

# **BELLEVILLE MENNONITE SCHOOL**

## **ATHLETIC DEPARTMENT**

### **RESOCIALIZATION OF SPORTS**

#### **POLICY AND PROCEDURE**

The purpose of this policy is to guide the return to athletics during and immediately following social distancing concerns due to COVID-19. While it is not possible to eliminate all risk of furthering the spread of infection to others, current science suggests there are many steps schools can take to reduce the risk of COVID-19 to students, coaches, and their families. During this time, this document overrules the BMS Athletic Training Policy & Procedure Manual to assure all issues concerning COVID-19 are addressed timely and appropriately. This policy will be a living, working document, that is continually reviewed and updated as our school and community environment changes. This policy includes current recommendations from the CDC, PA DOH, NFHS, and PIAA. Parents and the school community will be updated as policies and procedures are amended due to developments in research, cases, and local recommendations.

This policy applies to all staff members and athletes (e.g., athletic trainer, physician, athletic director, coaches, school administrators, game managers, and advisors) of Belleville Mennonite who are associated with athletics.

## **PROCEDURES**

### **Preparticipation Physical Exams**

Belleville Mennonite will follow regular policy regarding athletic physicals. All physicals must be dated after June 1 of the current school year and be completed, along with accompanying paperwork, on Dragonfly prior to any physical participation.

There are 2 new pages to the physical this year acknowledging the potential health risk that comes with playing sports. Parents will be asked to sign off on the possibility of COVID exposure and contraction, despite the precautions the teams are taking.

### **Athletes Who Screen Positive**

Athletes, coaches, and staff will be required to complete a prescreen questionnaire, including current temperature, prior to every event. The screen will include questions regarding signs, symptoms, and exposure. Signs and symptoms of COVID-19 may range from mild to severe, with some people remaining asymptomatic. Symptoms may include (CDC Symptom sheet in Appendix):

- Fever (100.4 >) and/or chills
- Cough
- Shortness of breath/Difficulty breathing

Fatigue  
Muscle pain (non-athletic related) and/or aches  
Headache  
New loss of taste or smell  
Sore Throat  
Congestion/Runny nose  
Nausea/Vomiting  
Diarrhea

**\*\*If you are sick with COVID-19 or suspect that you may have the virus, STAY AT HOME!! It is essential that you do what you can to help prevent the disease from spreading to people in your home or community.\*\***

Athletes with positive responses or a “close exposure” will be sent home. A “close exposure” is defined as a positive household member, prolonged exposure (>10 minutes) within 6 ft of a positive individual, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from a positive individual. Athletes will be instructed to follow-up with their medical provider to determine if further evaluation is warranted.

Athletes who screen positive at school will be quarantined in a designated area, outside when possible and weather permitting, wearing a facial covering, until their ride arrives. Anyone tending to sick athletes will wear appropriate CDC recommended PPE, including at least a mask, and practice good hand hygiene. EPA approved cleaners will be used to disinfect exposed areas after athletes leave.

#### **WHEN TO SEEK EMERGENCY MEDICAL CARE:**

**If you experience any of these symptoms, please seek immediate emergency medical care.**

**This list is not all inclusive:**

- Trouble breathing**
- Persistent pain/pressure in chest**
- Confusion**
- Inability to wake or stay awake**
- Bluish lips or face**

### **Quarantined Athletes**

Athletes will follow the recommendations of the PA DOH in terms of necessity to and duration of quarantine due to exposure. The athletic department will rely on the DOH for clearance to return to play after quarantine.

### **Confirmed Diagnosis**

The athletic trainer and athletic director will consult with the team physician, guardian, athlete, and athlete’s PCP as appropriate, in regards to athletes who have a COVID-19 positive

diagnosis prior to their sport's season, assuring the athlete is returned to play in an appropriate manner and following Geisinger Athletic Clearance protocol.

If athletes, coaches, or staff do test positive, the school should be notified immediately (principal, athletic director, and athletic trainer), as precautions including quarantining and symptom monitoring, notifying proper public health departments, and contact tracing (per CDC/PA DOH, sheet in Appendix) will occur.

