

Neshannock Township School District

RETURN TO ATHLETIC PLAY
RETURN TO CO-CURRICULAR
PARTICIPATION

June 2020

Introduction

This guidance document is the collaborative effort by the Pennsylvania Governor’s Office, Department of Health (DOH), Pennsylvania Department of Education (PDE), PIAA, along with the PIAA Sports Medicine Advisory committee. The Governor’s Office, PDE, and the PIAA believe it is essential to the physical and mental well-being of high school students in the state of Pennsylvania to return to physical activity and athletic competition. The medical professionals and school administrators that serve on the Sports Medicine Advisory Committees recognize that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time in all schools across the commonwealth. There will also likely be variation in what sports and activities are allowed to be played and held. While typically there would be reservations regarding such inequities, the PIAA endorses the idea of returning students to school-based sports in any and all situations where it can be done safely.

The steps of “re-opening” outlined in this document are based upon the Preliminary School Sports’ Guidance for Schools which was released by the Governor’s Office and PDE in June 2020. Additionally, the White House document released in April 2020, the NFHS Guidance For Opening Up High School Athletics and Activities released in May 2020, CDC Consideration for Youth Sports released in May 2020, and the UPMC Sports Medicine Playbook-Return to Sports During COVID-19 released in May 2020 were also referenced. This guidance document is a resource for the Neshannock Township School District’s interscholastic athletic teams. The phases outlined in this document will continue to be in accordance with guidelines published by the Governor’s Office, the CDC, and our administrative team, and are subject to change. Additional guidance and direction in the weeks ahead should also be anticipated.

Points of Emphasis

Face Coverings and Social Distancing

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Whenever possible, social distancing should be practiced. When athletes are not required to be in close proximity, 6-feet should be between each player and coach. This is noted in this document under Preventative Measures, Hygienic Considerations, and Phases of Summer Conditioning and Practice Sessions. Guidance should continue to be sought from state and local health departments and some direction could also be provided on a sport-by-sport basis.

1. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)

2. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, this guidance recommends the following:
- A. State, local, or NTSD guidelines for cloth face coverings should be strictly followed.
 - B. In the absence of guidelines to the contrary, the recommendation is that cloth face coverings be worn by students during Phases 1 and 2 as currently outlined. The exceptions are swimming, distance running, or other high-intensity aerobic activity. Cloth face coverings may continue to be used during Phase 3 and 4 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room, and in the athletic training room. Cloth face coverings will be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
 - C. Any student who prefers to wear a cloth face covering during a contest will be allowed to do so as long as it does not pose a health risk
 - D. Plastic shields covering the entire face (or attached to a helmet) during athletic contests will be subject to approval by the PIAA.
 - E. Coaches, officials, and other contest personnel may wear cloth face coverings at all times during Phases 1 through 4. (Artificial devices such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

COVID-19 Testing and Response

Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance will come from CDC and state and local health departments. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to these recommendations. The PIAA will continue to disseminate this information as it becomes available.

Administrative Areas to Address

Pre-participation Physical Evaluation

The PIAA requires that all students participating in an interscholastic sport complete a Pre-participation Physical Evaluation (PIAA CIPP) on or after June 1, 2020. The student's PIAA CIPPE must be submitted to the athletic office prior to the first day of official practice. Additionally, all students must complete a COVID-19 Specific Questionnaire prior to beginning voluntary summer workouts.

Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. The PIAA and its SMAC continues to promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment, and risk minimization as well as being a vital component of any return-to-school and athletics plan.

Return to Physical Activity

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The first safety concern with the return to sports conditioning and practices is for overuse injuries, resulting from going “too hard, too fast.” These include muscle strains, overuse tendon injuries, and stress fractures. It is paramount that head coaches carefully review practice and competition schedules prior to the beginning of the season and decide upon realistic goals for pre-season conditioning. The conditioning process generally takes at least three to four weeks for athletes to begin to realize measurable improvements in fitness. Increasing the pre-season workload in an attempt to accelerate “getting into shape” often leads to undue fatigue and greater injury risk. Injuries may also be minimized through a limited progression of activity at the beginning of a sport season (e.g., no more than a 10 percent increase in activity per week). It is also vital, when applicable, to consider and implement effective heat acclimatization progressions and accommodations in this process ([see NFHS Heat Acclimatization Position Statement at www.NFHS.org](http://www.NFHS.org)).

Hygienic Considerations

Illness reporting

- NTSD will notify all event athletes, coaches, event staff, media, spectators, vendors, and school administration if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at an event.

Hygiene Basics

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue or the inside of your elbow.
- DO NOT spit at all – air, ground, equipment, hands, sunflower seeds, etc.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider the use of face coverings while in public, and particularly when using public transportation or ride-sharing services (ie. Uber, taxis, etc.).

People Who Feel Sick Should Stay Home

- Do not go to work or school.
- Contact and follow the advice of your medical provider.

Other Considerations

- Hand sanitizer will be available at contests and practices.
- Participants, coaches, and officials should wash and sanitize their hands frequently.
- Balls and equipment should be wiped down after each workout session.
- There will be no pre-game and post-game handshakes/high-fives/fist bumps.
- Officials and sideline volunteers will be provided the option to wear face coverings (may use artificial devices in place of whistle).

Contests, Games and Competition

1. **Potential Infection Risk by Sport** (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations which was examined through the probability of respiratory droplet transmission/exposure).

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys lacrosse, girls competitive cheer.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), bowling*, ice hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 7 on 7 football. (* = Could potentially be considered "lower risk" with appropriate cleaning of equipment and use of masks by participants.)*

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.

Examples: Individual running events, throwing events (shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer (no contact - chants and jumps only), cross country running (with staggered starts).

2. Transportation to Events

NTSD will consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

3. Social distancing during Contests/Events/Activities

Sidelines/benches: Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Tape or paint could be used as a guide for students and coaches.

Individuals allowed at events: Individuals could be grouped into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred): Media
3. Tier 3 (Non-essential): Spectators, vendors

Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

Summer Conditioning and Practice Sessions

The following Phases are in accordance with the [Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#) issued by the Governor's Office.

PHASE 1: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS – June 23-July 5

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout through visual checks.
- Responses to screening questions via a monitoring and/or Google Forms for each person will be recorded and stored prior to workouts so that there is a record of everyone present in case a student develops COVID-19. Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- No gathering of more than 25 people (coaches and players, inside or outside) at a time.
- Locker rooms will not be utilized during this 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” of students with the same small group of students always working out together. Smaller pods must be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- 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 will be available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Students should wear their own appropriate workout clothing (do not share clothing, towels, shoes, or sport specific equipment) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned prior to the next workout session.
- 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 through the use of body weight, sub-maximal lifts, free weights, and resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in every form must be strictly enforced in the weight room.

