



MCS D PK-12 Athletics Health and Safety Plan

Edited 11/16/20

The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity’s governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity’s publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy. Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity’s public website.

MCS D Athletic Health and Safety Planning Team

Athletic Pandemic Coordinators	George Derbyshire <i>Athletic Director</i>	Chris Sherwood <i>Asst. Athletic Director</i>		
Team Members Medical	Kristin Hayes <i>Athletic Trainer</i>	Leslie Drummond <i>HS Nurse</i>	M. Tierney <i>Team Doctor</i>	
Administration	Dr. Peter Aiken <i>Superintendent</i>	Dr. Amy Flannery <i>Asst. Superintendent</i>	Josh Weitzel <i>HS Principal</i>	
School Board	Mike Clair <i>Activities Committee</i>			
Coaches	David Hahn <i>Football</i>	Morgan Briggs <i>Field Hockey</i>	Rodney Brenize <i>Soccer</i>	John Brackbill <i>Marching Band</i>
Business/Operations	Bryan Howett <i>Business Manager</i>	Galeon Bown <i>Director of Facilities</i>	Delphia Seese <i>HS Lead Custodian</i>	

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Athletics Health and Safety Plan: **Manheim Central School District**

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by Governor Wolf's Process to Reopen Pennsylvania. The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

Use this template to document your LEA's plan to bring back student athletes and coaching staff, how you will communicate the type with stakeholders in your community, and the process for continued monitoring of local health data to assess implications for school sports-related activity operations and potential adjustments throughout the school year.

Your school entity should account for changing conditions in your local Athletics Health and Safety Plan to ensure a seamless transition from more to less restrictive conditions in each of the phase requirements as needed. Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming PK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
- How will you communicate your plan to your local sports and school communities?
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team consisted of Coaches, Trainers, Facilities, Business and Administration from the district. The team met and reviewed COVID-19 return-to-sports guidance from the CDC, UPMC, NHFS, and Wellspan. The team developed the attached plan, which outlines how student athletes will return to conditioning and practice. The original plan was presented to the MCSD School Board of Directors at a public meeting on June 22, 2020. The plan was then submitted to the state and posted on our website. The athletic directors are meeting with coaches to overview expectations and will also be communicating with families of athletes. Any incident of suspected or confirmed cases of COVID-19 will be reported to administration who will partner with the local Departments in Health to determine next steps. The team will continue to meet as needed as the plan is fluid and may need to be adapted according to local data. Second meeting 8/26/20.

Anticipated launch date for sports related activities: **11/16/20**

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
George Derbyshire	Athletic Director	derbyshireg@manheimcentral.org 717-664-8429
Chris Sherwood	Assistant Athletic Director	sherwoodc@manheimcentral.org 717-664-1814

Key Strategies, Policies, and Procedures

Use the action plan templates on the following pages to create a thorough plan for each of the requirements outlined in the Pennsylvania Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency.

For each domain of the Athletics Health and Safety Plan, draft a detailed summary describing the key strategies, policies, and procedures your LEA will employ to satisfy the requirements of the domain. The domain summary will serve as the public-facing description of the efforts your LEA will take to ensure health and safety of every stakeholder in your local education community. Thus, the summary should be focused on the key information that staff, students, and families will require to clearly understand your local plan for the phased reopening of schools. Use the key questions to guide your domain summaries.

For each requirement within each domain, document the following:

- **Action Steps under Yellow and Green Phase:** Identify the discrete action steps required to prepare for and implement the requirement under the guidelines outlined for counties in yellow or green. List the discrete action steps for each requirement in sequential order.
- **Lead Individual(s) and Position(s):** List each person responsible for ensuring the action steps are fully planned and the system is prepared for effective implementation.
- **Materials, Resources, and/or Supports Needed:** List any materials, resources, or supports required to implement the requirement.
- **Professional Development (PD) Required:** Identify the training or professional development that will be provided to staff, students, families, and other stakeholders to implement each requirement effectively.

In the following tables, an asterisk () denotes a mandatory element of the plan. All other requirements are highly encouraged to the extent possible.*

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
- What protocols will you put in place to clean and disinfect throughout the day?
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team worked with the Facilities team to discuss cleaning, sanitation, disinfecting and ventilation. Facilities will clean surfaces and rooms daily, while coaches will be responsible for cleaning equipment throughout a session. Staff and students will be trained in proper procedures to follow in the spaces they use and signage will be used as a constant reminder of expectations. Preparedness to implement will be measured by the Athletic Director/Assistant Athletic director/Coach at the conclusion of the training for coaches and students. MCSD Athletic Health and Safety Planning Team will reconvene if the data from the local area indicates a need to re-examine or edit the plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)	Closed Facilities: Wrestling Room; Main Girls/Boys Locker Room, Showers	Closed Facilities: None	Director of Facilities	Cleaning Supplies	N
	Weightroom: Staff and students will wash hands before starting sessions. Workouts will be scheduled for 1.5-hour time blocks with an additional 0.5 hours to clean for transition between groups.	Weightroom: Staff and students will wash hands before starting sessions. Workouts will be scheduled for 1.5-hour time blocks with an additional 0.5 hours to clean for transition between groups.	Dave Hahn Weight Room Coordinator	Weight Room Schedule	N
	Weight Room Equipment that is used and shared is wiped down after usage by coaches using Suprox products (hydrogen peroxide based) and/or disinfecting wipes.	Weight Room Equipment that is used and shared is wiped down after usage by coaches using Suprox products (hydrogen peroxide based) and/or disinfecting wipes.	Head Coaches	Suprox cleaner and cloths.	Y
	Weight Room Sessions: Electrostatic Sprayer (Protexus sprayer with PURE tabs) or Vital Oxide will be used in-between each session and at the beginning or end of the day. Hand sanitizer will be available for use.	Weight Room Sessions: Electrostatic Sprayer (Protexus sprayer with PURE tabs) or Vital Oxide will be used in-between each session and at the beginning or end of the day. Hand sanitizer will be available for use.	Galeon Brown Director of Facilities	Electrostatic Sprayer (Protexus sprayer with PURE tabs)/ Vital Oxide Sprayer	Y