Medical evaluation and clearance are **required** for athletes with a confirmed diagnosis of COVID-19. This may include additional cardiac, pulmonary, and kidney function testing as determined by the Geisinger Athletic Clearance for Participation After COVID protocol. Based on this protocol, there may be a graduated return that follows a day by day increase in activity to avoid overloading the athlete after a period of inactivity. Athletes will be screened for symptoms of chest pain/pressure, difficulty breathing, dyspnea or dizziness with exercise, or decreased exercise tolerance upon return to play.

## **Athletes With Risk Factors**

The CDC states individuals at higher risk of severe COVID-19 include those with a serious heart condition, uncontrolled or moderate to severe asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, or a weakened immune system. Athletes with any of these diagnoses are recommended to undergo an informed decision-making process with their medical provider prior to athletic participation. Exposure to teammates and opponents may increase their risk of becoming infected, but there is limited published data in young athletes to support this determination at this time.

## **Coaches With Risk Factors**

Coaches will complete the PIAA form to acknowledge the risk of coaching during this time (Appendix). There is a possibility of exposure and contracting the virus due to the nature of athletics. This could be complicated for some coaches, if they have certain medical conditions. Some conditions that can contribute to higher risk of severe illness from COVID-19 include (CDC Higher Risk sheet in Appendix):

- Chronic lung disease

- Moderate to severe asthma

- People who are immunocompromised (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids or other immune weakening medications)

- Severe obesity (BMI 40 or >)

- Diabetes

- Chronic kidney disease undergoing dialysis

- Liver disease

## Protocol for Athletic Teams

1. If you are sick with COVID-19 or suspect that you may have the virus, STAY AT HOME!! It is essential to do what you can to help prevent the disease from spreading.
2. All participants (coaches, athletes, staff) will undergo a COVID-19 prescreen, including symptoms and temperature, prior to every practice, event, and team gathering/meeting.
3. Athletes with higher risk of severe illness due to current medical conditions will be identified and monitored throughout the season by the athletic trainer. Extra care or clearance will be determined on a case by case basis.
4. Participants will be asked to wash hands (20+ seconds with warm water and soap), when available, or use some form of hand sanitizer prior to participation and throughout events. Hand sanitizer will be provided for team use.
5. Participants must refrain from activities that increase the risk of exposure to saliva, including chewing gum, sunflower seeds, licking fingers, and lollipops.
6. Face coverings will be worn to decrease spread by an infected individual. Participants will wear face coverings when not actively participating in an intense drill or play. Coaches will wear masks at all times, unless actively participating in activity.
7. Appropriate clothing/shoes should be worn at all times in the athletic office to minimize transmission onto equipment surfaces.
8. Teams will be asked to socially distance as much as possible, including the athletic training room, bench, in line for drills, and during team meetings on and off the field or court. Dividing into small pods to be used throughout the season may help in this.
10. Personal contact of any kind is to be limited; fist bumps, handshakes, and high fives should be avoided at practices and games.
11. Students should come dressed and ready for participation when able, limiting the use of locker rooms. Teams will be assigned designated areas for storing belongings during practices, assuring individuals belongings' are separated by 6 ft.
12. Equipment should not be shared by athletes, this includes shoes, shin guards, socks, bags, brushes, water bottles, etc. Pinnies will not be shared by athletes in a single session; athletes will be provided personal pinnies to use for the season. Pinnies need to be washed daily.
13. Team medical kits will be stored in the athletic office and only be used when an athletic trainer is not present and away games. Epi-pens and inhalers will be stored in designated team containers with alcohol wipes available.
14. The athletic trainer will have ice available daily for home events.
15. Parents should stay in the car during drop off and pick up, doors will be propped to discourage using handles, and teams will be assigned entrance doors as appropriate.
16. Nonessential adults, including volunteers, should have limited access to the team to reduce exposure. Masks should be encouraged for anyone who is around the team.
17. Concession stands and other food must adhere to the Guidance for Businesses in the Restaurant Industry.