Examples (including, but not limited to):

- ❖ *A basketball team can shoot in small groups with designated balls, limiting the amount of players that touch the same ball.*
- ❖ *A football team should limit the amount of players that touch the same ball and assign designated balls for specific groups of players. Contact with other players is not allowed, and tackling dummies/donuts/sleds shall be limited to use by small groups.*
- ❖ *A volleyball player may use designated balls with a small group of players.*
- ❖ *Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A designated number of balls should be used per small group. A single player may hit in cages, throw batting practice (only one catcher per pitcher). Prior to another workout session, baseballs should be collected and cleaned individually.*
- ❖ *Wrestlers may drill without touching a teammate.*
- ❖ *Cheerleaders may not practice/perform partner stunts or building. Chants and jumps without contact are permissible.*
- ❖ *Tennis players may do individual drills, partner drills, wall volleys, and serves.*
- ❖ *Runners should maintain the recommended 6 feet of distancing between teammates.*

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) shall not be utilized.
- Food should not be shared with others.

PHASE 2: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS – July 6-July 26**Pre-Workout/Contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout through visual checks.
- Responses to screening questions via a monitoring and/or Google Forms for each person will be recorded and stored prior to workouts so that there is a record of everyone present in case a student develops COVID-19. Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering of more than 50 people (coaches and players, inside or outside) at a time.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same small group of students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Tape or paint could be used as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- 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 will be available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Competitions may resume for Lower Risk Sports and Moderate Risk Sports (see Contests, Games, and Competition - Potential Infection Risk by Sport).
- Modified Competitions may begin for Higher Risk Sports.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned prior to the next workout session.
- Hand sanitizer will be available at all contests and practices.
- Athletic equipment such as bats, helmets, and other gear should be cleaned between each workout session.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) shall not be utilized.
- Food should not be shared with others.

PHASE 3: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS – July 27-August 9**Pre-Workout/Contest Screening:**

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional. Please use monitoring log and save responses for documentation purposes.

Limitations on Gatherings:

- No gathering of more than 75 people (coaches and players, inside or outside) at a time.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Tape or paint could be used as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- 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 will be available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Higher Risk sports may resume competitions.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.

- Hand sanitizer will be available at all contests and practices.
- Athletic equipment such as bats, helmets, and catchers gear should be cleaned between each workout session. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- Food should not be shared with others.

PHASE 4: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS (Begins August 10th)

Pre-Workout/Contest Screening:

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing and minimize exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- No gathering of more than 250 people (coaches and players, inside or outside) at a time.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Tape or paint could be used as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- 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 will be available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. which have holes with exposed foam should be covered.

- 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 towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer will be available at all contests and practices.
- Athletic equipment such as bats, helmets, and catchers gear should be cleaned between each workout session. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- Food should not be shared with others.

Summer Scheduling:

NTSD is closed on Fridays during the months of June, July, and August. Hours of operation are Monday-Thursday from 7 am to 4 pm (unless prior arrangements are made with administration). No indoor practices are permitted.

Appendices:

Return to Play plans for individual sports, marching band and a Participation Waiver – Communicable Diseases Including Covid-19 are appended to this document.

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“UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines (High School)” <https://www.upmc.com/-/media/upmc/services/sports-medicine/documents/return-to-play/high-school-athlete-guidelines-pdf.pdf?la=en> Accessed: 5/28/2020

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“Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public- Pennsylvania Governor’s Office” <https://www.governor.pa.gov/covid-19/sports-guidance/> Accessed: 6/10/2020

NESHANNOCK TOWNSHIP 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, the NTSD 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. As knowledge regarding COVID-19 is constantly changing, NTSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the NTSD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate athletes, coaches, and staff on health and safety protocols.
5. Require athletes and coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the student named below, against the NTSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the student or the undersigned relating to or as a result of the student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

WE KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF OTHERS, AND ASSUME FULL RESPONSIBILITY FOR STUDENT'S PARTICIPATION IN ATHLETICS DURING THE COVID-19 PANDEMIC. WE WILLINGLY AGREE TO COMPLY WITH THE STATED RECOMMENDATIONS PUT FORTH BY THE NTSD TO LIMIT THE EXPOSURE AND SPREAD OF COVID-19 AND OTHER COMMUNICABLE DISEASES. WE CERTIFY THAT THE STUDENT IS IN GOOD PHYSICAL CONDITION OR BELIEVE STUDENT TO BE IN GOOD PHYSICAL CONDITION AND ALLOW PARTICIPATION IN THIS SPORT AT OUR OWN RISK.

Sport: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

Planning Documentation for Sports Programs

Neshannock Football Guidelines for Return to Play (RTP)

Pre-Screening Requirements:

1. All student athletes and coaches will be screened for symptoms of COVID-19 prior to every workout/practice.
2. The screening will include a series of questions as well as temperature check (no temperature above 100.4):
 - Have you had a fever in the past 24 hours?
 - Have you had any symptoms such as sneezing, coughing and/or burning of lungs?
 - Have you been exposed to anyone that has tested positive for Covid -19?
 - Have you visited any areas that are designated as hot spots?
3. Coaches will take attendance at each meeting and document the pre-screening. A record will be maintained for review by the administration.

Coaches' Responsibilities:

1. All coaches and staff members associated with football will wear a mask and properly sanitize during practices/conditioning.
2. Coaches will properly sanitize all equipment prior to the beginning of practice that is going to be used with student athletes. After practice, coaches and staff will sanitize all equipment that was used during practice/conditioning workouts before leaving the school grounds.
3. Social distancing will be maintained during drills, practice, and conditioning by utilizing the hash-marks (3 yards apart, two sets of hash marks on the field) to keep players at least 6 feet apart during non-contact periods.
4. Coaches will schedule practices/conditioning to maximize the ability to social distance and will stagger groups when possible to minimize risk.
5. Coaches shall provide student athletes with personal equipment. Equipment is not to be shared. Personal equipment will be sanitized after every practice.
6. Any coach with a temperature above 100.4 or displaying symptoms of COVID-19 shall immediately be removed from the practice/workout. The coach shall be quarantined for 14 days or until released to return by a medical doctor. Student athletes in contact with the coach, and their parents, will be informed.
7. Coaches will communicate all specifics in regard to the COVID-19 Return to Play Plan to families of all student athletes.
8. Coaches should encourage all student athletes to not congregate before or after practices and conditioning and to leave the grounds of the school as soon as all sports-related activities are completed.
9. Transportation to and from football games may be modified to include having less student athletes and staff on a bus and increasing the number of buses, using sanitizer while on the bus and social distancing.
10. Encourage student athletes not to shake hands, fist bump, or high five. Instruct students not to put fingers on mouth, eyes or nose.

