



PK-12 Athletics Health and Safety Plan Template

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.

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Athletics Health and Safety Plan: City of Erie School District

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming PK-12 Sports-Related Activities

Key Questions:

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
- How will you communicate your plan to your local sports and school communities?
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?

Six feet of social distancing will be maintained throughout all athletic facilities. During the initial phase of reopening only skills, drills and strength conditioning can be completed. Coaches will hold mini-practices only inviting those position players to the practices at a given time. Strength and conditioning, when done in district facilities, will be limited in participation to ensure social distancing. District stakeholders, including parents, students, and staff, were given the opportunity to provide feedback on the district's health and safety plan. The athletic health and safety plan will be displayed on the district website, our Facebook page as well as through other social media outlets. The district will utilize the most recent guidance from federal, state, and local health officials and work with collaboratively with county health officials to make decisions regarding school closure or other significant modification to sports activities.

Anticipated launch date for sports related activities: July 27th, 2020

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Neal Brokman	Executive Director of Operations	814-636-7804; nbrokman@eriesd.org

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the [Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#).

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

In the following tables, an asterisk (*) denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
- What protocols will you put in place to clean and disinfect throughout the day?
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

Each facility will have its own disinfection checklist which will be completed daily with inspections conducted by on-site and district level supervisors. Electrostatic sprayers will be used in all district facilities to ensure adequate disinfectant coverage. Facilities will also be cleaned and disinfected between uses. Communal and other high use areas will be equipped with cleaning supplies so common equipment such as weight machines can be disinfected between use. Ventilation will be monitored on a regular basis by facilities staff to ensure proper airflow.

Facilities staff, athletic coaches, trainers, building administrators and student athletes will be trained on cleaning and disinfecting protocols. The training will be conducted prior to the start of any and every athletic season. Measurement will be conducted through regular inspections.

In addition to the procedures outlined in this Health and Safety Plan, the District will adhere to all considerations made by the Pennsylvania Interscholastic Athletic Association in their Return to Competition: Individual Sport Considerations document. These recommendations can be found as Appendix A at the end of the document.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<p>Athletic Coaches, trainers and athletic staff will work in conjunction with the custodial staff to ensure cleaning and disinfecting is completed daily and in-between uses. Outdoor spaces will be used to the greatest extent possible. Additionally, ventilation will be increased by opening doors and windows when possible and opening system fresh air intakes. Any space which has been identified as not having adequate ventilation will not be permitted to be used.</p>	<p>Neal Brokman; Executive Director of Operations</p>	<p>Two different disinfectants; 64H, Hydrogen Peroxide Cleaner</p> <p>Electrostatic Sprayers</p>	<p>Y</p>
<p>Other cleaning, sanitizing, disinfecting, and ventilation practices</p>				

Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?

- How will you utilize outdoor space to meet social distancing requirements?
- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

Head coaches and assistant coaches will be required to conduct workouts in “pods” of student-athletes not to exceed 14 with the same students always working out together. Virtual team meetings when possible (if in person- social distancing rules apply). Only approved coaches/athletes are permitted to attend practices. Appropriate physical distancing will be maintained in communal spaces, on sidelines/bench during practices, conditioning and game events based on current federal, state, and local guidance. Tape and/or other markings will be used as a guide for physical distancing.

In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, and modified on November 17th, 2020 all students and staff will be required to wear face coverings. Coaches will be responsible for enforce mask rules. Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc. Activities that increase the risk of exposure to saliva will be prohibited, including chewing gum, spitting, licking fingers, and eating sunflower seeds.

Hand sanitizing stations will be installed through athletic facilities and athletes will be instructed on washing hands before every practice/event. Routinely during the course of the practice student athletes will be given an opportunity to wash their hands. During games and competitive events, the use of hand sanitizing stations will be utilized by all competitors. In weight room facilities, the machines will be disinfected with alcohol wipes between every use by a different individual. All athletes will be responsible for disinfecting the equipment they would have just used.

