

HEALTH AND SAFETY PLAN FOR COMPETITION, PRACTICES AND VOLUNTARY WORKOUTS

Fall 2021



STRATH HAVEN HIGH SCHOOL
Wallingford-Swarthmore School District

August 31, 2021

HEALTH AND SAFETY PLAN FOR COMPETITION AND VOLUNTARY WORKOUTS

This Health and Safety Plan will serve as the guidelines for the return to athletic competition and voluntary workouts for Strath Haven High School (SHHS) and Strath Haven Middle School (SHMS) in the 2021-22 school year. Per PDE guidelines this plan has been reviewed by the Wallingford-Swarthmore School District (WSSD) Board of Directors and posted on the SHHS website for public viewing.

The Strath Haven High School Athletic Department will comply with all masking and capacity guidelines set by the WSSD school board, in accordance with federal, state, and county health officials during this pandemic.

All athletic questions regarding COVID-19 should be referred to the WSSD Lead Nurse Deb Sweeney (dsweeney@wssd.org).

WSSD MASKING GUIDELINES AS OF AUGUST 16, 2021

- As a result of the transmission rates as of August 16, 2021, the District will require universal masking while indoors on campus for all K-12 students, District staff, visitors and contractors regardless of vaccination status.
- If Delaware County, according to CDC data (or the Wallingford Swarthmore School District catchment area, if that data becomes available), rises above the threshold of 50 or more cases per 100,000 over a 7- day period, as reflected in weekly reporting by the PA Department of Health, WSSD will institute universal indoor masking within all District buildings. This mandate would be lifted if we fall below this threshold and sustain reduced rates for a two-week period
- During the 2021-2022 school year, the District will monitor community transmission and positivity rates in Delaware County to determine when universal masking will be lifted.
- Once threshold levels decrease and remain stable for 2 weeks, students and staff in grades K-6 will still be required to be masked while indoors on campus.
- A mask exception is provided for high intensity activities, including PE, requires maintaining a six feet physical distance in a well ventilated area. Order of PA DOH Directing Face Coverings in School Entities
- A mask exception is provided for a face covering for sports, practice, activity, or event, whether indoors or outdoors. Order of PA DOH Directing Face Coverings in School Entities
- While on campus, individuals are not required to wear masks outdoors.
- Masking on District buses and vans is required by the Federal Order issued in January 2021. Federal Order Transportation
- Individuals who cannot wear a mask due to a medical condition, including those with issues that may impede breathing, a mental health condition, or disability or individuals for whom wearing a mask may create an unsafe condition to execute a task are exempt from wearing a face mask.
- Any masking mandate or order as dictated by the Federal Government or the PA Department of Health would override the policies and procedures listed.

EXPECTATIONS FOR PRACTICES AND COMPETITIONS

EXPECTATIONS OF WSSD:

- Provide cleaning products for use by coaches/athletes
- Provide hand sanitizer for use by coaches/athletes
- Notify visiting teams, officials, and spectators about WSSD COVID protocols
- Post signs to remind coaches and players of COVID-19 symptoms, appropriate social distancing, hygiene, hand washing and sanitizing procedures
- Monitor PA Department of Health Travel Guidelines and update coaches when changes are made to the restricted travel list
- Follow state and local regulations on spectators and venue capacity
- Provide transportation from High School to/from competitions.
- Coaches and the athletic director will notify the WSSD lead nurse of any athlete who becomes symptomatic during games, practices, or voluntary workouts

EXPECTATIONS OF PARENTS:

- Submit a PIAA CIPPE Physical Form, dated after 6/1/2021 prior to the first official practice.
- Keep athlete(s) home if they exhibit symptoms of illness or a family member / close contact tests positive for COVID-19 or if the athlete has a pending test result
- Monitor and follow any PA Department of Health travel warnings and quarantine expectations related to travel
- Notify coaches if an athlete who previously participated in a game, practice, or voluntary workout has become ill or remains home due to COVID-19 related issues
- Make transportation arrangements to limit carpooling among athletes
- Practice social distancing during pick-up and drop-off of athletes and at all times while on School District property
- Parents should not attend voluntary workouts or practices, and follow spectator guidelines set for team competitions

EXPECTATIONS OF COACHES:

