



# Trinity High School Athletic Department

## Resocialization of Sports Recommendations

### 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, 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, current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

Trinity High School will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. Trinity High School 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

The following recommendations are for **ALL PHASES** for Junior and Senior High Athletics. Trinity High School will:

- Screen athletes, coaches, and staff for COVID-19 symptoms prior to any practice, event, or team meeting. The type of screening will depend upon the available resources and the Phase level.
- Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and the wearing face coverings as feasible by employees and adult volunteers. (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 wherever feasible.
- Educate athletes, coaches, and staff on health and safety protocols.
- Insist that anyone who is sick 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.
- Guard against the sharing of water bottles and other equipment for hydration. Athletes and coaches **MUST** provide their own water bottles.
- Use PPE (gloves, masks, eye protection) as needed and as warranted by situations or as 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. (Please see CDC's "People Who are at a Higher Risk for Severe Illness".

## CLASSIFICATION OF SPORTS AND PHASES

**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 include football and wrestling.

**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 cannot be cleaned between participants. Examples include basketball, volleyball, baseball, softball, soccer, tennis, pole vault, high jump, long jump, and 7-on-7 football.

**Low Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or with the ability to clean the equipment between uses by competitors. Examples include running events, cross-country, throwing events, swimming, golf, weightlifting, and sideline cheerleading and dance.

**\*\* High/Moderate Risk Sports may move to a Low Risk category with non-contact modifications.**

### Phase 1 (PA State Yellow)

All school facilities remain closed as per PA State Guidelines.

Athletes and coaches may communicate via online meetings (Zoom, Google Meet, etc.).

Athletes may participate in home workouts, including strength and conditioning.

Athletes and coaches should abide by guidelines set forth by the local and state governments.

Team attendance will be recorded and reported to the Athletic Director.

### Phase 2 (PA State Green)

#### Pre-workout/Contest Screening:

All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check. (Please see Appendix for COVID-19 Screening Form.)

Any person who has COVID-19 symptoms will not be allowed to participate in practice/games, and should contact a primary care physician or another appropriate health-care provider.

Team attendance should be recorded and reported to the Athletic Director.

#### Limitations on Gatherings:

As per State and Local Guidelines.

When not directly participating in practices or contests, social distancing should be considered and applied as feasible.

#### Facilities Cleaning:

Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.

Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings; high-touch areas should be cleaned more often.

Weight Room equipment should be wiped down after each individual's use.

Appropriate clothing/shoes should be worn at all times in the Weight Room to minimize sweat from transmitting onto equipment surfaces.

**Physical Activity and Athletic Equipment:**

Low, Moderate, and High Risk practices and competitions may begin (as per State, Local, and PIAA Guidelines).

Students should refrain from sharing clothing/towels, which should be washed after each practice (including all pinnies).

Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.

Hand sanitizer should be used periodically as resources allow.

Spotters for maximum weight lifts should be stationed at each end of the bar.

**Hydration:**

Students MUST bring their own water bottle. Water bottles must not be shared.

Hydration Stations may be used but MUST be cleaned after every practice/event.

**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.

Social distancing on a bus.

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

**Social Distancing during Contests/Events/Activities:**

Appropriate social distancing will need be maintained on sidelines and benches during contests and events, as deemed necessary by the school, PIAA, and State and Local governments. Please consider using tape or paint as a guide for students and coaches.

**Who should be allowed at events?**

People will be grouped into tiers from essential to non-essential to determine who will be allowed at events:

Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, and security.

Tier 2 (Preferred) – Media personnel.

Tier 3 (Non-essential) – Spectators and vendors.

Only Tier 1 and 2 personnel will be allowed to attend events until State and 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 State and Local governments.

**Overnight/Out of State Events/Events in COVID-19 Hot Spots:**

Trinity High School will not allow overnight or out-of-state events at this time.

## **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. (Please see the CDC Fact Sheet in the Appendix.) 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

### **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.
- Call your healthcare provider for medical advice immediately.
- Notify the school's COVID-19 coordinator and/or Athletic Director immediately.
- It will be determined if others who may have been exposed (such as students, coaches, and 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. Please see Information in the Appendix.

### **What to do if a student or staff member becomes ill with COVID-19 symptoms during practice, event, or transportation to/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 becomes ill, the school will contact parents/guardians immediately, and arrangements will be made for the student to be picked up.

Any ill individual must contact a 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, avoiding touching eyes, nose, face and mouth, no spitting, gum chewing, etc.).

Avoiding handshakes/celebrations (including 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 and Local governments, NFHS, and PIAA.

Proper student dress for activity.

Limit indoor activities and the areas used. Locker room use is not permitted. Facility showers cannot be used.

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.

**Trinity High School Athletic Department  
Athlete and Staff COVID-19 Screening**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Grade: \_\_\_\_\_ Sports: \_\_\_\_\_

Students/Coaches should self-report as deemed necessary prior to each practice/event.

Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

For the column “Close Contact” the answer should reflect the following question:

Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.)

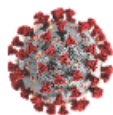
If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

Full chart is on the next page.

# COVID-19 Athlete/Coach Monitoring Form

[illegible]

# 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://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://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://health.pa.gov)

"Coronavirus Symptoms"

"What is Contact Tracing"

"Phased Re-opening 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