The guidance that the District has been reviewing recommends that the number of students on a bus be minimized, and that students wear masks while being transported. Accordingly, the District will limit students to two per seat, reducing bus capacity from 72 to 24 students, and will require the wearing of masks. There will be no difference between safety protocols and social distancing based on age ranges. Coaches, athletic trainers, building administration will be trained on the protocols for social distancing between student athletes. Training will be provided prior to the start of the sports season and will be conducted either online or in person.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Whenever possible, practices will take place outdoors. Athletes will maintain six feet of social distancing at all times. Coaches and trainers will be responsible for ensuring athletes are social distancing. The number of participants for indoor activities will be limited to ensure compliance with gathering limitations.	Jeremy Mifsud; Athletic Director	None	Y
* Procedures for serving food at events	Only prepackaged meals or bagged meals will be served at events.	Neal Brokman; Executive Director of Operations	Bagged meals Bottled water and other drinks Bags of snack food if permitted	N
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	Hand sanitizer will be provided at each facility which is being utilized for athletes. Prior to and immediately after practice all athletes will be required to wash their hands before returning to the locker room. Any locker room facility will be limited based on square footage capacity. During practices and training, athletes will be required to wash their hands when they are not participating in drills.	Jeremy Mifsud; Athletic Director	Hand sanitizer Soap Water	N
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	Signs promoting protective measures will be posted in highly visible areas throughout athletic facilities.	Erica Erwin; Coordinator of Public Relations	Signage Paper Ink	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Identifying and restricting non-essential visitors and volunteers	All visitors and volunteers requesting extended access to district facilities will be required to sign a document indicating they do not have any symptoms of COVID-19 and will be subject to a temperature check. All visitors will be required to wear face coverings.	Neal Brokman; Executive Director of Operations	None	N
Limiting the sharing of materials and equipment among student athletes	To the greatest extent possible student athletes will assigned equipment and be encouraged to bring their own to practices. At no time will any student athlete be permitted to borrow any protective equipment used in the respective sport. The district will also make available additional equipment which can be disinfected after its use.	Jeremy Mifsud; Athletic Director	Specific sports equipment	N
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	The use of locker rooms and other communal areas will be limited to ensure social distancing. Shower facilities will be limited to one athlete at a time. Weight room use will be restricted to every other machine.	Jeremy Mifsud; Athletic Director	None	N
Adjusting transportation schedules and practices to create social distance	The guidance that the District has been reviewing recommends that the number of students on a bus be minimized, and that students wear masks while being transported. Accordingly, the District will limit students to two per seat, reducing bus capacity from 72 to 24 students, and will require the wearing of masks.	Jeremy Mifsud; Athletic Director	None	N
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	Coaches will schedule individual sessions when possible. If that is not possible small group training will be utilized. Practices will be spaced out on available fields to ensure social distances, which may include multiple locations for a single team practice.	Jeremy Mifsud; Athletic Director	None	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Other social distancing and safety practices	On October 6 th , 2020 Governor Wolf released new guidance for the spectator limits at sporting events. A link to those limits can be found at: https://www.governor.pa.gov/wp-content/uploads/2020/10/20201006-Amended-Targeted-Mitigation-FAQ.pdf . The District will follow the guidance set forth by the Governor's office. A list of each venue and the capacity for occupants can be found in Appendix B.	Jeremy Mifsud; Athletic Director	None	N

Monitoring Student Athletes and Staff Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
- Who will be responsible for monitoring?
- Where will the monitoring take place?
- When and how frequently will the monitoring take place?
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

Coaches, athletic trainers, building administration will be trained on the protocols for monitoring student athletes. This training will be provided prior to the start of the sports season and will be conducted either online or in person. All student athletes, coaches and any others who interact during a sporting event will have a health screening prior to entry into the facility. Temperatures will be taken with temporal no touch thermometers Any individual who is above the CDC recognized 100.4 threshold will not be permitted into the practice/competition. The head coach along with the athletic trainer when available will be responsible for the monitoring and will take place at every event, every facility prior to the participant being permitted in.

If any individual becomes ill during a practice or event, the individual will be isolated to lessen the risk of exposure. The athletic trainer or someone from the coaching staff who is trained to assist an ill person will accompany the individual to a pre-identified quarantine area. Both individuals will be given appropriate PPE which will reduce the risk of spread. Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols before returning

At such point that decisions have been made regarding school closures due to COVID-19 the District will utilize the OneCall system, local media and placing appropriate information on the District's website and social media to notify staff and families. In the event that the health and safety plan is updated, the District will place such notification on the District's website and social media.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	All student athletes, coaching staff and training staff will be screened before entry into any practice or competition. This screening will include a temperature check and questions regarding the presence of COVID-19 symptoms. Any individual who exhibits signs of COVID-19 will not be permitted to attend for the day and must return with a clearance from a medical professional.	Jeremy Mifsud; Athletic Director	Temporal scanners Screening document	Y
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	If any individual becomes ill during a practice or event, the individual will be isolated to lessen the risk of exposure to the remained of the individuals. The athletic trainer or someone from the coaching staff who is trained to assist an ill person will accompany the individual to pre-identified quarantine area. Both individuals will be given appropriate PPE which will reduce the risk of spread.	Neal Brokman; Executive Director of Operations	Masks Gowns Face Shields Additional space within the building/facility	N

