



**RSD**  
**ATHLETICS**  
**HEALTH &**  
**SAFETY PLAN**

## Introduction

This preliminary guidance document is intended to assist members of the RSD Athletics community with implementing the recommendations for the reopening of our athletic program during the COVID-19 Pandemic in accordance with [Governor Wolf's Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits PK-12 schools under the PIAA to resume athletics in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#). This preliminary guidance is subject to modifications and updates in accordance with federal, state, and local guidelines, including, but not limited to, the District's Health and Safety Plan. Such changes shall be approved by the Superintendent or designee.

## Primary Points of Contact

The primary points of contact for all questions related to COVID-19 in relation to athletics:

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## General Considerations

- All off-season workouts are open and voluntary.
- Cases of COVID-19 in schools cannot be fully prevented; we can only minimize the risk or spread.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- When RSD facilities are in use by RSD teams, the facilities are closed for public and incidental use.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.
- When possible Athletic Trainer will be present for off-season workouts and will conduct the pre-workout screening.
- Any athletes, coaches, or staff members who believe they may be sick should remain at home.
- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of workout and as needed throughout practice and/or at breaks.
- Each coach and athlete must have their own personal water bottle and a face covering to participate. No coolers, shared water bottles, or hydration stations should be utilized at this time. Water fountains will not be available.

### Considerations for Coaches

- All coaches will be required to complete the assigned Safe Schools courses prior to the start of a team activities.
- Design activities that allow for risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from school nurses and/or athletic trainers on best hygiene and social distancing practices for staff and student-athletes.
- Any coaches who believe they may be sick should remain at home.
- Coaches should work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- Design activities to resume in a gradual fashion to avoid overuse injuries and heat-related illnesses.
  - Consider that all athletes may not have been training and may not be at the same fitness level. Activities may need to be adjusted accordingly.
  - Coaches should work with the Athletic Director and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team leave campus.
- Coaches must wear a face mask at all times.
- Notification of any use of RSD facilities (indoor or outdoor) must be given to the athletics department prior to entry into the facility.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.

### Considerations for Athletes

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Any athletes who believe they may be sick should remain at home.
- Athletes should arrive prepared to workout and avoid congregating before the workout.
- Athletes should leave immediately following the workout.
- Athletes must wear a face mask at all times when indoors.
- Athletes must wear a face mask at all times outdoors when they are unable to consistently maintain a distance of 6 feet from individuals that are not a member of their household.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.

### Pre-Workout Screening

- All coaches and student-athletes should be screened for signs/symptoms of COVID-19 prior to a workout. (Sample attendance sheet/checklist 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-athlete develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact their primary care provider or other appropriate health-care professional.

- All athletes and coaches in attendance must complete an educational session on COVID-19 symptoms and risk mitigation strategies prior to first workout.
- All athletes and coaches in attendance must complete screening prior to workout.
  - Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the ok by an athletic trainer or administrator.
  - Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
  - Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.
- Athletic Trainer/Coaches must maintain accurate attendance of each workout and submit an attendance list to the athletics department immediately after practice.

### Screening Procedures

- A screening survey should be completed no sooner than two hours prior to workout. An athlete or coach may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents or guardian.
- Screening Survey Questions:
  - In the past 72 hours, have you experienced signs or symptoms of respiratory illness including fever of 100.4°F or greater, cough, sore throat, or shortness of breath?
  - In the past 14 days, have you had close contact with or cared for (i.e. within 6 feet for more than a few minutes) anyone who tested positive for COVID-19 (AKA coronavirus), is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?
- If ‘yes’ to any of these questions or you are concerned that you may be ill, remain home.
  - An athletic trainer or school official will contact parents of athletes who have answered ‘yes’ to any questions.
  - At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from the treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
- If anyone tests positive for COVID-19 who was at a workout within 14 days, appropriate notification and tracing will be initiated.

### Plan of Action if Participant Contracts COVID-19

In the case a participant in one of our facilities has a probable or confirmed case of COVID-19, the District will implement the protocols below:

- Secure and decontaminate the affected areas by:
  - Closing off areas visited by the person who is a probable or confirmed case of COVID-19.
  - Opening outside doors and windows and using ventilation fans to circulate air in the area.

