

Peters Township School District Extracurricular Health and Safety Plan – Fall Season

INTRODUCTION

The COVID-19 pandemic has presented all School Districts with countless challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children can be 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 risks of furthering the spread of COVID-19, the current science suggests that there are steps schools can take to reduce the risks to students, staff, and community.

The Peters Township School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic programs. The Peters Township School District realizes knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff, and community. School Board approval of Plan modifications are required.

The administration will regularly communicate and monitor developments with state and local authorities, coaches, sponsors, staff, and families regarding cases, exposures, and updates to policies and procedures.

This plan is intended to cover extracurricular activities that occur in the fall season. Future School Board action will be necessary to authorize extracurricular activities that occur in the winter and spring.

PHASE 1 (Pennsylvania Red Phase)

- All school facilities must remain closed as per Pennsylvania Guidelines.
- Students and coaches/sponsors may communicate via online meetings (CANVAS).
- Students are encouraged to participate in individual home workouts including strength and conditioning.
- Athletes and coaches should follow all guidelines set forth by the District and state and local governments/agencies.

PHASE 2 (Pennsylvania Yellow and Green Phase)

Waiver Requirements

Parents and students must complete and return a participation waiver for communicable diseases including COVID-19 to participate in athletics or extra-curricular activities. (Attachment)

Screening

- All persons (including but not limited to coaches/sponsors, staff, referees, ticket takers, scoreboard operators, and students, etc.) entering any District facility for any activity related to an athletic practice, program, or event shall be screened for signs/symptoms of COVID-19 prior to entering the facility. (See Appendix for COVID-19 Screening Form)
 - Screenings will include:
 - Temperature check (using a handheld temperature device) and
 - Asking questions to each person for COVID-19 symptoms. The responses to the questions will be recorded and stored to provide a record.
- All students shall answer COVID-19 questions honestly. If a student does not honestly respond to the COVID-19 screening questions, he/she may receive disciplinary consequences including removal from extracurricular activities or athletics.
- The location of this health screening will be announced prior to the practice or event.
- Attendance at all team events shall be recorded for potential contact tracing.
- If individuals answer “YES” to any of the COVID screening questions, they must be immediately sent home.
- Any individual with suspected positive COVID-19 symptoms shall not be allowed to take part in any in-person team activity.
 - Students will need to contact parents/guardians for immediate pick-up.
 - Parents should contact their primary care provider or other appropriate health-care professional for guidance.
- The Pandemic Coordinator and school nurse will be notified.

Coaches’/Sponsors’ Responsibility for Promoting Healthy Practices

Coaches/Sponsors shall educate students about and promote healthy hygiene practices that limit the spread of COVID-19 including:

- Require hand washing for 20 seconds with soap and water before and after team activities
- Promote the frequent use of hand sanitizer.
- Ensure that participants follow social distancing (6 feet apart) through increased spacing, small groups, and limited mixing between groups.
- Educate students about COVID-19 health screening.
- Educate students about the signs and symptoms of COVID-19 and what to do if COVID-19 is suspected.

- Review facility entrance and exit plans.
- Review hydration plans.
- Requiring anyone who is sick to stay home.
- Prohibit activities that increase the risk of exposure to saliva including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Prevent shaking hands, fist bumps, or high fives before, during or after events. Limit unnecessary physical contact with teammates, other participants, coaches, staff, and officials.
- Ensure that student-athletes keep their mouth guards in their mouths throughout the competition. If the mouth guard is removed, the athlete must wash or disinfect his or her hands and then disinfect the mouth guard before reinserting it.
- Encourage Student-athletes to shower and wash their workout clothing as quickly as possible after practices and competitions.
- Require athletes to wear appropriate clothing/shoes at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

Limitations on Gatherings

- Staff and students must maintain appropriate social distancing at all times possible, including in the field of play, meeting locations, sidelines, dugouts, benches, meeting rooms, workout areas, etc. During down time, staff and students shall not congregate.
- All extracurricular activities including sports-related activities (including but not limited to practices, scrimmages, competitions, and meetings, etc.) must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening, which at the time of this Plan's approval is:
 - 25 or fewer people for an indoor activity,
 - 250 or fewer people for an outdoor activity,
 - AND the facility as a whole may not exceed 50 percent of total occupancy otherwise permitted by law.
 - If these guidelines change, the updated guidelines will apply
- Gathering size limitations are based on all individuals within the facility, including staff, coaches/sponsors, athletes, trainers, medical personnel, etc.
- Band and cheer members are allowed in facilities for an athletic event and shall be counted towards the headcount for the occupancy limitation.
- Occupancy will be posted in all areas.
- Coaches/Sponsors are encouraged to hold team meetings virtually, if possible.
- Gathering locations should be in larger spaces that promote social distancing.
- Gathering groups shall be limited to smaller "pods" whenever possible.
- Weight Room group size cannot exceed 20 people including coaches and athletes.
 - Athletes must make a reservation to use the Weight Room prior to arriving for a workout.

