



EAST PENN SCHOOL DISTRICT ATHLETIC DEPARTMENT
Return to Sport COVID-19 Health & Safety Plan
(Updated as of 12/10/2020)

**East Penn School District - Athletic Department
Resocialization of Sports Recommendations**

The following plan, effective upon approval of the East Penn School District Board of Directors, is a result of collaboration among medical professionals from the Lehigh Valley Health Network in conjunction with guidelines presented by the Center of Disease Control (CDC), the Pennsylvania Governor’s Office, and The Pennsylvania Interscholastic Athletic Association (PIAA).

INTRODUCTION

The COVID-19 pandemic has presented athletics across 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, coaches, and their families.

The East Penn School District will take the necessary precautions and recommendations from the state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. East Penn School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed in order to decrease the risk of exposure for our staff, students, and spectators.

DISCLAIMER

Playing sports with and against other individuals, in any capacity during this time, holds an inherent risk of a person becoming infected and potentially infecting other individuals, such as their household members. Please consider this risk when allowing your child to participate in organized sports. East Penn School District will implement procedures to reduce the risk and prevent the spread. However, the risk still exists. See Appendix B for the waiver form.

PRIMARY POINT OF CONTACT

1. Ms. Rebecca George, M. Ed, CAA, the East Penn School District Director of Athletics and Mr Matt Spengler, M. Ed, RAA, the East Penn School District Assistant Director of Athletics will serve as the Athletic Department primary points of contact for all athletic activity questions regarding COVID-19.
 - a. Ms George can be contacted at rgeorge@eastpennsd.org or 610-965-1670
 - b. Mr Spengler can be contacted at mjspengler@eastpennsd.org or 610-965-1670

GENERAL RECOMMENDATIONS FOR ALL LEVELS AND ALL PHASES

1. Each phase should last a minimum of 2 weeks. This may be longer if any issues arise during a specific phase (exception: Middle School Basketball, Middle School Softball, Middle School Volleyball, so they can participate in intensified pod training due to a shorter pre-season)
2. Athletes, Coaches, Advisors, and Game Personnel will undergo a healthcare screening, prior to starting any activity (practice, event, meeting). See Appendix A.

3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and Hand Sanitizer (at least 60% ethanol or 70% isopropanol) will be available in the absence of soap/water, for use as resources allow.
4. Coaches, athletes, umpires and all staff will wear masks or face coverings AT ALL TIMES unless doing so jeopardizes their health as per the Governor's regulations.
5. Face masks or face coverings will be worn by officials and umpires as per the Governor's regulations.
6. Student-Athletes, coaches, officials, referees, umpires and event staff must maintain appropriate social distancing at all times possible including in the field of play, locker room, sidelines, dugouts, benches, training room, workout areas etc.
7. Intensify cleaning, disinfection, and ventilation in all facilities.
8. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
9. Athletes, Coaches, and Parents/Guardians must be educated on the health and safety protocols.
 - a. All coaches must review the CDC's "Consideration for Youth Sports" <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>, PA Governor's "Guidance for All Sports 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/> and complete all of the COVID educational courses assigned through the East Penn School District Safe Schools on-line training program.
 - b. All student-athletes and their parents, guardians, caregivers must review the CDC's "Consideration for Youth Sports" <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> and attend an educational session with the coaching staff.
 - c. All coaches, student-athletes, and Parents/Guardians of the Student-Athletes must submit the "Confirmation of Review" form to the Athletic Office prior to beginning any practice or training session.
10. Anyone who is sick must stay home, notify their coach and report their illness to a member of the Athletic Training staff.
11. Unnecessary individuals should not be present (such as managers, extra coaches, non-participating athletes, etc.).
12. Absolutely no spectators, media, or parents will be permitted at workouts or practices.
 - a. Parents, guardians, and caregivers should remain in their cars.
 - b. No congregating in the parking lot, on the field or in facilities.
13. During competitions, spectators must practice social distancing and wear masks or face covering as per the Governor's regulations. Capacity limits will be based on all factors (i.e. legal requirements, facility capacity size, sport, # of spectators, etc...) to promote social distancing.
14. Whenever feasible, scrimmages and games should be contested within the PIAA District XI Region. Competitions located outside this geographic area should be limited.
15. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared. Water bottles must be clearly labeled with the athlete's name and must be cleaned thoroughly between events.
16. Use of water coolers/hydration stations are not permitted. If a product becomes available to safely dispense water, it may be made available.
17. Ice towels will be used once, then discarded or washed properly.
18. The Athletic Training room will be limited to a maximum number of individuals, including the Athletic Trainers, based on training room size, at any given time and maintain proper social