- Waiting at least 24 hours, or as long as practical, before cleaning and disinfecting the affected area.
- Cleaning and disinfecting all shared areas such as bathrooms, break rooms, shared equipment used by the sick person.
- Identify others who were in close contact (within about 6 feet for 10 minutes or more) with a person with a probable or confirmed case of COVID-19 from the period 48 hours before symptom onset to the time at which the patient isolated.
- If any person who was in close contact remains asymptomatic, that person should adhere to the practices set out by the CDC and Chester County Office of Public Health.
- If a coach, athlete, or staff member becomes sick during a workout, the person should go home immediately. Information on others who had contact with the ill person during the time the person had symptoms and 48 hours prior to symptoms should be compiled.
- In collaboration with Health Services, individuals in close contact to a potential case will be contacted.
- Inform others that if they have symptoms (i.e., fever, cough, or shortness of breath), they should stay home.
- Athletes who are sick must not return to workouts until cleared by their health care provider and have met the CDC criteria to discontinue home isolation.

#### Gathering Sizes

The following phases will be used in conjunction with the yellow and green phase restrictions on gathering limitations and building occupancy. 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.

RED - No sports are allowed in counties designated as being in the Red phase.

YELLOW - Groups of 25 or less (including coaches) outdoors and groups of 10 or less (including coaches) indoors.

GREEN - Groups of 250 or less (including coaches) outdoors and groups of 25 or less (including coaches) indoors.

#### Phase 1 - Delaware County in Yellow

- The goal of Phase 1 is reacclimating to physical activity and increasing conditioning levels.
- Conditioning and individual non-contact drills only.
- No group huddles.
  - Instruction should be given in a way that maintains appropriate social distancing.
  - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
- Locker rooms, fitness center, and weight room will be closed.
- Limit use of gyms.
  - Indoor sports should consider doing conditioning and individual drills outside.
  - Gym activity should be designed in a way that allows for social distancing when possible. Athletes should take frequent breaks for handwashing.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health.

- Face coverings are required for student participants at all times indoors.
- Face coverings are required outdoors when individuals are unable to consistently maintain a distance of 6 feet from individuals that are not a member of their household.
- Spectators/Parents should remain in their vehicles.
- No personal equipment, such as bottles, towels, or pinnies should be shared.
- No sports equipment, such as balls, sticks, or protective equipment, can be shared.
- No physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.

#### Phase 2 - Delaware County in Green

- The goal of Phase 2 is building individual skills over competition and limiting contact when possible.
- Conditioning, Individual Drills, and Group Drills only.
  - No intrasquad scrimmages.
- No group huddles.
  - Instruction should be given in a way that maintains appropriate social distancing.
  - Stretching, warmups, and cooldowns should be done in a way that maintains appropriate social distancing.
  - Drills should be done in pods of 10 or less if possible.
- Locker rooms will be closed.
- Limit gym & fitness center use to as needed activities only.
  - Indoor sports should consider doing conditioning and individual drills outside.
  - Fitness center will be limited to 12 people (based on sq footage of facility and 6 foot social distancing).
  - Fitness center and gym activity should be designed in a way that allows for social distancing when possible.
  - Fitness center equipment must be cleaned by participants after each use and cleaned by custodial staff each evening. Athletes should take frequent breaks for handwashing.
- Face coverings are required for all adults unless doing so jeopardizes his/her health. Face coverings are strongly recommended when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health.
- Face coverings are required for student participants at all times indoors.
- Face coverings are required outdoors when individuals are unable to consistently maintain a distance of 6 feet from individuals that are not a member of their household.
- Spectators/Parents should remain in their vehicles.
- No personal equipment, such as bottles, towels, or pinnies should be shared.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.).
  - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform.

### Phase 3 - Green with Governor's Office/PIAA approving Fall Sports

- The goal of Phase 3 is preparing for upcoming competition.
- No limitation on contact drills or intrasquad scrimmages.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings are strongly required for all coaches depending on PDE & DOH guidance.
- Face coverings are required for student participants at all times indoors.
- Face coverings are required for student participants outdoors when individuals are unable to consistently maintain a distance of 6 feet from individuals that are not a member of their household.
- Spectators/Parents may be limited or restricted based on gathering limitations of Process to Reopen Pennsylvania Document.
- No personal equipment, such as bottles, towels, or pinnies should be shared.
- Limit shared objects to those required for sport only (i.e. footballs, basketballs, etc.).
  - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should allow for social distancing or take place on a virtual platform.

