



**LAKE-LEHMAN SCHOOL DISTRICT**  
**Athletic Reopening Protocol**  
***Green Phase: Health and Safety Plan***

---

The mission of the Lake-Lehman School District is to inspire students to achieve personal fulfillment through the context of community, mastery, independence, and generosity within a safe learning environment.

Our core values promote:

- Work-Ethic
- Sacrifice
- Positive Attitude
- Ability to Compete

The Lake-Lehman School District *Green Phase: Health and Safety Plan* addresses CDC guidelines and recommendations for the well-being of all stakeholders in the context of our mission statement.

The Lake-Lehman School District is committed to preserving the health and safety of all student athletes and coaches. We value the benefits of athletics and realize the importance of returning our athletes and coaches to play. In doing so, our District recognizes all necessary safety precautions and will support the athletic community in returning to activities.

## **Green Phase Athletic Specifications**

### **General Guidelines:**

- All athletic practices must be scheduled and approved by the Athletic Director and Administration no later than Wednesday of the prior week.
- Practices will only be permitted to be held on assigned zone locations only.
- There will be no more than 50 total individuals including athletes and coaches per zone.
- There will be no more than 250 individuals total within the entire campus capacity.
- Only 1 athletic team permitted per zone per scheduled practice.
- Practice times will be staggered and separated to minimize potential athlete crossover.
- No other areas on campus can be used at any time.
- Coaches and athletes should wear face masks when applicable.

### **Cleaning, Sanitizing, Disinfecting and Ventilation**

#### **Facility Cleaning:**

##### ***Weight Room:***

- Athletes and coaches must wash/disinfect hands upon entrance/exit.
- No more than 20 including athletes and coaches at a time.
- Athletes will wipe down every piece of equipment used with disinfectant wipes after each individual use.
- Spotters must maintain social distancing regulations (i.e. Bench press would require 2 spotters, one on each end of the bar).
- Coach must use a sprayer to disinfect the entire weight room area at the end of each training session.

##### ***Coaches Room:***

- No athletes in the coaches room.
- Masks must be worn by all coaches when entering.
- No more than 3 coaches at a time.
- Used for essential purposes only; No congregating meetings.
- Coach must spray/disinfect after every use.
- Coaches must wash/disinfect hands upon entrance/exit.

***Locker Rooms/Restrooms/Trainer's Room:***

- Essential/restroom use only.
- Masks should be worn.

***Spectator Areas:***

- Closed until further notice.

***Indoor/Outdoor Facilities:***

- Coaches will be provided with Personal Protective Equipment (PPE) and sanitation supplies.
- Follow all social distance guidelines.
- Wipe down/disinfect athlete benches (if used) before and after each practice.
- Practice facility surfaces will be sanitized when practices conclude.

***Athletic Equipment:***

- Wipe down/disinfect all athletic equipment before, after and during use as needed.
- Athletes will take home all individual sporting equipment.
  - Note:Football will be permitted to store helmets and shoulder pads only in the locker room.
- It is recommended that all athletes clean/disinfect individual sporting equipment before and after use.
- Athletes are not permitted to share any personalized equipment. This includes items such as clothes, towels, drinks, etc.

***Closed Facilities:***

- Showers
- Whirlpools
- Concessions

**Social Distancing and Other Safety Protocols**

***Limitations on Gathering:***

- Closed practices until further notice.
- Limited to 50 individuals including both athletes and coaches per practice.
- Follow social distance guidelines when feasible.
- Minimal contact activities only.

**Hydration:**

- Athletes and coaches must bring their own beverages.
- Athletes and coaches are not permitted to share beverages.
- All beverage bottles must be labeled. Labeling supplies will be provided.

**PPE:**

- The District will provide PPE packs to all coaches.
- Coaches are required to bring PPE packs to every practice.
- Coaches are encouraged to wear a face mask when feasible, unless doing so jeopardizes their health.
- Athletes are encouraged to wear face masks when applicable.
- Coaches will ensure all sanitary guidelines are being followed. This includes but not limited to the following:
  - Hand sanitizing & washing
  - Glove use
  - Face masks
  - Screenings
- Coaches are required to properly dispose of all used items from the PPE pack.

**Transportation:**

- The District will not provide transportation at this time.
- Parents/Students will need to arrange for independent transportation.
- The District encourages all athletes to follow social distancing guidelines.

**Monitoring Athlete and Staff Health****Pre-workout/Pre-contest Screening:**

- All athletes will have a temperature and health and well-being check.
- Any athlete registering a temperature of 100.4 or higher will be sent home and parent/guardian and administration will be notified by the coach.
- Coaches will encourage all athletes to self report symptoms prior to practice or at the time of screening.
- The District strongly encourages any athlete or coach to stay home if exhibiting any symptoms.
- Coaches will record the daily participation of athletes and the completion of screening on the Roster Verification Form.