	Fitness Center: Students will wash hands before starting sessions with 0.5 hours to clean for transition between groups. Equipment that is used is wiped down after usage by coaches using Suprox product (hydrogen peroxide based). Sprayer will be used in between each session and at the beginning or end of the day. Windows and fan will be used in between sessions. Hand sanitizer will be available for use.	Fitness Center: Students will wash hands before starting sessions with 0.5 hours to clean for transition between groups. Equipment that is used is wiped down after usage by coaches using Suprox product (hydrogen peroxide based). Sprayer will be used in between each session and at the beginning or end of the day. Windows and fan will be used in between sessions. Hand sanitizer will be available for use.	Head Coaches	Suprox cleaner and cloths.	Y
	Other Indoor Facilities: <i>AUX Gym, HS Gym, MS Gym, Music Suite Room-</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)	Other Indoor Facilities: <i>AUX Gym, HS Gym, MS Gym, Music Suite Room-</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)	Head Coaches	Cleaning Supplies	N
	Other Outdoor Facilities: <i>Graybill Field (DR), Track, BE Feild, Creek Field-</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)	Other Outdoor Facilities: <i>Graybill Field (DR), Track, BE Feild, Creek Field-</i> Contact surfaces must be cleaned after use by coaches (ex. Equipment, mats, etc.)	Head Coaches	Cleaning Supplies	N
	Locker Room/Showers: Only open for handwashing, bathrooms. Will be cleaned daily by custodial staff.	Locker Rooms/Showers: Will be cleaned daily by custodial staff	Director of Facilities	N/A	N
	Sports Equipment: When possible, athletes should not share gear and instead use their own personal equipment. When shared, equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport. No sharing of towels or clothing.	Sports Equipment: When possible, athletes should not share gear and instead use their own personal equipment. When shared, equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport. No sharing of towels or clothing.	Head Coaches	N/A	N
	Mouthguards: Must stay in at all times or be stored away from contact with others.	Mouthguards: Must stay in at all times or be stored away from contact with others.	Head Coaches	N/A	N
Other cleaning, sanitizing, disinfecting, and ventilation practices	Handwashing/Sanitizing: Hand washing and/or hand sanitizer will be available to all before, during, and after practices.	Handwashing/Sanitizing: Hand washing and/or hand sanitizer will be available to all before, during, and after practices.	Head Coaches	Support from Facilities, Athletic Director/Ast. Athletic Director	N
	Ventilation: Doors/windows/fans will be used to increase circulation. Any door that is propped must be continually guarded by an adult for safety.	Ventilation: Doors/windows/fans will be used to increase circulation. Any door that is propped must be continually guarded by an adult for safety.	Head Coaches	Support from Facilities, Athletic Director/Asst. Athletic Director	N

Social Distancing and Other Safety Protocols

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
- How will you utilize outdoor space to meet social distancing requirements?
- What hygiene routines will be implemented?
- How will you adjust student transportation to meet social distancing requirements?
- How will social distancing and other safety protocols vary based on age ranges?
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team discussed keeping cohorts of athletes together in groups less than 25 (including coaches) when possible. Cohorts will go through sessions together socially distanced to the extent possible. Social distance routines have been established for before, during, and after practice. Transportation will follow our Academic transportation plan. The MCSD Athletic Health and Safety Planning Team will reconvene as the data from the local area indicates if there is a need to re-examine or edit the plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible	Social Distance -Six feet of social distance should be maintained to the extent possible in all locations. Students will not be able to maintain a social distance of six feet when actively participating in some sports (ex. Football, field hockey) while they can and should in others (ex. Golf, bowling).	Social Distance - Six feet of social distance should be maintained to the extent possible in all locations. Students will not be able to maintain a social distance of six feet when actively participating in some sports (ex. Football, field hockey) while they can and should in others (ex. Golf, bowling).	Head Coaches	N/A	N
* Procedures for serving food at events	Food - Food will not be served at events. If staff or students bring their own food it is not allowed to be shared.	Food - Food will not be served at events. If staff or students bring their own food it is not allowed to be shared.	Head Coaches	N/A	N
* Hygiene practices for student athletes and staff which include the manner and	Handwashing -Staff and students will wash hands for 20 seconds before practice.	Handwashing -Staff and students will wash hands for 20 seconds before practice.	Head Coaches	Hand sanitizer, hand washing station locations	Y

frequency of hand-washing and other best practices	Sanitizing- Hand washing/sanitizer is available during practice	Sanitizing- Hand washing/sanitizer is available during practice	Head Coaches	Hand sanitizer, hand washing station locations	Y
	Hygiene- Staff and students will review general hygiene practices including how to properly cover coughs, sneezes, handwashing, etc.	Hygiene- Staff and students will review general hygiene practices including how to properly cover coughs, sneezes, handwashing, etc.	Head Coaches	Hand sanitizer, hand washing station locations	Y
	Social behaviors- No spitting, gum chewing, high fiving, or other unnecessary bodily contact.	Social behaviors- No spitting, gum chewing, high fiving, or other unnecessary bodily contact.	Head Coaches	N/A	N
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	Signage- Ensure information is posted about everyday protective measures to prevent the spread of COVID-19 such as proper handwashing, proper face covering and social distancing is available throughout the school.	Signage- Ensure information is posted about everyday protective measures to prevent the spread of COVID-19 such as proper handwashing, proper face covering and social distancing is available throughout the school.	Athletic Director	Signage	N
	Signage locations- Post signs in highly visible locations including school entrances, restrooms and hallways that promote everyday protective measures and describe how to stop the spread of germs.	Signage locations- Post signs in highly visible locations including school entrances, restrooms and hallways that promote everyday protective measures and describe how to stop the spread of germs.	Athletic Director	Signage	N
* Identifying and restricting non-essential visitors and volunteers	Visitors- No visitors allowed at practices.	Visitors- No visitors at practices at this time.	Head Coaches	N/A	N
	Volunteers- No volunteers allowed at practices.	Volunteers- Essential volunteers only are allowed. Any volunteer that has close contact with the athletic team must be screened for symptoms and follow the Health and Safety Plan.			
	Spectators- No spectators allowed at practices/events.	Spectators- Our athletic activities are bound by the occupancy limits defined by the PADOH. Current orders require schools to determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. Based on our occupancy limits indoors (0-2000 people), we are			

		<p>limited to a maximum of 20% capacity. Based on our occupancy limits outdoors (2001-10000 people), we are limited to a maximum of 20% capacity.</p> <p>Winter sports will follow LL League direction. At this time, visiting spectators are not allowed for winter sports. Home spectators are only allowed for basketball.</p> <p>Spectators must follow the Universal Face Covering Order and social distancing guidance (greater than 6 feet).</p>			
Limiting the sharing of materials and equipment among student athletes	Equipment- When possible, athletes should not share gear and instead use their own personal equipment. When shared, equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport.	Equipment- When possible, athletes should not share gear and instead use their own personal equipment. When shared, equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport.	Head Coaches	N/A	N
	Towels/Clothing- No sharing of towels or clothing.	Towels/Clothing- No sharing of towels or clothing.	Head Coaches	N/A	N
	Water- Students and staff should bring their own water and water bottle. Sharing water is not allowed.	Water- Students and staff should bring their own water and water bottle. Sharing water is not allowed.	Head Coaches	N/A	N
Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)	Weight Room: Groups are limited to 12 total people (or current PDE/DOH Guidance). Social distance of six feet must be maintained (except when spotting is necessary).	Weight Room: Weight room will be used with cohorted groups of students according to indoor occupancy limits (20%). Social distance of six feet must be maintained (except when spotting is necessary).	Dave Hahn Weight Room Coordinator	Coordination with Head Coaches	N
	Fitness Center: Must be scheduled time only through ML schedule with no more than 12 total people (or current PDE/DOH Guidance). Social distance of six feet must be maintained.	Fitness Center: Fitness center will be used with cohorted groups of students according to indoor occupancy limits (20%). Social distance of six feet must be maintained.	Head Coaches	N/A	N
	Locker rooms: are not used at this time.	Locker rooms: Are only used by our home teams. Must be assigned socially distanced at six feet with	Head Coaches	N/A	N

