



Fort Cherry School District

Health and Safety Plan

Athletics/Extracurricular

Approved by FCSD Board of School Directors: 6/22/20

Reapproved: August 10, 2020

Implementation Date: June 29, 2020

Amended: July 24, 2020/August 1, 2020/August 10, 2020/August 24, 2020/September 28, 2020/October 26, 2020

INTRODUCTION

The COVID-19 pandemic has presented School Districts across the nation 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 may become 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, current science suggests there are many steps Schools can take to reduce the risks to students, staff, and their families.

The Fort Cherry School District will implement necessary precautions and recommendations from the federal, state, and local governments, including the CDC, PA DOH, as well as organizations such as NFHS, PIAA, NAMM. The Fort Cherry School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available.

The following recommendations will be adjusted as needed as new and updated information becomes available in order to decrease the risk of exposure for our students, staff, families, and spectators.

Implementation of Plan by District Administration:

- ★ Dr Jill Jacoby, FCSD Superintendent
- ★ Mr Thomas Scarpone, FCSD Athletic Director
 - All Athletic Sports & Cheerleading
 - UPMC Athletic Trainer
- ★ Mr Matthew Nelson, FCSD Instrumental Music Director
 - Marching & Concert Band
 - Majorettes
- ★ Mrs Andrea Garry, FCSD Choral Director
 - Choral Music Groups
- ★ Dr Trisha Craig, FCHS Building Principal
 - All Extra/Intra Curricular Activities & Sponsors (Grades 7-12)
- ★ Mr Dan Mayer, FCEC Building Principal
 - All Extra/Intra Curricular Activities & Sponsors (Grades K-6)
 - Transportation Coordinator

Support Personnel with H&S Plan:

Mr Dave Buchowski, FCSD Chief of Safety and Security

Mr Jason Dorsch, FCSD Director of Facilities

Mrs Patricia Fedinetz & Mrs Sally Cowden, FCSD Food Service

RECOMMENDATIONS

Recommendations are for **ALL Health and Safety Phases**:

- ❖ Health Screening
 - Student Participants and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase Level. The purpose of this screening is to check for signs and symptoms of COVID-19
- ❖ Healthy Hygiene Practices
 - Promotion of hand washing (20 seconds with warm water and soap) and/or sanitizing with hand sanitizer
 - Utilization of face covering, as feasible (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.) Face Coverings **will not be used** for student participants while practicing or competing.)
 - Implementation of cleaning, disinfecting, and ventilating in all facilities before and after use
- ❖ Social Distancing
 - Implementation of social distancing through spacing, group sizes, and limiting interaction and/or mixing between groups, if feasible
- ❖ Health and Safety Protocols
 - Student Participants, Staff, and Families will be trained and/or informed health and safety protocols
 - Anyone (student or adult) who displays symptoms, feels or looks sick, or has a temperature/fever of 100.4 degrees or higher is UNABLE to participate and will be immediately sent home
 - Plan creation in place if a student or employee becomes infected and/or sick
- ❖ Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- ❖ Participants and Personnel **MUST** provide their own water bottle for hydration. Water bottles are NOT permitted to be shared
- ❖ PPE (gloves, masks, eye protection) will be used as needed and when situations warrant, or determined by local/state governments
- ❖ Identification of participants and personnel who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions (See-CDC “People Who are at a Higher Risk for Severe Illness”)

CLASSIFICATION OF ACTIVITIES

High Risk: Activities that involve close, sustained contact between participants, lack of significant protective barriers, and create high probability that respiratory particles will be transmitted between participants

Examples: football, wrestling, cheerleading (stunts)

Moderate Risk: Activities that involve close, sustained contact, but with protective equipment in place that could reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group activities that use equipment that can't be cleaned between participants

Examples: basketball, volleyball, baseball, softball, soccer, tennis, pole vault, high jump, long jump, sideline cheer, band, majorettes

Low Risk: Activities that can implement social distancing and/or are individually performed with no sharing of equipment or the ability to clean the equipment between users by others **Examples:** running events, cross country, throwing events, swimming, golf, rifle, rod/gun