- Coaches must schedule practices and workouts outdoors whenever possible
- Coaches must enforce the district's health and safety plan
- Maintain 6 foot social distancing from athletes and other coaches
- In the event the head coach exhibits symptoms of COVID-19 related illness, awaits a COVID test result, or has come in close contact with someone confirmed sick with COVID-19, the head coach must arrange for an assistant coach to lead the workout or cancel workout
- In the event of a student or coach exhibits COVID symptoms during a game, practice, or workout, coaches must contact the WSSD Lead Nurse to determine if team activity may continue
- Coaches must arrive ten minutes early to ensure social distancing while students arrive. Students should be informed that they cannot arrive more than ten minutes early

- Coaches must follow School District protocols for cold weather, electrical storms, and/or extreme heat. If the weather forecast calls for extreme heat, cold, or thunderstorms, outdoor voluntary workouts should be cancelled and in-season practices/competitions should be modified accordingly
- Coaches must notify the WSSD Lead Nurse & Athletic Director if a student is sent home for exhibiting symptoms of illness
- Coaches must notify the WSSD Lead Nurse & Athletic Director if an athlete who previously participated in a workout/competition has become ill or remains home due to COVID-19 related issues
- Coaches must provide their own face mask, beverages and food items for each workout and ensure these items will not be shared with others
- Coaches must plan practice drills which maintain 3-6 feet of distance between athletes when possible
- Coaches must refrain from activities that increase the risk of exposure to saliva are not allowed (spitting, use of chewing gum, use sunflower seeds, etc.)
- Coaches must maintain 3-6 foot separation to the greatest extent possible. During down time, athletes and coaches should not congregate
- Coaches must monitor arrival and departure of athletes to ensure social distancing
- Any practices/workouts off-campus must follow the guidelines set forth for on-campus activities, as well as any requirements of the host facility

EXPECTATIONS OF ATHLETES:

- Athletes should only attend/participate if the athlete has no symptoms of illness or has not been in close contact with any individual confirmed sick with COVID-19. If an athlete is sick, has a pending COVID test result, or has been in close contact with any individual confirmed sick with COVID-19, they must not attend practices and/or games
- Athletes will inform their coach immediately if they become symptomatic
- Athletes will arrive dressed and prepared to participate
- Athletes will provide their own face masks, beverages and food items for each workout and ensure that these items will not be shared with others
- Athletes will maintain appropriate social distancing at all times possible, including restrooms, sidelines, dugouts, benches, locker rooms and workout areas
- Athletes are expected to maintain physical distancing outside of school events to ensure a healthy, successful, and full season
- Athletes will clean/disinfect all clothing, personal items and personal sports equipment regularly

EXPECTATIONS OF OFFICIALS:

- Confirm availability for competitions the day of the event with the athletic director
- Wear face mask at all times before, during, and after indoor competition
- Officials will be responsible for their own water

EXPECTATIONS OF SPECTATORS:

- Spectators must mask for all indoor athletic competitions and maintain 3-6 foot distancing from other spectators and participants outside their family.
- Spectators attending outdoor athletic competitions must mask when entering indoor spaces, including (but not limited to) restrooms, snack bars, press boxes, and school buildings.
- WSSD encourages spectators to wear masks in large gatherings outdoors, per CDC guidelines
- If a spectators attends a WSSD athletic event and develops symptoms within 48 hours and tests positive for COVID-19, this spectator this spectator must inform the WSSD Lead Nurse (dsweeney@wssd.org).

IF ATHLETE ARRIVES OR BECOMES ILL:

- Isolate the athlete when symptoms of illness are reported
- Contact the athlete's parent/guardian to arrange for their pickup
- Remove any equipment used by the sick athlete until it has been disinfected
- Coaches will report the athlete's to the Athletic Director and WSSD Lead Nurse
- Athletic Director and WSSD Lead Nurse will report the student's to the school nurse

PROCEDURES IF ATHLETE/COACH TESTS POSITIVE FOR COVID-19 OR HAS BEEN IN CLOSE CONTACT WITH SOMEONE WITH COVID-19:

In the event a player and/or coach tests positive or has been in close contact with someone who tested positive for COVID-19, the WSSD athletic department will follow the protocols established by the CDC & PA Department of Health.