



Tulpehocken Area School District Re-socialization of Extra-curricular Recommendations

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 extra-curricular activities and clubs.

INTRODUCTION

The COVID-19 pandemic has presented 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 students, staff, and their families.

TASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA Department of Health, as well as the Department of Education. TASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations may be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and community.

The goal of this document is to provide recommendations for the re-socialization of extra-curricular with regard to socialization, participation, and competition, keeping in mind the health and safety of our students and staff.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** for Junior and Senior High Extra-curricular Activities

1. Staff and/or Advisors 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 is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures at 100.4 or higher will be sent home.
 - a. Temperature checks should be performed before group gatherings or meetings take place.
2. Promote healthy hygiene such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.)
3. Hand Sanitizer will be available for use as resources allow.
4. Intensify cleaning, disinfection, and ventilation in all facilities

5. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
 - a. Recommend that students and staff maintain a six feet social distance at all times.
 - b. Require that groups and advisors arrange with the building principal to determine the appropriate entrance and exit to utilize.
6. Educate Staff and Students on health and safety protocols
7. Anyone who is sick must stay home
8. Plan in place if a student or employee gets sick
 - a. Sick individual will be sent to a designated area, which may include a shaded area outside or an air conditioned room inside (if applicable), at least 10 feet away from others, until they can safely leave the school.
 - b. Create a notification procedure to communicate to appropriate administrators when there is a positive screen.
9. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
10. Staff and students MUST provide their own water bottle for hydration. Water bottles must not be shared.
 - a. Shared water station or fountains will not be used, for drinking, but can be used to fill up a personal bottle
11. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
 - a. All adult staff must wear masks or face coverings at all times unless doing so jeopardizes their health.
 - b. Students should wear masks or face coverings when they arrive onsite and when not actively participating in activity and social distancing is challenging.
 - c. Students should wear masks or face coverings during activity if contact is closer than 6 ft for a period of time longer than 15 minutes. If students are separated by more than 6ft, then no mask is required.
 - d. Allow students to wear PPE items at all times if they choose, as long as the items do not compromise the safety of the students and staff participating in activity.
12. Identify Staff and students 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")
 - a. These individuals should take extra precautions (gloves, masks, eye protection and increase distancing) or delay their participation in and activities

LEVELS OF PARTICIPATION

Level 1 (PA State Red)

Activities: No In-person gatherings allowed, Staff may communicate via online meetings (zoom, google meet, etc.), Students may participate in activities via Zoom as necessary.

- All school facilities remain closed as per PA State Guidelines.
- Staff and students should abide by guidelines set forth by the local and state governments.

Level 2 (PA State Yellow) - TASD 1st stage of reopening

Activities may include limited gatherings and should be done in coordination with the building principal.

Limitations on Gatherings:

- No gathering of more than (25) individuals per group including staff in the activity area.
- Social Distancing should be applied during practices and gathering areas

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease
- Facilities should be cleaned prior to arrival and departure of gatherings, high touch areas should be cleaned more often

Hydration:

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

Level 3 (PA State Green) after 14 days of Level 2 with no confirmed cases during TASD activities**Pre-activity Screening:**

- Any person who has COVID-19 symptoms should not be allowed to participate in activities should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Group attendance should be recorded

Limitations on Gatherings:

- As per State and Local Guidelines, no more than (250) people in the same area
- When not directly participating in activities, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease
- Facilities should be cleaned prior to arrival and departure of gatherings, high touch areas should be cleaned more often

Equipment:

- Students should refrain from sharing equipment whenever possible
- Equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
 - Water coolers may be used to fill up personal bottles, but MUST be cleaned after every practice/event.

OTHER RECOMMENDATIONS

Transportation:

Modifications for student/staff transportation to and from activities/events may be necessary.

This may include:

- Reducing the number of students/staff on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on as deemed necessary by the school, state and local governments. Consider using tape or paint as a guide for students and staff.

Who should be allowed at events?

1. Essential – Advisor/Staff and students

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

- The TASD 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 students to unnecessary or potential high risk exposure.

POSITIVE CASES OF STAFF OR STUDENTS/ SHOWING COVID-19 SYMPTOMS

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 (100.4 or High)
- 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 are sick with COVID-19 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 or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal)

- It will be determined if others who may have been exposed (students, staff) need to be notified, isolated, and /or monitored for symptoms
- In the event a positive case is identified, parents/guardians will be notified by the school district of the positive case without disclosing any identifying information.

What to do if a student or staff become ill with COVID-19 symptoms during the event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of student or staff to activities following a COVID-19 diagnosis?

- An individual who was diagnosed with COVID-19 may return when all four of the following criteria are met:
 - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - Individual has improvement in respiratory symptoms (e.g., cough, shortness of breath)
 - At least ten days have passed since symptoms first appeared
 - Written documentation of clearance from a health care provider (MD, DO, NP, PA)

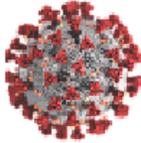
EDUCATION

Staff, Parents and Students will be educated on the following, and may be done through the following means (posters, flyers, meetings, emails, phone calls, website):

- 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, no handshaking etc.)
- The content of this Return to Activities Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, DoH, and PDE.

APPENDIX

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.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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”

“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/>

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/>

St. Lukes University Health Network: Resocialization of sports from SLUHN perspective