

**Notre Dame High School
Athletic Department
Reopening of Athletic 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 highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can affect people of all ages. Research from the Center of 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 infections 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 of students, coaches, and their families.

Notre Dame will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, St. Luke's as well as the NFHS and PIAA. We realize the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These guidelines will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

GUIDELINES

Guidelines for Notre Dame High School Athletics

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. The screenings could range from a verbal/written questionnaire to a temperature check.
 - Each screened individual will receive a wrist band to symbolize that they have been pre-screened prior to practice/events.
2. Student-athletes, coaches, and staff **MUST WEAR A MASK AT ALL TIMES**, including during practices, contests, lifting, and conditioning as per the mandate put in place by the state of PA.
3. Promote healthy hygiene practices such as hand washing (Face coverings are **REQUIRED** to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face covering will not be used for athletes while practicing or competing.) Hand sanitizer will be available for team use as resources allow.
4. Intensify cleaning, disinfection, and ventilation in all facilities.
5. Encourage social distancing through increased spacing, small groups, and limiting mixing between groups.
6. Educate athletes, coaches, and staff on health and safety protocols (educational material below)
7. Anyone who is **SICK must stay home!**
8. There is a plan in place if a student or employee gets sick (refer to plan below)

9. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
10. Athletes and coaches MUST provide their own water bottle for hydration. Water bottles WILL NOT be shared.
11. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See-CDC “People Who are at a Higher Risk for Severe Illness”).
12. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

CLASSIFICATION OF SPORTS

High Risk: Sports that involved close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, 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 that use equipment that can't be cleaned between participants.

Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 v. 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 uses by competitors.

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer.

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

PARTICIPATION IN SPORT

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms will be sent home and not be allowed to participate in any workout/practice/contest/team function and must contact their primary care physician or appropriate healthcare provider.
 - Returning to sports after COVID-19 diagnosis
 - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medication)
 - Individual has improved respiratory symptoms (e.i. cough, shortness of breath)
 - At least 10 days have passed since symptoms first appeared
 - Written documentation of clearance from a health care provider (MD,DO, NP, PA)

- COVID-19 screenings (Questionnaire and temperature checks may continue as per State and Local government recommendations)
- Team attendance should be recorded

Limitations on Gatherings:

- As per State and Local Guidelines (Admin will announce during this time)
- When not directly participating in practices or contests, social distancing will be considered and applied
- Spring out of season workouts will be considered for scheduling (Admin makes decision)
- During this level, Admin will decide if student-athletes may attend more than one Notre Dame team workout or if they must stay with one team only
- Access to the gymnasium and other facilities will be strictly controlled.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease. (This schedule will be created and enforced by the head of facilities)
- Athletic facilities will be cleaned BOTH prior to arrival AND post workout team gatherings, high touch areas will be cleaned more frequently.
- Weight room equipment will be wiped down after an individual's use
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment (i.e. T-shirts, shorts, sneakers)

Physical Activity and Athletic Equipment:

- All sports may resume normal practice and competition
- Athletic equipment that is used by multiple individuals (i.e. balls, shields, tackling dummies, shot put, discus, pole vault, etc.) will also be cleaned intermittently during practice and events, as well as at the end of practices/events.
- Hand sanitizer will be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration

- Everyone **MUST** bring their own **LABELED** water bottle. Water bottles will **NOT** be shared.
- Hydration stations (water coolers, water fountain, water cows, water troughs, etc.) are **NOT** permitted

Winter Sports-General Considerations:

(amended 11/16/2020)

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.

- Cover your mouth and nose with a tissue when coughing or sneezing.
 - Adhere to school adopted plans if you begin to show symptoms.
 - Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
 - Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)
- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Social distancing should be maintained during the National Anthem and on sidelines.
 - Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
 - Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
 - There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
 - If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

• **CONSIDERATIONS FOR STUDENT-ATHLETES:**

- Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer will be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Student-Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- Bring and use your own water bottle.
 - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
 - Student-athletes should follow established guidelines for hydration.
 - Please see National Athletic Trainer Association (NATA) Resource:
 - [Healthy Hydration For Young Athletes](#)
 - o Student-athletes are encouraged to shower as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

- Communicate your guidelines in a clear manner to students and parents.
- Conduct workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches should limit game day squad sizes for social distancing purposes.
 - Coaches are reminded to wear proper coaching attire per weather conditions.
 - Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

OTHER RECOMMENDATIONS

Transportation:

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

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van and everyone required to wear a mask
- 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

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
 2. Tier 2 (Preferred) – Media
 3. 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

- Notre Dame 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. Administration will need to provide permission for event.

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

What are the 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. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or High)
- 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 (principal, athletic director, 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 Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

What to do if a student or staff become 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 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
- If that person has COVID-19 then the school will begin contact tracing and notify families.