** High/Moderate Risk Sports may move to a Low risk category with non-contact modifications

PARTICIPATION PHASES

★ **PA State RED Phase** No Participation in any Activity

★ **PA State YELLOW Phase** Initial Opening Phase

- All school facilities remain closed as per PA State Guidelines
- Participants and Personnel may communicate via online meetings (zoom, google meet, etc.)
- Participants may engage in home workouts including strength and conditioning
- Participants and Personnel should abide by guidelines set forth by the FCSD, local/state governments, and CDC

★ **PA State GREEN Phase** Phase 1 (includes 4 weeks of voluntary workouts)

Physical Activity/Equipment: Outdoor ONLY

- **Lower Risk Activities** may begin practices
- **Moderate and High Activities** may begin modified practices (practices must remain non-contact and include social distancing where applicable)
- All Participants and Personnel shall refrain from sharing clothing/towels and must wash all clothing, equipment, and towels after each practice, including pinnies and practice items
- All equipment must be cleaned before and after each practice/event
- All equipment that is utilized by multiple individuals shall be cleaned intermittently during practice/event (i.e. balls, shields, tackling dummies, mats, etc.)
- Hand Sanitizer/Washing Stations should be used periodically, as resources allow

Gathering Size/Affiliation:

- No gathering of more than **fifty (50)** individuals including (participants and personnel) per scheduled activity
- Controlled non-contact voluntary practices only
- Small/pod groupings recommended and encouraged to minimize large group interactions
- Concession stands or food distribution not permitted
- Social distancing should be applied during arrival/dismissal, practices, and gathering areas
- No use of locker rooms; participants must come dressed

Pre-participation Screening:

- All Participants and Personnel shall be screened for signs/symptoms of COVID-19 prior to a workout
 - Temperature check
 - Symptom screening (fever, cough, sore throat, shortness of breath, loss of taste/smell, vomiting, diarrhea)
 - Reporting of contact tracing (been in contact with positive COVID case) (See Appendix for COVID-19 Screening Form.)
- Responses to screening questions for each person will be recorded and stored so that there is a record of all participants and personnel present
- Any person with positive symptoms will be sent home immediately; should contact a primary care provider/ appropriate health-care professional; should gain doctor release to return

Facilities Cleaning:

- Adequate cleaning schedules shall be created and implemented for all in-use facility areas to mitigate any contamination
- All in-use facilities/equipment shall be cleaned before and after all activities
- All high touch areas shall be cleaned before, during, and after activities
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto open surfaces

Hydration:

- Students **MUST** bring their own water bottle--Water bottles are not permitted to be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) **shall not** be utilized

★ **PA State GREEN Phase Phase 2 (following 4 consecutive weeks of successful voluntary workouts AND no COVID cases reported by any Participants and Personnel)**

Physical Activity/Equipment: Outdoor & Indoor

- **Low, Moderate, and High Risk Activities** may begin with appropriate modifications as outlined by District, Local, PIAA, and State Guidelines
- Weight room activities may resume with modifications to ensure social distancing, individual safety while using equipment, and proper sanitizing before, during, and after
- All Participants and Personnel shall refrain from sharing clothing/towels and must wash all clothing, equipment, and towels after each practice, including pinnies and practice item
- All equipment must be cleaned before and after each practice/event

- All equipment that is utilized by multiple individuals shall be cleaned intermittently during practice/event (i.e. balls, shields, tackling dummies, shot put, discus, pole vault, etc.)
- Hand Sanitizer/Washing Stations should be used periodically, as resources allow

Gathering Size/Affiliation:

- All Participants and Personnel permitted to participate together, so long as entire group number adheres to State and Local Guidelines for group size
- When not directly participating in activity practice, content, event--social distancing shall be considered and applied when feasible
- Concession stand not permitted
- Food distribution to Participants and Personnel is permitted only through pre-packaged preparation and distribution
- Social distancing should be applied during arrival/dismissal, practices, and gathering areas
- No use of locker rooms; participants must come dressed

Pre-participation Screening:

- All Participants and Personnel shall be screened for signs/symptoms of COVID-19 prior to a workout
 - Temperature check
 - Symptom screening (fever, cough, sore throat, shortness of breath, loss of taste/smell, vomiting, diarrhea)
 - Reporting of contact tracing (been in contact with positive COVID case) (See Appendix for COVID-19 Screening Form.)
- Responses to screening questions for each person will be recorded and stored so that there is a record of all participants and personnel present
- Any person with positive symptoms will be sent home immediately; should contact a primary care provider/ appropriate health-care professional; should gain doctor release to return

Facilities Cleaning:

- Adequate cleaning schedules shall be created and implemented for all in-use facility areas to mitigate any contamination
- All in-use facilities/equipment shall be cleaned before and after all activities
- All high touch areas shall be cleaned before, during, and after activities
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto open surfaces
- Weight Room equipment shall be wiped down after each individual use
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto open surfaces (especially in weight room, full shirts must be worn)

Hydration:

- Students MUST bring their own water bottle--Water bottles are not permitted to be shared.
- Hydration Stations may be used **only if feasibility to fully sanitize** after every event usage

★ **PA State GREEN Phase Phase 3 (following 3 consecutive weeks of Phase 2 AND no COVID cases reported by any Participants and Personnel)**

Physical Activity/Equipment: Outdoor & Indoor

- **Low, Moderate, and High Risk Activities** may begin with appropriate modifications as outlined by District, Local, PIAA, and State Guidelines
- Weight room activities may continue using indoor facility with modifications to ensure social distancing, individual safety while using equipment, and proper sanitizing before, during, and after
- All Participants and Personnel shall refrain from sharing clothing/towels and must wash all clothing, equipment, and towels after each practice, including pinnies and practice item
- All equipment must be cleaned before and after each practice/event
- All equipment that is utilized by multiple individuals shall be cleaned intermittently during practice/event (i.e. balls, shields, tackling dummies, shot put, discus, pole vault, etc.)
- Hand Sanitizer/Washing Stations should be used periodically, as resources allow

Gathering Size/Affiliation:

- All Participants and Personnel permitted to participate together, so long entire group number adheres to State and Local Guidelines for group size
- When not directly participating in activity practice, content, event--social distancing shall be considered and applied when feasible
- Concession stand may open if spectators are permitted, however all food must be pre-packaged; no handling or on-site food preparation is permitted
- Food distribution to Participants and Personnel is permitted only through pre-packaged preparation and distribution
- Social distancing should be applied during arrival/dismissal, practices, and gathering areas
- Locker rooms may be used for the storage of sanitized equipment; participants may dress in small groups which shall remain the same cohorts throughout the season; social distancing and face coverings shall be utilized

Pre-participation Screening:

- All Participants and Personnel shall be screened for signs/symptoms of COVID-19 prior to a workout
 - Temperature check
 - Symptom screening (fever, cough, sore throat, shortness of breath, loss of taste/smell, vomiting, diarrhea)
 - Reporting of contact tracing (been in contact with positive COVID case) (See Appendix for COVID-19 Screening Form.)
- Responses to screening questions for each person will be recorded and stored so that there is a record of all participants and personnel present
- Any person with positive symptoms will be sent home immediately; should contact a primary care provider/ appropriate health-care professional; should gain doctor release to return

Facilities Cleaning:

- Adequate cleaning schedules shall be created and implemented for all in use facility areas to mitigate any contamination
- All in use facilities/equipment shall be cleaned before and after all activities
- All high touch areas shall be cleaned before, during, and after activities
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto open surfaces
- Weight Room equipment shall be wiped down after each individual use

- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto open surfaces (especially in weight room, full shirts must be worn)

Hydration:

- Students **MUST** bring their own water bottle--Water bottles are not permitted to be shared.
- Hydration Stations may be used **only if feasibility to fully sanitize** after every event usage

Additional Guidelines

Travel Restrictions:

UPDATED Guidance from PA Dept of Health

If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is RECOMMENDED that you stay at home for 14 days upon return to Pennsylvania.