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols ¹ before returning to sports activities. A student or staff member who is quarantined following close contact with a case may not return to school until cleared to do so by DOH or the appropriate CMHD. A negative test obtained prior to the end of quarantine does not clear an individual for return. The entire quarantine period must be completed.	Neal Brokman; Executive Director of Operations	None	N
Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols	At such point that decisions have been made regarding school closures due to COVID-19 the District will utilize the OneCall system, local media and placing appropriate information on the District's website and social media to notify staff and families. In the event that the health and safety plan is updated, the District will place such notification on the District's website and social media.	Erica Erwin, Coordinator of Public Relations	Website, One-Call system	N
Other monitoring and screening practices				

¹ https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html

Other Considerations for Student Athletes and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
- Which stakeholders will be trained on these protocols? When and how will the training be provided? Athletic coaches, trainers, athletic directors, building administration will all be trained in these protocols.

Coaches and other athletic staff will be required to contact human resources if they are unable to return or are at a higher risk for severe illness. The district will work with both students and staff to provide reasonable accommodations for individuals that are unable to return. In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, and modified on November 17th, 2020 all students and staff will be required to wear face coverings.

Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols before returning to sports activities. A student or staff member who is quarantined following close contact with a case may not return to school until cleared to do so by DOH or the appropriate CMHD. A negative test obtained prior to the end of quarantine does not clear an individual for return. The entire quarantine period must be completed. The district will work with the current coaching staff to have a predetermined list of possible substitutes in the event of an illness. Coaches, athletic trainers, building administration will be trained on the protocols for monitoring student athletes. This training will be provided prior to the start of the sports season and will be conducted either online or in person.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	The district will work with high risk individuals to provide reasonable accommodations.	Neal Brokman; Executive Director of Operations	TBD	N
* Use of face coverings by all coaches and athletic staff	In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, and modified on November 17 th , 2020 all students and staff will be required to wear face coverings.	Neal Brokman; Executive Director of Operations	Masks Face Shields	N
* Use of face coverings by student athletes as appropriate	In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, and modified on November 17 th , 2020 all students and staff will be required to wear face coverings.	Neal Brokman; Executive Director of Operations	Masks Face Shields	N
Unique safety protocols for student athletes with complex needs or other vulnerable individuals	The district will work with high risk individuals to provide reasonable accommodations.	Neal Brokman; Executive Director of Operations	To be determined by the individual student and the unique circumstances which may arise.	N
Management of Coaches and Athletic Staff	Head coaches will be responsible for ensuring the coaching staff is in good health. If a situation arises that someone on the staff is ill or cannot complete their duties as a coach they will immediately contact the athletic director who will arrange for an appropriate replacement, and/or reschedule the event.	Jeremy Mifsud; Athletic Director	None	N

Athletics Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Monitoring and Screening	Athletic Coaches and Athletic Trainers	Jeremy Mifsud; Athletic Director Neal Brokman; Exec. Director of Operations	In person	Temporal scanners Screening document	August 1, 2020	June 2021
Protocols for Social Distancing	Athletic Coaches and Athletic Trainers	Jeremy Mifsud; Athletic Director Neal Brokman; Exec. Director of Operations	In person	CDC guidelines AAP guidelines	August 1, 2020	June 2021
Cleaning/Sanitizing	Athletic Coaches Athletic Trainers Student Athletes	Neal Brokman; Exec. Director of Operations	In person	Two different disinfectants; 64H, Hydrogen Peroxide Cleaner Electrostatic Sprayers	August 1, 2020	June 2021

Athletics Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
Review of Health and Safety Plan	District Athletic Leadership Team	Neal Brokman, Executive Director of Operations	In-person Meeting	06/18/2020	07/31/2020
Information on health and safety measures/requirements (flyers, social media posts, website updates, etc.)	District Staff, students and families	Communications Team	Various, including website and social media	Following closure	Ongoing
Open House	All District families	Building Principals	Mailed letter	08/03/2020	08/21/2020
Letter to athletic staff outlining health and safety plan	District Staff	Athletic Department	Email	07/21/2020	07/21/2020

Athletics Health and Safety Plan Summary: **City of Erie School District**

Anticipated Launch Date: **July 14th, 2020**

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Each facility will have its own disinfection checklist which will be completed daily with inspections conducted by on-site and district level supervisors. Electrostatic sprayers will be used in all district facilities to ensure adequate disinfectant coverage. Facilities will also be cleaned and disinfected between uses. Communal and other high use areas will be equipped with cleaning supplies so common equipment such as weight machines can be disinfected between use. Ventilation will be monitored on a regular basis by facilities staff to ensure proper airflow.</p>