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

- At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medication)
- Individual has improved respiratory symptoms (e.i. cough, shortness of breath)
- At least 10 days have passed since symptoms first appeared
- Written documentation of clearance from a health care provider (MD,DO, NP, PA)

EDUCATION

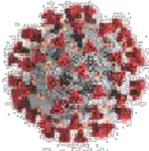
Staff, Coaches, Parents and Athletes will be educated on the following (this document, through posters, flyers, meetings, emails, phone calls):

- The content of this Reopening of Athletics Guidelines Document
- COVID-19 signs and symptoms
- St. Luke's Re-Socialization of Sports Document
- If "SICK" and/or show any COVID-19 symptoms **STAY HOME** and contact your doctor
- 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.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.

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- : Students should come dressed for activity
- Limit indoor activities and the amount of areas used. Locker room use is not permitted.
- Facility showers cannot be used.
- : Use only first floor school building bathrooms and outside stadium bathrooms
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- : No students allowed in training areas without the presence of an athletic trainer
- The school trainer will have a centralized station for pre-workout/practice/contest screenings.
- A workout/practice schedule will be put together by the Athletic Director, Administration and School Trainer for athletic teams to follow.

APPENDIX

What you should know 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

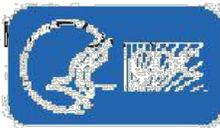
- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical 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.

BACK



COVID-19: 04/15/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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.

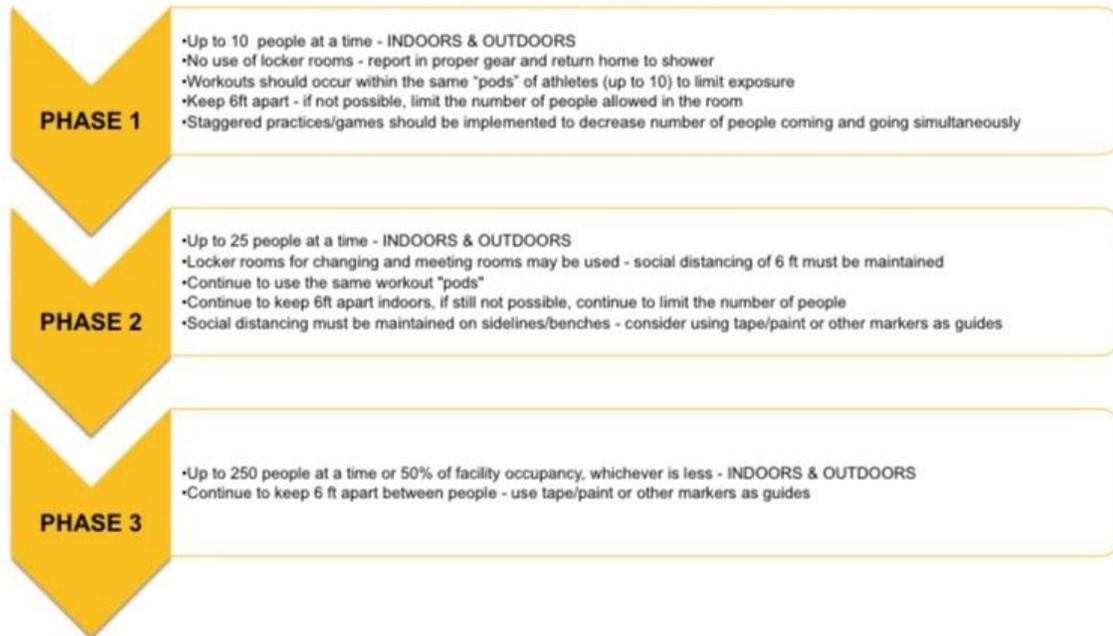
WHAT DOES THIS PROCESS LOOK LIKE?

- 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 check-

COVID-19 RE-SOCIALIZATION OF SPORTS FROM SLUHN PERSPECTIVE – A GUIDE FOR SECONDARY SCHOOLS



Limitation on Number of Students Participating Together



COVID-19 RE-SOCIALIZATION OF SPORTS FROM SLUHN PERSPECTIVE – A GUIDE FOR SECONDARY SCHOOLS



Pre-workout Screening

PHASE 1 & 2

- All athletes & staff must be screened prior to a workout (including temperature checks) - Refer to health screening procedure recommendations
- Screening responses should be recorded & stored
- Symptomatic people cannot participate & should contact their health care provider
- Vulnerable individuals should consult their health care provider prior to overseeing or participating in sports-related activities