Athletic Trainer's Responsibilities:

1. No group hydration centers. No team water. Student athletes shall furnish their own water or individual sealed bottled water will be available to student athletes.
2. Trainer shall sanitize all tables and/or equipment used by student athletes prior to or in between sessions.
3. Athletic trainer will follow CDC Guidelines while treating student athletes in the training room.

Hydration and Sanitization

1. Students shall bring their own towels, and will be responsible for washing all practice/conditioning apparel after each workout.
2. Student athletes may not store their mouth piece with practice gear between practice or overnight.
3. Frequent Water and Sanitization breaks. During breaks, coaches must sanitize "community" equipment.
4. When working in rotating groups, stations must be sanitized prior to next group starting.

Facilities

1. Student athletes should wear a mask while indoors but not when physically exerting themselves.
2. First four weeks-no showering on school grounds.
3. First two weeks- no access to locker rooms permitted.
4. Second two weeks- student athletes will not be permitted to leave anything in lockers.
5. Beyond week four-all equipment must be sanitized prior to being placed in lockers.
6. Once locker rooms are available for use, they will be sanitized after each practice.

PHASE I

June 23-July 5: Conditioning/Team Workouts

1. Coaches and student athletes shall wear masks.
2. All equipment shall be sanitized after and in between use.
3. No unnecessary contact between coaches and student athletes.
4. No group hydration. Student athletes bring their own water.
5. No chewing gum, spitting, eating (power bar, candy, sunflower seeds)
6. No one at practice but coaches, staff, and student athletes.
7. Ongoing sanitation of condition area including mats, barbells, exercise equipment.
8. All workout apparel should be taken home and washed after every workout.
9. Maintain social distancing of six (6) feet.
10. Sanitize and/or wash hands during practice/conditioning/workouts as much as practical.

PHASE II

July 6-July 26; Team Workouts/Practice

1. Coaches shall wear masks. Student athletes when not on practice field.
2. All equipment shall be sanitized after and in between use.
3. No unnecessary contact between coaches and student athletes.
4. No group hydration. Student athletes bring their own water.
5. No chewing gum, spitting, eating (power bars, candy, sunflower seeds)
6. No one at practice but coaches, staff, and student athletes.
7. Ongoing sanitation of condition area including mats, barbells, exercise equipment.
8. All workout apparel should be taken home and washed after every workout.
9. Maintain social distancing of six (6) feet.
10. Sanitize and/or wash hands during practice/conditioning/workouts as much as practical.
12. Sanitize equipment daily.
13. Sanitize locker room after each practice.
14. Immediate removal of student athlete from practice if there are open wounds and/or abrasions. Do not return until treated and covered.

PHASE III

July 27-August 9: Practice/Competition

1. Coaches shall wear masks. Student athletes when not on practice field.
2. All equipment shall be sanitized after and in between use.
3. No unnecessary contact between coaches and student athletes.
4. No group hydration. Student athletes bring their own water.
5. No chewing gum, spitting, eating (power bar, candy, sunflower seeds)
6. No one at practice but coaches, staff, and student athletes.
7. Ongoing sanitation of condition area including mats, barbells, exercise equipment.
8. All workout apparel should be taken home and washed after every workout.
9. Maintain social distancing of six (6) feet.
10. Sanitize and/or wash hands during practice/conditioning/workouts as much as practical.
12. Sanitize equipment daily.
13. Meals after practices or during camp are limited to pre-prepared box lunches and bottle drinks.
14. Sanitize locker room after each practice.
15. Immediate removal of student athlete from practice if there are open wounds and/or abrasions. Do not return until treated and covered.
16. Implement transportation restriction for away games.
17. Limit spectators, staff, officials, and game day workers to 250 people.
18. Follow social distancing on the sidelines during competition.
19. Make inquiry with opponent about any ill players, staff, or coaches; certify that no visiting student athlete has symptoms; and screen for temperature.
20. Post-game meals may only consist of a pre-prepared box lunch.

Student Athlete/Coach/Staff Becomes Ill

1. Every effort will be made to immediately isolate an ill individual from others until the student or staff can leave facility/field.
2. Parent or guardian will be contacted immediately and arrangements for medical treatment or review will be implemented immediately with consent of the parent/guardian.
3. An investigation will commence to determine who has been exposed. Diagnoses Contract Tracking pursuant the CDC/PA DOH will be implemented.
4. All of those exposed to COVID-19 will be quarantined for 14 days and those infected will be isolated.
5. Due to the nature of COVID-19 the guidelines and directives of the CDC/PA DOH have been amended at times. The Neshannock Football Program will comply will all guidelines and directives of the CDC/PA DOH as they evolve in the future.

Return to Play -- Tennis

BEFORE YOU PLAY:

- Do not play if any of you:
 - Are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
 - Have been in contact with someone with COVID-19 in the last 14 days.

PREPARING TO PLAY:

- Protect against infections:
 - Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
 - Temperature will be taken prior to entering the court. Any individual with a temperature of 100.4 Fahrenheit will be sent home immediately. A regular log will be kept with all the players' names and date present; along with their temperatures as they enter the court.
 - Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
 - Bring a full water bottle to avoid touching a tap or water fountain handle.
 - Use new balls and a new grip, if possible.
 - If you need to sneeze or cough, do so into a tissue or upper sleeve.
 - Arrive as close as possible to when you need to be there.
 - Avoid touching court gates, fences, benches, etc. if you can.
 - Change prior to practice at home; avoid changing in locker- rooms or the public restroom at Pearson Park.
 - The head coach will wear a mask during the specific times of conditioning.
 - If the weight room is being used during workouts, the team will use social distancing and the proper sanitizing process of machines and equipment; pre-workout and post-workout.

WHEN PLAYING:

- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- When playing doubles, coordinate with your partner to maintain physical distancing.
- 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.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Maintain physical distancing if changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

AFTER PLAYING:

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.

USE FOUR BALLS OR SIX BALLS Per Court: Individual hitting sessions.

