

## **Episcopal Academy Guidance for Summer Practices/Conditioning During the COVID-19 Pandemic**

**Objective:** To minimize risk of transmission of COVID-19 and promote the health and safety of EA's student-athletes, coaches, support staff, and community members.

This document outlines Episcopal Academy's protocols for the reestablishment of athletics practices and training during the yellow phase of Pennsylvania's Reopening Plan.

Special consideration is necessary given that the virus which causes COVID-19 is easily transmitted, especially in group settings. The spread of the virus must be slowed in order to safeguard public health and safety.

COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild, such as a cough. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes. This document addresses the procedures that Episcopal Academy will follow to limit the spread of COVID-19 while permitted to conduct in-person athletics of any kind.

### **Red-Yellow-Green Phases for School Sponsored Sports in Pennsylvania**

Red Phase: No sports are allowed.

Yellow Phase: (as of 6/10/20 - <https://www.governor.pa.gov/covid-19/sports-guidance/>) 25 participants allowed; number includes student athletes, coaches, and staff only (no spectators or media). The facility as a whole may not exceed 50% of total capacity otherwise permitted by law.

Green Phase: 250 participants allowed; include student athletes, coaches, officials, and staff only (no spectators or media). The facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

We will continue to re-evaluate and update these guidelines as more information is released by both the CDC and state.

### **To conduct practices and/or conditioning at Episcopal Academy, teams/athletes/coaches/support staff will adhere to the following:**

- Coaches, administrators, and medical support staff will review and adhere to the CDC guidance on consideration for team sports to modify practices in order to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports. **Scrimmages and/or games are not permitted at this time.**
- Coaches will undergo mandated training with medical support staff to review CDC guidelines and safe practices.

- Laura Hurst will be the primary point of contact for all questions related to COVID-19. All parents, student-athletes, and coaches will be provided with her contact information ([lhurst@episcopalacademy.org](mailto:lhurst@episcopalacademy.org); 484-424-1442).
- All coaches will ensure that student-athletes adhere to the CDC guidelines that reduce the spread of COVID-19 (staying home when symptomatic, hand washing hygiene, respiratory etiquette, and cloth face coverings).
- Coaches will ensure that student-athletes will wear face coverings (masks or face shields) when they are not engaging in sports activity, unless doing so jeopardizes student-athlete's health.
- Coaches and other personnel will wear face coverings (masks or face shields) **at all times**, unless doing so jeopardizes their health.
- Coaches will ensure student-athletes maintain appropriate social distancing (6 ft. apart) at all times, including in the field of play, sidelines, dugouts, benches, and workout areas. Student-athletes and coaches will maintain social distance during down time.
- Coaches and athletic staff will screen and monitor athletes for symptoms prior to and during conditioning and practices. Any individuals participating in athletic activities who show symptoms, have a temperature of 100.4 degrees or higher, or are sick will be sent home and referred to their primary care physician for follow up.
- All student-athletes, coaches, and support staff will bring their own water and drinks to team activities. **The school will not provide any water coolers, water bottles, or cups.** Fixed water fountains will not be used.
- Activities that increase the risk of exposure to saliva are prohibited. These activities may include but are not limited to chewing gum, spitting, licking fingers, and eating sunflower seeds. Everyone at all times, should refrain from touching their face; particularly mouth, nose, or eyes.
- Coaches will ensure that any unnecessary physical contact does not take place. These activities may include shaking hands, fist bumps, or high fives.
- Whenever possible, equipment and other personal items will be separated and not shared. If equipment must be shared, all equipment will be properly disinfected between users. Coaches will be required to submit a written plan to show compliance with CDC guidelines. This plan must be approved by the Director of Athletics.
- If multiple practice are to be held at the same location, adequate time shall be scheduled between sessions to allow coaches to clean and disinfect the facilities, and to minimize interaction between student-athletes. Sports complexes with multiple fields may operate simultaneous practices on fields within a complex only if social distancing can be maintained. Each individual practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- Coaches and student-athletes should review the Episcopal Academy inclement weather procedures and emergency information available at the following web link: <https://docs.google.com/document/d/1TKe3gK5GOvuohjgqxz58GcQwDdfd19uO0YB5zR7YjbU/edit>
  - During the yellow phase of school sponsored sports in Pennsylvania, all student-athletes and coaches should evacuate to the Field House in the Athletic Center via the roll down door located on the parking lot side of the Athletic Center.