If you travel to any of the “hot spot” states, you will need quarantine for 14 days upon return:

State list will be update at: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Emergency (such as weather/electric/fire):

An Emergency Evacuation Plan is created in case of severe weather and/or emergency before, during, and/or after an event. The Emergency Plan will encompass of the use of the both school buildings to house all individuals on campus site. The Plan will include the use of multiple spaces to implement appropriate social distancing and mitigation of large groups.

PIAA/WPIAL Update as of Monday, August 24, 2020:

Return to Competition Guidance must be strictly adhered to by FCSD athletic personnel:

http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf

Use of Facilities by Community Organizations:

The FC School Board supports community sport organizations using District Facilities, so long the Organization creates a Health & Safety plan with the following elements:

There are several non-negotiables in relation to facility use for this school year:

- 1) Only a limited number of participants and coaches will be allowed in the facility at one time to meet social distancing requirements; in addition, no parents, siblings, or spectators are allowed in the building
- 2) Only participants from our community may practice together; if you have participants from other schools/communities, they will need to practice as a pod on specific nights in order to track and control mitigation
- 3) At this time, a practice facility means specific assigned room/area by AD
- 4) Organization will need to work with the District AD/Coaching Staff on facility share; after HS practice, the cleaning staff will need approx. 1-1.5 hours to clean and disinfect before an organization is able to use the facility
- 5) Social Distancing is mandatory by all while not actively participating
- 6) Face Masks need to be worn by all coaching staff and any participant not actively participating
- 7) Regular facility fee will be applied with an additional of custodial overtime to meet the cleaning and disinfecting needs of the facility area

WPIAL/PIAA Playoffs:

Playoffs will be organized per WPIAL/PIAA set regulations including site set-up, ticket provisions, and livestreaming.

ADDITIONAL RECOMMENDATIONS

→ Transportation:

Modifications for transportation to and from events may be necessary.

Modifications may include:

- ❖ Reducing the number of participants/personnel on a bus/van
- ❖ Using hand sanitizer upon boarding a bus/van
- ❖ Social distancing on a bus
- ❖ Wearing of face coverings/masks on a bus/van, unless the individual has a documented health reason why s/he should not wear a face covering/mask

Such modifications will be determined by the District in conjunction with Transportation Companies and Local/State Guidance

→ Social Distancing during Activities/Events

Sidelines/Bench/Seating – appropriate social distancing will need to be maintained on sidelines/bench during events, as deemed necessary by the District, PIAA, State/Local Guidelines

Modifications may include:

- ❖ Reducing the number of participants/personnel in one area
- ❖ Removal of benches/seating areas
- ❖ Taping/marketing areas for standing/seating to guide appropriate social distancing

→ Who is allowed at Activities/Events (beyond Participants and Essential Personnel)?

- ❖ Tiered Grouping
 - **Tier 1 (Essential)–Athletes, coaches, officials, event staff, medical staff, security**
 - **Tier 2 (Preferred)–Media**
 - **Tier 3 (Non-essential)–Spectators, vendors**
- ❖ Only Tier 1 and 2 groupings will be allowed to attend events until State/Local guidelines lift restrictions on mass gatherings
- ❖ 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 Agencies

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

- ❖ The Fort Cherry School District will evaluate each event and follow all Local/State Agency Guidelines on a case by case basis
- ❖ Every consideration will be taken as to not expose Participants/Personnel to unnecessary or potential high risk exposure

POSITIVE or SYMPTOMATIC
COVID-19 CASES
Relative to
Participants & Personnel

→ **What are the signs and symptoms of COVID-19?**

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix)

Symptoms may include:

- ❖ Fever or chills
- ❖ Cough
- ❖ Shortness of breath or difficulty breathing
- ❖ Fatigue
- ❖ Muscle or body aches
- ❖ Headache
- ❖ New loss of taste or smell
- ❖ Sore Throat
- ❖ Congestion or runny nose
- ❖ Nausea or vomiting
- ❖ Diarrhea

