



Villa Maria Academy Athletics Health and Safety Plan

(updated 8/26/2020)

Introduction

This document is intended to guide the Villa Maria Academy community on recommendations for reopening of our athletic program during the COVID-19 Pandemic. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

General Considerations

- All workouts are open and voluntary until 9/21/2020.
- The athletic facilities are open only to current students and employees/coaches.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- All athletes should clean individual equipment and clothing after every use.
- Coaches should clean all team/shared equipment after every use.
- Students must wear face coverings upon arrival and departure and anytime 6 feet of social distancing is not possible.
- Coaches will wear face masks at all times.
- Students may only attend workouts for ONE team at this time. They may not condition for different teams.
- Athletes MUST have their own water bottle to participate in workouts
- Parent/Guardian must complete and turn in workout waiver prior to initial participation.

Requirements for Coaches

- Attend mandatory virtual meeting with AD, and/or school nurse and/or athletic trainer to learn guidelines to mitigate risk.
- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
- Consider that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if athletes miss sessions, they may need to start at a previous level.
- Coaches should work with the AD 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 have left the campus.

- Notification of any use of facility (indoor or outdoor) must be given to the athletics department prior to entry into the facility.
- Maintain accurate attendance records and ensure daily COVID survey is complete before attendance.

Requirements for Student Athletes

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainer immediately.
- Athletes should arrive prepared to go and avoid congregating before the workout.
- Athletes MUST have their own water bottle and equipment to participate in workouts
- Athletes should leave immediately following the workout.
- All athletes should clean individual equipment and clothing after every use.
- Clothes and equipment should be stored in your school locker during the school day.
- Equipment that does not fit in the locker can be stored in homeroom or arrangements can be made with the Athletic Office.
- After classes, students will change in a bathroom on campus and report to their designated meeting spot for screening questions.

Pre-Workout Procedure (for all phases)

- All athletes and coaches in attendance must complete screening prior to practice. Temperatures will be checked by coaches, AD or ATC and symptoms will be checked verbally.
- 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.
- An administrator 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.
- Coaches must maintain accurate attendance of each workout and submit to the athletics department.
- Athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a facial covering to participate. No coolers or hydration stations will be utilized at this time.

Screening Procedure

- Athletes will complete screening at their designated location prior to practice. Temperatures will be recorded.
- If symptoms change from the morning symptom check, student athletes are asked to honestly report changes to the coach, AD, or ATC and should not attend practice.

Screening Survey Questions:

Have you been in close contact with someone who tested positive or is quarantining due to COVID-19?

Have you recently visited any of the states listed here

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx?>

Are you taking any medication to treat or suppress a fever?

Do you have a fever (100° or higher)?

Do you have body aches, cough, shortness of breath, sore throat, diarrhea, chills and/or loss of taste and/or smell?

- If 'yes' to any question or you are concerned that you may be ill, the athlete MUST not attend the voluntary workout.
- The AD, athletic trainer or school nurse will contact parents of athletes who have answered 'yes' to any questions.
- The student athlete may be asked to produce documentation from a doctor before returning to campus.

Green Phase

- Conditioning, Individual Drills, and Group Drills
- Groups of 250 (the max will likely be closer to 50)
- Workouts should be contained in pods. These pods remain together for all activity and intermingle with other pods as little as possible.
- No group huddles.
- Instruction can be given in a socially distant manner.
- Stretching, warmups, and cooldowns can be done in a socially distant manner.
- Limited use of locker room and school facilities. Restrooms should be used one at a time if needed.
- Athletes should take frequent breaks for hand-washing or hand sanitizer use.
- Facial coverings required for all coaches. Facial coverings required when students arrive/leave and during down time when they are not doing exertional activity (i.e. during instruction).
- Parents should remain in their vehicles. No spectators are allowed.
- Limit shared objects to those required for sport only (i.e. volleyballs, etc.).
- Athletes should still bring their own water supply and avoid sharing towels or pinnies.
- Team equipment should be cleaned at the conclusion of each session by coaching staff and individual clothing or equipment should be cleaned at the conclusion of each session by the participant.
- No handshakes, fist-bumps, high-fives, spitting, etc.
- Team meetings should allow for social distancing or take place on a virtual platform.

References:

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2. NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers- May 2020 https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_ats_1.pdf
3. PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020 <https://www.education.pa.gov/Documents/K-12/Safe%20Schools/COVID/GuidanceDocuments/Pre-K%20to%2012%20Reopening%20Guidance.pdf>
4. CDC COVID-19 Considerations for Youth Sports- May 29, 2020
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
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