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

- 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.
- 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.
- Ball Hoppers will be used to pick up the balls or “Scooping” the tennis balls onto the racquets with your foot when finished with the session.

Return to Participation – Marching Band

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> ● Daily screening of all coaches and athletes ● Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<p>Please use the District form for monitoring and recording attendance and symptoms at all practices. Logs must be kept.</p> <ul style="list-style-type: none"> ● Students/staff will be encouraged to monitor health at home and not report to practice if they are experiencing symptoms. ● Students/staff will complete check in form before practice ● If a student shows symptoms (temperature, etc.), parents/guardians will be notified and the student will be sent home.
<p>Practice Areas</p> <ul style="list-style-type: none"> ● Areas marked off for participants to stand place belongings 	<ul style="list-style-type: none"> ● For outdoor rehearsals, students will meet at the practice or football fields and will be assigned an individual area for their belongings. ● For indoor rehearsals, students will be assigned a specific chair and stand (spaced apart). The rehearsal rooms (band/choir/elementary music room/auditorium) will hold 50% of normal capacity (approximately 25 students) and will be arranged to promote social distancing. ● Drum Major podium, yard markers, etc. will be set up by the same students or adults daily.
<p>Equipment</p> <ul style="list-style-type: none"> ● Concerns for shared equipment, cleaning between uses 	<ul style="list-style-type: none"> ● Students will use their own instruments, pencils, supplies, and music folders - this also includes sunblock, hat, etc. ● Students will transport equipment to and from home (including instruments). The school storage room will be used only for large instruments (drums, tuba). ● Percussionists will sanitize mallets daily before and after rehearsal. ● Minimal sharing of stands and chairs. Students will be assigned seating during band rehearsal to minimize sharing and will be asked to wipe down stands at the end of rehearsal.
<p>Facilities</p> <ul style="list-style-type: none"> ● Cleaning before/during/after 	<ul style="list-style-type: none"> ● Students will sanitize chairs and stands before/after each rehearsal. ● Students will be asked to wash hands and/or sanitize before and after practice.
<p>Hydration and Nutrition</p> <ul style="list-style-type: none"> ● No sharing beverages ● No serving food buffet style, will need pre-packaged food 	<ul style="list-style-type: none"> ● Students will be responsible for bringing water and snacks/food to practices. There will be no shared food or water containers. ● Water bottles and pre-packaged food will be offered for breaks.

Return to Play – Track and Field

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> • Daily screening of all coaches and athletes • Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<p>Please use the District form for monitoring and recording attendance and symptoms at all practices. Logs must be kept.</p>
<p>Practice Areas</p> <ul style="list-style-type: none"> • Areas marked off for athletes to stand/ place belongings 	<ul style="list-style-type: none"> • Athlete belongings will be placed outside of the fence that surrounds the track at each fence post (8ft). Only one athlete's belongings per fence post. • Only lanes 1 and 6 of the track will be used for practice for sprinters/hurdlers. • Distance runners will utilize lane 3 only or the nature trail when weather permits. • Throwers and jumpers will be required to wait 6ft apart when waiting their turn on a runway or throwing circle. • Consideration will need to be given to whether pre-season conditioning is possible in the school if social distancing restrictions are still in place in the winter of 2021. Workouts can be sent out via remind app and athletes will have to be on the honors system to complete them at home.
<p>Equipment</p> <ul style="list-style-type: none"> • Concerns for shared equipment, cleaning between uses 	<ul style="list-style-type: none"> • Relay teams will need to wear rubber gloves for passing of baton • We will need to obtain disinfectant spray from maintenance or the school nurse to spray throwing implements and batons. • We will need to look into getting a 2 gallon pump chemical sprayer to spray disinfectant on the high jump pit after each jump in practice and competition. • We should give consideration into not setting up the pole vault pit in 2021.
<p>Facilities</p> <ul style="list-style-type: none"> • Cleaning before/ during/after 	<ul style="list-style-type: none"> • After each practice and meet all equipment will need sprayed down with disinfectant before storing. • We will need the maintenance department and school nurse to give guidance on what spray to use and where to obtain it.

<p>Hydration and Nutrition</p> <ul style="list-style-type: none">• No sharing beverages• No serving food buffet style, will need pre-packaged food	<ul style="list-style-type: none">• Student athletes will need to provide their own bottles and beverage for practice and meets.• No sharing of beverages will be permitted.
<p>Hand washing/sanitizing during practice</p>	<ul style="list-style-type: none">• Students will use hand sanitizer.

Return to Play – Cross Country

2020 Cross Country Team

Varsity team (Approx. 9 boys/5 girls)

Junior High team (Approx. 10 boys/5 girls)

- Will create individualized training plans for the athletes based on their conditioning and ability
- Prohibit chewing gum, spitting, or putting hands in mouth
- Prohibit fist bumps, high fives, shaking hands, etc.

Pre-Practice Screening

- Daily screening of all coaches and athletes
 - Log temperature and ensure no respiratory symptoms are present; anyone with symptoms or temperature above 100.4 will be immediately sent home
 - Coach(es) will wear a face shield when interacting with athletes
 - Review with the team the symptoms and risk factors for COVID-19 and emphasize the need to protect themselves from risky situations
 - Require athletes to notify the Coach if they have tested positive or been in contact with someone who has tested positive for COVID-19
 - Any athlete that has tested positive for COVID-19 must be cleared by physician before returning to practice or competition
- Identify individuals who are at high risk (for example diabetics, asthmatics, etc.)
 - Consult with Athletic Trainer regarding limitations and accommodations that are prudent to make.

Practice Areas

I will advise the team to meet in the grassy area outside of the football stadium entrance. We will only use outdoor spaces such as the trail, practice field, track, or park for practice adhering to proper social distancing guidelines.

- Areas marked off for athletes to stand/ place belongings
 - Athletes will be required to stand at least 6 feet apart for stretching/calisthenics
 - Athletes will be asked to keep personal belongings in a clearly labeled bag and place them by the fence.
 - Typically, the athletes run in groups of two to three but can easily keep three to six feet of distance between them
 - I do not anticipate any coach directed activities that will require athletes to face each other or engage in physical contact.

Equipment

- Concerns for shared equipment, cleaning between uses
 - Generally, the runners do not use equipment aside from their uniform and shoes
 - They will be advised to wash all warmups and uniforms between uses.
 - When changing shoe spikes, they will be required to disinfect any shared spike wrench
 - The athletes have team issued backpacks to carry all personal belongings to meets/practices
 - Each coach will have his/her own stopwatch for timing

Facilities

- Cleaning before/during/after
 - As we will only be using outdoor space, I don't foresee many areas that will need cleaned
 - Primarily the athletes will be required to maintain social distancing at all times
 - We will NOT be utilizing the weight room for preseason conditioning
 - We will use static body weight training (Ex: pushup, planks, lunges, etc.)