## **Reminders to Contain the Spread of COVID-19: Social Distancing and Other Requirements**

- Maintain a distance of at least 6 feet from other individuals
- Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer if soap and water are not available
- Cover coughs and sneezes with a sleeve or elbow, not hands
- Do not shake hands
- Regularly clean high-contact surface areas
- **When sick, stay at home.**

### **Sources:**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

## **Student-Athlete Requirements for Participation**

Each student-athlete will bring a completed COVID-19 self-screening worksheet to **each practice** he/she attends (See appendix A). There are no exceptions.

If a student-athlete is experiencing any of the symptoms on the self-screening worksheet or has a fever of 100.4 or more, he/she should stay home.

Each student-athlete may have their temperature taken during sessions. If a student-athlete's temperature is 100.4 or above, they will be sent home. If they show any signs of illness during practice, they will be sent home.

Each student-athlete will bring a mask in order to participate in practice or conditioning. Student-athletes will wear masks on the sidelines and when not involved in play but will always be at least 6 feet apart when masks are off. Face shields may be used with medical approval from the Director of Athletics. Student-athletes without a face mask will be sent home.

Each student-athlete will bring their own water and water bottle. **The school will not provide water coolers, water bottles, cups, or water fountains.** Water fountains will be closed. Student-athletes without water will be sent home.

Parents are required to stay in their cars during both drop off and pick up for practices and conditioning sessions.

\*\*\*Participation in practices and conditioning sessions is completely voluntary. Current best practice guidelines suggest that those individuals with health histories which may place them at risk for developing severe COVID-19 disease or complications should make an informed decision about participation in athletics in consult with his/her treating physician. Individuals at higher risk of severe COVID-19 include those with:

- Serious heart condition
- Uncontrolled or moderate to severe asthma
- Chronic lung disease
- Diabetes
- Obesity
- Pre-existing kidney disease
- Weakened immune system

## Coaches Requirements for Practices and Conditioning

Each coach will bring a completed COVID-19 self-screening worksheet to **each practice** he/she attends (See appendix A). There are no exceptions.

Each coach will submit a written practice plan that adheres to CDC guidelines. The plan must be approved by the Director of Athletics.

Each coach will complete an education session with medical support staff prior to starting practice or conditioning sessions.

Each coach will follow all guidelines for social distancing and safe practices to avoid the spread of COVID 19.

Each coach will wear a face mask at all times, unless doing so jeopardizes their health.

Each coach will limit attendance at any session to 25 people total. No exceptions.

Each coach will disinfect any shared equipment and bench areas between sessions or uses.

Each coach will ensure there is no physical contact between student-athletes at any time and that social distancing is maintained at all times.

\*\*\*Coaching practices and conditioning sessions is completely voluntary. Current best practice guidelines suggest that those individuals with health histories which may place them at risk for developing severe COVID-19 disease or complications should make an informed decision about coaching in consult with his/her treating physician. Individuals at higher risk of severe COVID-19 include those with:

- Serious heart condition
- Uncontrolled or moderate to severe asthma
- Chronic lung disease
- Diabetes
- Obesity
- Pre-existing kidney disease
- Weakened immune system

**Appendix A: COVID-19 Self Screening Worksheet**

## Episcopal Academy Coach and Student-Athlete Health Screening Form

Coach/Athlete Name: \_\_\_\_\_

Name of Practice/Event: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Time: \_\_\_\_\_

Coach/Athlete Temperature: \_\_\_\_\_

Are you experiencing any of the symptoms listed below? Please circle "y" for yes experiencing the symptom or "n" for no, not experiencing the symptom.

- |                                  |   |   |
|----------------------------------|---|---|
| 1. Fever                         | Y | N |
| 2. Cough                         | Y | N |
| 3. Shortness of breath           | Y | N |
| 4. Runny nose                    | Y | N |
| 5. Head or body aches            | Y | N |
| 6. Sore throat                   | Y | N |
| 7. Nausea, vomiting, or diarrhea | Y | N |
| 8. Loss of taste or smell        | Y | N |

Please describe any other symptoms that you may be experiencing below:

\_\_\_\_\_

My child is not exhibiting any of the signs or symptoms listed above and has my permission to participate in the above named activity.

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Parent phone number **\*\*Required 1<sup>st</sup> session only**