distance.

- a. All individuals in the athletic training room must wear face mask and coverings.
 - b. Use the training tables labeled for use.
 - c. Training tables must be sanitized after each use.
 - d. Whirlpools, cold tubs, or hot tubs may not be used during any of the listed phases unless needed in a medical emergency.
19. Limit team huddles. Use only when absolutely necessary.
20. No handshakes, high-fives, fist bumps, or unnecessary contact at any time. Promote proper hand washing, cough in elbow, avoid touching eyes, nose, face and mouth. No spitting or gum chewing.
21. All equipment used during activities should be disinfected with Environmental Protection Agency (EPA) certified products at the conclusion of each session and between each use whenever feasible.
- a. All clothing worn during athletic activity must be washed after use and cannot be shared.
 - b. Weight room equipment must be disinfected with EPA certified products by each user after each use.
 - c. Equipment, when feasible is to be used by one participant and limit sharing.
22. Protocols will be in place regarding how to address a circumstance where a student or coach becomes ill. Refer to Appendix C.
23. Concession stands or other food must adhere to the guidelines provided by the school.
24. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
25. When Lehigh County is in Red:
- a. No In-person gatherings.
 - b. Athletes and Coaches may communicate via online meetings.
 - c. Athletes may participate in individual home workouts.
 - d. All school facilities will be closed, as per the guidelines.
26. All practice sessions must be submitted to the Athletic Office for approval.
- a. Schedules will be entered into the facility scheduling database INTAND / Schedule Star.
 - b. Custodians and Maintenance Staff have direct access to determine cleaning schedule.
27. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.
- a. Special Considerations for Athletes, and Coaches
 - i. Several risk factors have been associated with more severe disease in adults. Specific conditions in children/teenagers are less clear, however those with underlying conditions may be more likely to have severe COVID-19 illness.
 - b. Current Risk Factors
 - Age greater than 65 years
 - Severe obesity (Body Mass Index >40)
 - Chronic Lung Disease including moderate or severe asthma
 - Diabetes
 - Chronic kidney disease
 - Heart conditions
 - Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.) *If you think that your child is immunocompromised, please check with your child's healthcare provider.

- c. Adults should consider delaying participation in these activities if risk factors are present. Consultation with your healthcare provider (Physician, Nurse Practitioner, Physician Assistant) is recommended if you have questions.
- d. Individuals with risk factors should consider consulting with your healthcare provider about participation since limited data exist and, in many cases, such as with a well-controlled diabetic or asthmatic, an increased risk is likely not present.

SCREENING

1. Athletes, Coaches, and Game Personnel will be screened when they enter the campus or facility where the sporting activity is taking place. Each individual must enter the area wearing a mask or face covering until they screen negative.
2. The “East Penn School District Team and Event Personnel Screening Questionnaire” will be used. See Appendix A.
3. If an individual has positive findings on their screening form, they should be sent home immediately or stay at home. They must immediately wear a mask or face covering. If the student-athlete’s parents are not present, a staff member will escort the student-athlete to a designated isolation room or an area away from others.
 - a. Parent/guardian will be notified that a virtual COVID-19 screening visit will need to be scheduled.
 - b. The student-athlete is not eligible to return until they present documentation showing the SARS-CoV-2 test was negative or a note from their healthcare provider stating they do not need to be tested and their symptoms are not due to COVID-19.
4. After the athlete, coach, or official is screened negative, they will receive an indicator that shows they have been screened.

POSITIVE COVID 19 INDIVIDUAL

1. If an individual receives a positive COVID-19 diagnosis:
 - a. Notification to the Director of Athletics, the Coach, and Athletic Trainer immediately. Athletic Trainer will communicate with the Director of Athletics and the public health authority immediately and provide them with a line list of all close contacts and their contact information.
 - b. Athletic Director will notify the Building Principal and Superintendent immediately.
 - c. Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.
 - d. All participants that have practiced or competed with this individual (within 6 feet for greater than 15 minutes cumulative over a 24-hour period, for a time period of 48 hours before they started showing symptoms until last contact) should be excluded from practice and play for 10 days if no symptoms develop.
 - e. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.
 - f. Based on CDC guidance , when diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.
2. If an individual not wearing a mask is confirmed to have COVID-19, the following must occur:

- a. All individuals who have been in the presence of the diagnosed individual up to 48 hours before they started showing symptoms will be excluded from participation for **a period of time as determined by the CDC and LVHN guidelines**
 - i. If participating vs. another school, the Athletic Director will make immediate notification with the opposing school's Athletic Director and game officials to notify them of the case for contact tracing purposes.
 - ii. Exception to this **period of** exclusion could be made if all participants can be confirmed as practicing social distancing throughout the entire time exposed and if the diagnosed individual was properly wearing a mask or face covering.
 - iii. Exceptions will only be made by the Athletic Trainer in direct consultation with our LVHN Team Physician and with the approval of the Athletic Director upon review of the professional medical staff opinion and consultation with the superintendent.

RETURN TO SPORT POST COVID 19 Diagnosis with no or mid symptoms (not hospitalized)

1. The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction, and arrhythmias that have been in association with COVID- 19.
2. Individuals must meet all the following criteria to return to sports:
 - a. At least fourteen (14) days have passed since symptoms first appeared. During this time the individual should not participate in any exercise while monitoring clinical worsening of symptoms.
 - b. Symptoms have resolved: no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath).
 - c. The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA).
 - i. Individuals without a medical provider can contact their local public health agency.
 - ii. Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain additional work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned.
 - iii. Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.
 - d. After returning, the individual should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms. This individualized process should be generated as a joint decision between the medical provider, coach and athletic trainer.
 - e. If symptoms worsen or new symptoms occur during gradual return of play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, pre- syncope or syncope the athlete/coach should be evaluated by a medical provider.

ACTIVITY TYPE AND PHASES

High-frequency of contact sports: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be

transmitted between participants. These sports include: Baseball, Basketball, Cheerleading, Field Hockey, Football, Lacrosse, Soccer, Softball, Wrestling, Volleyball.

Low-frequency of contact sports: Sports 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. These sports include: Diving, Golf, Rifle, Cross Country, Swimming, Tennis, Track, Weight Lifting.

Note, the moving out of a phase to the next phase is contingent upon meeting the gating criteria within each phase in the region in which the organization is located for the previous two weeks. The Director of Athletics will have final authority over the decision regarding a programs' movement out of one phase and onto the next.

Phase 1 – High Frequency and Low Frequency (14 days)

1. All aforementioned General Recommendations for all levels and all phases apply.
2. All PIAA out of season and in season rules and regulations apply.
3. Off-Season training sessions can begin on campus limited to no more than twelve (12) individuals per pod per space, including coaches.
4. All participants, including coaches, must be 6 feet apart.
5. No interaction between groups/pods.
6. Outdoor sessions, whenever feasible, are strongly encouraged.
7. Sessions should focus on strength, conditioning, agility, and technique/strategy repetitions against "air".
8. Student-athletes are not permitted to compete against each other.
9. Contact drills are prohibited.
10. A cloth mask must be worn at all times by all participants, including coaches, for all workouts.
11. Locker rooms and majority of bathrooms will remain closed unless there is an extenuating circumstance and permission is granted by the Director of Athletics.
 - a. Participants must report dressed and ready for the workout and immediately return home to shower.
 - b. Designated restrooms may be available for emergent use.

Phase 2 – High Frequency (14 days)

1. All aforementioned General Recommendations for all levels and all phases apply.
2. All PIAA out of season and in season rules and regulations apply.
3. Minimal protective sports equipment (for example, only wearing helmets for football) may be worn.
4. All equipment used will be disinfected.
5. Majority of the practice will consist of social distancing. Brief one-on-one team drills can take place where players are less than 6 feet apart.
6. One team will be permitted in the same location at one time. Half-field use is permitted as long there is no interaction between teams
7. Two pods permitted to combine.
8. Social distancing encouraged whenever possible.
9. Locker rooms and the majority of bathrooms will remain closed unless there is an extenuating circumstance and permission is granted by the Director of Athletics.
 - a. Participants must report dressed and ready for the workout and immediately return home to shower

- b. Designated restrooms may be available for emergent use
- 10. Weight room training sessions in small groups no more than twelve (12) individuals, including coaches.
 - a. Approximately one athlete per 144 square ft. of facility space. The space should be of a large enough distance that individuals can maximize social distancing.
 - b. Student-athletes/coaches maintain 6 feet of distance between each other.
- 11. A cloth mask must be worn by all individuals at all times.

Phase 2 – Low Frequency (14 days)

- 1. All aforementioned General Recommendations for all levels and all phases apply.
- 2. All PIAA out of season and in season rules and regulations apply.
- 3. Inter-squad scrimmages are permitted.
- 4. One team permitted in same location at one time to avoid interaction between teams.
- 5. Social distancing required whenever possible.
- 6. Locker rooms and the majority of bathrooms will remain closed unless there is an extenuating circumstance and permission is granted by the Director of Athletics.
 - a. Participants must report dressed and ready for the workout and immediately return home to shower.
 - b. Designated restrooms may be available for emergent use.
- 7. Weight room training sessions in small groups no more than twelve (12) individuals, including coaches.
 - a. Approximately one athlete per 144 square ft. of facility space. The space should be of a large enough distance that individuals can maximize social distancing.
 - b. Student-athletes/coaches maintain 6 feet of distance between each other.
- 8. A cloth mask must be worn by all individuals at all times.

Phase 3 – High Frequency (14 days)

- 1. All aforementioned General Recommendations for all levels and all phases apply.
- 2. All PIAA out of season and in season rules and regulations apply.
- 3. Team practices with partial equipment and moderate contact drills allowed.
- 4. Inter-squad scrimmages are permitted.
- 5. Moderate risk sports practices and competitions may begin (Baseball, Basketball, Cheerleading, Field Hockey, Lacrosse, Soccer, Softball, Volleyball).
- 6. Modified practices may begin for higher risk sports (Football, Wrestling).
- 7. Locker rooms and the majority of bathrooms will remain closed unless there is an extenuating circumstance and permission is granted by the Director of Athletics.
 - a. Participants must report dressed and ready for the workout and immediately return home to shower.
 - b. Designated restrooms may be available for emergent use.
- 8. A cloth mask must be worn by all individuals at all times.

Phase 3 – Low Frequency and Phase 4 – High Frequency

- 1. All aforementioned General Recommendations for all levels and all phases apply.
- 2. All PIAA out of season and in season rules and regulations apply.
- 3. Full team practices, scrimmages, and game competitions are permitted.
- 4. Locker rooms and the majority of bathrooms will remain closed unless there is an extenuating

circumstance and permission is granted by the Director of Athletics.

- a. Participants must report dressed and ready for the workout and immediately return home to shower.
 - b. Designated restrooms may be available for emergent use.
5. A cloth mask must be worn by all individuals at all times.
 6. Stay in this phase until fall sports season resumes.

Return to Competition:

The Pennsylvania Interscholastic Athletic Association’s “Return to Competition: Individual Sport Considerations” guidelines will be followed.

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

1. Reducing the number of students/coaches on a bus/van.
2. Using hand sanitizer upon boarding a bus/van.
3. Screening before loading a bus.
4. Social distancing on a bus.
5. Parents/guardians/caretakers transporting students directly to and/or from the event site.

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

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

The East Penn School District 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.

In matters related to the health and safety of the Student-Athletes, Coaches, and Game Personnel the Superintendent of the East Penn School District has authority to add non-substantive changes to this plan.

Spectators at Events

The Athletic Administration will evaluate each event and each facility. The East Penn School District will consider the local/state government guidelines and the guidance of the PIAA. Every consideration will be taken to not unnecessarily expose students, family members, and spectators to a high risk level.

Nonessential Team Events

All on-campus and off-campus school sponsored events, not a practice or a game, need to be approved by the Athletic Administration. Examples are, but not limited to, the following fundraisers, booster club events, dinners, and team bonding activities.

Discipline

Failure to adhere to the EPSD Athletic Department Return to Sports Plan will result in progressive discipline deemed necessary. Examples of the discipline may include, but is not exclusive to: demonstration by letter writing that he/she understands the return to sports plan, loss of playing time, detention, suspension from team events, etc.

APPENDIX A

**EAST PENN SCHOOL DISTRICT ATHLETIC DEPT.
Team & Event Screening Questionnaire**

To ensure your safety and that of others, please answer the following questions:

| | YES | NO |
|--|-----|----|
| Fever (temp. over 100.4 under age 18, temp. over 100.0 over age 18) ? | | |
| New or worsening cough ? | | |
| Shortness of breath / difficulty breathing ? | | |
| Chills ? | | |
| Muscle ache, Headache? | | |
| New loss of smell or taste or both ? | | |
| Diarrhea or vomiting ? | | |
| Sore throat (that is different from seasonal allergies) ? | | |
| Recently been diagnosed/confirmed with COVID-19 infection ? | | |
| Have you been recommended for social isolation or quarantine due to an exposure to a patient tested or with confirmed positive test / diagnosis? | | |
| Recently been tested for COVID-19 and waiting for results ? | | |
| | | |

If you answered yes to any of the above:

- Inform your Coach, Athletic Trainer, or Athletic Director immediately
- Stay home / go home immediately.
- Student-Athletes, have your parent/guardian/caregiver go to [LVHN.org/videoscreening](https://www.lvhn.org/videoscreening) to receive an evaluation.
- Coaches and staff, go to [LVHN.org/videoscreening](https://www.lvhn.org/videoscreening) to receive an evaluation.
- You will not be permitted to return until you have been screened by an approved provider and results are shared with the Athletic Trainer for approval to return

APPENDIX B

**East Penn School District Athletic Department
Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics across 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, coaches, and their families.

The EPSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the PIAA. The EPSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations include but may not be limited to the recommendations and information outlined in the East Penn School District Athletic Department Return to Sport COVID-19 Health and Safety Plan.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the SD to limit the exposure and spread of COVID-19 and other communicable diseases.

Prior to my participation I, as the parent/guardian, have reviewed the CDC’s “Consideration for Youth Sports” <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>.

Sport: _____ Grade: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name of Parent/Guardian: _____ Date: _____

Signature of Student-Athlete: _____ Date: _____

Printed Name of Student-Athlete: _____ Date: _____

*A full copy of the EPSD Athletic Department Return to of Sport COVID-19 Health and Safety Plan will be available on the Athletics website.

APPENDIX C

Covid-19 Infection and a Safe Return to Sports

As communities in the United States begin youth sports activities again, it is important to consider ways that organizations can protect players, families, and communities to slow the spread of the Coronavirus Disease 2019 (COVID-19). LVHN-CH is working to achieve a safe return to sport for your student athletes.

We are working together to achieve the following goals:

- a) Adherence to appropriate social distancing
- b) Practice of good hygiene
- c) Adequate supply and availability of protective equipment and sanitizers to manage infection control
- d) Ability to perform screening and temperature checks.
- e) Appropriate sanitation measures including disinfection of common and high-traffic areas.
- f) Access to reliable, rapid diagnostic testing on any individual who is suspected of having COVID-19 symptoms.
- g) Presence of a tracking system so that new cases can be identified promptly and isolated, and their close contacts managed appropriately.

Q: What is LVHN-CH providing to our district to help facilitate a safe return to activity?

A: Parents, coaches, and athletes can expect the following:

- Discussions and educational material to increase awareness of COVID-19 facts and best practice guidelines to reduce the risk of exposure
- Immediate access to medical professionals for screening, evaluation, and consultation
- Easy access to COVID-19 lab testing if warranted (details regarding testing below)
- Skilled and experienced athletic training staff
- Expand options to provide all athletes a Pre-Participation Physical Exam (PPE) prior to the new academic year sports participation.
 - Information regarding the Per-Participation Physical process for Fall 2020 will be sent by your athletic director soon.
- Athletic trainers will be conducting daily screens of athletes, coaches, and staff
 - Any positive responses would trigger an evaluation by a medical provider prior to any sports participation.
 - Athletes with a prior diagnosis of COVID-19, symptoms suggestive of COVID-19 or close-exposure to someone with COVID-19 (Member of the household with COVID-19 or exposure of >10minutes within 6 feet of a person with COVID-19) would be screened by a medical provider to determine if further evaluation is needed prior to starting/resuming any sports-related activity

Q: What will the athletic training staff be doing on a daily basis to assess risk?

A: Players, coaches, and staff will be assessed using the following tools:

Temperature Screen and Symptom Checklist:

- Fever (temp. over 100.4 under age 18, temp. over 100.0 over age 18)
- Cough
- Shortness of breath/difficulty breathing
- Chills
- Muscle ache
- Headache
- Sore Throat
- New Loss of Taste or Smell

Q: What happens if my student athlete has COVID-19 symptoms?

A: If a player, coach, or other staff member has symptoms of possible COVID-19 infection, they will be directed to contact a healthcare provider for further management and will be excluded from play until they are assessed and a note from a medical profession is provided to the coach.

Q: What should I do if my student athlete is experiencing symptoms or has a fever before he/she goes to practice?

A: Any athlete, coach, or staff member exhibiting symptoms should not report to practice/workouts. Contact your athletic trainer and they will provide guidance on your next steps.

Q: Can LVHN-CH help connect us with a provider to be evaluated?

A: Lehigh Valley Health Network (LVHN) offers free COVID-19 screenings online and by phone if you live in the state of Pennsylvania via one of the following options:

- **Complete an E-Visit** (detailed questionnaire visit submitted to a provider) by visiting MyLVHN.org or your MyLVHN app.
- **Call the MyLVHN Nurse Information line** at 1-888-402-LVHN.
- **Complete an LVHN Video Visit** by downloading the MyLVHN app.

Q: What can we expect from a COVID-19 evaluation visit?

A: During the screening, a medical professional will determine if you have COVID-19 symptoms and if you fall into one of the high-risk categories. Due to the limited numbers of tests available in the region and throughout the county, testing is currently recommended for only people who have the highest risk of complications. If needed, you will be directed to one of LVHN's stand-alone COVID-19 Assess and Test locations. The COVID-19 test only detects active disease and cannot determine if you have been exposed in the past. It is important to note that tests are reserved for those who need them most.

Q: If there is no need for further evaluation, what do we need to provide to return to activity?

A: If a student is cleared through a telemed or in person appointment via LVH-CH the athletic training team will be notified that the athlete is cleared for participation. If an athlete is seen at another facility, you will need to provide a clearance note before the athlete can return to practice.

Q: What is the recommendation if my student athlete becomes sick with suspected or confirmed COVID-19 infection?

A: Sick coaches, staff members, or athletes should not return to activity until they have met CDC's criteria to discontinue home isolation. Currently, if a patient becomes sick with suspected or confirmed COVID-19 infection, they should remain on home isolation for 10 days from symptom onset AND be without symptoms for 3 days prior to return to play. Athletic training staff will monitor symptoms and recovery when athlete returns to activity. Athlete will need to provide a clearance note from treating physician before returning to practice/workout.

Q: What if another coach/athlete/staff member on my child's team has a confirmed COVID-19 infection?

A: Exposed coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home quarantine. Currently, exposed individuals should remain at home for 14 days from their exposure. Testing is not currently offered to exposed individuals because it detects active disease and cannot confirm if you were exposed.

Q: I would like to take a team photo, can I?

A: In order to take a team photo the players need be to be in close contact with each other and therefore should only be done in a limited basis. The only time team photo is permitted to be taken is following an award ceremony or on photo day. Masks must be worn at all times during the photo opportunity.



EMMAUS HIGH SCHOOL
500 MACUNGIE AVENUE
EMMAUS, PA 18049
610-965-1650

East Penn School District Athletic Department
Confirmation of Review Form - Coach
(6/23/2020)

The East Penn School District will take the necessary precautions and recommendations from the federal, state, local governments, CDC, PA DOH, as well as the PIAA and the Lehigh Valley Health Network. EPSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations include but may not be limited to the recommendations and information outlined in the East Penn School District Athletic Department Return to Sport COVID-19 Health and Safety Plan.

By signing below, I consent that I have reviewed the CDC's "Consideration for Youth Sports", the PA Governor's "Guidance for All Sports to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public" and completed the online COVID educational courses offered through the East Penn School District Safe Schools program prior to my participation in any school sponsored activities. I further understand I am subject to the normal discipline action if I do not follow the East Penn School District Athletic Department Return to Sport COVID-19 Health and Safety Plan.

Signature of Coach: _____ Date: _____

Printed Name of Coach: _____ Date: _____

Sport(s): _____



EMMAUS HIGH SCHOOL
500 MACUNGIE AVENUE
EMMAUS, PA 18049
610-965-1650

East Penn School District Athletic Department
Confirmation of Review Form - Student-Athlete/Parent/Guardian
(6/23/2020)

The East Penn School District will take the necessary precautions and recommendations from the federal, state, local governments, CDC, PA DOH, as well as the PIAA and the Lehigh Valley Health Network. EPSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations include but may not be limited to the recommendations and information outlined in the East Penn School District Athletic Department Return to Sport COVID-19 Health and Safety Plan.

By signing below, I consent that I have reviewed the CDC's "Consideration for Youth Sports" and attended a Head Coach educational session prior to my participation and understand the expectations. I further understand I am subject to disciplinary consequences if I do not meet the expectations as communicated by my coach and as outlined in the East Penn School District Athletic Department Return to Sport COVID-19 Health and Safety Plan.

Signature of Student-Athlete: _____ Date: _____

Printed Name of Student-Athlete: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name of Parent/Guardian: _____ Date: _____

Sport: _____

Sample COVID Screening Tracking Form (to be used by Athletic Training Staff)

| Sport | | Date | | | | Time | | | | | | |
|-------|------|-------|-------|--|--------|-------------|----------|-------------|-----------------------------------|--|--|--|
| Name | Temp | Fever | Cough | Shortness of Breath/ Difficulty Breathing | Chills | Muscle Ache | Headache | Sore Throat | New Loss of Smell, Taste, or both | Recently Diagnosed with COVID-19 (Positive Test) | Recommended for Social Isolation or Quarantine because of a exposure to a patient with confirmed diagnosis | Recently Tested for Covid-19 and awaiting results? |
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