		cohorted groups of students according to indoor occupancy limits (20%). Overall time in the locker room should be limited to changing/showering. Visiting teams must arrive dressed. Half time may not be in the locker room. Half time weight room may be used by the home team with social distancing of 6 feet maintained and face coverings worn indoors.			
	Showers: are not used at this time.	Showers (unmasked) may only be used if a six feet diameter of social distance can be maintained.	Head Coaches	N/A	N
	Training Room: tables must be six feet apart or students must stagger use.	Training Room: tables must be six feet apart or students must stagger use.	Head Coaches	N/A	N
Adjusting transportation schedules and practices to create social distance	At this time transportation is not a consideration. No transportation at this time.	Buses: Buses may be rostered at full capacity as needed. All students are required to wear a face covering: shield, mask, or bandana as social distancing will not be possible. Assigned seating may be used to maximize social distancing.	N/A	N/A	N
	At this time transportation is not a consideration. No transportation at this time.	Bus Drivers: Bus drivers will wear masks at all times unless driving with them causes an unsafe condition.	N/A	N/A	N
Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes	Grouping: Grouping strategies will be used to reduce the number of large groups. Small cohorts are encouraged by all coaches when possible. Cohorted groups should not exceed 12 (or current PADOH guidance).	Grouping: Grouping strategies will be used to reduce the number of large groups. Small cohorts are encouraged by all coaches when possible (per current PADOH guidance). Overall participation is determined by the maximum capacity calculator described above (20% for indoor and outdoor events).	Head Coaches	N/A	N

Monitoring Staff and Student Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
- Who will be responsible for monitoring?
- Where will the monitoring take place?
- When and how frequently will the monitoring take place?
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team discussed coaches monitoring student and staff health through a form. Coaches will be responsible for monitoring before each session begins if not previously tested at school. Individual staff are responsible for a self check before sessions. If a person becomes symptomatic, coaches are trained to separate the individual, contact the athletic director, and activate the chain of command. MCSD Athletic Health and Safety Planning Team will reconvene if the data from the local area indicates a need to re-examine or edit the plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	Training- Educate all stakeholders (students, coaches, trainers, refs, proctors, etc.) on the signs and symptoms of COVID-19.	Training- Educate all stakeholders (students, coaches, trainers, refs, proctors, etc.) on the signs and symptoms of COVID-19.	Head Coaches	Screening Form	Y
	Stay Home if Sick- Staff and students are to stay home if they are sick. <i>See Appendix A.</i>	Stay Home if Sick- Staff and students are to stay home if they are sick. <i>See Appendix A.</i>	Head Coaches	Parent Training	Y
	COVID-19 Screening of Staff- Staff will conduct a self-screening at home before they arrive to practice/competition. No staff member with COVID-19 symptoms will be permitted to a practice/competition.	COVID-19 Screening of Staff- Staff will conduct a self-screening at home before they arrive to practice/competition. No staff member with COVID-19 symptoms will be permitted to a practice/competition.	Head Coaches	Self Screening Form	N

	<p>COVID-19 Screening of MCS D Athletes-Student screening procedures are conducted before school begins. Athletes must be screened before entering practice if they are homeschooled, cyber schooled, hybrid schooled or the event is not on a day school is in session. No student with COVID-19 symptoms will be permitted to a practice/competition. A temperature above 99.5 F on a contactless thermometer will be validated with an oral temperature. Then, if the student's oral temperature is above 100.4 F, they will not be permitted into the event. Symptomatic students must be reported to the Athletic Director.</p> <p><i>*Note: (1) a medical professional is not required to administer temperature screenings.</i></p>	<p>COVID-19 Screening of MCS D Athletes-Student screening procedures are conducted before school begins. Athletes must be screened before entering practice if they are homeschooled, cyber schooled, hybrid schooled or the event is not on a day school is in session. No student with COVID-19 symptoms will be permitted to a practice/competition. A temperature above 99.5 F on a contactless thermometer will be validated with an oral temperature. Then, if the student's oral temperature is above 100.4 F, they will not be permitted into the event. Symptomatic students must be reported to the Athletic Director.</p> <p><i>*Note: (1) a medical professional is not required to administer temperature screenings.</i></p>	Head Coaches	Screening Form	N
No visitors at this time.		<p>On-Site Screening Volunteers- On-site screening for symptoms and temperature is required for all volunteers that are not employees of MCS D before they enter a practice/competition. No volunteer with COVID-19 symptoms will be permitted in school. A temperature above 99.5 F on a contactless thermometer will be validated with an oral temperature. Then, if the volunteer's oral temperature is above 100.4 F, they will not be permitted into the event.</p> <p><i>*Note: (1) a medical professional is not required to administer temperature screenings.</i></p>	Head Coaches	Self Screening Form	N
If competition exists at this time, green rules across apply.		<p>Competition Screening Visiting Teams: Opponents are required to screen their players and staff according to CDC COVID protocols before competition. Symptomatic students or staff may not be onsite.</p>	Head Coaches	Screening Form	N

	Communication- Provide ongoing communications to staff and parent(s)/guardian(s) about the importance of staying at home if they are sick. <i>Appendix A</i>	Communication- Provide ongoing communications to staff and parent(s)/guardian(s) about the importance of staying at home if they are sick. <i>Appendix A</i>	Head Coaches	N/A	N
	Notification if sick- Staff, volunteers, and students must notify the Athletic Director/Health & Safety Coordinator if they are being tested for or have a confirmed case of COVID-19. They must also notify the Athletic Director if they come in contact with a COVID+ person.	Notification if sick- Staff, volunteers, and students must notify the Athletic Director/Health & Safety Coordinator if they are being tested for or have a confirmed case of COVID-19. They must also notify the Athletic Director if they come in contact with a COVID+ person.	Head Coaches	N/A	N
	Privacy- Implement a process to maintain privacy/confidentiality associated with the monitoring practices and the potential stigma associated with monitoring and confirming exposure or cases.	Privacy- Implement a process to maintain privacy/confidentiality associated with the monitoring practices and the potential stigma associated with monitoring and confirming exposure or cases.	Head Coaches	N/A	N
* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure	Training- Staff will be trained on the symptoms and procedures of sending individuals with symptoms to the school nurse/office; parents/guardians will be made aware of the classroom protocol.	Training- Staff will be trained on the symptoms and procedures of sending individuals with symptoms to the school nurse/office; parents/guardians will be made aware of the classroom protocol.	Coaches with support of athletic trainer, team doctor, or school nurse if available.	No-touch infrared thermometers if needed.	Y
	Monitoring- Coaches will monitor symptoms of students and staff throughout the practice and send them home if symptoms arise. Coaches will contact the Athletic Director to report symptomatic students/staff immediately.	Monitoring- Coaches will monitor symptoms of students and staff throughout the practice and send them home if symptoms arise. Coaches will contact the Athletic Director to report symptomatic students/staff immediately.	Coaches with support of athletic trainer, team doctor, or school nurse if available.	N/A	Y
	Quarantining- Procedures will be established to address quarantining students, staff, facilitators, or visitors if they become sick or demonstrate a history of exposure.	Quarantining- Procedures will be established to address quarantining students, staff, facilitators, or visitors if they become sick or demonstrate a history of exposure.	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	N/A	N
	Isolation Room- An isolation room will be created solely for the purpose of isolating any occupant who has symptoms of COVID-19.	Isolation Room- An isolation room will be created solely for the purpose of isolating any occupant who has symptoms of COVID-19.	Coaches with support of athletic trainer, team doctor, or school nurse if available.	N/A	N