Hydration and Nutrition

- No sharing beverages
 - All athletes will need to have their own water bottle that is clearly labeled with their name
 - Coach will look for options to order personalized bottles for the team
 - They will be advised to empty and wash their water bottle after each practice
- No serving food buffet style, will need pre-packaged food
 - All food for competitions will be individual serving pre-packaged foods (granola bars, pretzels, etc.)

Hand washing/sanitizing during practice

- Hand sanitizer (at least 60% alcohol) and sanitizing wipes will be available during practice
- Athletes will be encouraged to wash hands frequently, not touch their faces, or each other

Return to Play – Basketball (Girls)

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> ● Daily screening of all coaches and athletes ● Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<p>* Please use the District form for monitoring and recording attendance and symptoms at all practices. Logs must be kept.</p> <p>*Screening will include temperature checks before the start of practice, and screenings for any possible Covid19 symptoms.</p> <p>*Players with increased risk will be identified on screening form.</p>
<p>Practice Areas</p> <ul style="list-style-type: none"> ● Areas marked off for athletes to stand/ place belongings 	<p>*Players will use the bleacher area between the boys and girls lockers rooms to place their belongings including individual water bottles during practice times.</p> <p>*The bleacher area will be marked with tape at 6 feet intervals to allow for social distancing.</p> <p>*The gym has 6 basketball hoops available. Groups of a maximum of 3 athletes will be assigned one hoop per practice and will do all skill work at that hoop.</p> <p>*When engaged in practice coaches will divide the players in to set groups of a maximum of 3 athletes. Those athletes will remain in their group for the entire practice. The group will only use the numbered basketballs assigned to their group. The group will stay at their assigned hoop for the duration of practice.</p> <p>*Five man team drills will be done at 3 side hoops or 2 main hoops to keep groups small and distanced.</p>
<p>Equipment</p> <ul style="list-style-type: none"> ● Concerns for shared equipment, cleaning between uses 	<p>*Basketballs will be the only equipment shared by players most days. Occasionally weighted and tennis balls may be used.</p> <p>* Balls will be numbered and only two players will use a specific numbered ball during practice.</p> <p>*All basketball and other equipment will be cleaned at the beginning and end of each practice.</p>

<p>Facilities</p> <ul style="list-style-type: none"> ● Cleaning before/during/after 	<p>* Coaches will check for cleanliness of the gym before and after each practice.</p> <p>*Coaches will notify the athletic director or janitorial staff of any concerns.</p> <p>*Players will come to practice dressed to participate. Locker room will only be used as needed for restroom use and hand washing.</p>
<p>Hydration and Nutrition</p> <ul style="list-style-type: none"> ● No sharing beverages ● No serving food buffet style, will need pre-packaged food 	<p>*All players will bring individual water bottles to each practice with name/number on them.</p> <p>*No food will be permitted in gym area during practice times.</p> <p>*Players will be reminded not to share water bottles.</p>
<p>Hand washing/sanitizing during practice</p>	<p>*Players will wash their hands with soap and water for 20 seconds before practice begins and before touching a basketball.</p> <p>*Players will use hand sanitizer between drills and after all water breaks.</p>
<p>Length of Practice Time</p>	<p>*Players will practice no longer than 90 minutes per day for summer workouts.</p> <p>*Practice time will vary for junior high and varsity seasons.</p> <p>*Junior high will vary from 90-120 minutes.</p> <p>*Varsity will vary from 90-150 minutes.</p>
<p>Number of Athletes per practice</p>	<p>*Maximum number of players in gym will be 15 for junior high and varsity seasons.</p> <p>*Maximum number of players at one basketball hoop will be 3.</p> <p>*To help keep the numbers of players as low as possible practices will be split between two groups and each group will practice for 90 minutes. The groups will be pre-set and stay the same for all summer work-outs.</p>

Return to Play -- Baseball

ALL SPECTATORS (if permitted):

1. Are expected to social distance.
2. Are strongly recommended to wear face masks.
3. Should conduct self-evaluations before arriving at the park. If you are showing any symptoms, you should stay home for the safety of everyone else at the park.
4. Must stay at least 6 feet away from players
5. Will NOT be permitted to stand or sit from Dugout to Dugout! Spectators will only be permitted to watch from the bleachers, down the lines, or in the outfield.
6. Start times of Varsity & JV games will be staggered to prevent large crowds from entering and exiting at the same time if a double header is scheduled. Double headers will be avoided as much as possible.
7. The only restrooms available will be behind the football press box.

PLAYERS AND COACHES:

1. Will have temperatures taken and evaluations conducted prior to entering the field.
2. Are strongly recommended to wear face masks, unless they are in play.
3. Will be socially distanced as much as possible while on the field.
4. Will enter and exit from different points of the field.
5. Coaches will sanitize dugouts upon arrival and before leaving.
6. Teams will completely leave the field at different times.
7. Players must use their own equipment.
8. Must refrain from high-fiving or any other contact with each other and their opposition.
9. May not have team meetings after the games.

OTHER RULES & NOTES:

1. ABSOLUTELY NO SPITTING OF ANY KIND IS ALLOWED. This includes but is not limited to the following: sunflower seeds, spitting on hands/batting gloves, etc.
2. There will be no shared water coolers for teams.
3. The team on defense is responsible for providing their own baseballs.
4. No media will be permitted in the dugout, or on the field.
5. Whoever is driving the golf cart must wear a mask & is not permitted to transport more than one other person at a time. The passenger must sit in the back of the golf cart.
6. We will follow any other PIAA Rules that are in place and that are not currently listed in these guidelines.