Spectators

- In accordance with the Governor's current Guidance for Sports, "[s]ports-related activities at the PK-12 level are limited to student athletes, coaches, officials and staff only."
- If/when spectators are permitted to attend contests, attendance will be subject to important limitations:
 - Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household.
 - Individuals not from the same household must adhere to social distancing requirements of at least 6 feet of spacing in all seating areas including bleachers.
 - Bleachers and seating areas will be clearly marked to indicate appropriate social distancing requirements.
 - To assist with proper social distancing, areas shall be clearly marked.
 - Spectators will be required to have a temperature check and health screening upon arrival at the facility.
 - All spectators must wear face coverings at all times that comply with the District's rules for masks in the educational setting. At the time of the approval of this Plan the following types of masks are not permitted: bandanas, handkerchiefs, masks with valves and gaiters.
 - Based on spectator limitations and facility limitations, each participating student will be limited to the number of tickets he/she may be able to receive/purchase. The Athletic Director shall determine the number of tickets each student may be able to receive or purchase based on state, local and/or District restrictions on crowd limitations.
 - Spectators shall not enter the field of play or bench areas.
- Facility use by the public will be prohibited during extracurricular activities.

Masking Requirements

- All persons (including but not limited to coaches/sponsors, other adult personnel, students, etc.) shall wear a face covering at all times (as required by the District's Health and Safety Plan) except while actively participating in vigorous athletic activity or eating or drinking.
- Participants are permitted to wear masks during physical activity if they so desire.
- At the time of the approval of this Plan, the following types of masks are not permitted: bandanas, handkerchiefs, masks with valves and gaiters.
- While athletes are not required to wear face coverings while actively engaged in vigorous athletic activity, they must wear face coverings when on the sidelines, dugouts, etc.
- The District shall have disposable masks readily available at District facilities and events for those who have forgotten their mask.
- While in competition, athletes may use the District-approved double-layered gaiters. No other gaiter is permitted.
- Masks are required in the Weight Room at all times.

Facilities Cleaning/Preparation

- Adequate cleaning schedules shall be created and implemented for all extra-curricular facilities and common areas in order to mitigate any communicable disease.
- Extra-curricular facilities shall be cleaned prior to arrival and following workouts and gatherings with high touch areas cleaned more often.
- During athletic activities that involve a ball(s), the ball(s) shall be regularly rotated and cleaned in accordance with ball manufacturer's recommendations to reduce the possibility of spreading the virus.
- Weight Room Equipment must be wiped clean after each individual's use.
- If multiple events are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between students and staff.
- If any indoor facilities are used for any athletic activity, improvement of ventilation including circulation of outdoor air into the facility should be accomplished, as much as possible.

Physical Activity

- Staff must review and consider the CDC guidance to modify practices and events to mitigate the risk of spreading the virus including focusing on individual skill-building versus competition and limiting contact in close-contact sports and activities.
- Staff shall consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Coaches should limit game day squad sizes for social distancing purposes
- Personal items shall not be shared including clothing, towels, and pinnies.
- If equipment must be shared, all equipment shall be properly disinfected often during practices and events, as deemed necessary.
- When weightlifting, spotters for maximum weight lifts should be stationed at each end of the bar.

Hydration

- All students, staff, and officials must bring their own water and water bottle for hydration.
- Water bottles must be clearly marked with a name and may not be shared.
- Team water coolers for sharing through disposable cups are prohibited.
- Fixed water fountains and water buffaloes cannot be used.
- Access to water for filling up water jugs and/or bottles will be administered by the Athletic Training staff.

Transportation

- Transportation to and from extracurricular events shall be governed by the same restrictions as transportation of students to and from school.
- Parents shall be permitted to transport their child(ren) to and from extra-curricular events if they desire. However, the use of carpools or vanpools to travel to

events is discouraged. Private transportation to events should be limited to persons living in the same household.

- The number of students and staff are limited to 48 total passengers on a full-size bus and are limited to nine total passengers on a van.
- The use of masks on District-provided transportation is required for all passengers and staff.
- The District-provided transportation vehicle should have adequate supplies of hand sanitizer and disposable masks on hand for those who might have forgotten theirs.
- All extracurricular travel must be approved by the Athletic Director and/or Principal.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench Area
 - Social distancing shall be maintained during the National Anthem and introductions.
 - Staff must ensure appropriate social distancing is maintained on sidelines, in bench areas, and in other areas during practices and events as deemed necessary by the CDC, PIAA, state and local governments/agencies.
 - Outdoor sports may need to extend bench areas in order to allow for social distancing. Indoor sports may need to use bleachers or multiple levels of seating in order to allow for social distancing.

