENDIX D: RETURN OF STUDENT OR STAFF TO ATHLETICS FOLLOWING A COVID-19 DIAGNOSIS**

A student may Return-to-Play (end of home isolation) in accordance with the CDC Guidance outlined below:

If a student thinks they have COVID-19:

- After 3 days of no fever (without medication) AND
- Symptoms have improved AND
- 10 days after symptoms first appeared.

*OR*

If tested positive for COVID-19:

- No fever (without medication) AND
- Symptoms have improved AND
- 2 negative tests in a row, at least 24 hours apart.

If tested positive for COVID-19, but has no symptoms:

- 10 days after the testing OR
- After 2 negative tests in a row, at least 24 hours apart.

If tested positive for COVID-19, but has symptoms:

- After 10 days of self-isolation from onset of symptoms AND
- 72 hours symptom free without medication.

If a student has been in close contact (within 6 feet for 10 or more minutes) with someone who tested positive for COVID-19 or was suspected to have COVID-19 (“suspected or probable” case), or has a family member that lives with them that has tested positive, the student SHALL inform the Coach and Athletic Director and self-isolate for 14 days. The Coach and Athletic Director shall then notify student athletes who may have been exposed to COVID-19 and provide guidance. Fellow student athletes in close contact will be sent home to self-quarantine for at least 14 days and/or until confirmed negative tests results as listed in the Return-to-Play guidelines.