

**Palisades School District Athletics and Marching Band  
Health and Safety Return to Practice/Play Plan**

**June 17, 2020**

**Introduction:** This plan was developed to address the health and safety of student athletes and band members in the Yellow and Green Phases. Distinctions between the two phases are noted. If a distinction is not noted, the procedures are the same for Yellow and Green Phases. Modifications to the Board approved plan will be based on future guidance from the Bucks County Department of Health.

Dr. O'Connell (Superintendent/Pandemic Coordinator), Mr. Heffernan (High School Principal) and Mr. Gilbert (Athletic Director), under the guidance issued by the Bucks County Department of Health and in conjunction with Coordinated Health and the Lehigh Valley Health Network (CH/LVHN), have been working to develop plans to safely bring students and staff back on campus to begin pre-season, school affiliated activities.

Now that counties have moved into the Yellow Phase, the CH/LVHN combined team of Infectious Disease experts and sports medicine team of athletic trainers and sports performance trainers (hereby referred to as the Sports Medicine Team) have helped us to develop a comprehensive program to navigate the COVID-19 pandemic and safely return our student-athletes and the band to practice.

**Leadership Education:** The Sports Medicine Team will provide pre-practice education sessions with each team and adults supervising the activity (hereby referred to as Coaches) prior to them returning to practice. The Sports Medicine Team will work with the Athletic Director to ensure that attendance is taken at each training to ensure that all coaches are trained.

**Risk Readiness Assessment:** In partnership with the Sports Medicine Team an assessment including the following will take place:

- Training rooms and treatment rooms assessment for distancing, cleaning procedures, and hygiene practices
- Develop PPE needs list and conduct inventory of available PPE and sourcing for PPE needs including disinfection and sanitizer stock
- Screening needs assessment
- Identify high risk athletes, band members, coaches and training staff members within each sport and provide the following CDC guidance  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>
- Identify specific needs for each sport for the workouts and training, practice, and competition for each phase

### **COVID Mitigation Plan:**

- Limiting the size of the practice to as few participants as possible (never exceeding 25 in the Yellow Phase) (250 in the Green Phase or 50% of total max occupancy)
- Procedures for temperature and symptom screening of all participants prior to beginning practice (symptoms screenings should include fever, cough, shortness of breath, headache, runny nose, muscle aches, loss of taste or smell, and diarrhea/abdominal pain.)
- Procedures for all participants to wash or sanitize their hands prior to, and after practice
- Requiring that no personal equipment be shared
- Coaches are to wear masks during the Yellow Phase.
- Coaches should have masks with them in the Green Phase to wear in the event they can not maintain social distance or if they feel more comfortable wearing one.
- Social distancing at all times, with no physical contact, in the yellow. In the green phase, fist-bumps and high-fives are discouraged
- Eliminating spitting or chewing gum by participants
- Requiring individuals to bring their own water bottles/beverages for all practices - no sharing of water bottles permitted
- Procedures for sanitizing anything used during practice that could be touched by multiple people
- Guidelines to keep any spectators away from the practice area
- Contact tracing procedures and attendance process
- Signage - posted outside of each facilities that our athletes are using
  - Safety and screening procedures are detailed
  - Facility closed due to reaching maximum limit of participants
- Limiting carpooling multiple participants together (using masks, if carpooling is necessary)

**Positive Cases/Screening Procedures:** In the event a student or coach fails the screening procedures, the individual will be isolated from the group and sent home with the requirement to get a COVID 19 test or medical clearance prior to returning. The Superintendent, Athletic Director and Director of Pupil Services will be notified. The Superintendent, or her designee will contact the Bucks County Department of Health to notify them of all positive COVID 19 tests.

The Bucks County Department of Health will work with the Superintendent or designee to determine the length of time an individual should be removed from the school and when clearance should be provided to the individual. At least 24 hours before returning on site, the student/coach must call the Athletic Director to inform him of the release date and arrange for a conversation with the Sports Medicine Team for final clearance to return. In addition, the Bucks County Department of Health will issue guidance on temporary suspension of activity if warranted based on a positive COVID case.

**Coaches Questionnaire Checklist:** For each workout session, while in the Yellow phase, the Sports Medicine Team will review the checklist with each coach (Appendix A).