Overnight/Out-of-State Events

- The Peters Township School District will evaluate each event and follow all state and local government/agencies guidelines on a case-by-case basis.
- All overnight travel is prohibited until March 1, 2021 (at the earliest) unless the Superintendent grants approval.
- Every consideration must be taken in order to avoid exposing students to unnecessary or potentially high-risk exposure by traveling outside of the region.

Other Important Information

- Remote Learning Students enrolled as Peters Township Students may participate in District-sponsored athletics and extracurricular activities as permitted and available.
- Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained.
- The Athletic Director shall establish protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities with clear signage in order to ensure separation of participants and staff.
- Pick-up and drop-off times and locations for practices and events will be staggered.
- Students are not permitted to congregate in order to avoid crowding during pick up and drop off.
- Parents dropping off or picking up students must remain outside of facilities. Parents are not permitted to enter the facility.

- Concession stands may not operate until further notice.
- Team meals, whether pregame or postgame, are discontinued until further notice.
- For competitions, scrimmages, games, and matches, schedules will be limited to teams in the region first (PIAA District 7 and District 8 only).
 - Playoff events will be exempt from regional play.
 - If COVID-19 cases continue to stay within or below required DOH or PDE thresholds, expansion beyond regional play may be considered.

Education

- Staff, coaches, sponsors, parents, and students will be educated on the following (through posters, flyers, meetings, emails):
 - COVID-19 signs and symptoms,
 - Proper ways to limit exposure to COVID-19 (hand washing, cough into elbow, disinfecting touched surfaces, social distancing, etc.),
 - The content of this Plan, and
 - Any pertinent COVID-19 information released by DOH, state and local governments/agencies, NFHS, and PIAA.
- All students, parents and coaches/sponsors must sign an acknowledgement that they have read and understand this Extracurricular Health and Safety Plan – Fall Sports and agree to abide by the rules set forth in the Plan.

Athletics' Specific Information

Locker Rooms

- Locker Room use by student athletes is limited to changing / dressing only.
- Team meetings shall not be held in locker rooms.
- Lockers shall be assigned in such a manner so that proper social distancing can occur while in the locker room.
- Coaches shall schedule arrival times for practices and games in order to stagger access to and limit the time spent in locker rooms and other indoor locations as necessary.

Media and Game Officials

- Media shall contact the school prior to attending in order to request an appointment for attendance.
 - Members of the media will be limited, if permitted.
 - The media will be required to have a temperature check and health screening upon arrival at the facility.
 - The media will be restricted to areas outside of the team areas.
 - The media will be required to wear face coverings.
- Game officials shall contact the school prior to attending in order to make appropriate arrangement for attendance.
 - Game officials will be required to have a temperature check and health screening upon arrival at the facility.
 - Game officials will be required to wear face coverings.

- Game officials shall come to the event fully dressed in uniform.

Fall Sports' Specific Plans

Cheerleading

- **Low Risk Sport**
- **Performance Modifications:**
 - **CHEERLEADING MODIFICATIONS:**
 - Cheerleaders must wear masks at all times.
 - Stunting is prohibited.
 - The use of megaphones for cheering are prohibited. They may be present at the game as a prop.
 - Cheerleaders must cheer at least 8 feet apart when cheering.
 - When not cheering, cheerleaders must maintain at least 6 feet apart to ensure social distancing.

Cross Country

- **Low Risk Sport**
- **Competition Modifications:**
 - **CROSS COUNTRY MODIFICATIONS:**
 - Events shall be limited to a maximum of 12 participants from each team starting at a particular time.
 - Meets shall use staggered, wave, or interval starts in order to limit the number of participants on the starting lines.
 - **Course Adjustments:**
 - Starting Line shall be widened to approximately 40 feet.
 - Finishing Line shall be widened to approximately 10 feet.
 - The course shall be at least 6 feet wide at its narrowest point.
 - **Finish Area:**
 - Disposable sticks shall be used for determining finishing position.
 - Following meets, athletes shall space out for social distancing purposes.
 - **PRE-RACE AND POST-RACE PROCEDURES:**
 - Team and individual participants shall practice social distancing.
 - At the finish line, athletes shall proceed to open space away from others and shall not congregate after crossing the finish line.
 - Handshakes before and after the event shall be prohibited.
 - The use of team tents for congregation of students shall be prohibited.
 - Water stations and open cups are prohibited.