Return to Play -- Basketball (Boys)

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> • Daily screening of all coaches and athletes • Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<p>Please use the District form for monitoring and recording attendance and symptoms at all practices. Logs must be kept.</p> <p>*Screening will include temperature checks before the start of practice, and screenings for any possible Covid19 symptoms.</p> <p>*Players with increased risk will be identified on screening form.</p>
<p>Practice Areas</p> <ul style="list-style-type: none"> • Areas marked off for athletes to stand/place belongings 	<p>*Players will use the bleacher area between the boys and girls lockers rooms to place their belongings including individual water bottles during practice times.</p> <p>*The bleacher area will be marked with tape at 6 feet intervals to allow for social distancing.</p> <p>*The gym has 6 basketball hoops available. Groups of a maximum of 3 athletes will be assigned one hoop per practice and will do all skill work at that hoop.</p> <p>*When engaged in practice coaches will divide the players in to set groups of a maximum of 3 athletes. Those athletes will remain in their group for the entire practice. The group will only use the numbered basketballs assigned to their group. The group will stay at their assigned hoop for the duration of practice.</p> <p>*Five man team drills will be done at 3 side hoops or 2 main hoops to keep groups small and distanced.</p>
<p>Equipment</p> <ul style="list-style-type: none"> • Concerns for shared equipment, cleaning between uses 	<p>*Basketballs will be the only equipment shared by players most days. Occasionally weighted and tennis balls may be used.</p> <p>*All basketball and other equipment will be cleaned at the beginning and end of each practice.</p>
<p>Facilities</p> <ul style="list-style-type: none"> • Cleaning before/ during/after 	<p>* Coaches will check for cleanliness of the gym before and after each practice.</p> <p>*Coaches will notify the athletic director or janitorial staff of any concerns.</p> <p>*Players will come to practice dressed to participate, locker rooms will only be used as needed for restroom use and hand washing.</p>

<p>Hydration and Nutrition</p> <ul style="list-style-type: none"> • No sharing beverages • No serving food buffet style, will need pre-packaged food 	<p>*All players will bring individual water bottles to each practice with name/number on them.</p> <p>*No food will be permitted in the gym area during practice times.</p> <p>*Players will be reminded not to share water bottles.</p>
<p>Hand washing/sanitizing during practice</p>	<p>*Players will wash their hands with soap and water for 20 seconds before practice begins and before touching a basketball.</p> <p>*Players will use hand sanitizer between drills and after all water breaks.</p>
<p>Length of Practice Time</p>	<p>*Players will practice no longer than 90 minutes per day for summer workouts.</p> <p>*Practice time will vary for junior high and varsity seasons.</p> <p>*Junior high will vary from 90-120 minutes.</p> <p>*Varsity will vary from 90-150 minutes.</p>
<p>Number of Athletes per practice</p>	<p>*Maximum number of players at one basketball hoop will be 3.</p> <p>*To help keep the numbers of players as low as possible practices will be split between two groups and each group will practice for 90 minutes. The groups will be pre-set and stay the same for all summer work-outs.</p>

Return to Play -- Softball

Off-Season Practices:

- Face masks to be worn by coaches (if health permits)
- No more than 3 coaches will attend off-season practices
- No parents will be permitted to attend off-season practices
- Social distance will be maintained between coaches and players; no team huddles; no slapping hands/fists
- Number of players will be minimal due to players participating in other in-season sports or travel softball (i.e. generally 2-10 players)
- All players and coaches will be screened for the following at the beginning of each off-season practice and will be documented on the NHS Monitoring Form: Fever, Cough, Sore Throat, Shortness of Breath, Close Contact with Someone Who Was Diagnosed with Covid-19, Temperature; Any symptoms shown by a coach or player, that person will be sent home and will not return to practice until symptoms have resolved or cleared by a physician.
- Each player will carry her own bottle of sanitizer in her bag
- Each player will carry/use her own water bottle and will not share with others; players will not use water fountains
- Each player will use her own equipment, including gloves, batting gloves, bats, helmets, and defensive face masks
- No gum or sunflower seeds will be permitted
- Balls will be shared between partners or among small groups
- Sanitizing wipes will be used to wipe off balls after use
- Drills will be performed in small groups of 2-5 players; groups will stay with same group as they rotate to next drill
- At end of practice, players will wash hands for 20 seconds by taking turns in the restroom

Off-season Scrimmages, if scheduled:

- Face masks to be worn by coaches (if health permits)
- Face masks to be worn by umpires (if health permits)
- No more than 3 coaches will attend off-season scrimmages
- Parents will be permitted at scrimmages, but will be asked to maintain social distance around the outfield fence or must be at least 6 feet from the backstop area
- Social distance will be maintained between coaches and players; no team huddles; no slapping hands/fists
- Number of players may still be minimal (i.e. 9-14 players)
- All players and coaches will be screened for the following at the beginning of each off-season scrimmage and will be documented on the NHS Monitoring Form: Fever, Cough, Sore Throat, Shortness of Breath, Close Contact with Someone Who Was Diagnosed with Covid-19, Temperature; Any symptoms shown by a coach or player, that person will be sent home and will not return to practice until symptoms have cleared
- Number of players in the dugout may be limited, with additional players using bleachers
- Each player will carry her own bottle of sanitizer in her bag
- Each player will carry/use her own water bottle and will not share with others; players will not use water fountains
- Each player will use her own equipment, including gloves, batting gloves, bats, helmets, and defensive face masks

- No gum or sunflower seeds will be permitted
- Each team will provide 3 balls to use while they are on defense (balls will not be shared with teams)
- No exchange of lineup cards between coaches and umpires; this can be done via text or scoring app
- Sanitizing wipes will be used to wipe off balls after use in each inning
- No slapping of hands between teams at the end of the scrimmage
- At end of scrimmage, players will either use sanitizer or cleansing hand wipes to wash hands as restrooms may not be nearby

In-Season Practices:

- Face masks to be worn by coaches (if health permits)
- No more than 3 coaches will attend in-season practices
- No parents will be permitted to attend in-season practices
- Social distance will be maintained between coaches and players; no team huddles; no slapping hands/fists
- Number of players will be no more than 16; players will be split into infield and outfield and will have separate practice times or days when practicing inside the gymnasium; all players will attend practice at the same time when practicing outside
- All players and coaches will be screened for the following at the beginning of each in-season practice and will be documented on the NHS Monitoring Form: Fever, Cough, Sore Throat, Shortness of Breath, Close Contact with Someone Who Was Diagnosed with Covid-19, Temperature; Any symptoms shown by a coach or player, that person will be sent home and will not return to practice until symptoms have cleared
- Each player will carry her own bottle of sanitizer in her bag
- Each player will carry/use her own water bottle and will not share with others; players will not use water fountains
- Each player will use her own equipment, including gloves, batting gloves, bats, helmets, and defensive face masks
- No gum or sunflower seeds will be permitted
- Balls will be shared between partners or among small groups
- Sanitizing wipes will be used to wipe off balls after use
- Drills will be performed in small groups of 2-5 players; groups will stay with same group as they rotate to next drill
- At end of practice, players will wash hands thoroughly by taking turns in the restroom

