

## RLASD Athletics Health & Safety Plan Spring 2021

**Guidance:**

1. [PA Guidance for Sports](#)
2. [PIAA Return to Competition Guidance\(Spring\)](#)
3. [RLASD Visiting Team Memo](#)
4. [RLASD Spectator Capacity](#)
5. [CDC Considerations for Youth Sports](#)
6. [NFHS Sports Medicine Position Statements and Guidelines](#)
7. [PDE K-12 Reopening Guidance](#)
8. [YAIAA Competition Guidance](#)
9. [COVID-19 Screening Symptoms](#)
10. [RLASD Video](#)

**2020-2021 Interscholastic competition season (Grades 7-12 only):**

The following information is designed to give our Athletic program guidelines and set forth expectations for conducting any level interscholastic competition or practices within our extra-curricular athletic program during the 2020-2021 winter sports. These guidelines will remain fluid as information from the CDC, Pennsylvania Department of Health (PA DOH), state and local government officials, NFHS, the Pennsylvania Interscholastic Athletic Association (PIAA), and the York-Adams Interscholastic Athletic Association (YAIAA) provide more information and updates.

Plan Requirements	Action Steps	Current Guidance
Point of contact	<ul style="list-style-type: none"> <li>● Arnold Fritzius, Athletic Director                             <ul style="list-style-type: none"> <li>○ Pandemic Team Members</li> <li>○ Kyle Masser, Assistant AD</li> <li>○ Heather White, ATC</li> <li>○ Stephanie White, ATC</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Added RLASD nurses as communication; will need to occur if students are sent home with COVID-19 symptoms with the athletic department.</li> </ul>

Revised March 1, 2021

### Cleaning, Sanitizing, Disinfecting, and Ventilation

Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student-athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)

Other cleaning, sanitizing, disinfecting, and ventilation practices

- Student-athletes need to bring their own water bottles. Sharing of water bottles is prohibited.
- Student-athletes should use hand sanitizer or wash hands as frequently as possible.
- Minimal sharing of equipment.
- Athletic equipment that may be used by multiple individuals (balls, shields, mats, etc.) should be cleaned as deemed necessary.
- Controlled practices should occur in which unnecessary contact is kept to a minimum.
- Student-athletes should be encouraged to shower and wash their workout clothes immediately upon returning home.
- Student-athletes should not be sharing or using any clothing/practice gear (ie.towels, pinnies, etc.).
- Concession stands will follow all PA DOH guidelines and permissions.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings. High touch areas should be cleaned more as required.
- Activities that increase the risk of exposure to saliva must not be allowed and include chewing gum, spitting, licking fingers.
- Touchless spouts for refills on water jugs if needed.
- Use of gloves, as needed, if staff needs to refill water.
- Head table will have hand sanitizer, disinfecting spray, and rags for use during competitions.
- Team will be intermittently disinfecting shared balls, shields, etc.
- Currently RLASD is requiring 2 participants per seat for buses, everyone masked 100% of the time with assigned seats.
- No concessions are currently permitted unless using all pre-packaged items.
- Social distancing and masks required for athletes in locker rooms for practice situations.
- YAIAA guidelines will recommend that teams arrive at games dressed.

	<ul style="list-style-type: none"> <li>● Avoid shaking hands, fist bumps, or high fives before, during, or after games and practices.</li> <li>● Locker rooms for opponents not offered, but will be held to PA DOH guidelines for gatherings if required.</li> <li>● Single entry/exit point for games and practices</li> <li>● Gym/workout areas that were used should be sanitized at conclusion of the day.</li> <li>● Student-athletes will follow RLASD COVID-19 bus guidelines and policies.</li> <li>● When feasible (weather permitting) buses will keep windows and roof air vents open to provide ventilation.</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA, and YAIAA regulations to the greatest extent possible.</li> </ul>	
<b>Social Distancing and Other Safety Protocols</b>		
<p>Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>Other social distancing and safety practices</p>	<ul style="list-style-type: none"> <li>● Locker rooms are held to PA DOH guidelines for gatherings.</li> <li>● No loitering in common areas.</li> <li>● Single entry/exit point. Student-athletes should social distance and wait outside until check-in screening takes place.</li> <li>● Social distancing should be applied during practices and gathering areas.</li> </ul>	<ul style="list-style-type: none"> <li>● Social distancing and masks required for athletes in locker rooms for practice situations.</li> <li>● Encourage teams to set up water bottles, gym bags, etc. at a distance of 6 feet when at practice to practice social distancing.</li> <li>● Teams will be asked to social distance in pre-game meetings, during the National Anthem, and other spaces as feasible</li> </ul>

