



**FREEPORT AREA SCHOOL DISTRICT**

**ATHLETICS/ACTIVITIES**

**HEALTH AND SAFETY PLAN**

**INTRODUCTION**

The COVID-19 pandemic has presented athletics/activities across the world with numerous 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, current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families. The FASD will take the necessary precautions and recommendations from the federal, state, and local governments; Centers for Disease Control and Prevention; National Federation of State High School Associations; and the PIAA. Freeport Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. Recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff, and spectators.

**\*Participating in interscholastic athletics/activities both at the high school and middle school levels is a privilege, and it is of the utmost importance that athletes/activity members work with coaches and staff to help adhere to the following safety guidelines. It is imperative that our coaches and approved staff uphold district guidelines approved by the Freeport Area School District. Doing such is a responsibility of participating in interscholastic athletics/activities, both in and out of season. Failure to adhere to the safety guidelines will jeopardize the aforementioned status within our athletic/activities unit.**

- The head athletic trainer (ATC) has been designated as the primary point of contact for all questions related to COVID-19 athletic participation. The team doctors will be consulted on all matters and questions related to COVID-19/Delta.
- The Freeport Area School District Athletic Department has developed a plan of action in the event an athlete, activities member, coach, or official falls ill; will make the plan publicly available; and explain it to the entire sport community.

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## NATIONAL FEDERATION OF HIGH SCHOOLS RISK CLASSIFICATION OF SPORTS

In effort to provide information regarding risk of infection in athletics, the National Federation of High Schools (NFHS) has provided 3 levels of classification for sports. Different sports, due to their ability to maintain physical or social distancing, have higher levels of risk.

**High Risk** – Sports/activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples include: football, wrestling, and cheerleading (stunting).

**Moderate Risk** – Sports/activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples include: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, or 7 on 7 football.

**Low Risk**-Sports/activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples include: running events, cross country, throwing events, swimming, golf, side line cheer (no stunting), and band.

- Coaches and athletes/activity members must maintain appropriate social distancing at all times possible, including on the field of play, locker rooms, sidelines, dugouts, benches, and hardwood gyms. Athletes and coaches shall not congregate. During out-of-season activities, athletes will not be granted access to locker rooms and will be instructed, by their coach, of where and when to report for summer conditioning/workouts.
- All athletes/activity members, coaches, and officials must bring their own water and drinks to team activities. Athletes should bring multiple water bottles (suggested at least 3 with their name on it). Team water coolers for sharing through disposable cups are **NOT ALLOWED**. Water fountains should not be used.

### TRANSPORTATION

Modifications for student/coach transportation to and from in season athletic/activity events may be necessary. These may include:

- Reducing the number of students/coaches on a bus/van. Additional buses and vans may be necessary.
- Social distancing on a bus.

These potential modifications will be determined by the school district, bus companies, and state and local governments at a later date.

### **ATHLETES SUSPECTED/POSITIVE CASE OF COVID-19 AND RELATED EXPOSURES**

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a [well-fitting mask](#). Contact your healthcare provider if you have questions.
- If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#) towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10.

### **HOUSEHOLD CONTACTS - FACE COVERINGS**

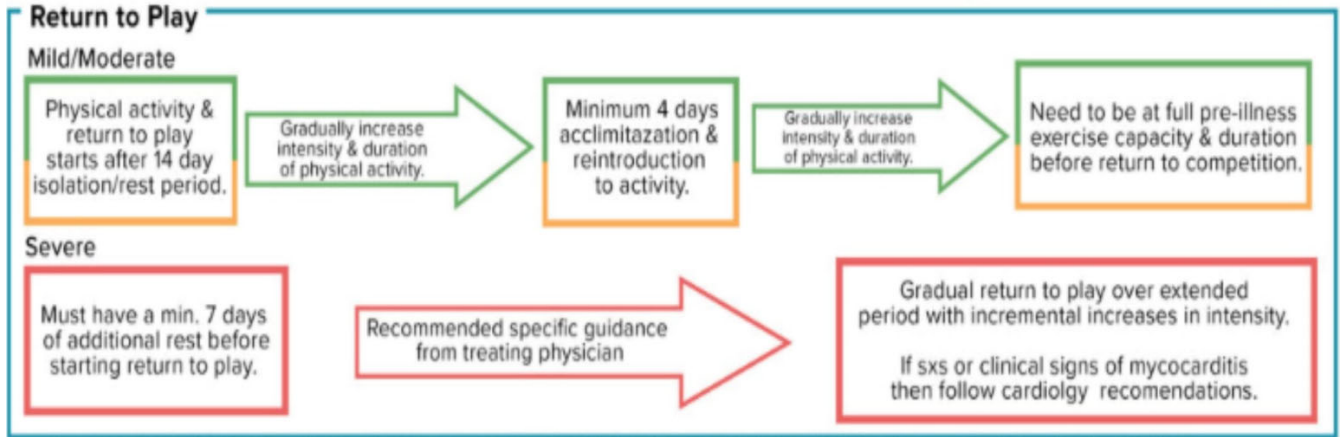
A household contact to a case would need to quarantine using the following timeline:

- 5 day case isolation + 5 day quarantined = 10 total days of quarantine, followed by 5 days of mask wearing once released from quarantine
- If mask wearing for an athlete is not feasible, the recommendation is that they wait the full 10 days. These individual can also test out after day 5, and return to their sport while wearing a mask while on the bench or anytime they aren't playing.

## ATHLETES' ACTIONS

1. Practice social distancing.
2. Maintain a clean locker by cleaning daily.
3. Avoid touching your face as much as possible.
4. Wash clothes daily (No clothing should remain in lockers).
5. Do not share towels, razors, and other personal hygiene items.
6. Follow good hygiene practices as outlined by the CDC, by washing hands frequently, and use hand sanitizer when available.
7. Bring a personal water bottle (with name on it), as no bottles will be permitted to be shared.
8. Work with coaches/training staff to assist in disinfecting sports equipment that is used during workouts.
9. Athletes should contact their PCP for clearance depending on the degree of illness when testing positive for COVID.

## ATHLETES' RETURN TO PLAY PROTOCOL FROM COVID



## CUSTODIAL ACTIONS

1. Athletic/activity facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day. This includes,

but is not limited to, all restrooms at the: High School, Middle School, training room, weight rooms, stadium restrooms, and water fountains.

2. Provide additional hand sanitizer in athletic training rooms, gymnasiums, stadium and locker rooms.
3. Provide additional cleaning supplies in the athletic training room and also have some available for coaches to take on the field to sanitize equipment before, during, and after workouts.

### **COACHES' ACTIONS**

1. Practice social distancing with athletes and other staff members.
2. Wash/sanitize hands regularly.
3. Continue providing guidance to student-athletes on proper mitigation, as outlined in the beginning of this document.