	Sick Individuals- Individuals who are sick or have a temperature must go home or to a healthcare facility depending on how severe they are; prior to leaving the school, guidance for self-isolation at the home and guidelines for returning to school will be provided.	Sick Individuals- Individuals who are sick or have a temperature must go home or to a healthcare facility depending on how severe they are; prior to leaving the school, guidance for self-isolation at the home and guidelines for returning to school will be provided.	Coaches with support of athletic trainer, team doctor, or school nurse if available.	N/A	Y
	Emergency- If an individual requires transportation by ambulance, MCSD will alert the ambulance and the hospital that the person may have COVID-19.	Emergency- If an individual requires transportation by ambulance, MCSD will alert the ambulance and the hospital that the person may have COVID-19.	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	Communication Plan	N
	PPE- District will maintain adequate personal protective equipment for use when individuals become ill.	PPE- District will maintain adequate personal protective equipment for use when individuals become ill.	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	PPE Products	N
	Cleaning Exposed Areas- District will immediately close off the area(s) used by the sick person and will not use until cleaning and disinfecting has occurred.	Cleaning Exposed Areas- District will immediately close off the area(s) used by the sick person and will not use until cleaning and disinfecting has occurred.	Director of Facilities	PPE Products	N
	Communication- District will inform parents to be prepared in the event their student has to stay home per the exclusion requirements.	Communication- District will inform parents to be prepared in the event their student has to stay home per the exclusion requirements.	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	Communication Plan	N
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	Return to School- State guidelines will be used to determine when an isolated or quarantined staff or athlete may return to school. <i>See Appendix B</i>	Return to School- State guidelines will be used to determine when an isolated or quarantined staff or athlete may return to school. <i>See Appendix B</i>	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	N/A	N

	<p>Return to Practice- If an athlete has symptoms of COVID 19, has close contact with a positive case of COVID-19 or tests positive with case of COVID-19, they must complete the appropriate MCSD Return to School Form AND the Athlete Return to Participation Form. See Appendix C, D, E, F, G</p> <p>The current recommendation from Dr. Tierney (MCSD Doctor) is as follows:</p> <ul style="list-style-type: none"> • An athlete who has tested positive is recommended to not exercise for at least 14 days from onset of symptoms and 7 days after all symptoms have resolved. • Prior to sports participation athletes should be evaluated by a medical provider to obtain written medical clearance to return to sports participation. <i>See Appendix H</i> • EKG (ECG) recommendation should strongly be considered. 	<p>Return to Practice- If an athlete has symptoms of COVID 19, has close contact with a positive case of COVID-19 or tests positive with case of COVID-19, they must complete the appropriate MCSD Return to School Form AND the Athlete Return to Participation Form. See Appendix C, D, E, F, G</p> <p>The current recommendation from Dr. Tierney (MCSD Doctor) is as follows:</p> <ul style="list-style-type: none"> • An athlete who has tested positive is recommended to not exercise for at least 14 days from onset of symptoms and 7 days after all symptoms have resolved. • Prior to sports participation athletes should be evaluated by a medical provider to obtain written medical clearance to return to sports participation. <i>See Appendix H</i> • EKG (ECG) recommendation should strongly be considered. 	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	Athlete Return Participation Form	N
*Notifying staff, facilitators, families, and the public of school closures and within-school-year changes in safety protocols	<p>Communication- The District will utilize several communication tools (email, messaging service, website, and social media) to notify coaches, students and families if a case has been identified.</p>	<p>Communication- The District will utilize several communication tools (email, messaging service, website, and social media) to notify coaches, students and families if a case has been identified.</p>	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	Communication Plan for Parents	N
	<p>Notification-Staff, athletes and volunteers must notify MCSD if they have a suspected or confirmed case of COVID-19 or if they have had close contact with someone that has COVID-19.</p>	<p>Notification-Staff, athletes and volunteers must notify MCSD if they have a suspected or confirmed case of COVID-19 or if they have had close contact with someone that has COVID-19.</p>	Coaches with support of athletic trainer, team doctor, or school nurse if available.	N/A	N
	<p>Department of Health- MCSD will notify the DOH if there is a confirmed case of COVID-19 while maintaining confidentiality. MCSD will follow DOH guidance on contact tracing or other procedures.</p>	<p>Department of Health- MCSD will notify the DOH if there is a confirmed case of COVID-19 while maintaining confidentiality. MCSD will follow DOH guidance on contact tracing or other procedures.</p>	George Derbyshire Chris Sherwood Athletic Director/Asst. Athletic Directors	Communication Plan for Parents	N

Other Considerations for Students and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling to return?
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
- Which stakeholders will be trained on these protocols? When and how will the training be provided?

Summary of Responses to Key Questions:

The MCSD Athletic Health and Safety Planning Team will present this plan to all coaches at a coaches meeting and subsequent team meetings to determine if there are staff unable or unwilling to return. Coaches are speaking with athletes for the same purpose. If a coach cannot return, the coach will work with the Athletic Director to find a replacement. If a student cannot return and wants to participate, alternate workout activities will be provided. Staff or students who are at high risk will be identified by the head coach so they can monitor the person and environment. In the event of a coaching staff illness, the team will work with the Athletic Director to determine a plan of action to continue. All coaches are being trained at a coaches meeting or subsequent team meeting. MCSD Athletic Health and Safety Planning Team will reconvene if the data from the local area indicates a need to re-examine or edit the plan.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	At risk students- Student athletes who are at high risk (age, pre-existing medical conditions) who choose not to come to practice will be provided with an off site workout plan.	At risk students- Student athletes who are at high risk (age, pre-existing medical conditions) who choose not to come to practice will be provided with an off site workout plan.	Head Coach	Support of AD	N
* Use of face coverings by all coaches and athletic staff	Face coverings- Coaching staff, officials, and other adult personnel must wear face coverings indoors (masks or face shields) at all times, unless doing so jeopardizes their health. When outdoors, coaches	Face coverings- Coaching staff, officials, and other adult personnel must wear face coverings indoors (masks or face shields) at all times, unless doing so jeopardizes their health. When outdoors, coaches	Head Coach	PPE	N

	must wear face coverings at all times unless they consistently maintain social distancing of at least 6 feet, unless doing so jeopardizes their health.	must wear face coverings at all times unless they consistently maintain social distancing of at least 6 feet, unless doing so jeopardizes their health.			
* Use of face coverings by student athletes as appropriate	Face coverings- Athletes must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings at other times (when on the sidelines, in the dugout, etc.) anytime 6 feet of social distancing is not possible.	Face coverings- Athletes must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings at other times (when on the sidelines, in the dugout, etc.) anytime 6 feet of social distancing is not possible.	Head Coach	PPE	N

Athletic Health and Safety Plan Professional Development

The success of your plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. For each item that requires staff training, document the following components of your professional learning plan.