	<ul style="list-style-type: none"> <li>● RLASD will follow PIAA and YAIAA regulations to the greatest extent possible.</li> <li>● During downtime, athletes, coaches and staff should not congregate.</li> <li>● Cafeteria will not be used for team meal consumption. If student-athletes and coaches use prior to departure, they will be seated in a manner to provide 6 feet of separation to minimize risk and follow the RLASD cafeteria plan.</li> <li>● In general, coaches and staff members are empowered to make decisions to keep students safe (i.e. seek shelter during inclement weather).</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA and YAIAA regulations to the greatest extent possible.</li> </ul>	<p>during competition.</p> <ul style="list-style-type: none"> <li>● Opposing teams that have competitions at RLASD will be expected to comply with YAIAA “Return to Play” recommendations.</li> </ul>
<p>Procedures for serving food at events</p>	<ul style="list-style-type: none"> <li>● Concession stands will not be offered for Spring 2021.</li> </ul>	<ul style="list-style-type: none"> <li>● No concessions are currently permitted unless using all pre-packaged items.</li> </ul>
<p>Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<ul style="list-style-type: none"> <li>● Student-athletes should use hand sanitizer or wash hands upon arrival and exit of workout, and changing of locations (indoor/outdoor).</li> <li>● Student-athletes should be encouraged to shower and wash their workout clothes immediately upon returning home.</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA and YAIAA</li> </ul>	<ul style="list-style-type: none"> <li>● Hand-sanitizing stations are set up at practice and competition sites.</li> <li>● Body wipes will be available for wrestling</li> <li>● Hand wipes will be available</li> </ul>

	regulations to the greatest extent possible.	
Identifying and restricting non-essential visitors and volunteers	<ul style="list-style-type: none"> <li>● Limit staff at practices to essential only staff. Parents and other spectators are not to be present.</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA and YAIAA regulations to the greatest extent possible.</li> </ul>	<ul style="list-style-type: none"> <li>● Current Governor and PIAA guidance define capacities (See GUIDANCE RLASD Spectator Capacities) This includes all present re: players, coaches, event staff, security, administration, etc. Events will be live streamed.</li> <li>● These guidelines will be updated to conform to any future changes.</li> </ul>
Limiting the sharing of materials and equipment among student athletes	<ul style="list-style-type: none"> <li>● Coaches should assign workout groups, as necessary, if equipment does need to be shared among teammates, as feasible.</li> <li>● Student-athletes should not be sharing or using any clothing/practice gear (ie.towels, pinnies, etc.).</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA and YAIAA regulations to the greatest extent possible.</li> </ul>	<ul style="list-style-type: none"> <li>● YAIAA Competition guidelines provide guidance for reducing the sharing of equipment.</li> </ul>

<p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p>	<ul style="list-style-type: none"> <li>● Indoor and outdoor communal spaces are held to PA DOH guidelines for gatherings.</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA, and YAIAA regulations to the greatest extent possible.</li> </ul>	<ul style="list-style-type: none"> <li>● Currently scheduling of practices will allow for the smallest number of teams at any given location, as feasible. It will also allow for staggering start times so teams are not arriving at the same time, as feasible.</li> <li>● Inclement weather plans will include assigned spaces so that teams are separated and held to the PA DOH guidelines for indoor spaces.</li> </ul>
<p>Adjusting transportation schedules and practices to create social distance</p>	<ul style="list-style-type: none"> <li>● Student-athletes will follow RLASD COVID-19 bus guidelines and policies.</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA and YAIAA regulations to the greatest extent possible.</li> </ul>	<ul style="list-style-type: none"> <li>● Currently RLASD is requiring 2 participants per seat for buses, everyone masked 100% of the time with assigned seats.</li> <li>● Vans will be utilized, as feasible, to allow for teams to transport equipment to help with the number of athletes on a bus.</li> </ul>
<p>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</p>	<ul style="list-style-type: none"> <li>● No parents, guardians, or spectators are allowed to remain to watch practice. Students must be dropped off and picked up at the end of practice.</li> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible.</li> <li>● Live Streaming via RLATV YouTube and NFHS Network</li> </ul>	<ul style="list-style-type: none"> <li>● Currently scheduling of practices will allow for the smallest number of teams at any given location, as feasible. It will also allow for staggering start times so teams are not arriving at the same time, as feasible.</li> <li>● Current Governor and PIAA guidance allow total capacities of indoor based on percentage of total seating. This includes all present re: players, coaches, event staff, security, administration etc. Events will be live streamed.</li> </ul>