***Protocol for Confirmed Illness:***

- Any athlete/coach will be isolated immediately.
- Parents/guardians and administration will be contacted by the coach.
- Contact and obtain/follow advice from a medical professional.
- Administration will initiate notification procedure if applicable.

***Return to Activity:***

- Any athlete/coach will only return upon documented release from a medical professional.
- Documentation must be reviewed and approved by the athletic trainer or nurse before an athlete is able to return to any athletic activity.

***Coaching Staff Health:***

- The District strongly encourages any coach to stay home if exhibiting any symptoms.
- Self-screening will be required for all coaches prior to athlete screenings.
- Coaches will follow the same protocol for any confirmed illness and return to activity as outlined for athletes mentioned above.

**Other Considerations for Athletes and Staff**

***Hygienic Practices:***

- The District encourages proper handwashing and sanitation practices for all athletes and coaches.
- The District strongly encourages any athlete or coach to stay home if exhibiting any symptoms.

***Athletic Trainer:***

- The District will utilize the athletic trainer as a key component to ensuring the health and safety of all athletes and coaches.

***Participation Record:***

- Coaches will complete daily roster verification documentation of participating athletes.
- All roster verifications will be made available to administration upon request.

## Health and Safety Plan Education

### ***COVID-19 Health and Safety Protocol Meeting:***

- A meeting will be held by the Athletic Director.
- The topics for the COVID-19 Health and Safety will be as follows:
  - Mandatory review of CDC guidance.
  - Appropriate hygiene practices for all athletes and coaches.
  - Review of COVID-19 symptoms and protocol for identifying those at risk.

### ***Ongoing Educational Efforts:***

- Pertinent information will be made available to the athletic community.
- Informational posters will be displayed in high traffic areas.
- Updates will be available upon transition into future phases.
- Coaches will be offered training opportunities consistent with those selected for District staff.

## Health and Safety Plan Communications

**Contact Person: Jeffrey Shook, Athletic Director**

### **Health & Safety Plan General Information:**

- Subject to School Board approval.
- Appendix A: Student Athlete Participation Waiver for Communicable Diseases Including Covid-19
- Appendix B: Roster Verification Form
- Appendix C: Athletic Green Phase Zone Map
- Plan will be posted to District website at [www.LLSD.org](http://www.LLSD.org)
- The District will re-assess epidemiology data and governmental guidelines continually to modify the Plan
- Questions may be directed to: Jeffrey Shook, Athletic Director via email to: [ShookJ@LLSD.org](mailto:ShookJ@LLSD.org)

**Athletic Reopening Protocol Green Phase: Health and Safety Plan**

**Anticipated Launch Date: June 22, 2020**

**Governing Body Affirmation Statement**

The Board of Directors/Trustees for Lake-Lehman School District have reviewed and approved the Athletic Reopening Protocol Green Phase: Health and Safety Plan on June 22, 2020.

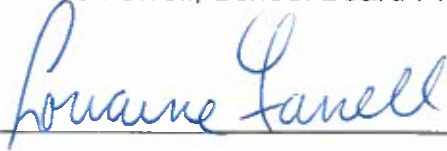
The plan was approved by a vote of:

9 Yes

0 No

Affirmed on: June 22, 2020

By: Lorraine Farrell, School Board President



(Signature)



(Printed)



**Lake-Lehman School District  
Athletic Department  
Student Athlete Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics 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, and their families.

The LLSLD 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 LLSLD 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.

**These Recommendations include but may not be limited to**

1. Athletes, Coaches, and Staff 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. It will include self-reporting of symptoms and temperature check.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared. **Refill Stations and Water Fountains will NOT BE AVAILABLE!**
10. PPE (gloves, masks, etc) will be used as needed and as situations warrant, or determined by local/state governments

I understand 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. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the LLSLD to limit the exposure and spread of COVID-19 and other communicable diseases.

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

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

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

\* Contact Jeff Shook, Athletic Director at [shookj@lisd.org](mailto:shookj@lisd.org); School Nurse, Karen Muldoon at [muldoonk@lisd.org](mailto:muldoonk@lisd.org) or Athletic Trainer, Lora Hardy at [Lora.chronowski@gmail.com](mailto:Lora.chronowski@gmail.com) with any questions or concerns.

\*The Lake-Lehman School District's *Athletic Reopening Protocol* is available on the District website [www.lisd.org](http://www.lisd.org).

LAKE-LEHMAN SCHOOL DISTRICT  
*Athlete Roster Verification Form*

\*\* This document must be completed for each day of activity.

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

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

Athlete Name	Screening Completed (Y/N)

Coach Completing Screening & Verification:

Signature: \_\_\_\_\_

Print: \_\_\_\_\_



**LAKE-LEHMAN SCHOOL DISTRICT  
ATHLETIC GREEN PHASE ZONES**