



OTTO-ELDRED SCHOOL DISTRICT

PK-12 Athletics

Health and Safety Plan

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.

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Athletics Health and Safety Plan: [Otto-Eldred School District](#)

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has developed a COVID-19 dashboard that will provide counties information related to the recent rate of COVID-19 infection in the region. This dashboard will be one tool of many to establish our district's operating status. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- **Substantial Risk:** Schools remain closed for full, in-person instruction and no sports are allowed in counties designated as being in the Red Phase. Any students permitted on campus would be in alignment with state restrictions in place at that time.
- **Moderate or Low Risk:** Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

This plan documents Otto-Eldred's plan to bring back student athletes and coaching staff, how we will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

[This plan will likely change as directives/guidance from PDE, Governor's Office or Department of Health is updated.](#)

Resuming PK-12 Sports-Related Activities

Anticipated launch date for sports related activities: [August 24, 2020](#)

Through August 21, 2020, the Otto-Eldred Summer Activity Guidance will be used for programs beginning pre-season activities. August 24, 2020 is the first day of formal activities for the 2020-21 school year. The UPMC Return to Sports During COVID-19 guidelines will be adapted for use by OESD.

The Acclimatization Phases will include three phases to safety return to game-ready situations. Phase 1 and 2 will take 1-2 weeks each (minimally), with competitions beginning at Phase 3. Progression through the phases is based on limited or no positive COVID-19 spread in the school community. A “Common Sense” approach to competition planning will include less competitions scheduled with teams in our historically league-related regions (Potter, McKean, Cameron, Warren, Elk Counties). Additionally, competitions with multiple opponents will be reduced to the maximum extent feasible. No scrimmages will be held in the fall season and no multi-team invitationals or meets will be attended.

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person’s contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Matthew Splain	OESD Superintendent	mattsplain@ottoeldred.org , (814)817-1380, option 3
Kaci Daniels	OEHS Principal	kdaniels@ottoeldred.org (814)817-1380, option 2
Tim Burris	Activities Director	tburris@ottoeldred.org (814)817-1380, option 2

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

UPMC Sports Medicine Playbook: Return to Sports During COVID-19 (HS) – Adapted for OESD Use (August 2020)

Acclimatization Phase:

HS Sports participants are generally from the same community and are presumed to have appropriately socially distanced by nature of the government mandates. During the summer of 2020, OEHS coaches organized volunteer team activities with mitigation efforts in effect to bring students together safely following the OESD Summer Activity Guidelines.

Phase One (prior to first student day of school):

The team should be broken into groups of no more than 10 student athletes. These groups should remain consistent until the first day of school for students. During this period, the students would be permitted to participate in non-contact workouts in their small groups. They should continue to wear masks and or maintain social distancing when indoors and while not engaged in practice activities. Any shared equipment during practice should be cleaned frequently. Any participant equipment should be cleaned daily.

Phase Two (starting on first student day of school for minimally 2 weeks):

After small group work and a community disease load that is not rising, the teams of 10 may be merged into groups of no more than 50 students who can now practice full contact. Social distancing should be maintained at all other times such as in the weight room, sidelines and locker rooms. Any shared equipment during practice should be cleaned frequently. Any participant equipment should be cleaned daily.

Phase Three (no earlier than September 10):

After the phase-in period is complete and disease load in the community is not rising, teams may then combine to the total group for full practices and competition. Social distancing protocols, including masking on the sideline, should remain in place at other times. Disease load in the opponents' communities should also not be on the rise. It is understood that changes in competitions may be

made at a moment's notice up until the start of the scheduled event. The OESD Activities Director will be in contact with opponents on and prior to the day of competition to ensure there is no additional risk of spread through the playing of the event.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirements	Action Steps
<p>* 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)</p>	<p>OESD Custodial staff will sanitize all district spaces appropriately on a daily basis per the return to school plan adopted by the OESD school board.</p> <p>Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.</p> <p>Cleaning products should not be used near students, and staff should ensure that there is adequate ventilation when using these products to prevent students or themselves from inhaling toxic fumes.</p> <p>If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors.</p> <p>Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.</p>
<p>Other cleaning, sanitizing, disinfecting, and ventilation practices</p>	<p>UV lighting (artificial and natural) will be used to sanitize equipment as well as other products purchased with the same intent.</p> <p>Ventilation will be utilized in all spaces to the greatest extent feasible</p>

Social Distancing and Other Safety Protocols

Requirements	Action Steps
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p>	<p>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.</p> <p>PA Department of Health Mask Order will be in effect as adopted for school activities.</p> <p>Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.</p> <p>If keeping physical distance is difficult with student athletes in competition or group practice, consider relying on individual skill work and drills.</p> <p>Encourage student athletes to wait in their cars with parents/guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.</p> <p>Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses.</p>
<p>* Procedures for serving food at events</p>	<p>No concessions will be available at school-related extra-curricular events.</p>

Requirements	Action Steps
<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Handwashing / use of sanitizer must occur before and after practice / events and during practice/events to the greatest extent feasible.</p> <p>Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds</p> <p>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.</p> <p>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(if permitted).</p> <p>Student athletes should be encouraged to shower and wash their workout clothing immediately upon returning home.</p>
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Per the school re-opening plan, signs will be posted in all areas that host school-related activities.</p>
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>Nonessential visitors/volunteers will not be permitted in practice or event locations. Current guidance does not permit spectators. Only essential school-related personnel and athletes will be permitted at practice or events.</p> <p>During the yellow and green phases for reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.</p> <p>Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained.</p>