Field Hockey

- **Moderate Risk Sport**
- **Competition Modifications:**
 - **PREGAME CONFERENCE:**
 - The pregame conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pregame conference shall be the center of the field.
 - All individuals shall maintain a social distance of 6 feet during the conference.
 - Handshakes before and after the event shall be prohibited.
 - **TEAM BENCHES:**
 - Team areas shall be expanded to promote social distancing.
 - The team area shall be placed between the 15-yard line and the 35-yard line.
 - Bench personnel shall observe social distancing of 6 feet.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
 - Water stations and open cups are prohibited.
 - **BALL INDIVIDUALS:**
 - Require social distancing of 6 feet, if ball individuals are used.
 - Additional game balls shall be placed around the outside perimeter of the field in order to limit contact with the ball.
 - Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
 - Ball holders should disinfect a ball immediately after picking it up.
 - **SUBSTITUTION PROCEDURES:**
 - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the centerline.
 - The substitution area shall be lengthened to the 40-yard line to the 40-yard line.
 - **OFFICIALS' TABLE:**
 - Personnel at the officials' table are limited to the home team scorer and timer.
 - These individuals shall be placed at separate tables with a minimum of 6 feet distance between individuals.
 - The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and shall be positioned in the bleacher area.
 - If a team member is carded, that individual is to stand at least 6 feet behind the officials' table at designated markings on the track. The

team member must wear a mask while in the penalty area, until the player returns to the field.

- OTHER:
 - Players choosing to use a penalty corner mask shall not share their mask with other individuals.
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.
- PREGAME, QUARTER, HALFTIME AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their field positions for introductions.
 - Water bottles shall not be allowed on the field of play and shall be used off the playing surface.
 - Coaches shall hold pregame, quarter, halftime and postgame meetings socially distant and off the playing surface.
 - Meetings can take place in the end zone area in order to provide a larger space for team members to socially distance.
 - Handshakes before and after the event shall be prohibited.
- FIELD HOCKEY RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Face coverings are permitted.
 - Gloves are permitted.
 - Players' goggles are optional equipment.
 - LEGAL UNIFORM:
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

Football

- **High Risk Sport**
- **Competition Modifications:**
 - FOOTBALL RULES MODIFICATIONS:
 - TEAM BOX:
 - Team areas shall be expanded to promote social distancing.
 - The team area shall be placed between the 10-yard line and the 10-yard for players only.
 - Coaching box remains between the 25-yard line and the 25-yard.
 - Bench personnel shall observe social distancing of 6 feet.

- Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
- Team shall reduce game rosters in order to allow for more social distancing on sidelines according to Conference Guidelines.
- The sideline belt area shall be extended to 5 yards.
- **BALL:**
 - The ball shall be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - The ball holders shall maintain social distancing of 6 feet at all times during the contest.
 - The ball shall be cleaned on a ball rotation to the sidelines. Ball individuals shall wear gloves and be supervised and directed by an adult staff member.
- **FACE MASKS:**
 - Cloth face coverings are permitted.
 - Face shields may be worn for play as well as on the sidelines.
 - Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest per NFHS Guidelines.
- **TOOTH AND MOUTH PROTECTORS:**
 - Athletes shall keep their mouth guards in their mouth throughout the competition, unless on a mouth strap.
 - If the mouth guard is taken out, proper disinfection of the mouth guard shall be performed prior to reinsertion, unless on a mouth strap.
 - Hands should also be washed or disinfected before doing so.
 - Mouth guards shall be disinfected after every practice or event.
- **GLOVES:**
 - Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES:**
 - A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for re-hydration.

- For social-distancing purposes, the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline.
- It is permissible for more than one coach to be involved in this conference and for technology to be used.
 - If technology is shared, it will need to be sanitized between uses.
- Each game official and player should have his or her own beverage container with his or her name clearly marked.
- Coaches shall minimize the use of offensive and defensive huddles.
- Coaching staffs are encouraged to use other methods of communication with players (such as signals, cards, signs) in order to minimize grouping.
- INTERMISSION BETWEEN PERIODS AND AFTER SCORING:
 - The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods, following a try, successful field goal or safety, and prior to the succeeding free kick.
- FOOTBALL GAME MODIFICATIONS:
 - PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES:
 - The pregame conference shall only include the referee and one representative from each team.
 - The location of the pregame conference will be the center of the field.
 - All individuals shall maintain a social distance of 6 feet during the contest.
 - Handshakes before and after the event shall be prohibited.
 - For the overtime procedure, use the same procedure as used at the start of the contest for the coin toss.
 - PREGAME, QUARTER, HALFTIME AND POSTGAME CEREMONY:
 - Water bottles shall not be on the field of play and should be used off the playing surface.
 - Coaches shall hold pregame, quarter, halftime, and postgame meetings socially distant and off the playing surface where possible.
 - Meetings can take place in the end zone area to provide a larger space for team members in order to socially distance.
 - Handshakes before and after the event shall be prohibited.

- OTHER:
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible.
 - Players are required to sanitize their hands after removal from play.
 - Gloves are permitted for all coaches and team staff and for all game administration officials.
 - Administration shall limit the number of non-essential personnel who are on the field level throughout the contest according to Conference Guidelines.
 - If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and shall be properly cleaned and sanitized prior to their arrival.
 - Locker Room use will be permitted for changing only for Home Games and prior to practices.
 - Locker Rooms use will be limited to no more than 25 persons, and students shall maintain social distancing of 6 feet at all times.