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p>	<p>Head coaches and assistant coaches will be required to conduct workouts in “pods” of student-athletes not to exceed 14 with the same students always working out together. Virtual team meetings when possible (if in person- social distancing rules apply). Only approved coaches/athletes are permitted to attend practices. Appropriate physical distancing will be maintained in communal spaces, on sidelines/bench during practices, conditioning and game events based on current federal, state, and local guidance. Tape and/or other markings will be used as a guide for physical distancing.</p> <p>In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, and modified on November 17th, 2020 all students and staff will be required to wear face</p>

Requirement(s)	Strategies, Policies and Procedures
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>Identifying and restricting non-essential visitors and volunteers</p> <p>Limiting the sharing of materials and equipment among student athletes</p> <p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p> <p>Adjusting transportation schedules and practices to create social distance between students</p> <p>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</p> <p>Other social distancing and safety practices</p>	<p>coverings. Coaches will be responsible for enforce mask rules.-Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc. Activities that increase the risk of exposure to saliva will be prohibited, including chewing gum, spitting, licking fingers, and eating sunflower seeds.</p> <p>Hand sanitizing stations will be installed through athletic facilities and athletes will be instructed on washing hands before every practice/event. Routinely during the course of the practice student athletes will be given an opportunity to wash their hands. During games and competitive events, the use of hand sanitizing stations will be utilized by all competitors. In weight room facilities, the machines will be disinfected with alcohol wipes between every use by a different individual. All athletes will be responsible for disinfecting the equipment they would have just used.</p> <p>The number of individuals transported on each vehicle will be minimized as much as possible and masks will be required at all times. There will be no difference between safety protocols and social distancing based on age ranges. Coaches, athletic trainers, building administration will be trained on the protocols for social distancing between student athletes. Training will be provided prior to the start of the sports season and will be conducted either online or in person.</p> <p>On October 6th, 2020 Governor Wolf released new guidance for the spectator limits at sporting events. A link to those limits can be found at: https://www.governor.pa.gov/wp-content/uploads/2020/10/20201006-Amended-Targeted-Mitigation-FAQ.pdf. The District will follow the guidance set forth by the Governor’s office. A list of each venue and the capacity for occupants can be found in Appendix B.</p>

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p>Coaches, athletic trainers, building administration will be trained on the protocols for monitoring student athletes. This training will be provided prior to the start of the sports season and will be conducted either online or in person. All student athletes, coaches and any others who interact during a sporting event will have a health screening prior to entry into the facility. Temperatures will be taken with temporal no touch thermometers Any individual who is above the CDC recognized 100.4 threshold will not be permitted into the practice/competition. The head coach along with the athletic trainer when available will be responsible for the monitoring and will take place at every event, every facility prior to the participant being permitted in.</p> <p>If any individual becomes ill during a practice or event, the individual will be isolated to lessen the risk of exposure to the remained of the individuals. The athletic trainer or someone from the coaching staff who is trained to assist an ill person will accompany the individual to another area or room. Both individuals will be given appropriate PPE which will reduce the risk of spread. Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols before returning to sports activities.</p> <p>When a confirmed case of COVID-19 exists, communication protocol will be implemented. Parents will be notified through the district OneCall system, information will be posted upon the website and through social media. The goal is to maintain transparency to support the health, safety and welfare of students and staff, while supporting parent decision making. Communication strategies will be posted on the district website prior to the start of the 2020-2021 school year.</p>

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p>	<p>Coaches and other athletic staff will be required to contact human resources if they are unable to return or are at a higher risk for severe illness. The district will work with both students and staff to provide</p>

Requirement(s)	Strategies, Policies and Procedures
<p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<p>reasonable accommodations for individuals that are unable to return. In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, and modified on November 17th, 2020 all students and staff will be required to wear face coverings.</p> <p>Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols before returning to sports activities. The district will work with the current coaching staff to have a predetermined list of possible substitutes in the event of an illness. Coaches, athletic trainers, building administration will be trained on the protocols for monitoring student athletes. This training will be provided prior to the start of the sports season and will be conducted either online or in person.</p>

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **City of Erie School District** reviewed and approved the Athletics Health and Safety Plan on, As Amended on **March 10, 2021.**

The plan was approved by a vote of:

_____ **Yes**

_____ **No**

Affirmed on: **March 10, 2021**

By:

(Signature of Board President)

Dr. Tyler Titus

(Print Name of Board President)

Appendix A:

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - Cover your mouth and nose with a tissue when coughing or sneezing.
 - Adhere to school adopted plans if you begin to show symptoms.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)
- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Social distancing should be maintained during the National Anthem and on sidelines.
 - Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, and modified on November 17th, 2020 unless they meet the exceptions under Section 3 of this order, or except as where this Plan or the Pandemic Safety Officer determines that it may be unsafe to do so. .
 - Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings.
 - Athletes are required to wear face coverings while actively engaged in workouts and competition and must wear face coverings when on the sidelines, in the dugout, when out of the pool, etc. and anytime 6 feet of social distancing is not possible.
 - There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting Teams to ensure that they have safe access to water for their participants.