- **Topic:** List the content on which the professional development will focus.
- **Audience:** List the stakeholder group(s) who will participate in the learning activity.
- **Lead Person and Position:** List the person or organization that will provide the professional learning.
- **Session Format:** List the strategy/format that will be utilized to facilitate professional learning.
- **Materials, Resources, and or Supports Needed:** List any materials, resources, or support required to implement the requirement.
- **Start Date:** Enter the date on which the first professional learning activity for the topic will be offered.
- **Completion Date:** Enter the date on which the last professional learning activity for the topic will be offered.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
Sanitization	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Posters	6/18/20	Ongoing
Health Screening Protocol	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing
Isolation Protocol				Questionnaire		
Weight Room Protocol	Coaches Students Parents	Dave Hahn	Coaches Meeting/ Handout	Handout	6/18/20	Ongoing
Sanitization for Outdoor or indoor areas	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing
Equipment Protocol	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing
Hygiene/Social Distancing	Coaches Students Parents	AD Coaches	Team Meeting Team Meeting	Athletic Health and Safety Plan: Return to Practice	6/18/20	Ongoing

Athletic Health and Safety Plan Communications

Timely and effective family and caregiver communication about sports-related health and safety protocols and schedules will be critical. Schools should be particularly mindful that frequent communications are accessible in non-English languages and to all caregivers (this is particularly important for children residing with grandparents or other kin or foster caregivers). Additionally, school entities should establish and maintain ongoing communication with local and state authorities to determine current mitigation levels in your community.

Topic	Audience	Lead Person and Position	Mode of Communications	Start Date	Completion Date
MCSD Athletic Health and Safety Planning Team	Core Team	Derbyshire AD Sherwood Asst. AD	In person meeting	6/16/20	Ongoing
Coaching Meeting	All head coaches, trainer	AD, Asst. AD	In person/virtual meeting	6/18/20	Ongoing
School Board Review	School Board/ Public Session	Dr. Aiken/ Mr. Clair	School board meeting	6/18/20	6/22/20
Parent/Student Communication	Athlete Parents/Students	AD, Asst. AD	Email	6/23/20	Ongoing
Website Posting	Community	Technology Department	Website	6/23/20	Ongoing
Individual Team Meetings	Asst. Coaches, Team Members	Head Coaches	In person meeting Sign off form for coaches, parents and students	6/23/20	Ongoing

Athletics Health and Safety Plan Summary: **Manheim Central School District**

Anticipated Launch Date: September 9, 2020

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)	<i>The MCSD Athletic Health and Safety Planning Team worked with the Facilities team to discuss cleaning, sanitation, disinfecting and ventilation. The facilities team will clean surfaces and rooms daily, while coaches will be responsible for cleaning equipment throughout a session. Staff and students will be trained in proper procedures to follow in the spaces they use and signage will be used as a constant reminder of expectations. Preparedness to implement will be measured by the Athletic Director/Assistant Athletic director/Coach at the conclusion of the training for coaches and students. MCSD Athletic Health and Safety Planning Team will reconvene if the data from the local area indicates a need to re-examine or edit the plan.</i>

Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>Identifying and restricting non-essential visitors and volunteers</p> <p>Limiting the sharing of materials and equipment among student athletes</p> <p>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</p> <p>Adjusting transportation schedules and practices to create social distance</p> <p>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</p> <p>Spectators</p>	<p><i>The MCSD Athletic Health and Safety Planning Team discussed keeping cohorts of athletes together in groups less than 25 (including coaches) when possible. Cohorts will go through sessions together socially distanced to the extent possible. Social distance routines have been established for before, during, and after practice. Transportation will follow our Academic transportation plan. The MCSD Athletic Health and Safety Planning Team will reconvene as the data from the local area indicates if there is a need to re-examine or edit the plan. Six feet of social distance should be maintained to the extent possible in all locations. Students will not be able to maintain a social distance of six feet when actively participating in some sports (ex. Football, field hockey) while they can and should in others (ex. Golf, bowling). Food will not be served at events. If staff or students bring their own food it is not allowed to be shared. Staff and students will wash hands for 20 seconds before practice. Hand washing/sanitizer is available during practice. Staff and students will review general hygiene practices including how to properly cover coughs, sneezes, handwashing, etc. No spitting, gum chewing, high fiving, or other unnecessary bodily contact. Ensure information is posted about everyday protective measures to prevent the spread of COVID-19 such as proper handwashing, proper face covering and social distancing is available throughout the school. Post signs in highly visible locations including school entrances, restrooms and hallways that promote everyday protective measures and describe how to stop the spread of germs. No visitors at practices at this time. In the Yellow Phase, no volunteers or spectators are allowed at practices/events. In the Green Phase, essential volunteers only are allowed. Any volunteer that has close contact with the athletic team must be screened for symptoms and follow the Health and Safety Plan. In the Green Phase, our athletic activities are bound by the occupancy limits defined by the PADOH. Current orders require schools to determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. Based on our occupancy limits indoors (0-2000 people), we are limited to a maximum of 20% capacity. Based on our occupancy limits outdoors (2001-10000 people), we are limited to a maximum of 20% capacity. Winter sports will follow LL League direction. At this time, visiting spectators are not allowed for winter sports. Home spectators are only allowed for basketball. Spectators must follow the Universal Face Covering Order and social distancing guidance (greater than 6 feet). When possible, athletes should not share gear and instead use their own personal equipment. When shared, equipment must be sanitized before and after use. Each coach is responsible for developing and implementing sanitizing/cleaning procedures according to these guidelines for each sport. No sharing of towels or clothing. Students and staff should bring their own water and water bottle. Sharing water is not allowed. In the Yellow Phase, groups are limited to 12 total people (or current PDE/DOH Guidance). Social distance of six feet must be maintained (except when spotting is necessary), and the fitness center must be scheduled time only through ML schedule with no more than 12 total people (or current PDE/DOH Guidance). Social distance of six feet must be maintained. In the Green Phase, weight room will be used with cohorted groups of students according to indoor occupancy limits (20%). Social distance of six feet must be maintained (except when spotting is necessary) and the fitness center will be used with cohorted groups of students according to indoor occupancy limits (20%). Social distance of six feet must be maintained. Locker rooms are not used during the Yellow Phase. However, in the Green Phase, locker rooms are only used by our home teams. Must be assigned socially distanced at six feet with cohorted groups of students according to indoor occupancy limits (20%). Overall time in the locker room should be limited to changing/showering. Visiting teams must arrive dressed. Half time may not be in the locker room. Half time weight room may be used by the home team with social distancing of 6 feet maintained and face coverings worn indoors. Showers will not be used during the Yellow Phase, in the Green Phase, unmasked showers only be used if a six feet diameter of social distance can be maintained. In the training room, tables must be six feet apart or students must stagger use. In the Green Phase, buses may be rostered at full capacity as needed. All students are required to wear a face covering: shield, mask, or bandana as social distancing will not be possible. Assigned seating may be used to maximize social distancing and bus drivers will wear masks at all times unless driving with them causes an unsafe condition. Grouping strategies will be used to reduce the number of large groups. Small cohorts are encouraged by all coaches when possible (per current PADOH guidance). Overall participation is determined by the maximum capacity calculator described above (20% for indoor and outdoor events).</i></p>