In-Season Scrimmages/Games:

- Face masks to be worn by coaches (if health permits)
- Face masks to be worn by umpires (if health permits)
- No more than 3 coaches will attend in-season scrimmages/games; one scorekeeper may also attend games but will be located outside of the dugout; scorekeeper will also wear a face mask
- Parents will be permitted at scrimmages/games, but will be asked to maintain social distance around the outfield fence or must be at least 6 feet from the backstop area
- Social distance will be maintained between coaches and players; no team huddles; no slapping hands/fists
- Number of players will be no more than 16

- All players and coaches will be screened for the following at the beginning of each in-season scrimmage/game and will be documented on the NHS Monitoring Form: Fever, Cough, Sore Throat, Shortness of Breath, Close Contact with Someone Who Was Diagnosed with Covid-19, Temperature; Any symptoms shown by a coach or player, that person will be sent home and will not return to practice until symptoms have cleared
- Number of players in the dugout may be limited, with additional players using bleachers or custom-made buckets for each player; buckets can hold personal items for each player, such as their own equipment, sanitizer or water bottle – buckets can be placed in a staggered manner so as to maintain distance between players in the dugout/bleachers area
- Each player will carry her own bottle of sanitizer in her bag
- Each player will carry/use her own water bottle and will not share with others; players will not use water fountains
- Each player will use her own equipment, including gloves, batting gloves, bats, helmets, and defensive face masks
- No gum or sunflower seeds will be permitted
- Each team will provide 3 balls to use while they are on defense (balls will not be shared with teams)
- No exchange of lineup cards between coaches and umpires; this can be done via text or scoring app
- Sanitizing wipes will be used to wipe off balls after use in each inning
- No slapping of hands between teams at the end of the scrimmage/game
- At end of scrimmage/game, players will either use sanitizer or cleansing hand wipes to wash hands as restrooms may not be nearby
- Buckets will be customized with NHS colors and numbers for each player

Return to Play -- Cheerleading

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> ● Daily screening of all coaches and athletes ● Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<p>Please use the District form for monitoring and recording attendance and symptoms at all practices. Logs must be kept.</p> <p>Students/staff will be encouraged to monitor health at home and not report to practice if they are experiencing symptoms.</p> <ul style="list-style-type: none"> ● Screening will include temperature checks before the start of practice and will be examined for any possible Covid-19 symptoms. ● If a student shows symptoms (temperature, etc.), parents/guardians will be notified and the student will be sent home.
<p>Practice Areas</p> <ul style="list-style-type: none"> ● Areas marked off for athletes to stand/place belongings 	<ul style="list-style-type: none"> ● For outdoor practice, students will meet in the front of the elementary and will be assigned an individual space to practice within and an area for their belongings. ● For indoor practice, students will be assigned a specific area to stand (spaced apart) in the elementary MPR. Each squad will practice individually allowing for a maximum number of only 25 people during each practice. ● Students will be arranged to promote social distancing.
<p>Equipment</p> <ul style="list-style-type: none"> ● Concerns for shared equipment, cleaning between uses 	<ul style="list-style-type: none"> ● Mats and poms will not be used during practice. ● Signs will be cleaned at the beginning and end of each practice on days they are used.
<p>Facilities</p> <ul style="list-style-type: none"> ● Cleaning before/during/after 	<ul style="list-style-type: none"> ● Coaches will examine the practice area before and after each practice for cleanliness. ● Coaches will sanitize any area, if needed, before and after practice.
<p>Hydration and Nutrition</p> <ul style="list-style-type: none"> ● No sharing beverages ● No serving food buffet style, will need pre-packaged food 	<ul style="list-style-type: none"> ● Students will be responsible for bringing name identified water bottles to practices. They will place bottles in a marked area. ● No food will be permitted in the practice area during practice times.
<p>Hand washing/sanitizing during practice</p>	<ul style="list-style-type: none"> ● Students will be asked to wash hands for 20 seconds and/or sanitize hands before and after practice.

Return to Play -- Volleyball

PRE-PRACTICE PROTOCOL:

- No one is to enter gym until written protocols are followed. All parents and coaches will have been updated on the protocol moving forward.
- Do not arrive to practice more than 15 minutes prior to our practice start time. If you get to the gym more than 15 minutes early, please wait in your car or outside (while practicing social distancing) until 15 minutes prior. This would be a great time to put your VB gear on so you are ready to go!
- A coach will start doing temp checks starting 15 minutes before practice start time just outside the Main Gym doors/school lobby.
- No player is to enter the gym without having a temperature check! If you're late and we've already started practice, knock on the door until a coach meets you and checks your temperature.
- Being 15 minutes early will help us start practice on time each day. We have to do the checks EVERY DAY, so it will be a process. Please be patient!
- Once you are in the gym, players will help set up BOTH nets. Do NOT touch a volleyball until after we have our daily symptom check and practice plan talk.
- If a player is checked and has a fever over 100.4 or any of the COVID symptoms, they will not be allowed to enter the gym. A coach will call a parent and have the player picked up ASAP. If practice is missed before a game, the player cannot play in the first set (previous playing rule still stands).
- If you are not feeling well, have any of the COVID symptoms, or any family members with symptoms, please DO NOT attend practice. We want to keep everyone healthy so being honest with how you are feeling is very important.

PRACTICE AREAS PROTOCOLS:

- Each player is only allowed to bring one bag into the gym.
- Each player will bring their own water bottle, clearly marked. No sharing of water will be permitted. Players will be responsible for refilling their own water bottles. The water bottles will be placed at the location their bag will be in the gym. This will also allow for social distancing to occur when breaks are taken.
- Each player have a designated area in the gym where she will place her belongings. These spots will be 6' apart and the spot will be consistent each day where she puts her belongings.
- The gym will have hand-sanitizer at different locations that can be accessed at any time during practice or games.
- All equipment will be sanitized before the next practice takes place.
- When players are standing in line/waiting to enter a drill, coaches will remind players to distance themselves if we see them too close.
- Two courts will be used to help separate the players into smaller groups during practice. Coaches will be able to work with smaller groups according to positions.
- During the pre-season workouts, the attending will be split into two groups. Group One will work on skills in the gym and Group Two will work on conditioning outside the gym. They will rotate during the practice. This will allow for fewer number of people in the gym for pre-season conditioning.
- When doing drills/scrimmage, players off the court will stand at a sideline on both sides

- of the court to avoid larger groups waiting to enter a drill.
- All whistles that will be used during practice will be handheld.

