



Moniteau School District Return to Play Guidelines

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

INTRODUCTION

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 (CDC), 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 Moniteau School District will take the necessary precautions and recommendations from the federal, state and local governments, CDC, PA Dept. of Health, as well as the NFHS and PIAA. Moniteau School District 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.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** for Junior and Senior High Athletics:

- 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. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures of 100.4 or higher will be sent home.
- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will not be used for athletes while practicing or competing). Hand sanitizer will be available for team use as resources allow.
- Intensify cleaning, disinfection, and ventilation in all facilities.

- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
- Educate Athletes, Coaches, and Staff on health and safety protocols.
- Anyone who is sick MUST stay home.
- Plan in place if a student or employee gets sick.
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
- Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles MUST NOT be shared.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected as appropriate.
- PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
- Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.
- Concession stands of other food must adhere to the Guidance for Businesses in the Restaurant Industry.

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, competitive 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 OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball, softball, 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 use by competitors.

Examples: Running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running (with staggered starts)

High/Moderate Risk Sports may move to a Low Risk category with non-contact modifications. Team activities should be limited to individual skill development drills that maintain social distancing.

PHASE 1 (PA State Red)

Team activities: No in-person gatherings permitted. Athletes and coaches may communicate via online meetings. Athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and coaches should abide by guidelines set forth by the local and state governments.

PHASE 2 (PA State Yellow)

Team activities: Team activities may include: team meetings, open gym, weight training/conditioning, running events, cross country, throwing events, golf, and sideline cheer, etc...

Coaches Before Practice Begins:

Each individual Head Coach will meet with the Athletic Director to pick up appropriate information and cleaning supplies for practice. This meeting must occur before any scheduled practices may be conducted.

Pre Workout / Contest Training:

- All individuals should wash their hands for a minimum of 20 seconds (Happy Birthday Song x 2) with warm water and soap before touching any surfaces or participating in workouts.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Coaches should sign every student athlete in and record their temperatures.
- Responses to screening questions for each person should be recorded and stored so there is a record of everyone present in the event a student or coach develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care physician or other appropriate healthcare professional.
- Vulnerable individuals should not oversee or participate in any workouts.
- Players should use hand sanitizer before the start of the workout and/or during the workout.

Limitations on gatherings:

- No gatherings of more than 25 people at a time including the coach per practice area.
- If meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will

need to be maintained on sidelines and benches during practices.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, meeting rooms' furniture, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc...).
- Individuals should wash their hands for a minimum of 20 seconds (Happy Birthday song x 2) with warm water and soap before touching any surfaces or participating in any workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room, bathrooms, gymnasiums, and other areas to minimize sweat from transmitting onto equipment/benches.
- Any equipment such as weight benches, athletic pads, etc...having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Low risk sports practices and competitions may resume
- Modified practices may begin for Moderate and High Risk sports. Practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development.
- There should be no shared athletics towels, clothing, shoes, or water bottles between students. All individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment (including balls, shields tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Spotters for maximum lifts should stand at each end of the bar.
- All students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water troughs, water fountains, team drink coolers) should not be utilized.

PHASE 3 (PA State Green)

Team activities: basketball, volleyball, baseball, softball, pole vault, high jump, long jump, 7 on 7 football, cheerleading etc.

Coaches Before Practice Begins:

Each individual Head Coach will meet with the Athletic Director to pick up appropriate information and cleaning supplies for practice. This meeting must occur before any scheduled practices may be conducted.

Pre Workout / Contest Training:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in the event a student or coach develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care physician or other appropriate healthcare professional.

Limitations on gatherings:

- No gatherings of more than 250 people per group including coaches per practice area. Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.
- Individuals should wash their hands for a minimum of 20 seconds (Happy Birthday song x 2) with warm water and soap before touching any surfaces or participating in any workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room, bathrooms, gymnasiums, and other areas to minimize sweat from transmitting onto equipment/benches.

Physical Activity and Athletic Equipment:

- Low, Moderate, and High Risk sports practices and competitions may begin (as per State, Local, and PIAA Guidelines).
- There should be no shared athletics towels, clothing, shoes, or water bottles between students.
- All athletic equipment should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Spotters for maximum lifts should stand at each end of the bar.
- All students should bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water troughs, water fountains, team drink coolers) should not be utilized.

OTHER RECOMMENDATIONS

Transportation: Modifications for student/coach transportation to and from athletic events may be necessary and may include:

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

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

Social Distancing during contests/events/activities: Appropriate social distancing will need to be maintained on sidelines/benches during contests and events, as deemed necessary by the school, PIAA, State and Local governments.

Who should be allowed at events? Please review the following tier system to determine who should/should not be permitted at events.

- Tier 1 (Essential)- Athletes, coaches, officials, event staff, medical staff, and security
- Tier 2 (Preferred)- Media
- Tier 3 (Non-essential)- Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

Overnight/Out of State Events/Events in COVID-19 Hot Spots: The Moniteau School District 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 to unnecessary or potential high risk exposure.

POSITIVE CASES OR COACHES, STAFF, OR STUDENT ATHLETES SHOWING COVID-19 SYMPTOMS

Sign and Symptoms: Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever or chills (100.4 degrees or higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick:

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately using the COVID-19 hotline.
- It will be determined if others who may have been exposed need to be notified, isolated, and/or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

What to do if a students, staff member, or coach becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others until the student, staff member, or coach can leave the school or event.
- If a student displays symptoms, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction.

