

### Outline for COVID-19 policies

- Education of student-athletes and coaches that allows them to self monitor for signs and symptoms. Education will include proper hand washing protocols and how to recognize signs and symptoms of covid-19.
- Students will be educated on proper hygiene and hand washing methods. Hand sanitizer will also be made available for student-athletes and coaches.
- Prompt identification and isolation for sick student-athletes and coaches
- Actively encourage sick student-athletes and coaches to stay home
- Athletes Temperatures will be taken as deemed necessary or at request of parent, coach, or athletes. Either the trainer or coach will take the temperature, if it is 100.4 or above they will be isolated in the trainers office and an adult will supervise them from the weight room.
- Stay up to date on local outbreaks
- Interview student athletes who are sick or exhibiting signs and/or symptoms of Covid-19 as well as their parents and coaches.
- Attendance must be taken of players and coaches at practice so if someone does become ill, so we can contact trace the people they have come in contact with.
- No visitors or spectators are permitted at this time, if someone shows up, please ask them to leave. If they refuse, please contact an Athletic Director.
- Transportation will follow the district plan for school transportation.
- Coaches and Volunteers will wear masks, unless it is harmful to their health.
- Develop cleaning schedules for all team equipment.
- Coaches must help implement and enforce a strict schedule of cleaning ex:  
athletes taking all equipment home for proper cleaning, practice jerseys being laundered after use, tackling dummies being cleaned post use, student-athletes and coaches practicing good hygiene.
  - Football (required, but not limited to):
    - Monday and Thursday (Wednesday for JH) coaches will supervise the cleaning of helmets and shoulder pads with provided cleaner as well as shared equipment and balls.
    - Monday-Friday - coaches will remind athletes (and check the drying room for equipment) to wash all equipment.
  - Indoor Sports (Volleyball, Basketball, and Cheer)(required but not limited to)
    - Twice a week on non game days all shared equipment (including cheer mats) and balls will be sanitized using provided sanitizer as well as spraying players knee pads or leg sleeves.

- Monday-Friday - coaches will remind athletes (and check the locker room for equipment) to wash all equipment.
  - Athletes will be required to wear shirts during the entire practice or “open gym” or “open field” session. This will limit skin to skin contact between athletes and equipment.
  - Parents dropping off athletes should not leave until the student-athlete they are dropping off is cleared to practice.
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- Contacts - Scott Kindel 814-319-8319 or 814-745-3460  
814-473-3121 ext 1141 (work) or [kindelsr@unionsd.net](mailto:kindelsr@unionsd.net).

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814-745-2152 or [salvoaj@unionsd.net](mailto:salvoaj@unionsd.net).

### **Social Distancing**

1. Adhere to gathering limitations set forth by the Governor’s Plan for Phased Reopening (25 in yellow, 250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

#### **At 50% total occupancy:**

Weight Room : 15

Main Gym: 250

Auxiliary Gym: 50

Athletic Training Room: 3

Cafeteria: 75

Outdoor Facilities: 250

2. Encouraged social distancing at all times. This includes during meetings, practice, locker rooms and Athletic training rooms.
  - a. Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators. This includes wearing a shirt during workouts to eliminate as much skin to skin or skin to equipment as possible.

- b. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.

### 3. Water/ Food During Sports

- a. All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- b. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.

We will actively watch and follow PA Health Department, CDC, and PA Governor's guidance on guidelines and protocols.

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

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

- Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

- The community, league, or team must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also should be educated on proper hand washing and sanitizing.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.

- Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Concession stands or other food must adhere to the [Guidance for Businesses in the Restaurant Industry](#).

To operate games or practice, organizations and teams that are otherwise permitted to conduct in-person activities pursuant to this guidance **are encouraged to do the following:**

- In counties in the Yellow Phase of Reopening, indoor training or sports may only be conducted by organizations subject to supervision or regulation of the Pennsylvania Interscholastic Athletic Association or National Collegiate Athletic Associations, and only in accordance with guidance provided by those governing bodies. Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.
- Adult athletes are encouraged to wear face coverings when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.
- Limit cash transactions to the extent possible; find alternative ways to charge admission and pay for concessions.
- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility.

**Union School District  
Athletic Department  
Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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, USD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, USD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the USD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning of equipment
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the USD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While Particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by USD to

limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

\*Parents/Guardians may request a full copy of the USD Resocialization of Sports Recommendations.

Contact Scott Kindel, AD at [kindelsr@unionsd.net](mailto:kindelsr@unionsd.net) , Ange Salvo Assistant Athletic Director at [salovaj@unionsd.net](mailto:salovaj@unionsd.net) or Heather Clover, ATC [cloverhj@unionsd.net](mailto:cloverhj@unionsd.net).



# Return to Play Guidelines

KNIGHTS



DAMSELS