PLAYER EXPECTATIONS:

- Will be expected to be honest with coaches about any symptoms you might have and how you are feeling.
- Must bring your own water bottle to practice with them. You are not allowed to share water with others. Drinking fountains will not be used.
- Refrain from making physical contact with others during practice. (NO high-fives/handshakes/hugs)
- Social distance throughout the entire practice and no huddling together.
- Refrain from sharing any of your own possessions with others. (kneepads/ankle brace/clothing).
- Only allowed to bring one bag into the gym. Please only bring gear you are going to be using while playing and your water bottle. You can wear street shoes and change into your VB shoes when you are inside.
- Wash your hands before you leave your home, and sanitize your hands before starting practice or touching a volleyball
- Any players that are a higher risk of developing serious disease will be monitored and need to be very honest with coaching staff. We will be doing all the necessary sanitization to prevent the spread.

COACHES EXPECTATIONS:

- Follow all Neshannock School District guidelines and ensure that players are also following those guidelines while at practice.
- Follow the “applicable color” guidelines provided by the State & CDC.
- Arrive early to practice, following the same screening procedure as the players.
- Set up sanitization station with sanitizer provided by the school each day for players to use after drink breaks and in-between drills.
- Sanitize all equipment before the next practice takes place.
- Implement temperature checks for each player BEFORE they enter the gym to ensure she does not have a fever. Thermometer will be provided by the school.
- Screen players for the symptoms outlined from the CDC before any play begins. Ensure players place their belongings and water bottles around the perimeter of the gym 6’ apart to ensure social distancing takes place during drink breaks.
- When players are standing in line/waiting to enter a drill, coaches will remind players to be sure to distance themselves if we see them standing too close.

EQUIPMENT and FACILITIES:

- All equipment will be sanitized before the next practice takes place.
- The net and other equipment that is used during practice will be disinfected.
- All areas that are used by the volleyball team will be cleaned at the end of practice so that it will be ready for next group using the gym.

OTHER ITEMS:

- When we travel on the bus, players will not share a seat. If they are from the same family and we need space, they will be asked to sit together.
- Food that is distributed to team will be pre-packaged.
- During games, the players will spread out on the bench to social distance.
- MASK WEARING-when coach is less than 6' from a player, she will wear a mask.

Return to Participation – Lancerettes

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> ● Daily screening of all coaches and athletes ● Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<p>Please use the District’s form for monitoring and recording attendance and symptoms at all practices. Logs must be kept.</p> <ul style="list-style-type: none"> ● Students/staff will be encouraged to monitor health at home and not report to practice if they are experiencing symptoms. ● Screening will include temperature checks before the start of practice and will be examined for any possible Covid-19 symptoms. ● If a student shows symptoms (temperature, etc.), parents/guardians will be notified and the student will be sent home.
<p>Practice Areas</p> <ul style="list-style-type: none"> ● Areas marked off for athletes to stand/ place belongings 	<ul style="list-style-type: none"> ● For outdoor practice, students will meet on practice/ football fields where they will be assigned an individual space to practice within and an area for their belongings. ● For indoor practice, students will be assigned a specific area to stand (spaced apart) in the elementary MPR or High School auditorium and front lobby of High School. Each squad will practice individually allowing for a maximum number of only 25 people during each practice. ● Students will be arranged to promote social distancing.
<p>Equipment</p> <ul style="list-style-type: none"> ● Concerns for shared equipment, cleaning between uses 	<ul style="list-style-type: none"> ● Poms will be assigned and marked with students’ names to be used during practice as well as games. Daily spraying of poms before and after use with disinfectant. ● Flags poles will be cleaned at the beginning and end of each practice on days they are used.
<p>Facilities</p> <ul style="list-style-type: none"> ● Cleaning before/ during/after 	<ul style="list-style-type: none"> ● Coaches will examine the practice area before and after each practice for cleanliness. ● Coaches will sanitize any area, if needed, before and after practice.
<p>Hydration and Nutrition</p> <ul style="list-style-type: none"> ● No sharing beverages ● No serving food buffet style, will need pre-packaged food 	<ul style="list-style-type: none"> ● Students will be responsible for bringing name identified water bottles to practices. They will place bottles in a marked area. ● No food will be permitted in the practice area during practice times.

Return to Play – Golf

Golf by nature is social distancing but there are some preventative measures that may help.

1. Take players temperatures every day.
2. Players must leave all equipment around putting green and tee boxes 6 feet apart.
3. Eliminate high-five and fist-pounding as gestures of congratulations or welcoming.
4. Although rare, sharing of clubs will not be allowed.
5. Will have hand sanitizer and disinfectant available for any situations that may occur.
6. Players do not drive carts but will be reminded to social distance on all parts of the course.
7. Coaches will wear masks if working with or speaking to players within the social distancing guidelines.
8. Players will be allowed to enter inside of clubhouse only one at a time.
9. If travel creates less than 6 foot distance, will require masks for all.
10. The golf team will follow all guidelines established by the golf courses when they play.

Return to Play – Soccer

<p>Pre-Practice Screening</p> <ul style="list-style-type: none"> ● Daily screening of all coaches and athletes ● Identify individuals who are at high risk (for example diabetics, asthmatics, etc) 	<ul style="list-style-type: none"> ● Please use the District's form for monitoring form for recording attendance and symptoms at all practices. Logs must be kept.
<p>Practice Areas</p> <ul style="list-style-type: none"> ● Areas marked off for athletes to stand/place belongings 	<ul style="list-style-type: none"> ● Lines will be avoided unless they are marked for 6 feet of spacing ● Players will each have 6 feet of "staging area" for individual belongings to allow for social distancing
<p>Equipment</p> <ul style="list-style-type: none"> ● Concerns for shared equipment, cleaning between uses 	<ul style="list-style-type: none"> ● All players will be provided with a ball and practice pinnie for individual usage. ● No shared equipment is to be touched with hands by anyone other than coaches.
<p>Facilities</p> <ul style="list-style-type: none"> ● Cleaning before/ during/ after 	<ul style="list-style-type: none"> ● All practices will be held outdoors and players will be provided with their own equipment. ● Misc. equipment (cones, etc.) to be handled and cleaned by coaches only.
<p>Hydration and Nutrition</p> <ul style="list-style-type: none"> ● No sharing beverages ● No serving food buffet style, will need pre-packaged food 	<ul style="list-style-type: none"> ● No player will be permitted to share drinks and any player that shows up without their own water will not be permitted to practice.