



## **Cathedral Preparatory School & Villa Maria Academy**

### **Athletic Department**

### **COVID-19 Return to Play Plan (RTP Plan)**

The following plan outlines the preliminary policy, protocol, and guidelines for a return to athletic participation at Cathedral Preparatory School and Villa Maria Academy. As more public health information is available, administration will work with our students and coaches to release further guidance which could impact our athletic seasons.

#### **Introduction**

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 and Prevention (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, 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 research suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

In this document, we lay out the guidance from the PIAA and best practices in the areas of classification of sports, gathering size limitations, and levels of participation guidance so that all stakeholders will have a level of awareness of those points. The document concludes with Prep-Villa specific policies, outlined either in congruence with or increased precaution in reference to the guidelines provided. An appendix with two-part has been added with helpful information from the CDC regarding COVID-19 and the PA Department of Health information on contact tracing.

Cathedral Prep & Villa Maria Academy will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA Department of Health, as well as the NFHS and PIAA. The knowledge regarding COVID-19 is constantly changing as new information and treatments become available. Thus, 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, eventually, spectators.



## **PIAA 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, wrestling, cheerleading (stunts)

**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, hockey, tennis, water polo, 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 uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

**\*\* 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.**

## **Pennsylvania Group Size Limitations**

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.



## **PIAA Levels of Participation Guidance**

### **Level 1 (PA State Red)**

Team Activities: No in-person gatherings permitted, athletes and coaches may communicate via online meetings (ex. Zoom), 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

### **Level 2 (PA State Yellow or Green - permitted by PIAA)**

Team Activities may include team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf and cheer, etc.

#### **Pre-workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check or both (school plan outlined below)
- 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 or coach develops COVID-19
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

#### **Limitations on Gatherings:**

- No gathering of more than (25 Yellow/250 Green) individuals per group including coaches per practice area
- Controlled non-contact practices only, modified game rules
- Social Distancing should be applied during practices and in locker rooms and gathering areas

#### **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 an individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces



### **Physical Activity:**

- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High-risk sports (workouts must remain non-contact and include social distancing where applicable, activity should focus on individual skill development)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including 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 (or students using them will need to wear gloves)
- 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 (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized

### **Level 3 (PA State Green – once permitted by PIAA)**

Team activities may include basketball, volleyball, baseball, softball, soccer, hockey, water polo, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

### **Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms will not be allowed to participate in practice/games and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play
- 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
- When not directly participating in practices or contests, social distancing should be considered and applied when able

### **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 an individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces



### **Physical Activity and Athletic Equipment:**

- Low, Moderate, and High risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including 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

### **Level 4 (PA State Green - once permitted by PIAA)**

Team Activities include: Low/Moderate Sports may resume. High risk sports (football, wrestling, and cheerleading stunting) may begin full person to person contact and competition.

### **Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms will not be allowed to participate in practice/games and should contact their primary care physician or another appropriate health-care provider
- 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
- When not directly participating in practices or contests, social distancing should be considered and applied when able

### **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 individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces



### **Physical Activity and Athletic Equipment:**

- All sports may resume normal practice and competition
- Students should refrain from sharing clothing/towels and should be washed after each practice, including 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**

#### **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 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:**

- Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, 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 school 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

#### **Concessions**

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



## **Prep-Villa Athletic and Facility Use Policies, Procedures, and Protocols**

1. All coaches, trainers, and Athletic Department/HFEC Staff member will review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports in conjunction with PIAA Guidelines.
2. All students participating and their parent(s)/guardian(s) will be required to sign a “Participation Waiver for Communicable Diseases Including COVID-19” form. That form will need to be completed and on file before they are able to participate in any practices/events.
3. The primary point of contact for all questions related to COVID-19 is Mr. Will Pituch, Vice-President of Academics and Student Affairs, [William.Pituch@prep-villa.com](mailto:William.Pituch@prep-villa.com) or (814) 453-7737 ext. 2224. All athletic specific questions remain directed to Mr. Bill Flanagan, Director of Athletics, [Bill.Flanagan@prep-villa.com](mailto:Bill.Flanagan@prep-villa.com) or (814) 453-7737 ext. 2227.
4. Should a student or coach receive a positive test for COVID-19 who has been within our facilities, or has a confirmed member of their household with COVID-19, we will immediately consider shutdown of that facility or affected areas for at least 3 days in order to prevent the spread of the virus. We will disinfect the facility in accordance with CDC guidelines.
  - Individuals with confirmed cases of COVID-19 will not be permitted back to work until they have gone 3 days with no fever, symptoms have improved, 10 days have passed since symptoms first appeared.
  - All individuals who came in close contact with the infected individual (less than six feet for about 10 minutes) at either an athletic event or in their personal lives, will be excused from practices/events and asked to quarantine for 14 days while self-monitoring for symptoms.
5. Student athletes or coaches who have symptoms of acute respiratory illness are recommended to stay home and not come to practice/events until they are free of fever (100.4° F [37.8° C] or greater), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). The following symptoms may appear 2-14 days after exposure.
  - Fever (If you do not have thermometer, we may be able to take your temp.)
  - Cough (dry cough, no runny nose)
  - Shortness of breath
  - Sore throat (possibly one of the first symptoms)
  - Pneumonia (with high fever, difficulty breathing)
  - Heavy nasal congestion (drowning feeling)
6. Educational materials will be made available to all students and families (included in the appendix at the end of this document) and coaches will review with all of their student-athletes’ symptoms of COVID-19, when to stay home from practice/events, and proper handwashing/sanitizing.
7. All coaches, staff, and other adult personnel are at all times required to wear face coverings (masks or face shields).



8. Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
9. Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during practices/events. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
  - a. Coaches/trainers/staff will ask students a series of questions and take their temperature at the beginning of each practice, recording results in a log.
10. All athletes, coaches, and staff must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
11. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
12. Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
13. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users. For the time being, locker rooms and the weight rooms will remain closed, student-athletes should come ready to practices/events in appropriate attire. Notification will be sent out when this changes.
14. Each athletic team reporting for a practice/event at the HFEC will be required to enter and exit (drop off/pick up) through specific doors to reduce additional student-athlete contact.

## **Education**

Staff, coaches, parents and student-athletes will be educated on the following:

- 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
- Students should be prepared to come dressed for activity
- Limit indoor activities and the areas used. Locker room use may be curtailed, and 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





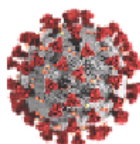
*Developing men and women of vision in spirit, mind, and body*



## Appendix



# 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)



## WHAT IS CONTACT TRACING?

### 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](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/>

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/>