<p>Hydration plans for practices, competitions and out of season “open gyms”</p>	<ul style="list-style-type: none"> <li>● Athletes directed to supply personal water jugs and containers.</li> <li>● Touchless water systems installed on Gatorade and Igloo hydration containers.</li> <li>● Additional touchless spigots purchased for upgrade and/or repairs.</li> <li>● Gloves available for individuals (one per team) responsible to refill participants containers.</li> <li>● Bottled water available if conditions required.</li> <li>● In general, coaches and staff members are empowered to make decisions to keep students safe (i.e. seek shelter during inclement weather).</li> <li>● RLASD Athletics will follow RLASD, PA DOH, PIAA, and YAIAA regulations to the greatest extent possible</li> </ul>	<ul style="list-style-type: none"> <li>● Participants are bringing water containers for activities.</li> <li>● Touchless spigots for 5-gallon containers available</li> <li>● Managers or coaches will have gloves available for dispensing water into personal containers.</li> <li>● Bottled water is available.</li> </ul>
<p><b>Monitoring Student-Athletes and Staff Health</b></p>		
<p>Monitoring student athletes and staff for symptoms and history of exposure</p> <p>Other monitoring and screening practices</p>	<ul style="list-style-type: none"> <li>● Rosters and attendance kept. This includes coaches and staff.</li> <li>● Student-athletes, coaches, and staff should be screened daily.</li> <li>● Parent/Guardian should screen daily using CDC guidelines</li> <li>● Opposing teams will conform with YAIAA Return to Play procedures</li> </ul>	<ul style="list-style-type: none"> <li>● Currently we keep paper copies of voluntary workout attendance. This updated form allows for the coaches to check in their athletes once the students return to school.</li> <li>● Opposing teams and officials will need to verify that COVID-19 symptoms have been checked before participation and may be expected to provide documentation <ul style="list-style-type: none"> <li>○</li> </ul> </li> </ul>

<p>Isolating student athletes, coaching staff, or visitors if they show symptoms</p>	<ul style="list-style-type: none"> <li>● Should an individual athlete show symptoms during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space. <ul style="list-style-type: none"> <li>○ The parent or guardian should be notified right away by the coach.</li> <li>○ Any athlete sent home should be reported to the Athletic Director as soon as possible through email, phone call, or text.</li> </ul> </li>   <li>● Any person with symptoms reported will be removed from practices or competitions and will be sent home. <ul style="list-style-type: none"> <li>○ It is recommended that the student-athlete (and parent/guardian) contact their health-care professional.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Training staff will immediately remove participant(s) from competition or practices and notify the parent or guardian. The student-athlete will be removed from the playing/practice area.</li> <li>● PA DOH will provide guidance for next steps</li> </ul>
<p>Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<ul style="list-style-type: none"> <li>● To return to participation, follow PA DOH and PIAA guidance along with a student-athletes PCP (primary care physician). District and athletic administration will follow its practices and protocols already in place.</li> </ul>	<ul style="list-style-type: none"> <li>● Comply with PA DOH guidance for participants who test positive and those in close contact.</li> <li>● The Athletic Department, school nurses and OSS Athletic Trainers will work collaboratively in returning our athletes to sports through guidance from PA DOH.</li> </ul>
<p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<ul style="list-style-type: none"> <li>● RLASD will immediately notify appropriate staff, families and the public based on PA DOH guidance.</li> <li>● PA DOH will provide direction and guidance for specific contact tracing in the event of a confirmed case.</li> </ul>	



**Other Considerations for Student Athletes and Staff**

<p>Protecting student athletes and coaching staff at higher risk for severe illness</p>	<ul style="list-style-type: none"> <li>● Protecting students and staff who are at higher risk for severe illness will be handled on a case-by-case basis, based on current health guidance.</li> <li>● Educate Athletes, Coaches, and Staff on health and safety protocols</li> <li>● Encourage all student-athletes who are sick to stay home. This will be done without fear of punishment / team consequences.</li> <li>● Coaches should identify a structure of coaching responsibilities in case they are unable to perform coaching duties.</li> </ul>	<ul style="list-style-type: none"> <li>● Coaching staff will continue to receive updates from the Athletic department regarding changes in procedures and expectations.</li> <li>● Parent reminders and information will be shared as required.</li> </ul>
<p>Use of face coverings by all coaches and athletic staff</p>	<ul style="list-style-type: none"> <li>● For coaches and staff, mask guidance will follow all current guidance from the PA DOH.</li> <li>● RLASD will provide gaiters to coaching staff as required.</li> <li>● RLASD will provide gaiters to staff as required</li> </ul>	<ul style="list-style-type: none"> <li>● DOH Guidelines will be monitored and followed as required</li> </ul>
<p>Use of face coverings by student athletes as appropriate</p>	<ul style="list-style-type: none"> <li>● Mask guidance will follow all current guidance from the PA DOH</li> <li>● RLASD will provide gaiters to student athletes as required.</li> </ul>	<ul style="list-style-type: none"> <li>● DOH Guidelines will be monitored and followed as required</li> </ul>
<p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p>	<ul style="list-style-type: none"> <li>● RLASD Athletics will follow RLASD Reopening Guidelines, PA DOH, PIAA, and YAIAA regulations to the greatest extent possible.</li> </ul>	<ul style="list-style-type: none"> <li>● DOH Guidelines will be monitored and followed as required</li> </ul>