- If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

CONSIDERATIONS FOR STUDENT-ATHLETES:

- Teams should consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing and not share clothing.
- Individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Student-Athletes should keep their mouth guards in their mouth throughout the competition.
 - If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- Bring and use your own water bottle.
 - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
 - Student-athletes should follow established guidelines for hydration.
 - Please see National Athletic Trainer Association (NATA) Resource:
 - Healthy Hydration For Young Athletes
- Student-athletes are encouraged to shower as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

- Communicate your guidelines in a clear manner to students and parents.
- 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.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches should limit game day squad sizes for social distancing purposes.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

- Make sure to communicate with the host school prior to the competition to discuss plans.
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies and emergency action plans.
- Have a plan in place if someone begins to show symptoms.

CONSIDERATIONS WHEN HOSTING A COMPETITION:

- Make sure to have an administrative contact (cell number and email address) for all events.
- Communicate ahead of time with the incoming schools and officials about procedures, policies and guidelines.
 - Examples to be covered include but not limited to, the following:
 - Parking;
 - Where to enter facility;
 - What equipment should the visiting team bring;
 - Water availability;
 - Bench area seating (how many players can be accommodated to maintain social distancing);
 - Locker room availability and resources;
 - Emergency action plans;
 - How will game day paperwork be handled (electronic exchange of information is preferred).
- Make sure facilities have been properly sanitized before the visiting team has arrived.
 - Have hand sanitizer and disposable masks readily available.
- Clean and disinfect frequently touched surfaces and equipment including balls.
- Have a plan in place if someone begins to show symptoms.
- If your school will require anyone to execute a liability waiver before entering the premises, that requirement and document should be provided to all persons in advance so that it may be reviewed.

GATHERING LIMITATIONS:

- On October 6th, 2020 Governor Wolf released new guidance for the spectator limits at sporting events. A link to those limits can be found at: <https://www.governor.pa.gov/wp-content/uploads/2020/10/20201006-Amended-Targeted-Mitigation-FAQ.pdf>. The District will follow the guidance set forth by the Governor's office. A list of each venue and the capacity for occupants can be found in Appendix B.

CONSIDERATIONS FOR MEDIA:

- Media members should complete a personal health assessment daily.
 - If temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
- The media must make contact with the school prior to attending to make appropriate arrangement for attendance.
- Media availability may be limited especially if there are limits on capacity.
- Media should be restricted to areas outside of the team areas.
- Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
- Media are required to wear face covering in accordance with the Secretary of Health's order of July 1st 2020, unless they meet exceptions under Section 3 of that order.

- Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
- Press box availability may be limited.

CONSIDERATIONS FOR GAME DAY WORKERS:

- Individuals are required to wear face coverings in accordance with the Secretary of Health's order of July 1st, 2020, unless they meet the exceptions under Section 3 of this order.

SPORT SPECIFIC CONSIDERATIONS

CROSS COUNTRY:

CROSS COUNTRY RULE CONSIDERATIONS:

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
 - Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
 - Consider using image-based equipment at finish line to assist with picking place and reducing congestion.

PRE AND POST RACE CEREMONY:

- Pre and Post Race Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

FOOTBALL:

FOOTBALL RULES CONSIDERATIONS:

TEAM BOX:

- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Teams should reduce game rosters to allow for more social distancing on sidelines.
 - Where feasible, extend the 2-yard sideline belt to 5 yards.
 - Maintain social distancing of 6 feet at all times while in the team box.
- Do not share uniforms, towels and other apparel and equipment.

BALL:

- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of 6 feet at all times during the contest.
- Clean the ball on a ball rotation to the sidelines. Have ball individuals wear gloves and be supervised and directed by an adult staff member or member of coaching staff.

FACE MASKS:

- Cloth face coverings are permitted.
- 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.
- Face shields – It is recommended that teams promote their use by players. Face shields may be worn for play as well as on the sidelines.

TOOTH AND MOUTH PROTECTORS:

- Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

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 would be

permissible for more than one coach to be involved in this conference and for technology to be used.)

- Each game official and player should have their own beverage container.
- Encourage the minimization of offensive and defensive huddles and encourage coaching staffs to utilize other methods of communication with players (such as signals, cards, signs) 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 and following a try, successful field goal or safety, and prior to the succeeding free kick.

PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:

- Water bottles are discouraged on the field of play and should be used off the playing surface.
- Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
- No post game of shaking hands.

FINAL CONSIDERATIONS FOR FOOTBALL:

- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
- Everyone should have their own beverage container that is not shared.
- Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
- Gloves are permitted for all coaches and team staff and for all game administration officials.
- Try and limit the number of non-essential personnel who are on the field level throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.

GOLF:

COMPETITION CONSIDERATIONS:

- Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Normal golf groups are permitted.
- Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)
- Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.

SOCCER:

SOCCER RULES CONSIDERATIONS:

- **PREGAME CONFERENCE:**
 - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
 - Move the location of the pregame conference to center of the field. All individuals should maintain a social distance of 6 feet.
 - No handshakes prior to and following the Pregame Conference.
- **BALL INDIVIDUALS:**
 - Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside 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.
- **TEAM BENCHES:**
 - Encourage bench personnel to observe social distancing of 6 feet.
 - Team areas may be expanded to promote social distancing.
- **SUBSTITUTION PROCEDURES:**
 - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- **OFFICIALS TABLE:**
 - Limit to essential personnel who includes home team scorer and timer with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

PREGAME, HALF-TIME AND POST MATCH CEREMONY:

- No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
- Water bottles are discouraged on the field of play and should be used off the playing surface. Goalkeepers are encouraged keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
- Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant and off the playing surface, where possible.
- No post game shaking hands.

TENNIS:

TENNIS MATCH CONSIDERATIONS:

- PRE-MATCH CONFERENCE:
 - Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.
- TEAM AREAS:
 - Make sure team personnel observe social distancing of 6 ft.
- DURING MATCHES:
 - Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
 - Maintain physical distancing if changing ends of the court.
 - Avoid touching your face after handling a ball, racquet or other equipment.
 - Wash your hands promptly if you have touched your eyes, nose or mouth.
 - When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
 - Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
 - Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
 - Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

TENNIS BALLS:

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:

- Use four or six tennis balls.
- Open two cans of tennis balls that do not share the same number on the ball.
- Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

VOLLEYBALL:

VOLLEYBALL RULES CONSIDERATIONS:

- **PRE-MATCH CONFERENCE:**
 - Limit attendees to the first referee, head coach, and one captain from each team.
 - Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
 - Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.
- **TEAM BENCHES:**
 - Suspend the protocol of teams switching sides/benches between sets.
 - Home team will select their bench prior to the match and remain on the same side for the duration of the match.
 - Team areas may be expanded to promote social distancing outside of playable areas.
- **DECIDING SET PROCEDURES:**
 - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - Suspend the protocol of teams switching sides/benches before a deciding set.
- **SUBSTITUTION PROCEDURES:**
 - Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- **OFFICIALS' TABLE:**
 - Limit to essential personnel (which includes home team scorer, libero tracker and timer), with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- **PRE AND POST MATCH CEREMONY:**
 - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

CHEERLEADING:

- **Social Distancing needs to be adhered to at all times.**
- **Face Coverings are required and should be:**
 - Snug Fitting;
 - Should not impede vision or movement;
 - Should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter;
 - Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.
- **Considerations for face coverings:**
 - Use coverings that are held in place with over the head straps using Velcro or other breakaway type connections
 - Full head coverings
 - Covering that minimize the change of having fingers caught in them or shifting to impeded any visual sight.
- **No stunts will be permitted at this time.**

MARCHING BAND:

- **Social Distancing needs to be adhered to at all times, 6 feet apart (4 step interval);**
- **Face masks/coverings are required at all times except during workouts, i.e. playing wind instruments,**
- **Individuals must have their own labeled water bottle,**
- **Members of the band will be placed into “pods” and practices will be scheduled to allow for pods to practice independent of each other.**

APPENDIX B

ATHLETIC VENUE	MAXIMUM CAPACITY	COVID CAPACITY
Veteran's Memorial Stadium	10,000	2,000
Erie High North School Gymnasium	1,000	150
Erie High School South Gymnasium	500	75
Erie High School Nanatorium	175	26
Strong Vincent Middle School Gymnasium	450	68
East Middle School Gymnasium	480	72
East Middle School Nanatorium	150	22
Lincoln Elementary School Gymnasium	275	41
Pfeiffer-Burleigh Elementary School Gymnasium	375	56
Harding Softball Field	100	20
Ainsworth Field	3000	600

District Administration will develop procedures for distribution of tickets. Ticket availability will be based on the venue capacity and the number of competitors per event.