Return of student, staff member, or coach to athletics following a COVID-19 diagnosis:

- The affected individual should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever reducing medication), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION

Staff, coaches, parents, 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
- No handshakes/celebrations, etc.
- The content of this Return to Sports Guidelines Document
- Any pertinent information released by local/state governments, NFHS, and PIAA
- Students should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted and facility showers cannot be used during voluntary summer workouts.
- Student athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they could come into contact with.
- No students allowed in training areas without the presence of the athletic trainer.



Moniteau School District 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, Moniteau School District 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, Moniteau School District 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 Moniteau School District Athletics Health and Safety Plan include but may not be limited to:

- 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.
- Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
- Intensify cleaning, disinfection, and ventilation in all facilities.
- Educate Athletes, Coaches, and Staff on health and safety protocols.
- 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 Moniteau School District, 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 Moniteau School District 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: _____ Student Name (print): _____

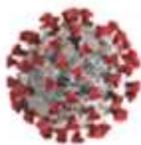
Parent/Guardian Signature: _____ Date: _____

Student Athlete Signature: _____ Date: _____

*Parents/Guardians may request a full copy of the Moniteau School District Athletics Health and Safety Plan. Contact John Stoughton, Athletic Director at jstoughton@moniteau.org

*Assistant Principal Aubrie Schnelle is the primary point of contact for all questions related to COVID-19. She can be reached via email at aschnelle@moniteau.org or by phone at 724-637-2091 x1001.

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)



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 work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform 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.



Moniteau School District Return to Play Guidelines-ADDENDUM

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

Effectively immediately, if you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania, and thus Moniteau School District grounds, buildings, sports, events, or anything else associated with the Moniteau School District.

The states included in the list are:

- Alabama
- Arkansas
- California
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Kansas
- Louisiana
- Mississippi
- Missouri
- Nevada
- North Dakota
- Oklahoma
- South Carolina
- South Dakota
- Tennessee
- Texas

Please know, this list is fluid and will change dependent upon the information received from the Department of Health. States may be added and removed at any time, so families are asked to please check the information upon their return from out of state.

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/>

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

Brockway School District Return to Play Policy

Karns City Area School District Return to Play Policy

Mercer School District Return to Play Policy

RETURN TO PLAY PROTOCOL:

For any student who has tested positive for COVID-19, the following three (3) steps are in place as a Return to Play Protocol.

Step 1: Prior to the start of the five step RTP, the student-athlete must present documentation from the treating physician clearing the student to return to play. (RTP)

Step 2: Successfully complete five-phase RTP

Step 3: Cleared to resume all athletic activity

Each Phase can take 1-2 days to complete. At the completion of the workout session the Athletic Trainer will complete Exertion Scale form noting level of success for each respective phase. If a student-athlete is having increased symptoms or difficulty within a phase, the student-athlete should go back to the previous step successfully completed.

Phase 1: Light General Conditioning (25 mins max)

- Begin with a sport specific warm-up (with team)
- Do a (15-20 min) workout which can/may include: stationary bike, fast paced walking or light jog

Phase 2: General conditioning and sport specific skill work (40 min max)

- Continue with the sport specific warm-up (with team)
- Slowly increase intensity and duration of workout
- Begin sport specific work in addition to the workout

Phase 3: General conditioning, skill work (75 min max)

- Continue with general conditioning (up to 60 minutes)
- Continue with individual skill work (20-30 minutes)

Phase 4: General conditioning, skill work, and team drills (90 min max)

- Resume regular conditioning, duration of practice, and team drills
- Increase interval training and skill work as required
- Review team plays

Phase 5: Full team practice

- Participate in full practice

Student Athlete Exertion Scale

Student Name:			
Phase	Date	Exertion Level Completed	Athletic Trainer
I			
II			
III			
IV			
V			

Exertion Scale:

1 - 10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal! Just like my hardest race

ADDENDUM

Recently, the United States District Court ruled that Governor Wolf's limits on congregant group sizes are unconstitutional. As a result of this ruling, the Moniteau School Board of Directors

approved a revised Return to Play Plan and School Phased Reopening Plan that will allow a greater number of spectators to attend sporting events. Moniteau School District's Football Stadium is large enough to accommodate more than 250 people with space for event spectators to socially distance. In addition, Moniteau School District's gymnasium can hold more than 25 people with space for event spectators to socially distance. Please note that facial coverings are required for all event spectators. We ask that everyone complete our at home wellness check. If you answer "yes" to any of the questions on the wellness check, please refrain from attending the sporting event. Moniteau School District will permit spectators in limited numbers to attend athletic events provided they have a ticket to attend and as long as social distancing is maintained and all spectators abide by wearing a face covering. Participants will be required to follow all district, local, state and federal policies, mandates, laws and guidance from the PDE, CDC, PIAA, Governor and/or other government agency. The Superintendent may set stipulations on the number of spectators permitted to attend at any time or set based on directives provided by the PA Department of Health, PA Department of Education, PIAA, Governor's Office, PA General Assembly or other restrictions. Moniteau School District will also abide by direction of our Liability Insurance Provider when determining spectator attendance at any district event.