

# Phased Re-Opening of Benton Athletics

- Prior to a student-athlete being allowed to participate in any Benton Area School District Workout, the parents and students must sign a Participation Waiver for Communicable Diseases Including COVID-19. (Appendix)

## RECOMMENDATIONS

### Recommendations for **all phases** for Junior and Senior High Athletics

1. Athletes, Coaches, and Staff should 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.
2. 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.
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. Require anyone who is sick to stay home.
7. Plan for 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** supply their own water bottle for hydration. Water bottles must not be shared.
10. All coaches will be provided a training on Covid-19 protocols and guidelines by a local health care professional.
11. No nonessential visitors.
12. Attempt to stagger arrival and drop off times if possible.

## Phase 1 (minimum of 2 weeks) – July 6–July 17

- **Pre-Workout Screening**
  - All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a temperature check. All coaches and athletes must bring and wear a mask during the temperature check.
  - Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student/coach develops COVID-19. (Appendix)
  - Any person with positive symptoms reported should not be allowed to take part in workouts and will be directed to contact his or her primary care provider or other appropriate health-care professional.
- **Limitations on Gatherings.**
  - Outdoors
    - No gathering of more than 50 individuals including coaches, per scheduled field.
    - Controlled non-contact practices only. Work on individual skills and physical fitness.
    - No concession stands
    - No locker room access
    - No nonessential visitors
  - Indoors
    - No gathering of more than 25 individuals including coaches per scheduled gymnasium (no guest coaches or spectators)- max 10 in the weight room.
    - Controlled non-contact practices only. Work on individual skills and physical fitness.
    - No concession stands
    - No locker room access
    - No nonessential visitors
- **Facilities Cleaning**
  - Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
  - Athletic Facilities should be cleaned between each group's access to the facility
  - Weight Room Equipment should be wiped down after each individual's use
- **General Guidelines**
  - Students should refrain from sharing clothing/jerseys/towels and all should be washed after each practice.
  - Athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
  - Hand Sanitizer should be used periodically
  - Spotters for maximum weight lifts should be stationed at each end of the bar
  - Students MUST bring their own water bottles. Water bottles must not be shared

## Phase 2 (minimum 2 weeks) – July 20-31

- **Pre-Workout Screening**
  - All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a temperature check. All coaches and athletes must bring and wear a mask during the temperature check.
  - Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student/coach develops COVID-19
  - Any person with positive symptoms reported should not be allowed to take part in workouts and will be directed to contact his or her primary care provider or other appropriate health-care professional.
- **Limitations on Gatherings**
  - Outdoors
    - No gathering of more than 50 individuals including coaches, per scheduled field.
    - Limited Contact Practices. Still high emphasis on skill development.
    - No concession stands
    - No locker room access
    - No nonessential visitors
  - Indoors
    - No gathering of more than 25 individuals including coaches per scheduled gymnasium (no guest coaches or spectators)- max 10 in the weight room.
    - Limited Contact Practices. Still high emphasis on skill development.
    - No concession stands
    - No locker room access
    - No nonessential visitors
- **Facilities Cleaning**
  - Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
  - Athletic Facilities should be cleaned between each groups access to the facility
  - Weight Room Equipment should be wiped down after each individual's use
- **General Guidelines**
  - Students should refrain from sharing clothing/jerseys/towels and all should be washed after each practice.
  - Athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
  - Hand Sanitizer should be used periodically
  - Spotters for maximum weight lifts should be stationed at each end of the bar
  - Students MUST bring their own water bottles. Water bottles must not be shared

## Phase 3 (August 3-August 14)

- **Pre-Workout Screening**
  - All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening will include a temperature check. All coaches and athletes must bring and wear a mask during the temperature check.
  - Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student/coach develops COVID-19
  - Any person with positive symptoms reported should not be allowed to take part in workouts and will be directed to contact his or her primary care provider or other appropriate health-care professional.
- **Limitations on Gatherings.**
  - Outdoors
    - No gathering of more than 100 individuals including coaches, per scheduled field.
    - Normal Practices and inter-squad scrimmages are allowed.
    - No concession stands
    - Limited access to locker rooms.
    - No nonessential visitors
  - Indoors
    - No gathering of more than 50 individuals including coaches per scheduled gymnasium (no guest coaches or spectators)- max 10 in the weight room.
    - Limited Contact Practices. Still high emphasis on skill development.
    - No concession stands
    - Limited access to locker rooms.
    - No nonessential visitors
- **Facilities Cleaning**
  - Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
  - Athletic Facilities should be cleaned between each group's access to the facility
  - Weight Room Equipment should be wiped down after each individual's use
- **General Guidelines**
  - Students should refrain from sharing clothing/pennies/towels and all should be washed after each practice.
  - Athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
  - Hand Sanitizer should be used periodically
  - Spotters for maximum weight lifts should be stationed at each end of the bar
  - Students MUST bring their own water bottles. Water bottles must not be shared

# Phase 4 – August 17

Regular Season for PIAA sports.

- We will follow all guidelines set out by the PIAA and the Governor's office starting PIAA activities as of August 17<sup>th</sup>.

## **Signs and symptoms of COVID-19**

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
- 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

## **Steps to follow 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 (athletic director, principal, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is Diagnosed, then Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

## **Protocols if a student or coach becomes ill with COVID-19 symptoms during practice**

- Ill individual will be taken to the triage area to isolate from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

## **Return of student or staff to athletics following a COVID-19 diagnosis**

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, Fever free (without fever-reducing medicine), 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 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

Staff and students should self-identify who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:

- Age 65 or older
- Lung disease, moderate-severe asthma
- Serious heart conditions
- May be immunocompromised
- Obesity
- Diabetes
- Kidney or liver disease

# **APPENDIX**

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

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. 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 BASD 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 BASD 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 a questionnaire and temperature check as needed.
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** supply their own water bottle for hydration. Water bottles must not be shared.

**Refill Stations and Water Fountains will NOT BE Initially AVAILABLE!**

10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing, but are required during the temperature check.

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 BASD to limit the exposure and spread of COVID-19 and other communicable diseases.

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

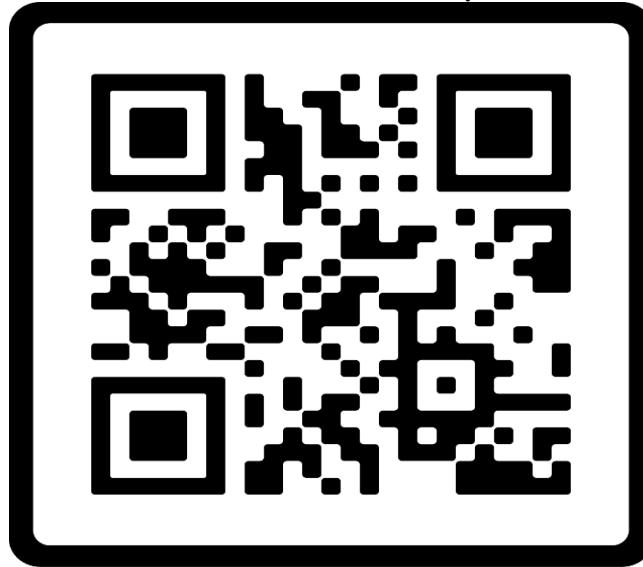
Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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



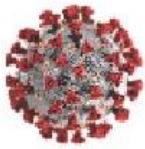
# Benton Summer Workout Attendance

Scan the QR code below with your camera and fill out the form for each workout that you attend.





# 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.

## **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**

“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/>

Concession stands or other food must adhere to the Guidance for Businesses in the  
Restaurant Industry.

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