

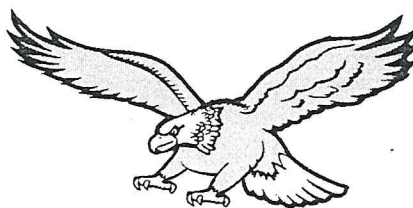


## **BERMUDIAN SPRINGS SCHOOL DISTRICT**

### **Requirements for Opening Up Athletics and Activities**

*On behalf of the Bermudian Springs School District, we are pleased to present this outline for the return of our student athletes to in-person, on campus training/workouts/open field opportunities. The number one priority for our school district is the health and safety of our student athletes, coaches, staff, and community. The "Phases" and "Protocols" of this document are based on the recommendations of National Federation of State High School (NFHS), Pennsylvania Interscholastic Athletic Association, Sports Medicine Advisory Committee (SMAC), Pennsylvania Department of Education, Center for Disease Control, Pennsylvania Department of Health, and Pennsylvania State Government. The protocols of this plan have been established to mitigate the risk of the transfer of COVID -19 from person to person while engaged in on campus in-person training/workouts/open field opportunities. It is vital that all involved in the in-person on campus training/workouts/open field opportunities remain conscientious of the protocols outlined while participating in both the "Cherry" and "Steel" phases. These requirements shall be in place when athletics are permitted in the Yellow and Green Phases of the Governor's Plan to Re-open.*

*The primary point of contact for all questions related to COVID-19 and athletics is Mr. Dave Orwig, Athletic Director.*



**Time Frame: July 6, 2020 - August 7, 2020**

**Cherry Phase: Individual Skill Development Protocols**

Coaching staff and other adult personnel shall wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.

***Pre- workout Screening:***

- Any person who has had a fever, is sick, or has COVID-19 symptoms outlined below in the previous 24 hours should not be allowed to take part in workouts and should be encouraged to stay home. Individuals should contact his or her primary care provider or other appropriate healthcare professional. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and response to the four (4) required questions.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case any person involved develops COVID-19.
- Any person with positive symptoms reported or who answers "yes" to any of the required questions will not be allowed to take part in workouts, sent home, and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals, or those considered high-risk for COVID-19 should not oversee or participate in any workouts during "Cherry Phase".

***Limitations on Gatherings:***

- No workout groups of more than 10 people at a time. Facilities or complexes shall not exceed 50% total occupancy.
- Indoor facilities shall not be utilized during the "Cherry Phase" (with the exception of restroom use). Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- There must be a minimum distance of 6 feet between each individual at all times. To the greatest extent possible, students and coaches should avoid congregating (particularly at the start and end of practices). Unnecessary physical contact should be limited, including shaking hands, high fives, etc.
- Workouts should be conducted in "pods" of students with the same 5-10 students always working together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- Ensure that student and staff groupings are as static as possible by having the same group of student/athletes stay with the same staff where possible.
- Limit mixing between groups if possible.
- Limit non-essential visitors, spectators, and volunteers and activities involving external groups or organizations as possible.
- Individuals dropping off and picking up student/athletes will need to stay in their vehicles. Students are reminded not to congregate in groups. Once practice has ended, the expectation is that all students are picked up so that coaches and staff can fully sanitize equipment and facilities. If a parent/guardian needs to contact a coach/staff member, he/she should do so via email or phone.
- Transition time will be scheduled between uses of facilities by different groups to minimize interaction.
- If an athlete develops symptoms of COVID-19, all athletes in that group will be removed until the athlete has been cleared by medical officials.

***Facilities Cleaning:***

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

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

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Personal items should be separated.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms.

***Examples (including by limited to):***

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves. Runners should maintain the recommended 6 feet of distancing between individuals.

***Hydration and Etiquette:***

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Activities like spitting, chewing gum, licking fingers, or eating sunflower seeds that increase saliva exposure may not occur.

***See "COVID-19 Symptoms, Testing, & Management" at the end of this document***



### **Steel Phase: Group and Team Development Protocols**

Movement to this phase will be contingent upon numerous factors that will minimize the risk for our student/athletes, coaches, staff and community. Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.

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

- Any person who has had a fever, is sick, or has COVID-19 symptoms outlined below in the previous 24 hours should not be allowed to take part in workouts and encouraged to stay home. Individuals should contact his or her primary care provider or other appropriate healthcare professional.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check and four required questions
- 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 develops COVID-19.
- Any person with positive symptoms reported or who answers "yes" to any of the required questions will not be allowed to take part in workouts, sent home, and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals or those considered high-risk for COVID-19 should not oversee or participate in any workouts during the Steel Phase.

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

- No workout groups of more than 25 people at a time. Facilities or complexes shall not exceed 50% total occupancy.
- Indoor facilities may be utilized during the Steel Phase. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" to the greatest extent possible so that the students minimize their interactions with larger groups. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone becomes infected with COVID-19.
- To the greatest extent possible, students and coaches should maintain social distancing, and avoid congregating (particularly at the start and end of practices). Unnecessary physical contact should be limited, including shaking hands, high fives, etc.
- Ensure that student and staff groupings are as static as possible by having the same group of student/athletes stay with the same staff where possible.
- Limit mixing between groups if possible.
- Transition time will be scheduled between uses of facilities by different groups to minimize interaction.
- If an athlete develops symptoms of COVID-19, all athletes in that group will be removed until the athlete has been cleared by medical officials.

#### ***Entering and Exiting the Building:***

- A detailed plan specific to each facility will be shared by each coach to parents and athletes. Drop off and pick up locations will be included in this communication.
- A hand sanitizing station will be set up for athletes at screening checkpoint prior to entering facilities.
- Maintain social distancing while waiting for screening.
- Limit non-essential visitors, volunteers and activities involving external groups or organizations as possible. Non-essential personnel (parents, siblings, spectators, etc.) will not be allowed to watch workouts. This will follow the guidelines to limit the number of people inside and outside of each facility.

- Pursue options to convene sporting events and participation in sports activities in ways that minimize the risk of transmission of COVID-19 to players, families, coaches and community.
- Individuals dropping off and picking up student/athletes will need to stay in their vehicles. Students are reminded not to congregate in groups. Once practice has ended, the expectation is that all students are picked up so that coaches and staff can fully sanitize equipment and facilities. If a parent/guardian needs to contact a coach/staff member, he/she should do so via email or phone.

#### ***Facilities Cleaning:***

- Routine and enhanced cleaning and sanitation measures will be implemented by staff and custodial services.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Routine and enhanced cleaning and sanitation measures will be implemented by staff.
- Use of shared objects (gym or athletic equipment, bars, weights) should be limited when possible, or cleaned between use.
- Use of shared objects (gym or athletic equipment, bars, weights) should be limited when possible, or cleaned between use.

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

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Personal items should be separated.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Use of shared objects (gym or athletic equipment, bars, weights) should be limited and cleaned between uses.

#### ***Safe Access to Facilities:***

- Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.

#### ***Hydration and Etiquette:***

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Activities like spitting, chewing gum, licking fingers, or eating sunflower seeds that increase saliva exposure may not occur.



### ***COVID-19 Symptoms, Testing, Management, & Return-to-Play***

- Athletes/Coaches who appear to have symptoms or who become sick during the day will be immediately separated from other student athletes/staff and instructed to return home. If a student/athlete displays symptoms, the Athletic Trainer or Administrator on duty will contact a parent/guardian.
- A symptomatic student/athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until the athlete is cleared to play after compliance with the Return-to- Play protocol below.
- It will be determined if others have been exposed and need to be notified, isolated, and/or monitored for symptoms as a result of close contact. "Close contact" is defined as exposure within 6 feet for longer than 10 minutes.
- If a student becomes ill with COVID-19 symptoms during practice, the following cleaning protocol will be followed:

If a student is sick or thinks he/she may be infected with the virus, he/she should:

- Stay at home (self-isolate)
- Call a healthcare provider if he/she develops fever and symptoms
- Notify school immediately (principal, athletic director, athletic trainer, coach)
- If symptoms begin during practice or event, isolate from others until parent/guardian arrive for transport.
- Follow the below "return to play" requirements.

**A student may Return-to-Play (end of home isolation) in accordance with the CDC Guidance outlined below:**

If a student knows or thinks they have COVID-19:

- After 3 days of no fever (without medication) AND
- Symptoms have improved AND
- 10 days after symptoms first appeared.

OR

If tested for COVID-19:

- No fever (without medication) AND
- Symptoms have improved AND
- 2 negative tests in a row, at least 24 hours apart.

If tested positive for COVID-19, but has no symptoms:

- 10 days after the testing OR
- After 2 negative tests in a row, at least 24 hours apart.

If tested positive for COVID-19, but has symptoms:

- After 10 days of self-isolation from onset of symptoms AND
- 72 hours symptom free without medication.

If a student has been in close contact with someone who tested positive for COVID-19 or was suspected to have COVID-19 ("suspected or probable" case), or has a family member that lives with them that has tested positive, the student should inform the Bermudian Springs Athletic Trainer, Coach, and Athletic Director and self-isolate for 14 days. One of the Bermudian Springs staff members will notify student athletes who may have been exposed to COVID-19 and provide guidance. Fellow student athletes in close contact will be sent home to self-quarantine for at least 14 days and/or until confirmed negative tests results as listed in until the Return-to-Play.

Question 1: Do you have a temperature of 100.4 degrees or higher?

Question 2: Do you have any of the COVID-19 symptoms? List them.

Question 3: Are you sick?

Question 4: Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (read definition of close contact aloud- 6 feet, longer than 10 minutes)

If any responses are "Yes", student will NOT be allowed to practice or compete and will be asked to leave school grounds, as will a student whose temperature is 100.4 or higher. Parents/Guardians will be notified.

**BERMUDEAN SPRINGS SCHOOL DISTRICT  
COVID-19 ATHLETE / COACH MONITORING FORM**

DATE: \_\_\_\_\_

CIRCLE YES / NO BELOW

NAME	TIME	FEVER		COUGH		SORE THROAT		SHORTNESS OF BREATH		Close contact, or cared for someone with COVID-19		TEMP (if higher than 100.3Deg. F.)
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
10		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
11		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
12		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
13		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
14		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
15		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
16		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
17		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
18		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
19		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
20		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
21		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
22		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
23		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
24		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
25		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	



# Bermudian Springs School District

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David W. Orwig, Athletic Director

## Bermudian Springs School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, B.S.S.D. will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. B.S.S.D. has created a comprehensive athletics health and safety plan in order for student athletes return to sports related activities safely. We ask all our coaches, student athletes and families to read the B.S.S.D. Athletics Health and Safety plan prior to participating in any sport related activity. The B.S.S.D. has been approved by our Board of School Directors and is posted on the B.S.S.D. website at [www.bermudian.org](http://www.bermudian.org). As knowledge regarding COVID-19 is constantly changing, B.S.S.D. reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators.

By signing this form, the undersigned acknowledges that that they have read and understand the B.S.S.D. Athletics Health and Safety Plan and willingly agree to comply with the stated recommendations put forth by B.S.S.D. to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the student/coach is in good physical condition or believe student/coach to be in good physical condition and allow participation in this sport at our own risk. Failure by a coach, student athlete and/or family member may result in immediate removal from the activity and possible suspension from future activities.

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

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student  
Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of  
Coach: \_\_\_\_\_ Date: \_\_\_\_\_