APPENDIX C

WINTER SPORTS GUIDANCE:

BASKETBALL RULE CONSIDERATIONS:

o Pregame Protocol (2019-2021 NFHS Officials Manual, page 16, 1.8)

- Limit attendees to the referee, head coach, and one captain from each team with each coach standing on the center circle on each side of the division line.
- All individuals maintain a social distance of 6 feet or greater at the center circle.
- Suspend handshakes prior to and following the Pregame Conference.

o Team Benches (1-13-1)

- Social distancing should be practiced when possible. Below are some suggestions.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
 - Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scores table closest to their bench to maintain social distancing.
- Coaches and Athletes should adhere to the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.

o Officials Table (2-1-3)

- The host should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.

- Table personnel should adhere to the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.

o Pre and Post Game Ceremony

- Suspend the pregame introduction handshakes.
 - This includes shaking opposing head coach and officials prior to the game.
- Suspend post game protocol of shaking hands.

o Basketball Rules Interpretations

□ EQUIPMENT AND ACCESSORIES

- Basketball
 - Ball shall be sanitized as recommended by the ball manufacturer and not used for warm-ups.
 - The host school should ensure that the ball is sanitized during timeouts and between quarters.
 - Sanitizer should be provided by the host team at the table.
- Cloth face coverings are permissible for players.
- Coaching staff and other bench personnel shall follow the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.

o Other Considerations

□ Throw-in

- Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.

□ Free Throw Administration

- The lead official shall stand on the end line and bounce the ball to the free thrower.

□ Jump Ball

- Official can designate another official to toss the ball in the center restraining circle for all jump-ball situations. (Rule 2-5-1)

□ Scorebook

- Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10 minute mark.

SWIMMING & DIVING RULES CONSIDERATIONS:

- o Conduct (1-3-2) - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- o Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- o Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- o Referee and Starter (4-2, 4-3) - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.
- o Notification of Disqualification (4-2-2d, e) - Notification shall occur from a distance via use of hand signals or the P.A. system.
- o Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.
- o Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- o Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- o Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.
- o Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of nonelectronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

GENERAL CONSIDERATIONS:

- o Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- o Diving Warm-up Areas - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- o Team Seating and Lane Placement - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- o Preparing Athletes for Competition - Athlete clerking areas should be eliminated.
- o Participants are required to wear a mask at all time when they are outside of the pool.

o Coaches are encouraged to arrange for virtual swim meets whenever feasible. **WRESTLING**

RULES CONSIDERATIONS:

General Considerations:

- o Have hand sanitizer and wipes available at the table.
- o Wash stations or sanitizer at mat side.
- o No one touches the score sheet except the scorer.
- o If writing implements are used, they should be sanitized and not shared with anyone.
- o Disinfect the mats prior to and following competition.
- o Events should be structured to ensure compliance with current indoor occupancy limits and mitigation requirements by the PA Department of Health and Governor's Office.
- o Athletes and Coaches wear masks off the mat.
- o Schools should communicate in advance regarding any screening policies and occupancy levels to be expected from the host site.
- o Schools may increase the bench area to assist in social distancing.

- o For tournament settings, prohibit all wrestlers from warming up simultaneously for competition. Provide for separate warm-up areas off of the competition mats for use and sanitize regularly.
- o Provide for separate warm-up mats off of the competition mat for teams involved in dual competition.
- o Schools are recommended to only wrestle those schools within their close geographic area.

Considerations for Coaches:

- o Wear masks on and off mat.
- o Eliminate handshakes with opposing teams post-match.
- o Each team should be expected to provide their own leg bands for competition.
- o Limit the size of their traveling party to include essential personnel, staff, and only those with the ability to wrestle.
- o Consider practicing with wrestlers in pods to limit close contacts across the entire team.

WRESTLING CONSIDERATIONS:

Considerations for Wrestlers:

- o Daily screening prior to practice and competition should be conducted pursuant to each school's adopted health and safety plan.
- o Shower after each round and put on a fresh uniform, when able and facilities permit.
- o Wear masks off the mat when not competing.
- o Eliminate handshakes with opposing coaches post-match.
- o The use of a fist bump in lieu of a pre and post-match handshake is recommended.

Pre-Match Meeting:

- o Limit attendees to the referee and one captain from each team.

Considerations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

o Make sure your athlete and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),

o Provide personal items for your child and clearly label them.

o Disinfect your student's personal equipment after each match or practice which would include wiping down headgear, washing clothing and bags used to transport gear.