Requirements	Action Steps
Limiting the sharing of materials and equipment among student athletes	<p>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.</p> <p>Student athlete equipment should be taken home daily for sanitizing or disinfected daily following school procedures.</p>
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	<p>Student athletes should arrive at events prepared to participate to the greatest extent possible.</p> <p>Participants using the locker room or indoor communal space will be limited to 12 at one time (including supervisory staff).</p>
Adjusting transportation schedules and practices to create social distance	<p>Create social distance between student athletes and coaches on school buses (e.g., seating one person per seat or every other row).</p> <p>Provide adult supervision on buses to ensure social distancing of student athletes.</p> <p>Consider decreasing the number of student athletes traveling for an event to allow for appropriate social distancing on buses.</p> <p>Only competitions in our local region (McKean, Cameron, Potter, Warren, Elk Counties) will be scheduled. Preferably, competitions will only be held in McKean, Cameron and Potter counties.</p> <p>Consider regional levels of infection and transmission in making decisions on competition with other teams.</p> <p>Avoid travel to regions with high rates of infection.</p>
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	<p>The UPMC Return to Sports Guidance will be adapted for use by OESD Extra-Curricular Programs. This guidance will incorporate a 3-stage progression of activities over the course of the first few weeks of the season.</p>

Requirements	Action Steps
Other social distancing and safety practices	<p>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.</p> <p>Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.</p>

Monitoring Student Athletes and Staff Health

Requirements	Action Steps
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p>	<p>Put a system in place consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of student athletes (as feasible) self-report to the school if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19.</p> <p>Check for signs and symptoms in student athletes and staff daily upon arrival to practice or games using a sign-in sheet.</p> <p>Whenever feasible, conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and student athletes safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations and recommend daily self-assessments.</p> <p>A screening with a YES answer to any of the following AND a high fever (100.4) would require the person to mask and be sent home immediately.</p> <ol style="list-style-type: none"> 1. Do you have new onset cough or shortness of breath? 2. Have you had a fever or felt feverish (chills) 3. Have you had known exposure to a COVID-19 positive individual?
<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>Anyone needing to isolate would be removed from the group, with parents/guardians notified immediately. Parents/guardians are responsible to pick up the individual as soon as possible. Impacted individual would be removed to location away from any other individuals, including outdoors.</p> <p>Close off areas used by a sick person and do not use before cleaning and disinfection. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.</p> <p>If removed from activity due to symptoms, individual should be tested.</p>
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>After a positive test, participant or staff may return to social interaction 72 hours after resolution of symptoms AND at least 10 days have passed since onset of symptoms. Student should be released by medical provider to resume physical activities.</p> <p>School procedures will be followed in all situations.</p>

Requirements	Action Steps
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols	Communication Resources include: -School Messenger -School District Social Media -Radio / Newspaper -School District website -Email / group contact lists
Other monitoring and screening practices	Staff, parents and student will be expected to self-monitor before beginning any school-related activity.

Other Considerations for Student Athletes and Staff

Requirements	Action Steps
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p>	<p>Student athletes or staff that are at a higher risk for severe illness understand their participation is at their own risk.</p> <ul style="list-style-type: none"> • Establish and maintain communication with local and state authorities to determine current mitigation levels in your community. • Adopt flexible attendance policies for student athletes and coaching staff. • Offer options for individuals at higher risk of severe illness from COVID-19 (risk increases with age, and people of any age with certain medical conditions are at higher risk), such as virtual coaching and in-home drills that limits their exposure risk. • Limit sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19. • Explore offering duties that minimize higher risk individuals' contact with others. • Limit or cancel all non-essential travel as necessary. • Consider level of participation for student athletes at higher risk of developing serious disease.
<p>* Use of face coverings by all coaches and athletic staff</p>	<p>Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.</p>
<p>* Use of face coverings by student athletes as appropriate</p>	<p>Student athletes should wear face coverings (masks or face shields) at all times, unless engaged in activity on the playing field/surface or during a training activity.</p>
<p>Management of Coaches and Athletic Staff</p>	<p>Athletic staff should be in consistent contact with the Athletic Director regarding any questions, concerns or suggestions related to safety protocols.</p> <p>Athletic staff will be trained in recognition of COVID-19 symptoms, screening procedures, use of PPE/sanitizing equipment as well as the UPMC Return to Sports Guidance.</p>

Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

Prior to the start of each season, training on the Athletic Health and Safety Plan will be done with Coaches, Parents and Volunteers.

Notice to Parents/Guardians: Participation during in-person sports activities, and participation in sports in general, is voluntary. While the District will implement this plan and its guidelines to the best of its ability, the District cannot ensure that your child will not be exposed to COVID-19 while participating. As a parent, you must consider your child's and your family's, unique circumstances (medical and otherwise) and make a determination as to whether or not you will permit your child to participate and assume any associated risks of participation. Please also be advised that, in order to protect the health and safety of all student athletes and staff members, your child plays an important role by complying with these guidelines and you, as a parent, play an important role in educating your child about the importance of these guidelines and the importance of practicing good habits to prevent the spread of viruses

Due to the number of coaches per season, an in-person training will be completed by the Athletic Director and HS Principal.

Because of the number of participants and parents, a virtual zoom meeting will be planned, which will also be accessible via school district social media.

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **OTTO-ELDRED SCHOOL DISTRICT** reviewed and approved the Athletics Health and Safety Plan on **AUGUST 11, 2020**

The plan was approved by a vote of:

 9 Yes

 0 No

Affirmed on: **AUGUST 11, 2020**

By:

(Signature of Board President)

Cynthia Murphy

(Print Name of Board President)