Golf

- **Low Risk Sport**
- **Competition Modifications:**
 - Teams shall adhere to local course competition rules in relation to COVID-19 accommodations.
 - Social distancing of at least 6 feet shall be maintained at all times.
 - Handshakes before and after the event shall be prohibited.
 - Normal golf groups are permitted.
 - Players shall limit use of golf shop and retail operations for essential access only in order to maintain social distancing guidelines.
 - In order to limit congestion, limiting the field size of an event and starting from one tee only is recommended.
 - When possible, the expanded spacing between tee times is encouraged (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4).
 - Players shall provide their own tees, pencils, ball-markers, and sharpies.
 - Players must bring their own equipment and food/beverage, as needed.
 - Electronic scoring is permitted for Regular Season competition per PIAA.
 - The exchange of scorecards by players shall not take place.
 - Signatures on scorecards shall not be necessary following the round. Individual hole scores shall be provided to the coach, who will tabulate the scores and results.
 - Participants following each hole shall accept verbal confirmation of scores.
 - In order to limit congestion, the Head Coach shall set a window of time for players to access practice facilities before their round based on their starting times.

- Practice facilities shall not be used after the round and all players shall be encouraged to depart immediately when finished.

Soccer

- **Moderate Risk Sport**
- **Competition Modifications:**
 - **PREGAME CONFERENCE:**
 - The pregame conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pregame conference will be the center of the field.
 - All individuals shall maintain a social distance of 6 feet during the conference.
 - Handshakes before and after the event shall be prohibited.
 - **TEAM BENCHES:**
 - Team areas shall be expanded in order to promote social distancing.
 - The team area shall be placed between the 15-yard line and the 40-yard.
 - Bench personnel shall observe social distancing of 6 feet.
 - Team bench areas shall be sanitized prior to and following use from
 - **BALL INDIVIDUALS:**
 - The ball holders shall maintain social distancing of 6 feet at all times during the contest.
 - Ball individuals shall wear gloves and be supervised and directed by an adult staff member.
 - Additional game balls shall be placed around the outside perimeter of the field to limit contact with the ball.
 - Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
 - The ball shall be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - **SUBSTITUTION PROCEDURES:**
 - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the centerline.
 - The substitution area shall be lengthened to the 40-yard line to the 40-yard line and the player entering the field must stand at the 50-yard line and the exiting the field will exit at the 40-yard line.
 - **OFFICIALS' TABLE:**
 - Personnel at the officials' table are limited to the home team scorer and timer.

- These individuals shall be placed at separate tables with a minimum of 6 feet distance between individuals.
 - The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and shall be positioned in the bleacher area.
 - If a team member is carded, that individual is to stand at least 6 feet behind the officials table, which will be designated by markings on the track.
 - PREGAME, HALFTIME AND POST-MATCH CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their field positions for introductions.
 - Water bottles shall not be allowed on the field of play and shall be used off the playing surface.
 - Goalkeepers shall keep a water bottle behind the net for hydration and to wet their gloves rather than spitting.
 - Coaches shall hold pregame, halftime and postgame meetings socially distant and off the playing surface.
 - Meetings can take place in the end zone area to provide a larger space for team members to socially distant.
 - Handshakes before and after the event shall be prohibited.
 - OTHER:
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.
- SOCCER RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Cloth face coverings are permitted.
 - Gloves are permitted.
 - LEGAL UNIFORM:
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Under garments are permitted but must be of a similar length for the individual and a solid like color for team.

Tennis

- **Low Risk Sport**
- **Competitions Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one official (if applicable), the head coach from each team, and one captain from each team.

- The location of the pregame conference shall be determined by the home Head Coach to be away from other participants.
- All individuals shall maintain a social distance of 6 feet during the conference.
- Handshakes before and after the event shall be prohibited.
- TEAM AREAS:
 - Team areas shall be expanded to promote social distancing.
 - Bench personnel shall observe social distancing of 6 feet.
- DURING MATCHES:
 - Between points, players shall use their racquet or foot to advance the tennis balls back to their opponent.
 - Players shall avoid using their hands when returning balls to another court.
 - Players shall maintain physical distancing when changing ends of the court.
 - Players shall avoid touching their face after handling a ball, racquet, or other equipment.
 - Players shall wash or sanitize hands promptly if they have touched their eyes, nose, or mouth.
 - When playing doubles, players shall coordinate with their partner to maintain physical distancing, where possible
 - Players shall wash hands thoroughly or use a hand sanitizer before, between sets, and after play.
 - Players shall clean and wipe down their equipment between sets and following the match, including racquets and water bottles. Use new balls, if possible.
 - Players shall only use their own towels and water bottles.
- TENNIS BALLS:
 - Although unlikely, it is possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease.
 - Each player must bring her own tennis balls, mark the balls uniquely, and then touch only their own tennis balls during the match.

Volleyball

- **Moderate Risk Sport**
- **Competition Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pre-match conference will be at center court. Teams shall stay on their side of the court.