# APPENDIX

**Ridley Athletic Department**  
**PARENT OR GUARDIAN CHECKLIST/ SIGNATURE**

IT IS RECOMMENDED THAT PARENTS/ GUARDIANS REVIEW THE CDC GUIDELINES TO EDUCATE THEMSELVES AND SHARE WITH THE ATHLETE THE SYMPTOMS OF COVID-19, APPROPRIATE SOCIAL DISTANCING, HYGIENE, HAND WASHING AND SANITIZING PROCEDURES.

- Athletes will be required to complete the PIAA Comprehensive Initial Pre-Participation Physical Evaluation prior to participating in off-season workouts. This includes Section 6 requiring Certification of an Authorized Medical Examiner. This can be conducted by your family doctor's office or local clinics that provide physical exams.
- The Off-Season workouts are voluntary sessions and no athlete is obligated to participate..
- If your student athlete shows any sign of illness, please do not permit them to participate in any off season workout.
- Please note that student athletes will be logged in daily by coaches and will be asked a few short questions as to their overall health for that day. Any answer of yes to a question will require that the student not participate and leave for the day.
- In the event of a positive COVID-19 test of an athlete or family member, we would ask that the family notify High School Administration and in addition that individual athlete would be prohibited from attending workouts for 14 days. If the athlete themselves test positive, a return to play doctor's note would be required.
- Please note that athletes will be required to arrive ready to practice, no locker rooms will be available, and each athlete is responsible for their own personal protective equipment, including mouth pieces.
- Individual hydration will be the responsibility of the athlete and no communal water supply will be available.

STUDENT'S NAME \_\_\_\_\_

FALL SPORT \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_

## Ridley Athletic Department

### Participant Daily COVID-19 Pre-screening Questions

Name of Student: \_\_\_\_\_

Parent/Guardian Cell: \_\_\_\_\_

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

#### Are you experiencing any of the following symptoms?

1. Fever ( $\geq 100.4^{\circ}\text{F}$ ) **YES / NO**
2. Cough or shortness of breath **YES / NO**
3. Sore Throat **YES / NO**
4. Chills **YES / NO**
5. Muscle aches or rigors **YES/ NO**
6. Headache **YES / NO**
7. New loss of taste or smell **YES / NO**
8. Abdominal pain, nausea, vomiting or diarrhea **YES / NO**

Have you had close contact with someone who is currently sick? **YES / NO**

Have you been diagnosed with COVID-19 in the past three weeks or have reason to believe you have COVID-19? **YES / NO**

Have you traveled or had close contact with anyone who has traveled internationally or to any of the states listed on the PA quarantine list in the last 14 days? **YES / NO**

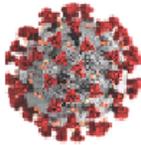
If you took your temperature this morning, what was the reading?

\_\_\_\_\_

To participate in workouts during the summer recess period, each student must complete this form daily before every workout. This is a recommended template for the COVID-19 pre-screening questions. Districts can determine the best means (electronic or paper) and platform (Survey Monkey, Canvas, Google Docs etc.) to administer the screening questions. Screening questionnaires must be completed prior to arriving on school grounds.



# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

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



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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

## 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)

[NFHS Guide for Opening Up High School Athletics and Activities - 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”

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

[CDC COVID-19 Considerations for Youth Sports - May 29, 2020](#)

### **PA Department of Health**

Website: [health.pa.gov](http://health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

### **PA Government Website**

[PA Guidance for Sports All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public - June 10, 2020](#)

### **PA Department of Education**

*Preliminary Guidance Phased Reopening of Pre-K to 12 Schools*

<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/K12/Pages/default.aspx>

### **Pennsylvania Interscholastic Athletic Association**

Website: [piaa.org](http://piaa.org)

[PIAA Press Release - June 10, 2020](#)