

Dayspring Christian Academy Athletics Health and Safety Plan

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

INTRODUCTION

The COVID-19 pandemic has presented activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, 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 current science suggests there are many steps schools can take to reduce the risks to student-athletes, coaches/advisors, and their families.

Dayspring Christian Academy (DCA) will take into consideration the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA and craft/adapt its plan accordingly. DCA realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. DCA's plan will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, student-athletes, and spectators.

Plan

Plan for ALL LEVELS for extracurricular activities:

1. As per school policy, parents are responsible to screen their students for COVID-19 symptoms. Teachers and coaches will also monitor for symptoms and school protocols will be enacted if symptoms are present.
2. The school will promote healthy hygiene activities such as hand washing (20 seconds with warm water and soap). Face coverings such as cloth masks and/or face shields are not mandatory but will be allowed for student-athletes. It is recommended that coaches wear masks indoors and/or when social distancing is not possible.
3. The school plan calls for intensified cleaning, disinfection, and ventilation in all facilities.
4. The school will promote social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. The school will educate student-athletes and staff on health and safety protocols
6. Anyone who is sick must stay home.
7. The plan for an athlete or coach who gets sick will follow the school's overall plan.

8. Student- athletes and staff MUST provide their own water bottle for hydration. Water bottles must not be shared.
9. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by PIAA.
10. The school and parents will work together to identify staff and student- athletes who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.

CLASSIFICATION OF ACTIVITIES

High Risk: Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Dayspring Christian Academy currently does not offer any sports that are considered high risk.

Moderate Risk: Activities 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 that use equipment that can't be cleaned between participants. Examples: basketball, soccer, volleyball, girl's lacrosse, and long jump.

Low Risk: Activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by participants. Examples: running events, throwing events (javelin, shot put, and discus), golf and weightlifting.

Transportation:

- Transportation protocols for athletics will match the school's overall plan

Social Distancing during Contests/Events/Activities

- Appropriate social distancing will need to be maintained during contests and events, as deemed necessary by the school, PIAA, state and local governments.

Who should be allowed at events?

DCA Athletics will use the following groupings to determine who can attend events:

1. Tier 1 (Essential) – Athletes, coaches/advisors, officials, event staff, medical staff, security
 2. Tier 2 (Non-essential) – Spectators, vendors
- DCA Athletics will make every attempt to allow for spectators to attend games/ contests while also attempting to follow current guidance in crowd size limitations.

- If the current situation requires limitations, only Tier 1 personnel will be allowed to attend events.
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

DCA will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose learners to unnecessary or potential high-risk exposure.

EDUCATION

Staff, coaches/advisors, parents and learners will be educated on the following (through posters, flyers, emails, websites):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- Limit Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA
- Student- athletes should come dressed for open gyms
- Student- athletes should remain with their assigned groups during each activity and during daily activities to limit the number of people they come in contact with.
- No student- athletes are allowed in areas without the presence of staff

APPENDIX

LEVELS OF PARTICIPATION

Level 1 (PA State Red)

Team Activities: No In-person gatherings allowed, student- athletes and Coaches/advisors may communicate via online meetings (zoom, google meet, etc.)

- All school facilities remain closed as per PA State Guidelines
- Student- athletes and coaches/advisors should abide by guidelines set forth by the local and state governments

Level 2 (PA State Yellow or Green - once permitted by PIAA)

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, golf and other extracurricular activities. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student-athlete develops COVID-19.

Any person with positive symptoms reported will not be allowed to take part in activities and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches/advisors per practice area
- Controlled non-contact activities only, modified game rules.
- Every attempt to maintain social distancing will be maintained during activities and in locker rooms, and gathering areas where feasible.

Facilities Cleaning:

- Adequate cleaning schedules have been created and will be implemented for all facilities to mitigate any communicable disease
- Facilities will be cleaned prior to arrival and post activities and team gatherings, high touch areas will be cleaned more often
- Weight Room Equipment will be wiped down after an individual's use
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity:

- Lower risk sports activities may begin

- Modified activities may begin for Moderate and High-risk sports (activities must remain noncontact and include social distancing where applicable, activity should focus on individual skill development)
- Student- athletes should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Equipment that may be used by multiple individuals (balls, etc.) should be cleaned during practice and events as resources allow
- Hand Sanitizer will be used periodically as resources allow

Hydration:

- Student- athletes MUST bring their own water bottle. Water bottles must not be shared
- Hydration stations (water coolers, water fountains, etc.) should not be utilized

Level 3 (PA State Green - once permitted by PIAA)

Team activities may include: basketball, soccer, volleyball, girl's lacrosse, etc.

Pre-activity/Contest Screening:

- Any person who has COVID-19 symptoms will not be allowed to participate in open gyms, practices, or games, and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play
- Parents are required to check for Covid-19 symptoms in their children before attending any open gyms, practices or contests where students are not coming directly from school
- If temperature is 100.4 degrees or higher and/or Covid symptoms (fever, cough, sore throat, headache, body aches, vomiting and diarrhea) are present, the child may not attend
- Activity attendance will be recorded

Limitations on Gatherings:

- As per State and Local Guidelines
- When not directly participating in activities or contests, social distancing should be considered and applied when able

Facilities Cleaning:

- Adequate cleaning schedules have been created and will be implemented for all athletic facilities to mitigate any communicable disease
- Facilities will be cleaned prior to arrival and post activities and team gatherings, high touch areas should be cleaned more often
- Equipment will be wiped down after and individual's use

- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Equipment:

- Low, Moderate, and High-Risk activities and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- Student- athletes should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Equipment that may be used by multiple individuals (balls, batons, flags, shields, tackling dummies, etc.) will be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer will be used periodically as resources allow

Hydration:

- Student- athletes MUST bring their own water bottle. Water bottles must not be shared
- Hydration Stations may be used but MUST be cleaned after every practice/event

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
“What You Should Know About COVID-19 to Protect Yourself and Others”, “Schools Decision Tree”

PA Department of Health Website: [health.pa.gov](https://www.health.pa.gov) “Coronavirus Symptoms” “What is Contact Tracing”
“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools By Jamie Woodall, MPH, LAT, ATC, CPH and
Josh Woodall Med, LAT, ATC

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 [https://www.governor.pa.gov/covid-19/sports-
guidance/](https://www.governor.pa.gov/covid-19/sports-guidance/)

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.
<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>