COVID-19 RE-SOCIALIZATION OF SPORTS FROM SLUHN PERSPECTIVE – A GUIDE FOR SECONDARY SCHOOLS



Physical Activity and Usage of Athletic Equipment

PHASE 1

- No shared athletic equipment, athletic towels, clothing or shoes
- Athletic equipment must be cleaned after each use
- Free weight exercises that require a spotter cannot be conducted during social distancing
- Balls, bats, gloves, etc. cannot be shared
- Use of single balls during practice not allowed, only for individual drills
- No sharing of tackling dummies/sleds
- No contact between teammates (includes football, wrestling, cheerleading, etc.)
- Hand sanitizer should be available during all activity

PHASE 2

- No sharing of athletic towels, clothing or shoes
- Athletic equipment must be cleaned intermittently during practices/games
- Equipment such as bats, batting helmets & catcher's gear should be cleaned between each use
- Limit maximum lifts & use power cages for squats/bench presses
- Spotters should stand at each end of the bar
- Hand sanitizer should be available during all activity

PHASE 3

- No sharing of athletic towels, clothing or shoes
- Equipment such as bats, batting helmets, & catcher's gear must be cleaned between each use
- Other equipment such as football helmets, lacrosse pads, ear guards & eyewear should only be used by one individual and not shared
- Limit maximum lifts and use power cages for squats/bench presses
- Spotters should stand at each end for the bar
- Hand sanitizer should be available during all activity

ing 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.

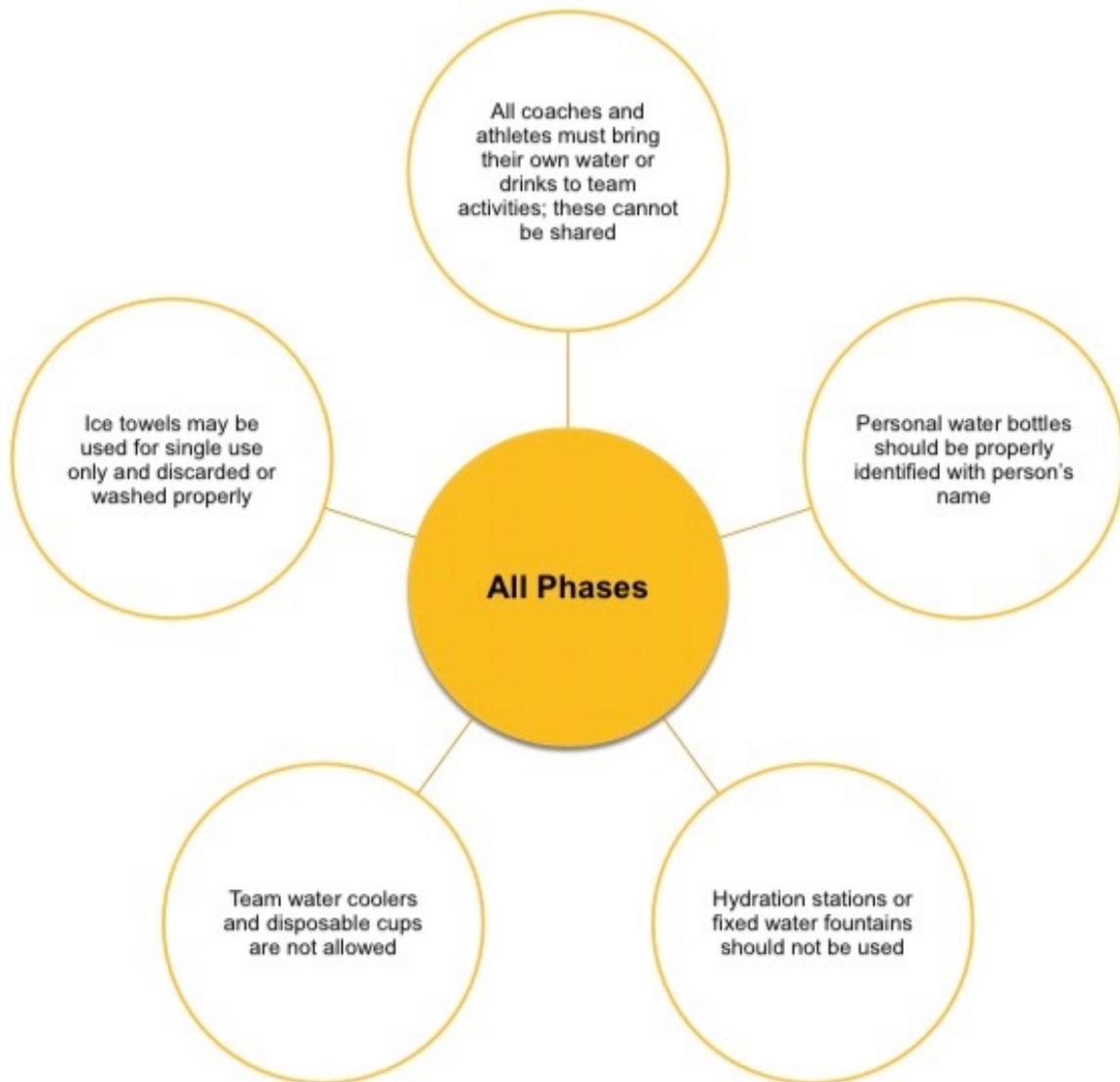
WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- 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.