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p>	<p><i>The MCSD Athletic Health and Safety Planning Team discussed coaches monitoring student and staff health through a form during the yellow phase. During green individual staff are responsible for a self check before sessions, and students will be screened at school or before a session. Coaches will be responsible for monitoring for symptomatic students throughout activities. If a person becomes symptomatic, coaches are trained to separate the individual, contact the athletic director and activate the chain of command. Symptomatic students must be reported to the Athletic Director. Staff, volunteers, and students must notify the Athletic Director/Health & Safety Coordinator if they are being tested for or have a confirmed case of COVID-19. They must also notify the Athletic Director if they come in contact with a COVID+ person. Coaches will monitor symptoms of students and staff throughout the practice and send them home if symptoms arise. Coaches will contact the Athletic Director to report symptomatic students/staff immediately. MCSD Athletic Health and Safety Planning Team will reconvene if the data from the local area indicates a need to re-examine or edit the plan.</i></p>

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p>	<p><i>The MCSD Athletic Health and Safety Planning Team will present this plan to all coaches at a coaches meeting and subsequent team meetings to determine if there are staff unable or unwilling to return. Coaches are speaking with athletes for the same purpose. If a coach cannot return, the coach will work with the Athletic Director to find a replacement. If a student cannot return and wants to participate, alternate workout activities will be provided. Staff or students who are at high risk will be identified by the head coach so they can monitor the person and environment. In the event of a coaching staff illness, the team will work with the Athletic Director to determine a plan of action to continue. All coaches are being trained at a coaches meeting or subsequent team meeting. Coaching staff, officials, and other adult personnel must wear face coverings indoors (masks or face shields) at all times, unless doing so jeopardizes their health. When outdoors, coaches must wear face coverings at all times unless they can consistently maintain social distancing of at least 6 feet. Athletes must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings at other times (when on the sidelines, in the dugout, etc.) and outdoors anytime 6 feet of social distancing is not possible. MCSD Athletic Health and Safety Planning Team will reconvene if the data from the local area indicates a need to re-examine or edit the plan.</i></p>

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for **Manheim Central School District** reviewed and approved the Athletics Health and Safety Plan on **November 16, 2020**.

The plan was approved by a vote of:

Yes

No

Affirmed on: **November 16, 2020**

By: _____

Linda Williams, MCSD School Board President

(Signature of Board President)

Supportive Documents

Appendix A- When to Stay Home (PennMedicine)

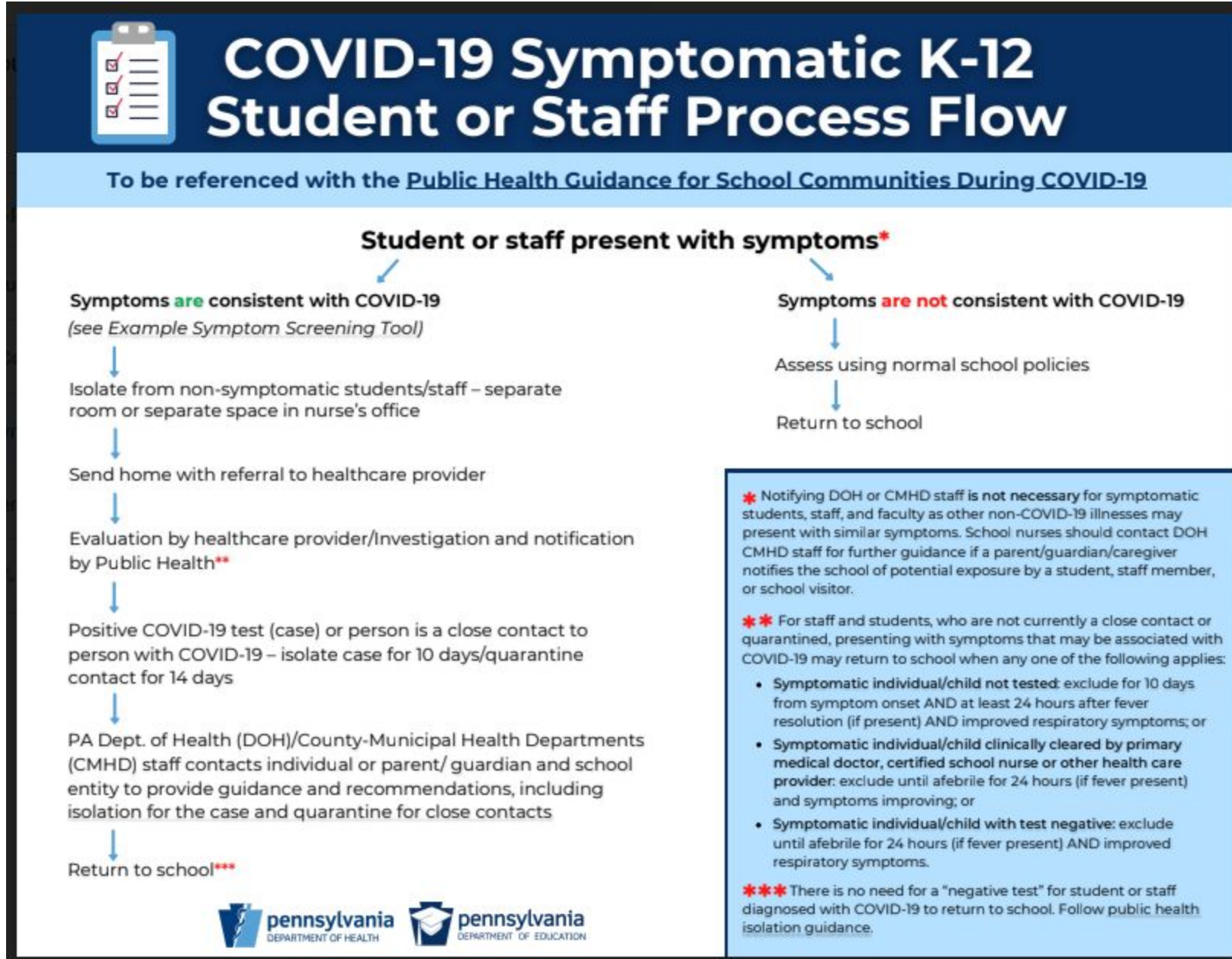
Stay-at-Home Symptoms

8.18.2020



If your child is experiencing 1 or more symptoms from Group A or 2 or more symptoms from Group B, please keep them home.