- All individuals shall maintain a social distance of 6 feet during the conference.
 - Handshakes before and after the event shall be prohibited.
 - Roster submission shall be suspended at the pre-match conference.
 - Rosters shall be submitted directly to the officials' table before the 10-minute mark.
- TEAM BENCHES
 - Teams shall suspend the protocol of switching sides/benches between sets.
 - The home team shall select their bench prior to the match and remain on the same side for the duration of the match.
 - Team areas shall be expanded to promote social distancing outside of playable areas, including using multiple rows of chairs or bleachers.
 - Bench personnel shall observe social distancing of 6 feet.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
- DECIDING SET PROCEDURES:
 - The location of the deciding set coin toss shall be moved to center court with the team captain and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
- SUBSTITUTION PROCEDURES:
 - Maintain social distancing of 6 feet between each substitute and the second referees by requiring the substitutions to occur closer to the attack line.
- OFFICIALS' TABLE:
 - Personnel at the officials' table are limited to the home team scorer, libero tracker, and timer.
 - These individuals shall be placed with a minimum of 6 feet distance between each person.
 - The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel.
- PREGAME, SET CHANGE, AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their court positions for introductions.
 - Water bottles shall not be allowed on the court and shall be used off the playing surface.
 - Coaches shall hold pregame, set change and postgame meetings socially distant and off the playing surface.
 - Meetings can take place behind the end line area to provide a larger space for team members in order to socially distance.

- Handshakes before and after the event shall be prohibited.
- Timeout conferences shall take place with a limited number of team members in the team area to promote social distancing.
- OTHER:
 - Game balls shall be rotated out-of-play and sanitized throughout the game. A minimum of three game balls will be used in rotation throughout the competition.
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.
- VOLLEYBALL RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Cloth face coverings are permitted.
 - Gloves are permitted.
 - LEGAL UNIFORM
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

MARCHING BAND

In addition to following the transmission risk mitigation protocols that apply to extra-curricular activities in general, these specific guidelines must be followed for conducting marching band activities.

- **Masking Requirements**
 - Personal cloth or disposable masks, as required by the District in education areas, must be worn by all band members at all times.
 - Those playing wind or brass instruments shall wear a cloth or disposable mask with a slit in it that is only to be used when playing. A mask without a slit will be required to be worn when not playing.
 - Masks will also be required on wind/brass instruments.
 - Flute players are permitted to mask by putting the flute inside the side of the mask to play.
- **Proper Instrument Protocols/Cleaning**
 - All wind and brass instruments must use a “sock” or bell-cover “mask”.
 - Instrument bell covers should be made of non-stretchy material that has a Minimum Efficiency Reporting Value (MERV) of 13 – a rating known to protect against cough and sneeze, bacteria and virus aerosols.
 - Disinfection of music equipment and/or instruments must be thoroughly performed prior to and following each use daily and shall follow the NFHS

Instrument Cleaning Guidelines (<https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines/>)

- Instruments shall not be shared between musicians or students. If sharing is necessary, proper disinfecting must be performed prior to do so.
- All students and musicians must have their own mouthpieces and reeds.
- After a participant or group has used equipment (ladders, stands, etc.), it must be thoroughly disinfected before being used by a different participant or group.
- **Personal Hygiene**
 - Students should report to rehearsal/performances in proper gear and immediately return home to shower at end of rehearsal/performances.
 - Instrument spit valves shall be emptied onto absorbent sheets rather than directly onto the ground and emptied away from others.
 - Spit valves are prohibited from being emptied on any field of play, track, or other walking space.
 - Students shall not share sheet music.
- **Hydration and Food**
 - All students shall bring their own water bottle, clearly marked with their name.
 - Sharing of water bottles is prohibited.
 - Hydration stations (water cows/troughs/fountains/disposable cup stations) are prohibited.
 - Shared food is prohibited.
- **Social Distancing**
 - Proper Social Distancing is required during practice and performance, as deemed necessary by the CDC, state and local governments/agencies.
 - Students and staff must maintain at least six (6) feet of distance from all sides when not actively practicing or rehearsing.
 - When actively practicing and rehearsing, students and staff should maintain at least eight (8) feet of distance from all sides when possible.
 - Due to potential increased risk of droplet transmission, physical distancing should be prioritized for wind instruments. This distancing shall be eight (8) feet apart.
 - Staff shall ensure that the numbers of participants in a facility are limited to no more than 50% of the occupancy permitted by law, but with small groups whenever possible.
 - Students should learn music while standing still.
 - Students should have their own area designated for their case and other equipment that is their space alone.
 - The playing of musical instruments is limited to outdoor areas only.
 - Band Directors must create a plan for getting instruments from the band room to the practice/performance facility that allows for social distancing and sanitation.
 - Band Directors should consider using a portable amplifier device to eliminate the need to shout during practices.