COVID-19 RE-SOCIALIZATION OF SPORTS FROM SLUHN PERSPECTIVE – A GUIDE FOR SECONDARY SCHOOLS



Individualized Hydration



COVID-19 RE-SOCIALIZATION OF SPORTS FROM SLUHN PERSPECTIVE – A GUIDE FOR SECONDARY SCHOOLS

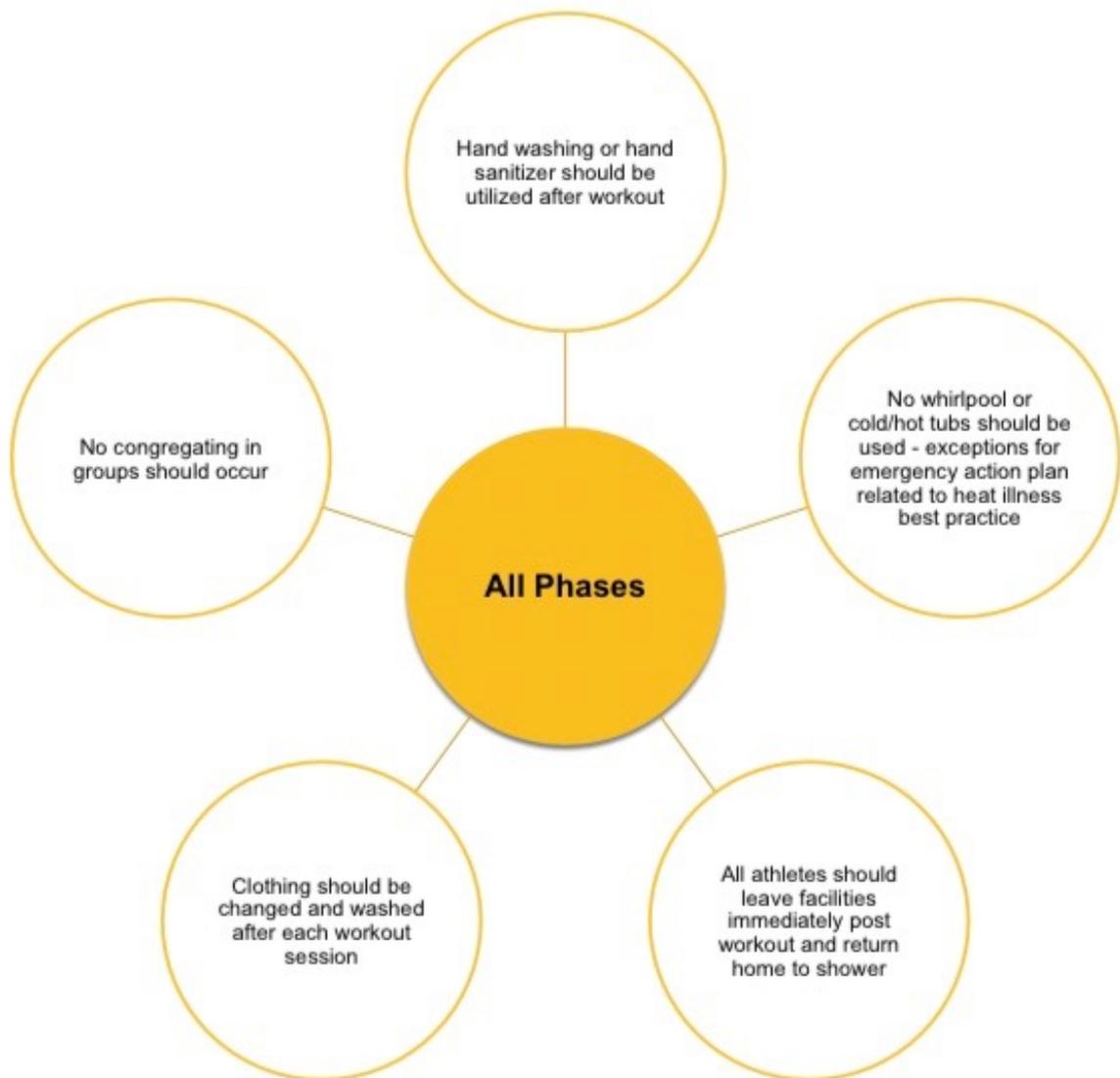


Sanitizing Facilities





Post-Workout Procedures



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”

St. Luke’s COVID-19 Re-Socialization of Sports Document

PIAA: Return to Competition: Individual Sport Considerations

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/>