→ **What to do if you are sick?**

- If you tested positively for COVID-19, have a fever over 100.4 degrees, or think you are infected with the virus, **STAY AT HOME.**
 - It is essential that you take steps to help prevent the disease from spreading to people in your home and community.
- If you think you have been exposed to COVID-19 and develop a fever and/or symptoms, call your healthcare provider or urgent care for medical advice
- Whether you are a Participant or Personnel, you **MUST** notify the school immediately (Superintendent, Building Principal, Athletic Director, Athletic Trainer, or Activity Personnel)
- It will be determined if others who may have been exposed (participants and personnel) need to be notified, isolated, and /or monitored for symptoms
- It will be determined if the School Activity may continue to remain open
- If a Positive case of COVID-19 is determined, Contact Tracing will be implemented with the assistance of Local Health Department and the CDC/PA DOH (See Information in Appendix)

→ **What to do if a Participant or Personnel Member becomes ill with COVID-19 symptoms during practice, event, or transportation to or from an event?**

- Every effort will be made to isolate the ill individual from others until the Participant or Personnel Member can leave the Activity/Event
- If the ill individual is a Participant, the Parent/Guardian will be contacted immediately and arrangements will be made for the Child to be picked up
- The ill individual will be asked to contact their primary care provider/appropriate healthcare professional for direction and will gain doctor release to return

→ **Return of Participant or Personnel following a COVID-19 diagnosis?**

- Participant or Personnel should have medical clearance from their physician or appropriate healthcare professional which determines the individual to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea

EDUCATION/TRAINING

Personnel, Parents, and Participants will be educated through posters, flyers, meetings, emails, phone calls.

The following information will be provided:

- Overview of COVID-19 signs and symptoms
- Explanation of proper ways to limit exposure to COVID-19
 - hygiene including hand washing and sanitizing
 - cough in your elbow
 - disinfecting touched surfaces
 - social distancing
 - avoid touching face (eyes, nose, and mouth)
 - bodily fluid avoidance
 - importance of cleanliness of clothing, equipment, and the like
- Elimination of handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging, etc.)
- The content of the District's Health and Safety Plan for Athletics and Extracurriculars
- Any pertinent COVID-19 information released by State/Local Agencies/Associations
- Participant's responsibilities (sign waiver, come dressed, bring water bottle, adhere to social distancing, and the like)
 - Participants shall remain with their assigned groups during activities/events to limit the number of people each individual comes in contact with
 - Participants are not permitted in training areas without the presence of an Athletic Trainer or Appropriate District Personnel
- Parent's responsibilities (make sure child is appropriately hygiening, have personal water bottle and mask, sign waiver, and communicate with School Personnel related to any concerns and/or health related issues)
- Personnel's responsibilities (implement health screenings, complete appropriate paperwork, understand social distancing and grouping requirements, understand sanitization expectations, abide by all District/Local/State guidelines set forth, and communicate with District Administration)

APPENDIX

**Fort Cherry School District
Athletic/Extracurricular
Participant/Personnel
COVID-19 Screening Report**

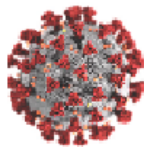
Name: _____ Date: _____

Grade: _____ Activity: _____

DIRECTIONS:

- Participants/Personnel shall self-report prior to any activity/event
- Temperature shall be taken by a designated District Personnel; current bodily temperature should be recorded
- Additional symptoms should be marked as “N”: NO or “Y”: Yes
- “Close Contact” reflects the following questions:
 - Within the past 14 days have you had close contact with anyone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)
 - If any responses are “YES”, participants shall ***NOT Participate*** in the activity or event, will be isolated, Parent will be notified, and arrangements for removal from premise will be coordinated

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.

- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES

❖ **NFHS**

- www.nfhs.org
Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

❖ **Centers for Disease Control and Prevention**

- [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 Education**

- www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19

❖ **PA Department of Health**

- health.pa.gov
“Coronavirus Symptoms”
“What is Contact Tracing”
“Phased Re-opening Plan by Governor Wolf”

❖ **PIAA**

- www.piaa.org/news/details.aspx?ID=3850

❖ **A Guide to Re-Entry to Athletics in Texas Secondary Schools**

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC