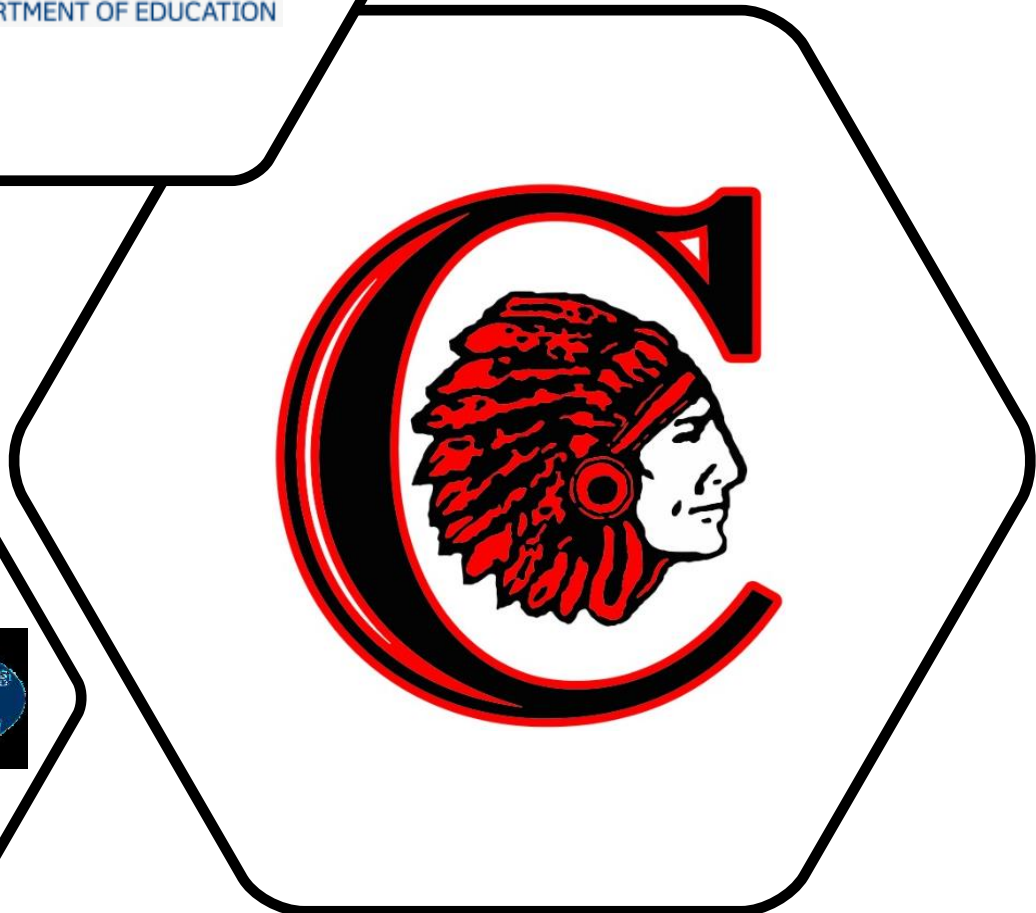
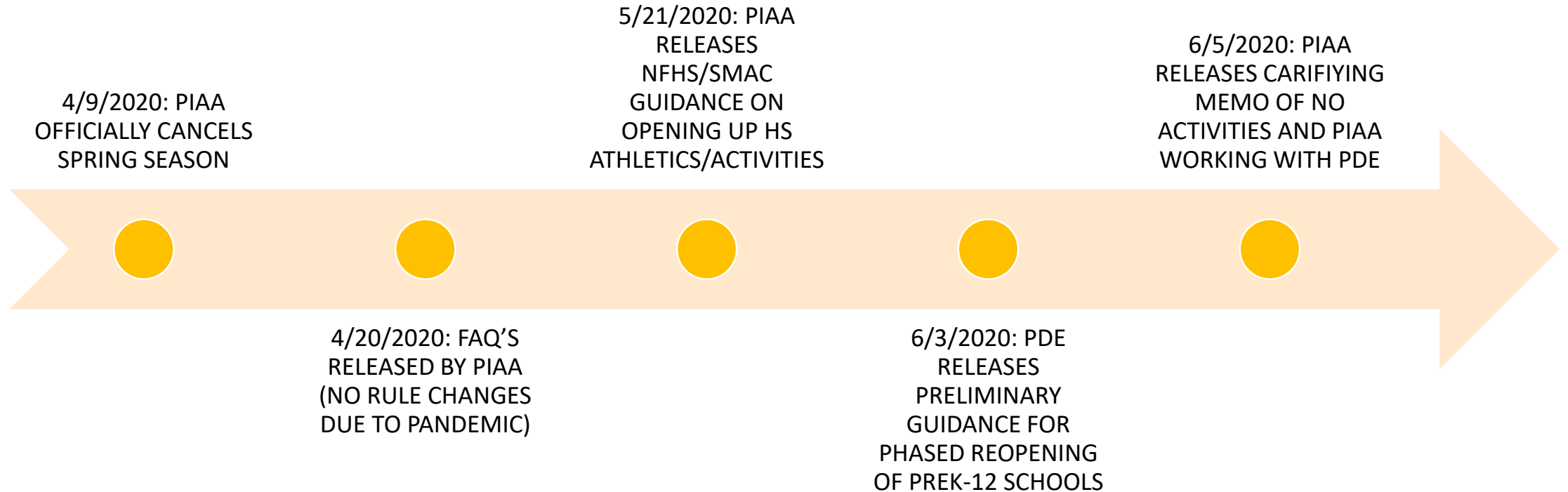


COATESVILLE AREA SCHOOL DISTRICT

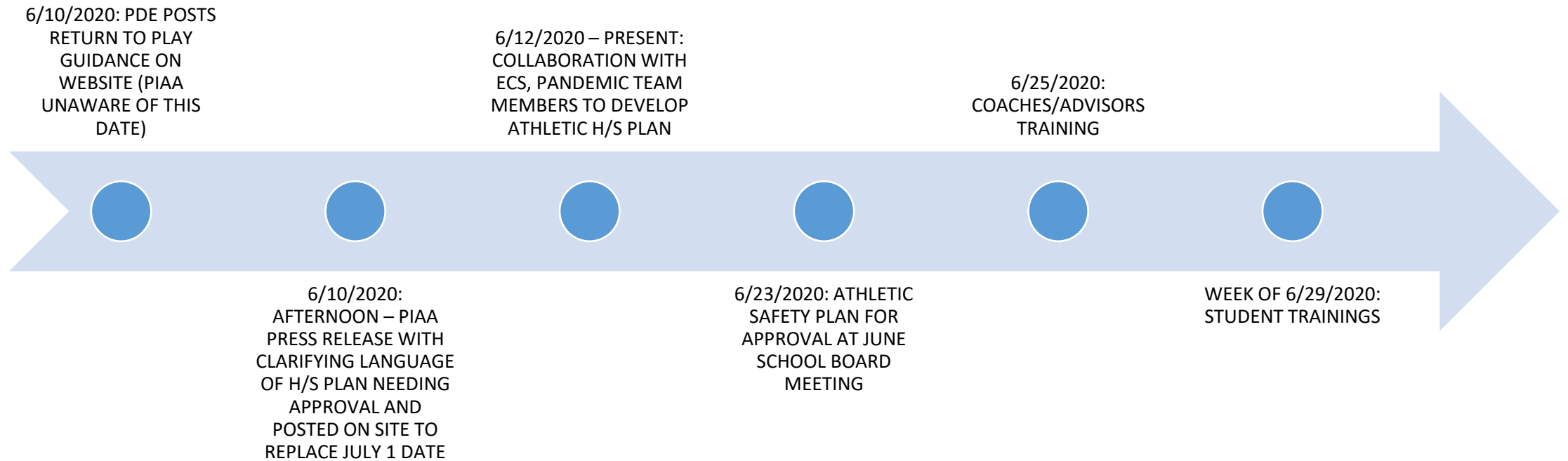
ATHLETICS HEALTH AND SAFETY
PLAN SUMMARY



BACKGROUND INFORMATION - TIMELINE



BACKGROUND INFO – TIMELINE (CON'T)





TARGET START
DATE

PLAN OVERVIEW

Assessing Risk		<ul style="list-style-type: none">• Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.• Increasing Risk: Team-based practice.• More Risk: Within-team competition• Even More Risk: Full competition between teams from the same local geographic area.• Highest Risk: Full competition between teams from different geographic areas.
Educating Participants	Communicating to student that minimizing and/or eliminating potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings.	Communicating to student that minimizing and/or eliminating potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings.

PLAN OVERVIEW

Pre-Workout Contest Screening	All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout.	All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout.
	Any person having a fever in the past 24 hrs, showing symptoms or have been in contact directly or indirectly will be sent home to follow primary care physician orders	Any person having a fever in the past 24 hrs, showing symptoms or have been in contact directly or indirectly will be sent home to follow primary care physician orders
Social Distancing	Social distancing should be encouraged at all times (six feet at a minimum)	Social distancing should be encouraged at all times (six feet at a minimum)
	Spotters should stand at each end of the bar.	Spotters should stand at each end of the bar.
	Reducing physical closeness or contact between players when possible by having an adult to student ration of 1:24, focusing on conditioning and individual skills.	Reducing physical closeness or contact between players when possible by having an adult to student ration of 1:24, focusing on conditioning and individual skills.
	When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives.	When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives.

PLAN OVERVIEW

Limitations on Gatherings

No gathering of more than 25 people at a time inside. Up to 25 individuals may gather outdoors for workouts.

Gathering sizes of up to 250 individuals, indoors or outdoors.

Postponing travel outside of our community to any practices, exhibitions or competitions until we receive further guidance from the Governor, PIAA and the CDC.

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Workouts should be conducted in “pods” of students with the same 5-10 students always working out together.

Workouts should be conducted in “pods” of students with the same 5-10 students always working out together.

PLAN OVERVIEW

Disinfecting


All equipment should be cleaned between each individual use.	All equipment should be cleaned between each individual use.
When possible, athletes should not share gear and instead use their own personal equipment.	When possible, athletes should not share gear and instead use their own personal equipment.
Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).	Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
Each athlete should have his/her own personal defined hydration container that is never to be shared.	Each athlete should have his/her own personal defined hydration container that is never to be shared.
Hand sanitizer should be made available throughout the facility for use before, during, and after workouts	Hand sanitizer should be made available throughout the facility for use before, during, and after workouts

PLAN OVERVIEW

PPE	Student athletes, coaches, and staff should be strongly encouraged to use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.	Student athletes, coaches, and staff should be strongly encouraged to use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.
	Consider doing any vigorous-intensity exercise outside when possible and stay at least 6 feet away from other participants, if unable to wear a face covering.	Consider doing any vigorous-intensity exercise outside when possible and stay at least 6 feet away from other participants, if unable to wear a face covering.
	Per CDC, when outside "Wear cloth face coverings when less than 6 feet apart from people or indoors."	Per CDC, when outside "Wear cloth face coverings when less than 6 feet apart from people or indoors."
	Cloth face coverings are adequate	Cloth face coverings are adequate

PLAN OVERVIEW

Physical Activity	Lower risk sports practices and competitions may resume. See H&S Plan for definitions.	Moderate risk sports practices and competitions may begin. See H&S Plan for definitions.
	Modified practices may begin for Moderate risk sports. See H&S Plan for definitions.	Modified practices may begin for Higher risk sports. See H&S Plan for definitions.
		Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
Other Considerations		Outside organizations who utilize our fields are required to clean and sanitize high touch surfaces prior to and after their use.
		Prioritize outdoor, as opposed to indoor, practice and play as much as possible.



REFERENCES
FOR THE
DEVELOPMENT
OF THE ATHLETIC
HEALTH AND
SAFETY PLAN

- CENTER FOR DISEASE CONTROL
- PA DEPARTMENT OF EDUCATION
- PA DEPARTMENT OF HEALTH
- PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION
- NATIONAL FEDERATION OF HIGH SCHOOLS
- SPORTS MEDICINE ADVISORY COMMITTEE