## **Spectators**

Spectators are currently limited to 250 outside and 20% capacity of an indoor venue. Spectators will be asked to socially distance from other home units by 6 feet and to mask. As allowances change BMS will adapt our policy, using the following as guidelines:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-essential) – Spectators, vendors

The area around team benches will be marked off to help maintain social distancing. Spectators over 2 yrs old need to wear facial coverings while attending indoor events and when social distancing is not possible outside.

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

Belleville Mennonite School will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students and the school community to unnecessary or potential high-risk exposure.

## **Facility Cleaning**

Athletic facilities will be cleaned with cleaners EPA approved to kill COVID-19.

Balls will be cleaned throughout and at the end of each athletic event, as dictated by PIAA and CDC recommendations.

Benches will be cleaned prior to athletic events and marked or separated for social distancing.

The athletic training room will be cleaned daily, while tools, tables, and weight equipment will be cleaned between each athlete.

## **Transportation:**

Modifications for transportation to/from athletic events may be necessary. These may include:

- Reducing the number of students/coaches per bus/van
- Using hand sanitizer upon boarding or exiting the bus/van
- Social distancing on the bus/van

These potential modifications will be determined by the school board and administration, bus companies, Department of Education, and State and Local governments.

## **Hydration**

As with BMS' traditional hydration policy, water will be continuously available to athletes and they will not be denied when requesting water.

**Water Bottles:** Athletes will use personal water bottles from home. Coaches should bring

personal water bottles to use throughout practices and games as well. Bottles should be washed regularly at home. BMS will provide the athletes with the option of getting their bottles sanitized every Wednesday in the school's dishwasher. If athletes arrive at practice without a water bottle, they will be permitted to sign out a sanitized bottle from the athletic trainer for the day, returning it in the designated area at the end of the event. Athletes should under no circumstance share bottles or go without water!

**Water Cooler:** BMS will either use a water cooler at events, to be used by the athletic trainer only, or the touchless bottle filler by the gym. Hand sanitizer will be provided at the cooler for the athletic trainer to use before and after filling bottles. There is hand sanitizer on the wall beside the bottle filler available for use before and after filling individual bottles. The water cooler will be cleaned at the end of the event.

Away teams will need to provide their own water coolers or have someone available to fill bottles using the touchless bottle filler in the gym.

## Education

Staff, coaches, 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, mask donning and doffing, coughing 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 Resocialization to Sport Guidelines document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA

## 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 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

## LEVELS OF PARTICIPATION

Coaches and athletes must abide by guidelines set forth by the local and state government and PIAA throughout each Level and Phase.

**Level 1 (PA State Red)**

- Team Activities: NO In-person gatherings allowed, athletes and coaches may communicate via online meetings (zoom, google meet, etc.) and athletes may participate in individual home workouts including strength and conditioning.
- All school facilities remain closed as per PA State Guidelines.

**Level 2 (PA State Yellow or Green - as permitted by PIAA)**

- Team activities: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.
- Limitations on Gatherings: 25 individuals in Yellow and 250 in Green per group including coaches, per practice area
- Lower risk sports practices may begin
- Moderate and Higher risk sports - practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development

**Level 3 (PA State Green - as permitted by PIAA)**

- Team activities: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.
- Low, moderate, and high-risk practices are full go. Low and moderate risk competitions may begin (as per State, Local, and PIAA Guidelines)

**Level 4 (PA State Green - as permitted by PIAA)**

- Team activities: Low and moderate risk sports may resume. High risk sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition. All sports may resume normal practice and competition.
- Social distancing should still be considered and applied as able

**Acknowledgement of Receipt and Understanding:**

The following personnel have received a copy of this COVID-19 Policy and Procedure document and will be held to the standard of upholding these policies in accordance with their role.

Shauna Pearson, ATC \_\_\_\_\_

Date \_\_\_\_\_

Michael Armstrong, AD \_\_\_\_\_

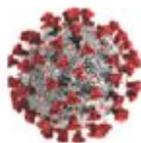
Date \_\_\_\_\_

Nicholas Wilson, Superintendent \_\_\_\_\_

Date \_\_\_\_\_

# APPENDIX

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# PA DEPT OF HEALTH CONTACT TRACING

## 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 works with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then informs 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/>