Group A 1 or more symptoms (stay home)	Group B 2 or more symptoms (stay home)
<ul style="list-style-type: none">• Cough *• Shortness of breath• Difficulty breathing• New loss of smell• New loss of taste	<ul style="list-style-type: none">• Fever (100.4 or higher)**• Chills• Sudden chills and sweating (“rigors”)• Muscle pain (“myalgia”)• Headache• Sore throat• Diarrhea**• Nausea or vomiting* *• Fatigue• Runny nose/congestion
<p>* Some children, such as those with asthma, may cough normally. A child should stay home if they have a new or different cough.</p> <p>** As always, if your child has a fever (100.4 or higher), vomiting, or diarrhea, we recommend keeping them home from school. These can be symptoms of COVID-19, but they can also be caused by many other common illnesses that children could spread at school.</p>	



MCS D Return to School Form A: ~~COVID-19 Test~~

To be completed by Parent/Guardian

I, _____ (parent/guardian), attest to all of the following in Column _____ (list A or B):

Option A	Option B
<ul style="list-style-type: none"> <input type="checkbox"/> At least ten (10) days have passed since the student named below received a COVID-19 positive test; <ul style="list-style-type: none"> • Date of positive test: _____ <input type="checkbox"/> The Pennsylvania Department of Health did not isolate the Student, or a health care provider did not recommend isolation, for more than 10 days. <input type="checkbox"/> Student does not reside/live with any individual who is a Positive Case. 	<ul style="list-style-type: none"> <input type="checkbox"/> The student has met the required conditions for returning to school as outlined and ordered by the PA Department of Health. <ul style="list-style-type: none"> • Date of positive test: _____ <input type="checkbox"/> You are required to provide the letter or document with the Department of Health's recommended return to school conditions. Attach letter to this document. <input type="checkbox"/> Student does not reside/live with any individual who is a Positive Case.

Student name: _____

Parent Signature: _____

Today's date: _____

To be completed by School District

Date student returned to School: _____

Appendix D

MCSDD Return to School Form B: Symptomatic/No Close Contact to a Positive Case

To be completed by School District Step 1: Confirm definition. A "Symptomatic Student who has NOT had Close Contact to a Positive Case" is defined as one who:

<input type="checkbox"/> Had one (1) or more of the following symptoms: <input type="checkbox"/> Cough <input type="checkbox"/> Shortness of Breath <input type="checkbox"/> Difficulty Breathing <input type="checkbox"/> New Olfactory Disorder (A loss in the ability to smell or a change in the way odors are perceived) <input type="checkbox"/> New Taste Disorder (A loss in the ability to taste or a change in the way flavors are perceived)	OR	<input type="checkbox"/> Had two (2) or more of the following symptoms: <input type="checkbox"/> Fever (100.4 or higher) <input type="checkbox"/> Sore Throat <input type="checkbox"/> Runny or congested nose <input type="checkbox"/> Chills or Rigors <input type="checkbox"/> Myalgia (Muscle pain) <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Headache <input type="checkbox"/> Diarrhea <input type="checkbox"/> Fatigue
--	-----------	---

IF the either of the above checkboxes are checked, AND Student:

- Was not within 6 feet for 15+ minutes of a Positive Case; AND Did not have direct contact with infectious secretions of a Positive Case.

DATE of Symptom Onset: _____ Nurse Signature: _____

To be completed by Parent/Guardian.

Step 2: Confirm that Student does not reside/live with any individual who is a Positive Case.

I, _____ (parent/guardian), attest that Student does not reside/live with any individual who is currently a Positive Case

(Form continued on back)

Step 3: Identify the Return to School Option.

I, _____ (parent/guardian), attest to all of the following in Column _____ (A, B or C):

Option A	Option B	Option C		
<input type="checkbox"/> At least ten (10) days have passed since Student's symptom onset; and <ul style="list-style-type: none"> Date of symptom onset: _____ <input type="checkbox"/> Student has not had a fever for at least twenty-four (24) hours without taking medication to reduce fever during that time, <ul style="list-style-type: none"> Date of last fever of 100.4 °F or higher: _____ <input type="checkbox"/> Student's respiratory symptoms have improved. <ul style="list-style-type: none"> Date respiratory symptoms improved: _____ 	<input type="checkbox"/> Student's primary health care provider has clinically cleared him/her from a diagnosis of COVID-19 and approved his/her return to school; and <ul style="list-style-type: none"> Date of return to school: _____ Attach Physician Note <input type="checkbox"/> Student has not had a fever for at least twenty-four (24) hours without taking medication to reduce fever during that time; and <ul style="list-style-type: none"> Date of last fever of 100.4 °F or higher: _____ <input type="checkbox"/> Any or all of the following symptoms related to COVID-19 have improved: <table border="0"> <tr> <td> <ul style="list-style-type: none"> Fever Chills or Rigor Cough Sore Throat Shortness of Breath Difficulty Breathing Myalgia (Muscle pain) Headache New Olfactory Disorder (A loss in the ability to smell or a change in the way odors are perceived) </td> <td> <ul style="list-style-type: none"> Feeling Unusually Weak or Fatigued New Taste Disorder Runny Nose or Congestion Diarrhea Nausea or vomiting Fatigue </td> </tr> </table>	<ul style="list-style-type: none"> Fever Chills or Rigor Cough Sore Throat Shortness of Breath Difficulty Breathing Myalgia (Muscle pain) Headache New Olfactory Disorder (A loss in the ability to smell or a change in the way odors are perceived) 	<ul style="list-style-type: none"> Feeling Unusually Weak or Fatigued New Taste Disorder Runny Nose or Congestion Diarrhea Nausea or vomiting Fatigue 	<input type="checkbox"/> Student received a negative COVID-19 test; and <ul style="list-style-type: none"> Date of negative test: _____ Attach results to this form <input type="checkbox"/> Student has had no fever for at least twenty-four (24) hours without taking medication to reduce fever during that time; and <ul style="list-style-type: none"> Date of last fever of 100.4 °F or higher: _____ <input type="checkbox"/> Student's respiratory symptoms have improved. <ul style="list-style-type: none"> Date respiratory symptoms improved: _____
<ul style="list-style-type: none"> Fever Chills or Rigor Cough Sore Throat Shortness of Breath Difficulty Breathing Myalgia (Muscle pain) Headache New Olfactory Disorder (A loss in the ability to smell or a change in the way odors are perceived) 	<ul style="list-style-type: none"> Feeling Unusually Weak or Fatigued New Taste Disorder Runny Nose or Congestion Diarrhea Nausea or vomiting Fatigue 			

Student Name: _____

Parent Name and Signature: _____

Today's date: _____

To be completed by School District

Date returned to School: _____

Appendix E

MCSD Return to School Form C: *Symptomatic/ Non-Symptomatic, Close Contact, Not Reside*

Use if student DOES NOT reside/live with a Positive Case and is Returning to School

To be completed by Parent/Guardian

I, _____ (parent/guardian), attest to the following:

- o The Student had close contact with, *i.e. was within 6 feet for 15 or more minutes with, or had direct contact with infectious secretions of*, a person who was confirmed to have COVID-19. The last day of Student's close contact with that person was _____; **and**
- o At least fourteen (14) days have passed since Student's last day of close contact; **and**
 - Last date of close contact: _____
- o Student does not reside/live with any individual who is a COVID-19 Positive Case.

