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.

Conewago Valley School District will take the necessary precautions and recommendations as identified by the federal, state, and local governments, CDC, and PA Department of Health, as well as the National Federation of High School Sports (NFHS) and Pennsylvania Interscholastic Athletics Association (PIAA). CVSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted accordingly as new information becomes available to decrease the risk of exposure for our students, staff, and spectators.

REQUIREMENTS FOR RETURN TO PLAY

These recommended requirements are for all phases for Junior and Senior High Athletics while Adams County is in the Yellow or Green stage:

1. Pre-workout screening and tracking history of exposure
   a. Athletes must complete a pre-workout screening (Appendix II)
   b. Athletes/Parent/Guardian must turn in Acknowledgement of Risk form prior to participation in any session
   c. Screening logs must be maintained and kept on file so a record of everyone present can be referenced if a student develops COVID-19
2. Identify students who may be at a high risk of severe illness from COVID-19 due to underlying medical conditions such as Lung disease, asthma, serious heart conditions, obesity, immunocompromised, diabetes, kidney, or liver disease.
3. Promote healthy hygiene practices such as hand washing and coughing/sneezing into the arm.
4. Intensify cleaning, disinfection, and ventilation in all facilities. Use outdoor training spaces whenever possible.
   a. Clean all equipment and surfaces with germicidal disinfectant.
   b. Athletes should wipe down equipment before and after use prior to the next user.
5. Adhere to social gathering and distancing policies during indoor and outdoor activities (6 feet apart).
   a. Use small groups and limit mixing between groups, if feasible.
b. Gathering occupancy limits will be followed (25 in yellow, 250 in green, not over 50% complex/facility occupancy).

6. Educate athletes on health and safety protocols. Regularly communicate and monitor development with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
7. Stay home when sick.
8. Treat all summer workouts as voluntary.
9. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or as determined by local/state governments.
10. Athletes must provide their own water bottle for hydration and keep personal items separate from each other. Water bottles must not be shared. Hydration stations (water boy) should not be utilized. Athletes should be sent home if they do not have their own water bottle for practice.
11. No saliva exposure (i.e. no sunflower seeds, gum, licking fingers, spitting, etc).
12. Limit unnecessary physical contact such as high fives, fist bumps, etc.
13. Doug Wherley, Athletic Director, shall serve as the primary point of contact for all interscholastic athletic questions related to COVID-19. His contact information is:
   Doug Wherley
   wherleyd@cvcolonials.org
   (717) 624-2157 x 2016.

PHASE 1 (following approval of plan by Board of Directors and Coach training on plan)

This phase will begin once the RTP plan is approved by the Superintendent and Board of Directors and will emphasize proper protocols to conduct a safe workout. This phase is to focus on conditioning and individual skill building. The first session of any summer program should be informational and focus on training students on protocols for conducting a safe workout.

1. Pre-Workout screening for all coaches, staff, and students as they arrive on campus with records kept for all participants.
2. A detailed plan specific to each facility will be shared by each coach to parents and athletes. Drop off and pick up locations will be included in this communication, to enforce staggered pickup/dropoff. Parents/guardians should remain in the vehicle at drop off and pick up times and are not allowed to attend practice.
3. Only student-athletes, coaches, officials, and staff should be present at any workout or practice.
4. Any person with positive symptoms during pre-workout screenings will not be allowed to take part in any workouts and should contact his/her primary care provider or other appropriate health care professional (AD and Principal notified). That person will be sent home and the Action Plan for COVID-19 Symptoms shall be followed prior to a student’s return to play.
5. Athletes who develop or display symptoms during a workout session will be removed from practice and isolated until parent/guardian can arrive to take them home. That person will be sent home and a clearance from a healthcare professional may be required to return to play.
6. No gathering of more than 10 people at a time inside. Up to 25 individuals may gather outdoors for workouts per scheduled field/court.
7. Locker rooms should only be used as a restroom and handwashing station. Nothing stored in the lockers and no showers used. Utilize the “one in, one out” model for any restroom use. Personal items should be separated.
8. Workout “pods” should be used. It is important to maintain “pods” to limit exposure in the event of an infection developing.
9. Social distancing should be applied at all times and during workouts with 6 feet maintained between participants. Students and coaches should not congregate in groups following the conclusion of a practice session.
10. Controlled, non-contact practices only may occur (See Appendix III for conditioning guidelines).
11. Individual drills should be emphasized with shared equipment being sanitized regularly.
12. Adequate cleaning schedules should be implemented for all athletic facilities prior to arrival and post workouts as well as weight equipment after each individual use.
13. Continually wiping down equipment before use by another student and using hand sanitizer frequently.
14. Appropriate clothing (NO CUT-OFFS) and shoes must be worn at all times to minimize sweat transmitting onto equipment/surfaces.
15. All students must have their own water bottles. Common hydration stations should not be utilized.

PHASE 2 (approximately 2 weeks after implementation of phase 1)

This phase will begin based on guidance from PIAA and PDE as Adams County remains in the PA State Green Phase. This phase will begin approximately 14 days after the initial phase is implemented.

1. Pre-Workout screening and team attendance should be recorded.
2. A detailed plan specific to each facility will be shared by each coach to parents and athletes. Drop off and pick up locations will be included in this communication, to enforce staggered pickup/dropoff. Parents/guardians should remain in the vehicle at drop off and pick up times and are not allowed to attend practice.
3. Only student-athletes, coaches, officials, and staff should be present at any workout or practice.
4. Any person who has COVID-19 symptoms will not be allowed to participate and should contact their health-care provider (AD and principal notified). The Action Plan for COVID-19 Symptoms shall be followed prior to a student’s return to play.
5. Athletes who develop or display symptoms during a workout session will be removed from practice and isolated until parent/guardian can arrive to take them home. That person will be sent home and a clearance from a healthcare professional may be required to return to play.
6. Limitations on gatherings should comply with state and local guidelines and groups should not exceed 25 indoor and 50 outdoor. “Pods” should still be used and limit mixing between groups if possible.
7. Locker rooms should only be used as a restroom and handwashing station. Nothing stored in the lockers and no showers used. Utilize the “one in, one out” model for any restroom use. Personal items should be separated. Students must come dressed appropriately for workouts.
8. Workout “pods” should be used. It is important to maintain “pods” to limit exposure in the event of an infection developing.
9. Social distancing should be considered and applied when not directly participating in practice or contest. Students and coaches should not congregate in groups following the conclusion of a practice session.
10. Controlled drills to minimize contact should be emphasized during this phase.
11. Adequate cleaning should occur prior to arrival and after workouts and equipment cleaned intermittently through practice with individual weight room equipment wiped down after each use.
12. All equipment used during training will be sanitized after each user. Hand sanitizer should be used periodically.
13. Appropriate clothing (NO CUT-OFFS) and shoes must be worn at all times to minimize sweat transmitting onto equipment/surfaces.
14. All students must have their own water bottles. Common hydration stations should not be utilized.

ACTION PLAN FOR COVID-19 SYMPTOMS

Screening for symptoms will occur prior to any practice. Any student that is sent home from practice following the initial symptom check will have parent/guardian notified by coach. Athletic department is also to be notified. Student sent home may return following 48 hours of being asymptomatic and fever free.

Symptoms and signs of COVID-19 may appear 2-14 days after exposure to the virus. Symptoms may include:
- Fever or chills
- 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

If a student is sick or thinks he/she may be infected with the virus, he/she should:
- Stay at home (self-isolate)
- Call your healthcare provider if you develop fever and symptoms
- Notify school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed need to be notified, isolated, and/or monitored for symptoms
- If symptoms begin during practice or event, individual will be made to isolate from others until parent/guardian arrive for transport.
- Follow the below “return to play” requirements.
A student may return to play (end of home isolation) in accordance with the CDC Guidance outlined below:

If a student knows or thinks they have COVID-19:
- After 3 days of no fever (without medication) AND
- Symptoms have improved AND
-10 days after symptoms first appeared.

OR
If tested for COVID-19:
- No fever (without medication) AND
- Symptoms have improved AND
-2 negative tests in a row, at least 24 hours apart.

If tested positive for COVID-19, but has no symptoms:
- 10 days after the testing OR
- After 2 negative tests in a row, at least 24 hours apart.

If tested positive for COVID-19, but has symptoms:
- After 10 days of self-isolation from onset of symptoms AND
- 72 hours symptom free without medication.

If a student has been in close contact with someone who tested positive for COVID-19 or was suspected to have COVID-19 (“suspected or probable” case), the student should inform the New Oxford Athletic Trainer, Coach, and Athletic Director and self-isolate for 14 days.

CVSD administration will notify any students who may have been exposed to COVID-19 and provide guidance on next steps.

If a student becomes ill with COVID-19 symptoms during practice, the following steps are to occur:
- Athletic trainer and athletic director notified as well as parent/guardian of student to be picked up
- Student taken to isolation room (HS Room 421) and monitored by athletic trainer until parent/guardian arrives
- If practice was inside, the area will be cleared and not used for 24 hours and group will move to new area
- After 24 hours, inside area will be deep cleaned and unoccupied for another 24 hours before teams may use again
- Student with symptoms will remain home until they have either been symptom free for 48 hours or had a COVID-19 negative test
- If student with symptoms tests positive for COVID-19, the CVSD administration will notify any students who may have been exposed with guidance on next steps
FACILITIES CLEANING

- Adequate cleaning schedules will be created and implemented for all athletic facilities
  - Custodial staff cleans weight room, locker room/restrooms, gymnasium, and training room daily
  - Door handles and high touch areas will be cleaned intermittently during practice and at the conclusion of practice by coaching staff
- Athletic facilities should be cleaned prior to arrival and post workout and team gatherings
- Weight Room equipment should be wiped down after an individual’s use
- Athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary.

ATHLETIC TRAINING ROOM GUIDELINES

- Treatment tables 6 feet apart
- Two (2) athletes on taping tables only (6 ft apart)
- Ice machine used by Athletic Trainers only - no access to athletes or athletics staff
- Discontinue use of whirlpool (emergency use only)
- Total of four (4) athletes in ATR at any one time
- Appointments scheduled for rehab treatment times
- Only Athletic Trainers and AD have access to ATR (no unsupervised athletes or coaches)
- Encourage rehab to be done at home as much as possible
  - All rehab equipment wiped down after each session
  - All taping and rehab tables wiped down after each use
  - ATC staff clean hands between each athlete
  - Clean modality post usage (E-stim and ultrasound) and use individual E-stim pads
- Athletes bring 1-2 quarts of water daily. No water bottles will be provided or waterboy usage.
- Separate athlete personal items.

EDUCATION

Staff, coaches, parents, and athletes will be educated on the following through posters, flyers, meetings, emails, phone calls, etc:

- Coaches will attend informational meetings prior to the implementation of any phase to understand procedures and protocols
- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 such as hand washing, coughing into your elbow, social distancing, disinfecting shared surfaces, no spitting, etc
- No handshakes, high fives, other celebrations
- Any pertinent COVID-19 information released by state/local governments, NFHS, PIAA
- Students should be encouraged to shower and wash workout clothes immediately upon returning home
APPENDIX I - COVID 19 COACH DUTIES

The following steps are required by coaches who participate in off-season workouts:

1) Coach must complete pre-workout screening prior to each practice/event.
   a) Question 1: Do you have a temperature of 100.4 degrees or higher?
   b) Question 2: Do you have any of the COVID-19 symptoms?
   c) Question 3: Are you sick?
   d) Question 4: Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (6 feet longer than 10 minutes)

2) Identify staff who may be at a high risk of severe illness from COVID-19 due to underlying medical conditions such as: Age (65 and older), lung disease, asthma, serious heart conditions, obesity, immunocompromised, diabetes, kidney or liver disease.

3) Employees must wear a cloth face covering, so long as the mask or face shield does not jeopardize their health.

4) Educate coaches and staff on health and safety protocols. Regularly communicate and monitor development with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.

5) Stay home when sick.

6) Coaches and staff must provide their own water bottle for hydration and keep personal items separate from each other. Water bottles must not be shared. Hydration stations (water boy) should not be utilized.

7) No saliva exposure (i.e. no sunflower seeds, gum, licking fingers, spitting, etc).

8) Limit unnecessary physical contact such as high fives, fist bumps, etc.

9) Coaches who develop or display symptoms during a workout session will be removed from practice and sent home. A clearance from a healthcare professional may be required to return. Should this coach be the only supervisor at the practice, the athletic department will supervise the group until all members are picked up.

10) Verify that proper cleaning supplies are adequate and in the areas the workout/practice will occur. If supplies are not readily available, contact the athletic department prior to any workout occurring.

11) Ensure that all equipment used during a practice session is cleaned with hospital grade disinfectant or fresh 0.1 – 0.05% bleach solution (sodium hypochlorite) made fresh. Spray with handheld sprayer or wipe.
APPENDIX II - COVID 19 SCREENING FORM - ATHLETE

Sport: ___________________________  Coach: ___________________________  Date: __________

Students/Coaches should self-report prior to each practice/event. Temperature may be taken from a designated trained individual as needed. The other symptoms should be selected as either Yes or No.

Question 1: Do you have a temperature of 100.4 degrees or higher?
Question 2: Do you have any of the COVID-19 symptoms?
Question 3: Are you sick?
Question 4: Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (read definition of close contact aloud- 6 feet longer than 10 minutes)

If any responses are “Yes”, students will NOT be allowed to practice or compete and will be asked to leave school grounds as will a student whose temperature is 100.4 or higher. Parents/Guardians will be notified.

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APPENDIX III - SUMMER ATHLETICS ACCLIMATIZATION GUIDELINES

The following information is a guide for New Oxford athletic teams during the summer months before the PIAA regular seasons begin (July 1, 2020 - August 16, 2020). It is acknowledged that until a vaccine or effective treatment is developed, there is no way to completely eliminate the spread of COVID-19, including the possibility of fatal infection for at risk individuals. All athletics should be modified to encourage the reduction and elimination of physical contact.

I. Acclimatization Period: It is recognized that many athletes have attempted to maintain fitness and conditioning during the period when schools were closed, yet lack of supervision and access to facilities may well hamper or prevent these efforts. Therefore, it is safest to assume all athletes returning after this extended layoff are completely deconditioned. Each of the common causes of athlete deaths have deconditioning as a known risk factor. To help lower those risks there is a need for a mandatory period to reacclimate athletes to activity. These guidelines are mandatory and apply to all sports and student activity populations.
   A. Acclimatization to heat and transition back to exercise and workouts should occur over a 14-day period.
   B. There should be no performance or conditioning testing prior to completing the 14-day acclimatization period.
   C. During this acclimatization period, the focus should remain on conditioning and returning to physical fitness. *No shared equipment, including balls, should be used without cleaning between use.*
   D. Days 1-7:
      1. Total practice time should not exceed 2 hours per day.
      2. As a recommendation, intensity levels of activity should be reduced to 50% of the pre-COVID conditioning levels
   E. Days 8-14:
      1. Intensity level may increase to 75% over the course of days 8-14 with the intention of reaching full intensity level on day 14. This includes weight room training and conditioning activities. Testing volume should also follow these reduced amounts.
      2. Weight room training splits between muscle groups should include no more than 3 sessions per week with one to two days of recovery between sessions
   F. Extra diligence should be applied to monitoring for exertional heat illness, exertional rhabdomyolysis (muscle breakdown) and cardiorespiratory failure during this return to activity phase due to unique circumstances caused by the COVID-19 outbreak.

The Athletic Training Room is strictly prohibited from student use unless an Athletic Trainer is present. (Schedule will be made)
New Oxford Athletic Department
Acknowledgment of Risk for COVID-19 Summer 2020

In consideration of the above requirements of the CVSD’s Return-to-Play Plan, I, on behalf of the Student, and I, the Student, acknowledge the following:

- Participating in voluntary out-of-season workouts may include a possible exposure to a communicable disease, including but not limited to MRSA, influenza, and COVID-19. I/Student must be an active participant in my/his/her own healthcare.
- In consideration of my/his/her voluntary involvement in workouts, I have had an opportunity to carefully read the current CDC Guidelines for COVID-19 virus related health risks and understand the recommended precautions, along with the above requirements.
- I voluntarily and willingly choose to have Student participate in returning to District workouts.
- I willingly agree to comply with all procedures, protocols, and requirements put into place by the District in order to provide for safe athletic participation, to keep myself and others safe, and to limit and reduce the exposure to and spread of COVID-19 and other communicable diseases.
- I knowingly and voluntarily assume all risks related to the COVID-19 virus. I acknowledge that while particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist, and I assume full responsibility for my/his/her participation.

I acknowledge and agree to the following: (initial next to each for consent)

___ voluntarily and willingly choose to participate in returning to the CVSD campus.

___ voluntarily and willingly choose to participate in PIAA interscholastic activities for New Oxford.

___, on behalf of myself, and/or my child/Student, hereby affirm to follow all procedures and protocols put into place by the Conewago Valley School District Return-to-Play plan designed to keep Student and others safe.

Choose One:
I, ________________________________ [Parent and Student Name], have read the above and agree the statements are accurate.

OR
I, ________________________________ [Parent and Student Name], have read the above and decline the option to return to campus with concerns regarding the COVID-19 virus. I understand this decision will not affect my eligibility for the season.

__________________________________  ________________________
Student-Athlete Signature            Date

__________________________________  ________________________
Parent/Guardian Signature            Date