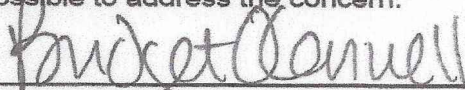
**Ongoing planning and preparedness:** The Sports Medicine Team will conduct on-going maintenance of guidelines, recommendations, education and updated processes based on evolving knowledge and governmental guidelines. Routine meetings (weekly, bi-weekly,

monthly or as needed) will be scheduled to monitor plan implementation and effectiveness as well as reviewing any new guidelines shared by the CDC, the Bucks County Department of Health or the Governor's office.

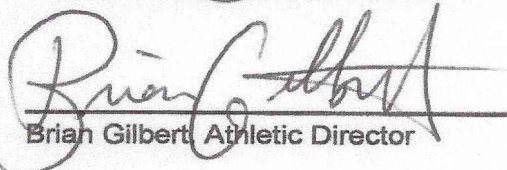
**Indoor facilities** - Any sports-related activities in the Yellow phase must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. The above plan for return to practice/play will hold true for any use of the indoor facilities (fitness center, gymnasium and band room) with the following additional guidelines:

- The Sports Medicine Team, Director of Facilities, and Athletic Director will develop procedures for cleaning, sanitizing, disinfecting, and ventilation of the areas used by our student-athletes. Fitness Center will only be utilized on Tuesdays and Thursdays and will be deep cleaned with the Halo system following those sessions.
- During the Yellow Phase groups of 10 individuals (or less), including coaches in the facility at a time.
- All individuals must use hand sanitizer/wash hands before and after indoor workout.
- All coaches must wear a mask while indoors during the Yellow Phase and athletes must have a mask with them at all times in the event social distancing cannot be maintained.
- Coaches must have masks with them in the Green Phase to wear in the event they can not maintain social distance or if they feel more comfortable wearing one.
- Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread. During times when players are not actively participating, attention should be given to maintaining social distancing by increasing space between players.
- Locker rooms will not be utilized in Yellow Phase but will be open in the Green Phase once PIAA season officially begins.
- Athletes and band members must report to workouts in proper gear and immediately return home and shower and clean their equipment in the Yellow and Green Phases. Once the PIAA season begins, and locker rooms are open, athletes are still encouraged to take their equipment home to clean on a daily basis, particularly helmets, and sticks.
- Band members are encouraged to take their instruments home on a daily basis to clean.
- Athletes and band members will enter and exit the facilities from the outside door so as to not go through the hallways of the school.

If an athlete, band member or coach has a question about any aspect of this plan or notices that a part of the plan is not being followed he/she should contact the Athletic Director as soon as possible to address the concern.

  
Bridget O'Connell, Superintendent

\_\_\_\_\_  
Robert S. Musantry, Board President

  
Brian Gilbert, Athletic Director

Appendix A

**Palisades School District Athletic & Marching Band**  
**Pre-Facility Use Checklist**

**Team:**

**Date of Requested:**

**Coach Responsible:**

**LVHN/CH Representative:**

**Date and Time of Checklist Discussion:**

**Statement from Bucks County Department of Health**

*"Organized competition and games will not be allowed until the "green" phase. However, given the current stable, and improving, situation in Bucks County, as well as the fact that "physical activity conducted as part of summer programming" is allowed under the "yellow" phase, the Health Department is advising that outdoor team practices can occur starting on June 5, only if critical safety guidelines and protocols are followed".*

\_\_\_\_\_ Limiting the size of the practice to as few participants as possible  
(**never exceeding 25**)

\_\_\_\_\_ Procedures for temperature and symptom screening of all participants prior to beginning practice:

- o symptoms screenings should include fever, cough, shortness of breath, headache, runny nose, muscle aches, loss of taste or smell, and diarrhea/abdominal pain.

\_\_\_\_\_ Procedures for all participants to wash or sanitize their hands prior to, and after practice

\_\_\_\_\_ Requiring that no personal equipment be shared

\_\_\_\_\_ Coaches wearing face coverings

\_\_\_\_\_ Social distancing at all times, with no physical contact, including no handshakes, fist-bumps, or high-fives

\_\_\_\_\_ Eliminating spitting or chewing gum by participants

\_\_\_\_\_ Requiring individual water bottles/beverages for all participants

\_\_\_\_\_ Procedures for quickly sanitizing anything used during practice that could be touched by multiple people

\_\_\_\_\_ Guidelines to keep any spectators away from the practice area

\_\_\_\_\_ Recommending not carpooling multiple participants together (using masks, if carpooling is necessary)