Student name: _____

Parent Signature: _____

Today's date: _____

To be completed by School District

Date student returned to School: _____

Appendix F:

MCS D Return to School Form D: *Non-Symptomatic, Close Contact, Resides With Positive*

To be completed by School District

Step 1: Confirm definition. A "Close Contact who lives with a Positive Case" is defined as one who:

- Was within 6 feet of a Positive Case for 15+ minutes or has had direct contact with infectious secretions of a Positive Case (a "close contact"); **and**
- Lives with a Positive Case such that Student cannot avoid continued close contact; **and**
- Is NOT a Symptomatic Student

Nurse Signature _____ Date _____

To be completed by Parent/Guardian

Step 2: Complete Return to School Attestation.

I, _____ (parent/guardian), attest to the following:

- Student had Close Contact with, *i.e. was within 6 feet for 15 or more minutes with, or had direct contact with infectious secretions of, a Positive Case; and*
- Student lived with a Positive Case and could not avoid continued close contact; and
- The Positive Case's Isolation ended; and
 - Last Date of Isolation: _____
- At least fourteen (14) days have passed since Student's last day of having Close Contact with a Positive Case, which includes fourteen (14) days **after** the Positive Case with whom they live met the criteria to end home isolation; and
 - Date of Exposure: _____
- Student never exhibited symptoms of COVID-19 during quarantine.

Student name: _____

Parent signature: _____

Today's date: _____

To be completed by School District

Date student returned to School: _____

Appendix G:

MCS D Return to School Form E: *Symptomatic, Close Contact, Resident*
 "Close Contact Student who resides/lives with a Positive Case" and is Returning to School)

To be completed by School District

Step 1: Confirm definition. A "Probable" is defined as one who:

- Was within 6 feet of a Positive Case for 15+ minutes or has had direct contact with infectious secretions of a Positive Case (a "close contact"); **and**
- Lives with a Positive Case such that Student cannot avoid continued close contact; **and**
- Is a Symptomatic Student (one symptom from Group A or two symptoms from Group B)

To be completed by Parent/Guardian

Step 2: Complete Return to School Attestation.

I, _____ (parent/guardian), attest to the following:

- Student had Close Contact with, i.e. was within 6 feet for 15 or more minutes with, or had direct contact with infectious secretions of, a Positive Case; **and**
- Student lived with a Positive Case and could not avoid continued close contact; **and**
- The Positive Case's Isolation ended; **and**
 - Last Date of Isolation: _____
- Student **had** any of the symptoms below **and** any or all of the symptoms related to COVID-19 have improved.
 - Date of Symptom Onset: _____

<input type="checkbox"/> one (1) or more of the following symptoms: <ul style="list-style-type: none"> <input type="checkbox"/> Cough <input type="checkbox"/> Shortness of Breath <input type="checkbox"/> Difficulty Breathing <input type="checkbox"/> New Olfactory Disease (A loss in the ability to smell or a change in the way odors are perceived) <input type="checkbox"/> New Taste Disorder (A loss in the ability to taste or a change in the way flavors are perceived) 	OR	<input type="checkbox"/> two (2) or more of the following symptoms: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; padding: 2px;"><input type="checkbox"/> Fever (100.4 or higher)</td> <td style="width: 50%; padding: 2px;"><input type="checkbox"/> Nausea or vomiting</td> </tr> <tr> <td style="padding: 2px;"><input type="checkbox"/> Sore Throat</td> <td style="padding: 2px;"><input type="checkbox"/> Headache</td> </tr> <tr> <td style="padding: 2px;"><input type="checkbox"/> Runny or congested nose</td> <td style="padding: 2px;"><input type="checkbox"/> Diarrhea</td> </tr> <tr> <td style="padding: 2px;"><input type="checkbox"/> Chills or Rigors</td> <td style="padding: 2px;"><input type="checkbox"/> Fatigue</td> </tr> <tr> <td></td> <td style="padding: 2px;"><input type="checkbox"/> Myalgia (Muscle pain)</td> </tr> </table>	<input type="checkbox"/> Fever (100.4 or higher)	<input type="checkbox"/> Nausea or vomiting	<input type="checkbox"/> Sore Throat	<input type="checkbox"/> Headache	<input type="checkbox"/> Runny or congested nose	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Chills or Rigors	<input type="checkbox"/> Fatigue		<input type="checkbox"/> Myalgia (Muscle pain)
<input type="checkbox"/> Fever (100.4 or higher)	<input type="checkbox"/> Nausea or vomiting											
<input type="checkbox"/> Sore Throat	<input type="checkbox"/> Headache											
<input type="checkbox"/> Runny or congested nose	<input type="checkbox"/> Diarrhea											
<input type="checkbox"/> Chills or Rigors	<input type="checkbox"/> Fatigue											
	<input type="checkbox"/> Myalgia (Muscle pain)											

- At least fourteen (14) days have passed since Student's last day of having Close Contact with a Positive Case, which includes fourteen (14) days **after** the Positive Case with whom they live met the criteria to end home isolation; **and**
 - Date of Exposure: _____
 - Date any Positive Case in home ended home isolation: _____

Student name: _____

Parent signature: _____

Today's date: _____

To be completed by School District

Date student returned to School: _____

Appendix H: Athlete return to Practice Health Form (Dr. Tierney)

Athlete Return to Participation Form

To be completed by athlete's PCP, Team Physician or
Cardiologist (Complete all parts) -edited 8/28/20

Name: _____ DOB: _____

Date of diagnosis: _____ Symptoms: NONE MILD MODERATE SEVERE

Onset of symptoms (date): _____ Date of symptom resolution: _____

Was an EKG performed? YES NO

If yes: Date _____

If yes: Was the EKG normal? YES NO

Were cardiac labs performed (high sensitivity-Troponin, BNP, CRP)? YES NO

Results: _____

Was cardiac imaging (Echo, Cardiac MRI) performed? YES NO

Results: _____

Was the athlete referred to Cardiology? YES NO

Is the athlete CLEARED to start a GRADUATED return to sports: YES NO

Please list any RESTRICTIONS for return to sport: _____

Name of clearing physician: _____ Date: _____

Physician's Signature: _____ MD / DO License Number: _____