



MCSD PK-12 Athletics Health and Safety Plan

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

MCSD Athletic Health and Safety Planning Team

Athletic Pandemic Coordinators	George Derbyshire <i>Athletic Director</i>	Chris Sherwood <i>Ast. Athletic Director</i>		
Team Members	Kristin Hayes <i>Athletic Trainer</i>	Leslie Drummond <i>HS Nurse</i>	M. Tierney <i>Team Doctor</i>	
Medical				
Administration	Dr. Peter Aiken <i>Superintendent</i>	Dr. Amy Flannery <i>Ast. Superintendent</i>	Zac Bauernmaster <i>HS Ast. Principal</i>	
School Board	Mike Clair <i>Athletic Committee</i>			
Coaches	David Hahn <i>Football</i>	Morgan Briggs <i>Field Hockey</i>	Rodney Brenize <i>Soccer</i>	John Brackbill <i>Marching Band</i>
Business/Operations	Bryan Howett <i>Business Manager</i>	Galeon Bown <i>Director of Facilities</i>	Delphia Seese <i>HS Custodian</i>	

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Athletics Health and Safety Plan: Manheim Central School District

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

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

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

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

Resuming PK-12 Sports-Related Activities

Key Questions

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

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team consisted of Coaches, Trainers, Facilities, Business and Administration from the district. The Team met and reviewed COVID return to sports guidance from the CDC, UPMC, NHFS, and Wellspan. Our team developed the attached plan which outlines how student athletes will return to conditioning and practice. Our plan is being presented to the MCSD School Board of Directors at a public meeting on June 22, 2020. The plan will then be submitted to the state and posted on our website. Our Athletic Directors are meeting with our coaches to overview expectations and will also be communicating with families of athletes. Any incident of suspected or confirmed COVID will be reported to administration who will partner with the local Departments in Health to determine next steps. Our Team will continue to meet as needed as our plan is fluid and may need to be adapted according to local data.

Anticipated launch date for sports related activities: **June 23, 2020**

Primary Point of Contact

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

Point of Contact Name	Position of Point of Contact	Contact Information
George Derbyshire	Athletic Director	derbyshireg@manheimcentral.org 717-664-8429
Chris Sherwood	Ast. Athletic Director	sherwoodc@manheimcentral.org 717-664-1814

Key Strategies, Policies, and Procedures

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

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

For each requirement within each domain, document the following:

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

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

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

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

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team worked with the Facilities team to discuss cleaning, sanitation, disinfecting and ventilation. Facilities will clean surfaces and rooms daily, while coaches will be responsible for cleaning equipment throughout a session. Staff and students will be trained in proper procedures to follow in the spaces they use and signage will be used as a constant reminder of expectations. Preparedness to implement will be measured by the Athletic Director/Assistant Athletic director/Coach at the conclusion of the training for coaches and students. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	Weightroom: Staff and students will wash hands before starting sessions. Workouts will be scheduled for 1.5 hour time blocks with an additional 0.5 hours to clean for transition between groups. Groups are limited to 25 total people.	Weightroom: Staff and students will wash hands before starting sessions. Workouts will be scheduled for 1.5 hour time blocks with an additional 0.5 hours to clean for transition between groups. Groups are limited to 50% of capacity for total people.	Dave Hahn Weight Room Coordinator	Facilities support from HS custodian and Director of Facilities; Support of Head Coaches	YES- Coaches, students, and custodial staff will be trained in proper cleaning and sanitizing
	Equipment that is used and shared is wiped down after usage by coaches using Suprox products (hydrogen peroxide based) and/or disinfecting wipes..	Equipment that is used and shared is wiped down after usage by coaches using Suprox products (hydrogen peroxide based).	Head Coaches	Suprox cleaner and cloths. Will be replaced by facilities.	YES- see above
	Electrostatic Sprayer (Protexus sprayer with PURE tabs) will be used in between each session and at the beginning or end of the day. Circulated air based on air	Electrostatic Sprayer (Protexus sprayer with PURE tabs) will be used in between each session and at the beginning or end of the day. Circulated air based on air conditioners. Hand sanitizer will be available for use.	Galeon Brown Director of Facilities	Electrostatic Sprayer (Protexus sprayer with PURE tabs) Facilities support from HS custodian and Director of Facilities; Support of Head Coaches	YES- Custodial staff will be trained in proper use of Electrostatic Sprayer

	<p>conditioners. Hand sanitizer will be available for use.</p> <p>Fitness Center: Must be scheduled time only through ML schedule with no more than 25 total people. Students will wash hands before starting sessions with 0.5 hours to clean for transition between groups. Equipment that is used is wiped down after usage by coaches using Suprox product (hydrogen peroxide based). Electrostatic Sprayer (Protexus sprayer with pure tabs) will be used in between each session and at the beginning or end of the day. Windows and fan will be used in between sessions. Hand sanitizer will be available for use.</p> <p>Other Indoor Facilities: <i>AUX Gym, HS Gym, MS Gym, Music Suite Room.</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)</p> <p>Other Outdoor Facilities: <i>Graybill Field (DR), Track, BE Feild, Creek Field-</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)</p> <p>Closed Facilities: <i>Wrestling Room; Main Girls/Boys Locker Room</i></p> <p>Locker Room off of Weight Room Open only for handwashing, bathrooms</p>	<p>Fitness Center: Must be scheduled time only through ML schedule with no more than 50% capacity for total people. Students will wash hands before starting sessions with 0.5 hours to clean for transition between groups. Equipment that is used is wiped down after usage by coaches using Suprox product (hydrogen peroxide based). Electrostatic Sprayer (Protexus sprayer with pure tabs) will be used in between each session and at the beginning or end of the day. Windows and fan will be used in between sessions. Hand sanitizer will be available for use.</p> <p>Other Indoor Facilities: <i>AUX Gym, HS Gym, MS Gym, Music Suite Room.</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)</p> <p>Other Outdoor Facilities: <i>Graybill Field (DR), Track, BE Feild, Creek Field-</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)</p> <p>Closed Facilities: <i>TBD- Wrestling Rm; Main Girls/Boys Locker Rm</i></p> <p>Locker Room off of Weight Room Open only for handwashing, bathrooms</p>	<p>George Derbyshire Chris Sherwood Athletic Director/Ast. Athletic Directors</p> <p>Head Coaches</p> <p>Head Coaches</p> <p>George Derbyshire Chris Sherwood Athletic Director/Ast. Athletic Directors</p> <p>See above</p>	<p>Facilities support from HS custodian and Director of Facilities; Support of Head Coaches Suprox cleaner and cloths. Will be replaced by facilities.</p>	<p>Yes- Coaches, students, and custodial staff will be trained in proper cleaning and sanitizing</p> <p>YES- see above</p> <p>YES- see above</p> <p>NO</p> <p>YES- see above</p>
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	<p>Sports Equipment- When possible, athletes should not share gear and instead use their own personal equipment. When shared equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport. No sharing of towels or clothing.</p>	<p>Sports Equipment- When possible, athletes should not share gear and instead use their own personal equipment. When shared equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport. No sharing of towels or clothing.</p>	<p>Head Coaches</p>		<p>YES- see above</p>
<p>Other cleaning, sanitizing, disinfecting, and ventilation practices</p>	<p>Hand washing and/or hand sanitizer will be available to all before, during and after practices. Doors/windows/fans will be used to increase circulation. Any door that is propped must be continually guarded by an adult for safety.</p>	<p>Hand washing and/or hand sanitizer will be available to all before, during and after practices. Doors/windows/fans will be used to increase circulation. Any door that is propped must be continually guarded by an adult for safety.</p>	<p>Head Coaches</p>	<p>Support from Facilities, Athletic Director/Ast. Athletic Director</p>	<p>No</p>

Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
- How will you utilize outdoor space to meet social distancing requirements?
- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team discussed keeping cohorts of athletes together in groups under 25 (including coaches). Cohorts will go through sessions together socially distanced to the extent possible. Locker rooms will be closed at this time with the exception of a location for a bathroom and sink for washing hands. We have established hygiene routines for before, during, and after practice. Our plan is for secondary sports so the plan is consistent for all age groups. Transportation is not an issue at this time as parents are responsible for how their child gets to practice. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Social distancing should be encouraged at all times.	Social distancing should be encouraged at all times.	Head Coaches	Support from Facilities, Athletic Director/Ast. Athletic Director	Yes- Staff and students need to be trained in social distancing expectations.
* Procedures for serving food at events	Food will not be served at events. If staff or students bring their own food it is not allowed to be shared.	TBD- Food will not be served at events. If staff or students bring their own food it is not allowed to be shared.	Head Coaches	N/A	Yes- Staff and students need to be informed of the food procedures.

<p>* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices</p>	<p>Staff and students will wash hands for 20 seconds before practice.</p> <p>Hand washing/sanitizer is available during practice</p> <p>Staff and students will wash hands for 20 seconds before practice.</p> <p>Staff and students will review general hygiene practices including how to properly cover coughs, sneezes, handwashing, etc.</p> <p>No spitting, gum chewing, high fiving, or other unnecessary bodily contact.</p>	<p>Staff and students will wash hands for 20 seconds before practice.</p> <p>Hand washing/sanitizer is available during practice</p> <p>Staff and students will wash hands for 20 seconds before practice.</p> <p>Staff and students will review general hygiene practices including how to properly cover coughs, sneezes, handwashing, etc.</p> <p>No spitting, gum chewing, high fiving, or other unnecessary bodily contact.</p>	<p>Head Coaches</p> <p>“</p> <p>“</p> <p>“</p> <p>“</p>	<p>Hand sanitizer, hand washing station locations.</p> <p>“</p> <p>Signage for hand washing stations regarding proper procedure.</p> <p>Signage regarding general hygiene practices.</p>	<p>Yes- Staff and students need to be trained in proper hand sanitizing processes.</p> <p>“</p> <p>“</p> <p>Yes- Staff and students need to be trained in proper hand sanitizing processes.</p> <p>NO</p>
<p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Signage will be posted in all indoor rooms, and bathrooms.</p> <p>Signage will be posted in highly visible locations</p>	<p>Signage will be posted in all indoor rooms, and bathrooms.</p> <p>Signage will be available for each coach to post in their individual practice area.</p>	<p>George Derbyshire Chris Sherwood Athletic Director/Ast. Athletic Directors</p>	<p>Signage</p>	<p>NO</p>
<p>* Identifying and restricting non-essential visitors and volunteers</p>	<p>No visitors or volunteers at practices.</p>	<p>No visitors at practices at this time.</p>	<p>Head Coaches</p>	<p>None</p>	<p>NO</p>
<p>Limiting the sharing of materials and equipment among student athletes</p>	<p>When possible, athletes should not share gear and instead use their own personal equipment. When shared equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport.</p> <p>No sharing of towels or clothing.</p> <p>Students and staff should bring their own water and water bottle. Sharing water is not allowed.</p>	<p>When possible, athletes should not share gear and instead use their own personal equipment. When shared equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport.</p> <p>No sharing of towels or clothing.</p> <p>Students and staff should bring their own water and water bottle. Sharing water is not allowed.</p>	<p>Head Coaches</p>	<p>None</p>	<p>NO</p>

Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	Weight Rooms/Fitness Center and all rooms will be staggered as per facilities plan above. Locker rooms are not used at this time.	Weight Rooms/Fitness Center and all rooms will be staggered as per facilities plan above. Locker rooms are not used at this time.	Dave Hahn Weight Room Coordinator George Derbyshire Chris Sherwood Athletic Director/Ast. Athletic Directors	Coordination with Head Coaches	NO
Adjusting transportation schedules and practices to create social distance	At this time transportation is not a consideration. No transportation at this time.	TBD-At this time transportation is not a consideration. No transportation at this time.	NA	NA	NO
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	Groups will be limited to 25. Established groups will remain consistent (cohorted) as to minimize exposure risk.	Groups will be limited to 50% capacity of the space. Established groups will remain consistent (cohorted) as to minimize exposure risk.	Head Coaches	None	NO

Monitoring Staff and Student Health

Key Questions

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

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team discussed coaches monitoring student and staff health through a form. Coaches will be responsible for monitoring before each session begins. During green individual staff are responsible for a self check before sessions, and parents are responsible for checking students before sending them to a session. If a person becomes symptomatic, coaches are trained to separate the individual, contact the athletic director and activate the chain of command. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	<p>Parents/staff must be informed that sick individuals should not attend events.</p> <p>Daily health checks (symptom checking) of students and staff will be used before each practice to monitor symptoms and history of exposure.</p>	<p>Parents/staff must be informed that sick individuals should not attend events.</p> <p>Daily health checks (symptom checking) of students and staff will be used before each practice to monitor symptoms and history of exposure.</p>	<p>Head Coaches</p> <p>Head Coaches</p>	<p>Parent communication record</p> <p>Google Doc or Google Form (Fever, Cough, Sore Throat, Shortness of Breath, Exposure to someone with COVID-19,</p>	<p>Yes- Students/staff need to be informed of this protocol</p>

<p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p>	<p>If a staff/student reports symptoms on the questionnaire or appears symptomatic, a temperature must be taken. If >100.4 F and the person has been active, rest the individual for 1-5 minutes before retaking. If the temperature again is >100.4, the student/staff should be masked and removed from the group and their parent or guardian notified of the documented concern for illness/fever.</p> <p>Each coach will establish an isolated area for symptomatic students/staff to be picked up/sent home immediately. Individuals who have had close contact with a symptomatic person should be separated and sent home as well. The athletic director and Administrator are notified. Contact locations will be closed for 24 hours. After 24 hours they must be cleaned and disinfected before reopening.</p> <p>Contact tracing will occur with guidance from the DOH and CDC to identify and inform individuals in danger of exposure.</p>	<p>If a staff/student reports symptoms on the questionnaire or appears symptomatic, a temperature must be taken. If >100.4 F and the person has been active, rest the individual for 1-5 minutes before retaking. If the temperature again is >100.4, the student/staff should be masked and removed from the group and their parent or guardian notified of the documented concern for illness/fever.</p> <p>Each coach will establish an isolated area for symptomatic students/staff to be picked up/sent home immediately. The athletic director and Administrator are notified. Close off any areas of contact for 24 hours. After 24 hours they must be cleaned and disinfected before reopening.</p> <p>Contact tracing will occur with guidance from the DOH and CDC to identify and inform individuals in danger of exposure.</p>	<p>Coaches with support of athletic trainer, team doctor, or school nurse if available.</p> <p>Head Coach</p> <p>George Derbyshire Chris Sherwood Athletic Director/Ast. Athletic Directors</p>	<p>No-touch infrared thermometers if needed</p> <p>Support of Facilities, Athletic Director, Ast. Athletic Director, and Administration</p> <p>Support of Head of Safety and Security, Medical Team- Contact with local health officials.</p>	<p>YES- Staff need to know how to use the form, how to use and record temps</p>
<p>* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics</p>	<p>The Athlete with a positive covid-19 test may return to 72 hours after resolution of symptoms including but not limited to fever, cough, shortness of breath, and at least 10 days having passed since symptoms first appeared according to CDC guidelines.</p> <p>Staff/students exposed to COVID-19 will be excluded for quarantine for a 14 day period.</p>	<p>The Athlete with a positive covid-19 test may return to 72 hours after resolution of symptoms including but not limited to fever, cough, shortness of breath, and at least 10 days having passed since symptoms first appeared according to CDC guidelines.</p> <p>Staff/students exposed to COVID-19 will be excluded for quarantine for a 14 day period.</p>	<p>George Derbyshire Chris Sherwood Athletic Director/Ast. Athletic Directors</p>	<p>Communication Plan for Parents</p>	

Other Considerations for Students and Staff

Key Questions

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

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team will present this plan to all coaches at a coaches meeting and subsequent team meetings to determine if there are staff unable or unwilling to return. Coaches are speaking with athletes for the same purpose. If a coach can not return, the coach will work with the Athletic Director to find a replacement. If a student can not return and wants to participate, alternate workout activities will be provided. Staff or students who are at high risk will be identified by the head coach so they can monitor the person and environment. In the event of a coaching staff illness, the team will work with the Athletic Director to determine a plan of action to continue. All coaches are being trained at a coaches meeting or subsequent team meeting. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	Student athletes who are at high risk (age, pre-existing medical conditions) who choose not to come to practice will be provided with an off site workout plan.	Student athletes who are at high risk (age, pre-existing medical conditions) who choose not to come to practice will be provided with an off site workout plan.	Head Coach	Support of AD	NO
* Use of face coverings by all coaches and athletic staff	Face Masks must be carried by coaches/staff and worn when within 6 feet of a player/staff member/parent.	Face Masks must be carried by coaches/staff and worn when within 6 feet of a player/staff member/parent.	Head Coach	Support of AD	NO

* Use of face coverings by student athletes as appropriate	Students may bring masks to practice.	Students may bring masks to practice.	Head Coach	None	NO
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Athletic Health and Safety Plan Professional Development

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

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

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Sanitization	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Posters	6/18/20	Ongoing
Health Screening Protocol	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing
Isolation Protocol				Questionnaire		
Weight Room Protocol	Coaches Students Parents	Dave Hahn	Coaches Meeting/ Handout	Handout	6/18/20	Ongoing
Sanitization for Outdoor or indoor areas	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing

Equipment Protocol	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing
Hygiene/Social Distancing	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing

Athletic Health and Safety Plan Communications

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

Topic	Audience	Lead Person and Position	Mode of Communications	Start Date	Completion Date
MCSD Athletic Health and Safety Planning Team	Core Team	Derbyshire AD Sherwood Ast. AD	In person meeting	6/16/20	Ongoing
Coaching Meeting	All head coaches, trainer	AD, Ast. AD	In person/virtual meeting	6/18/20	Ongoing
School Board Review	School Board/ Public Session	Dr. Aiken/ Mr. Clair	School board meeting	6/18/20	6/22/20
Parent/Student Communication	Athlete Parents/Students	AD, Ast. AD	Email	6/23/20	Ongoing
Website Posting	Community	Technology Department	Website	6/23/20	Ongoing
Individual Team Meetings	Ast. Coaches, Team Members	Head Coaches	In person meeting Sign off form for coaches, parents and students	6/23/20	Ongoing

Athletics Health and Safety Plan Summary: **Manheim Central School District**

Anticipated Launch Date: June 23, 2020

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

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p><i>The MCSD Athletic Health and Safety Planning Team worked with the Facilities team to discuss cleaning, sanitation, disinfecting and ventilation. Facilities will clean surfaces and rooms daily, while coaches will be responsible for cleaning equipment throughout a session. Staff and students will be trained in proper procedures to follow in the spaces they use and signage will be used as a constant reminder of expectations. Preparedness to implement will be measured by the Athletic Director/Assistant Athletic director/Coach at the conclusion of the training for coaches and students. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.</i></p>

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>Identifying and restricting non-essential visitors and volunteers</p> <p>Limiting the sharing of materials and equipment among student athletes</p>	<p><i>The MCSD Athletic Health and Safety Planning Team discussed keeping cohorts of athletes together in groups under 25 (including coaches). Cohorts will go through sessions together socially distanced to the extent possible. Locker rooms will be closed at this time with the exception of a location for a bathroom and sink for washing hands. We have established hygiene routines for before, during, and after practice. Our plan is for secondary sports so the plan is consistent for all age groups. Visitors are not allowed at this time. Transportation is not an issue at this time as parents are responsible for how their child gets to practice. We have developed a schedule for use of the weight room and fitness room that limits the total number of students, keeps social distancing and provides for sanitation and ventilation. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit. our plan.</i></p>

Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	
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Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p><i>The MCSD Athletic Health and Safety Planning Team discussed coaches monitoring student and staff health through a form. Coaches will be responsible for monitoring before each session begins. During green individual staff are responsible for a self check before sessions, and parents are responsible for checking students before sending them to a session. If a person becomes symptomatic, coaches are trained to separate the individual, contact the athletic director and activate the chain of command. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.</i></p>

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
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<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<p><i>The MCSD Athletic Health and Safety Planning Team will present this plan to all coaches at a coaches meeting and subsequent team meetings to determine if there are staff unable or unwilling to return. Coaches are speaking with athletes for the same purpose. If a coach can not return, the coach will work with the Athletic Director to find a replacement. If a student can not return and wants to participate, alternate workout activities will be provided. Staff or students who are at high risk will be identified by the head coach so they can monitor the person and environment. In the event of a coaching staff illness, the team will work with the Athletic Director to determine a plan of action to continue. All coaches are being trained at a coaches meeting or subsequent team meeting. MCSD Athletic Health and Safety Planning Team will reconvene as the data from our local area indicates we need to reexamine or edit our plan.</i></p>
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Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Manheim Central School District** reviewed and approved the Athletics Health and Safety Plan on **June 22, 2020**.

The plan was approved by a vote of:

Yes

No

Affirmed on: **June 22, 2020**

By: _____

Linda Williams, MCSD School Board President

(Signature of Board President)

Supportive Documents

Thermal Temperature Source: CDC Website 6/16/20

Taking a client's temperature using a temporal thermometer.

Temporal thermometers use an infrared scanner to measure the temperature of the temporal artery in the forehead. Temperature takers should keep as much distance from clients as they can, wear a cloth face covering and provide one to the client to wear, wash their hands with soap and water or use alcohol-based hand sanitizer (at least 60% alcohol) regularly, and use gloves if available.

To use thermometer:

1. Turn on the thermometer.
2. Gently sweep the thermometer across the client's forehead.
3. Remove the thermometer and read the number:
 - **Fever:** Any temperature 100.4 F or greater is considered a fever.
 - **No fever:** People with temperatures at or below 100.3 F may continue into the shelter using normal procedures.
4. Clean the thermometer with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each client. You can reuse the same wipe as long as it remains wet.

Everyone Should



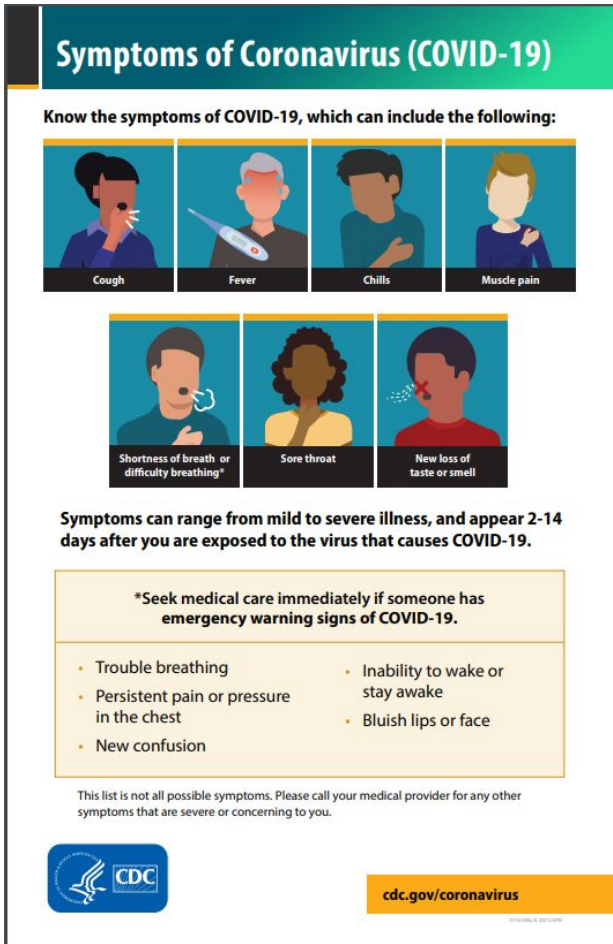
Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Cover coughs and sneezes

- If you are around others and do not have on your cloth face covering, remember to **always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



[CDC SYMPTOM POSTER](#) (Pictured Above)



[HAND WASHING REMINDER POSTER](#) (Pictured Above)



Pick a sample Hand Sanitizer Poster, Sample Social Distancing Poster.

[CDC Handwashing Video](#) [OTHER Free posters to print](#)