APPENDIX D

BASEBALL RULE CONSIDERATIONS:

- o Have hand sanitizer and wipes available at the field.
- o Wash stations or sanitizer at each dugout.
- o No one touches the score sheet except the scorer.
- o Disinfect the bench/dugout prior to competition.
- o Stagger seating of fans.
- o Each team may provide sanitized balls (bucket) while on defense.
 - Have a bucket of available for used balls so they can be sanitized after the game. Note: If a school is required to provide game balls for their half-inning as the visiting team, this is to be communicated in advance of the contest.
- o Sanitize bases after each contest.
- o Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

CONSIDERATIONS FOR COACHES:

- o Eliminate handshakes post-game.
- o Maintain 6' distance between players and umpires. o No seeds, gum or spitting.

CONSIDERATIONS FOR PLAYERS:

- o No seeds, gum or spitting.
- o Players must clean and sanitize equipment after each game.
- o Social distancing on the bench and/or dugout.
- o No sharing of water bottles.
- o The use of personal equipment is preferred. However, if equipment is shared, it is recommended to sanitize equipment between use by players.
- o Sanitize all equipment after each game.

- o Eliminate handshakes post game.
- o Eliminate handshakes with coaches/umpires pre-game.
- o Pitchers are encouraged not to put their hands to their mouth.
- o If the pitcher is wearing a face covering in the field, it must be a solid dark color.

CONSIDERATIONS FOR PARENTS:

(A family's role in maintaining safety guidelines for themselves and others):

- o Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- o Provide personal items for your child and clearly label them.
- o Disinfect your students' personal equipment after each game or practice.

SOFTBALL RULE CONSIDERATIONS:

- o Face Shields (1-7-1, 1-8-4): Per guidance from the NFHS Sports Medicine Advisory Committee, Plastic shields covering the entire face (unless clear and integrated into the face mask and attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- o Additional Equipment (1-8): Pitchers cannot wear optic yellow cloth facial coverings.
- o Pregame Conference (2-14-2): Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.
- o Substitutions: (3-3-3): The verbal exchange should occur 6 feet from the coach to scorer and opposing team when making lineup changes.
 - o Coaching (3-5-1 NOTE): Umpires should not handle equipment on the field during play. Contact with the game balls should be as limited as possible.
- o Coaching (3-5-3, 3-6-14): Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.
- o Bench and Field Conduct (3-6-6): The number of individuals in the dugout is dependent on the size of dugout. Players and coaches must maintain 6 feet of social distance. NFHS rules allow for dugouts/designated warm up areas to be extended toward the outfield to provide for social distancing; extension must be outside the field of play and away from spectators and general public. (Safety precautions should be taken).

- o Exchange of Lineup Cards (4-2-1b): Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup.
- o Infractions by the Pitcher (6-2-2): Pitchers are encouraged not to lick fingers or blow into their hands prior to pitching the ball.
- o Plate Umpire (10-2-1): The plate umpire is required to wear a face covering behind the plate. The field umpires shall follow the universal masking order. (Plate umpires will follow mechanics as listed in the NFHS rules book.)

SOFTBALL UMPIRES MANUAL MODIFICATIONS:

- o Mechanics Sections 3, 4b and c

Base umpires should maintain 6 feet from any player as a starting position when rotated and/or counter rotated.

- o Section 2E

Keep the catcher and batter at a 6-foot distance when dusting off the plate.

TENNIS MATCH CONSIDERATIONS:

o PRE-MATCH CONFERENCE:

- Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.
- Instead of shaking hands, tap racquets.

o TEAM AREAS:

- Make sure team personnel observe social distancing of 6 ft.

o DURING MATCHES:

- While there is no evidence that COVID-19 can be transmitted by touching tennis balls, sanitary precautions, such as hand-washing, should still be utilized.
- Maintain physical distancing if changing ends of the court.
- Avoid touching your face after handling a ball, racquet, or other equipment.
 - Wash your hands promptly if you have touched your eyes, nose, or mouth.
- When playing doubles, coordinate with your partner to maintain physical distancing, where possible.

- Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
- Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
- Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

TRACK & FIELD CONSIDERATIONS:

- o SP, DT, JT should enforce social distancing for all athletes and officials.
 - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- o LJ, TJ, HJ, PV should enforce social distancing for all athletes and officials.
 - To limit contact: athletes should not share vaulting poles.
- o Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Recommend not using baskets at start line for apparel.
- o Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities. To minimize contact, events are recommended to be run in alleys or minimally one turn staggers.

RULE CHANGE CONSIDERATIONS:

(States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)

- o Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - The use of disposable gloves for the 2021 season by relay participants is permitted.
 - Schools can bring their own batons, or they should be disinfected after each heat/race.

o Rules 6-4-11 and 6-5-24: Schools may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, schools may wish to jump each athlete to completion.

o Point of Emphasis: Rule 4-2-4a. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.

- This permits additional sections to be run to maximize participation in the event. Schools should communicate the anticipated number of additional sections with their opponent and officials in advance of the meet for planning purposes.