- **Transportation**

- At this time, marching band will only perform at home football games, and no travel is permitted without Superintendent approval.
- Any group transportation provided must comply with the same limitations that apply to transportation of students to and from school in the District's Health and Safety Plan.

Academic Clubs and Other Extra-Curricular Activities

All other academic clubs and other extra-curricular activities shall follow all applicable guidance and mandates provided in this document. In addition, the District's Health and Safety Plan must also be followed. Groups that use indoor facilities are limited to gathering limitations from the Pennsylvania Department of Health or local agencies as stated previously in this Plan.

- **Personal Masks**

- All sponsors and participants must wear personal cloth or disposable masks as required by the District in education areas at all times.

- **Social Distancing**

- Proper Social Distancing is required during meetings, practices, competitions, and events as deemed necessary by the CDC, state and local governments/agencies.
- Students and staff must maintain at least six (6) feet of distance from other individuals.
- Staff shall ensure that the numbers of participants are limited to no more than 50% of the occupancy permitted by law or the classroom capacity established following the Health and Safety Plan and cannot exceed the number of desks available in any classroom or meeting space.
 - Maximum capacity is posted for each space.
- Additional desks are not permitted to be brought into classrooms or meeting spaces.
- Desks are not permitted to be moved when using classrooms or meeting spaces.

- **Hydration and Food**

- All students shall bring their own water bottle, clearly marked with their name.
- Sharing of water bottles is prohibited.
- Hydration stations (water cows/troughs/fountains/disposable cup stations) are prohibited.
- Shared food is prohibited.

- **Transportation**

- Any group transportation provided must comply with the same limitations that apply to transportation of students to and from school in the District's Health and Safety Plan.

- **Additional Information**

- Sponsors are encouraged to hold meetings virtually via Canvas.

- Students are prohibited from sharing devices, materials, documents, or other resources.
- Singing is prohibited.

OTHER GUIDANCE

Primary Point of Contact

- The Peters Township School District has designated Dr. Michael Fisher, Assistant Superintendent, as the District's Pandemic Coordinator and primary point of contact for all questions related to COVID-19.
 - Contact information for Dr. Fisher is: 724-941-6250, x7298 (Office) and FisherM@pt-sd.org (Email)
- A secondary contact for Athletics is Mr. Brian Geyer, Athletic Director.
 - Contact information for Mr. Geyer: 724-941-6250, x5233 (Office) and GeyerB@pt-sd.org (Email)
- Any questions on the implementation of this document should be referred to Dr. Fisher or Mr. Geyer.
- The Pandemic Coordinator shall ensure that all coaches/sponsors are trained on all safety protocols prior to the first in-person team event.
 - These protocols include:
 - Performing a COVID-19 health screening,
 - Promoting healthy hygiene,
 - Reviewing the signs and symptoms of COVID-19 and what to do if COVID-19 is suspected in an individual,
 - Review social distancing, facility entrance and exit plans, and the provisions of this Extracurricular Plan.

Frequently Asked Questions (FAQs)

What if athletes, participants, coaches, sponsors, or staff are sick?

- If athletes, participants, coaches/sponsors, and staff are sick or think they are infected with the COVID-19 virus, they **MUST STAY AT HOME**.
 - It is essential that athletes, participants, coaches/sponsors, and staff take steps to help prevent the disease from spreading.
 - If athletes, participants, coaches/sponsors, and staff think they have been exposed to COVID-19 and develop a fever and symptoms, they should call their healthcare provider for medical advice.
- Caregivers should monitor their children for symptoms prior to any extra-curricular activity or sport.
- Student athletes or participants, who are sick or showing symptoms, must stay home.
- If student athletes or participants are sick, caregivers are asked to notify the school immediately (principal, athletic director, school nurse, athletic trainer, coach and/or sponsor).
- The athletic director or principal will immediately inform the District's Pandemic Coordinator and the Superintendent.
- It will be determined if others who may have been exposed (students, coaches, sponsors, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, local health professionals, the CDC, and/or DOH will implement contact tracing. All subsequent directives will be followed.

What if a student or staff becomes ill with COVID-19 symptoms during practice, an event, or during transportation to or from an event?

- A coach, sponsor, or athletic trainer will make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event.
- If a student is sick, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- The facility, where the sick individual was present, will be disinfected immediately.

How will a student or staff return to athletics/extra-curricular activity following a COVID-19 diagnosis?

- Student or staff must provide written medical clearance from their medical doctor or CRNP before resuming any athletic activity.
- Once a diagnosed individual is determined by a medical doctor or CRNP to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea, the student or staff may participate in athletics again.

- A student may return to a non-athletic extra-curricular activity after testing positive only if the student would be permitted to attend in-person educational instruction.

How will a student or staff return to athletics/extra-curricular activities following exposure to a person with a positive COVID-19 diagnosis?

- Student or staff exposed to a positive case but not testing positive can return to play following the expiration of the CDC or PA DOH quarantine period.

What happens if a District building is required to close because of COVID cases?

- If a District building is required to close for in person education due to COVID cases, no athletic or extra-curricular activities or meetings are permitted.

ATTACHMENT

Peters Township School District Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented all School Districts with countless challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children can be 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 risks of furthering the spread of COVID-19, the current science suggests that there are steps schools can take to reduce the risks to students, staff, and community.

The Peters Township School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic and extra-curricular programs. The Peters Township School District realizes knowledge regarding COVID-19 is constantly changing, as new information and treatments become available. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff, and community.

The following is mandatory for **all phases** for Middle School and High School Extra-Curricular Athletics and Activities during the COVID-19 pandemic:

1. All student athletes, participants, coaches, sponsors, and staff will undergo a COVID-19 health screening prior to any practice, event, or meeting.
 - a. The purpose of the health screening is to check each individual for signs and symptoms of COVID-19.
 - b. This health screening will involve temperature check and COVID-19 questions.
 - c. The location of this health screening will be announced prior to the practice or event
2. Coaches and activity sponsors shall promote healthy hygiene practices to limit the spread of COVID-19 including:
 - a. Hand washing (20 seconds with warm water and soap) shall be required prior to and following team activities.
 - b. Students and participants shall wear a face covering (masks or face shields) when feasible.
 - i. Face coverings will be required prior to and following team activities.
 - ii. Face coverings will not be required for athletes while practicing or competing.
 - iii. When not engaged in vigorous activities, students must wear face coverings.
 - c. Coaches, activity sponsors and other adult personnel shall wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
 - d. Frequent use of hand sanitizer.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Coaches and activity sponsors shall ensure that participants encourage social distancing (6 feet apart) through increased spacing, small groups, and limited mixing between groups, when feasible.
5. Prior to any team in-person event, educate athletes, participants, coaches, activity sponsors, and staff on health and safety protocols.

- a. These protocols include:
 - i. Information about the COVID-19 health screening,
 - ii. Promoting healthy hygiene,
 - iii. Signs and symptoms of COVID-19 and what to do if COVID-19 is suspected in an individual,
 - iv. Review social distancing,
 - v. Review facility entrance and exit plans, and
 - vi. Review hydration plans.
6. Require that anyone who is sick to stay home.
7. Follow the plan (found later in this document) for a student or employee who gets sick.
8. The administration will regularly communicate and monitor developments with state and local authorities, coaches, sponsors, staff, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes, participants, coaches, and activity sponsors MUST provide their own water and water bottle for hydration. Water bottles are not permitted to be shared. Disposable cups will not be provided. Water fountains and water buffaloes shall not be used.
10. Personal protective equipment (PPE) will be used as needed and situations warrant, or determined by state and local government/agencies. These items include gloves, face masks, and eye protection.
11. Students' caregivers should identify their children, and the District's primary contact should identify their staff, 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, and/or
 - Kidney or liver disease.

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 Peters Township School District to limit the exposure and spread of COVID-19 and other communicable diseases.

Print Student's Name: _____

Sport/Activity: _____ Student's Grade: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student: _____ Date: _____

*A full copy of the Peters Township School District's Extracurricular Health and Safety Plan can be found on the District Website.

Contacts: **Dr. Michael Fisher, Pandemic Coordinator at FisherM@pt-sd.org**
 Mr. Brian Geyer, Athletic Director at GeyerB@pt-sd.org

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask, visit:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website,

www.health.pa.gov.

ADDITIONAL RESOURCES

NFHS: Guidance for Opening Up High School Athletics and Activities

(per update on May 2020): <https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

CDC – Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

PA Department of Health – “Phased Re-opening Plan by Governor Wolf”

PA Department of Health – “Guidance for All Sports Permitted to Operate During COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public”: <https://www.governor.pa.gov/covid-19/sports-guidance/>

PIAA – “Return to Competition: Individual Sport Considerations”:

http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf

CDC COVID Screening: <https://www.cdc.gov/screening/paper-version.pdf>

NFHS Guidance for Return to High School Marching Band – July 9 2020

<https://www.nfhs.org/media/3812337/2020-nfhs-guidance-for-returning-to-high-school-marching-band-activities.pdf>

NFHS Instrument Cleaning Guidelines – April 24, 2020

<https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines/>

Aerosol Study Update 1 – July 13, 2020

<https://www.nfhs.org/media/4029971/preliminary-recommendations-from-international-performing-arts-aerosol-study.pdf>

Aerosol Study Update 2 – August 6, 2020

<https://www.nfhs.org/media/4119369/aerosol-study-prelim-results-round-2-final-updated.pdf>

News release for Aerosol Study Update 2 – August 6, 2020

<https://www.nfhs.org/articles/second-round-of-performing-arts-aerosol-study-produces-encouraging-preliminary-results/>