

**COVID-19 Health and Safety
Plan Baldwin-Whitehall
School District
Athletics/Activities
2021 Spring Season**





Baldwin-Whitehall School District Athletics/Activities Health and Safety Plan 2020-2021 Spring Season

INTRODUCTION

The COVID-19 pandemic has presented all School Districts with countless 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 (CDC), among others, has found that while children can be 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 risks of furthering the spread of COVID-19, the current science suggests that there are steps schools can take to reduce the risks to students, staff, and community.

The Baldwin-Whitehall School District will take the necessary precautions and recommendations from the federal, state, and local governments, Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic programs. The Baldwin-Whitehall School District realizes knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff, and community. School Board approval of Baldwin-Whitehall School District Athletics/Activities Health and Safety Plan modifications are required.

The administration will regularly communicate and monitor developments with state and local authorities, coaches, sponsors, staff, and families regarding cases, exposures, and updates to policies and procedures.

This plan is intended to cover extracurricular activities that occur in the 2020-2021 Spring Season.

PHASE 1 - Governor and/or Department of Health Mandated School Closure

- All school facilities must remain closed as per Pennsylvania Guidelines.
- Students and coaches/sponsors may communicate via online meetings (GoogleMeets/ZOOM).
- Students are encouraged to participate in individual home workouts including strength and conditioning.
- Student-athletes and coaches should follow all guidelines set forth by the Baldwin-Whitehall School District, local and state governments/agencies.

PHASE 2 - No Governor or Department of Health Mandated School Closure

WAIVER REQUIREMENTS

Parents and student-athletes must complete and return a signed paper copy of the participation waiver for communicable diseases including COVID-19 to participate in athletics or extra-curricular activities. (Attachment)

SCREENING

- All persons (Coaches/sponsors, student-athletes, professionals) entering any Baldwin-Whitehall School District facility for any activity related to an athletic practice, program, or event shall be screened for signs/symptoms of COVID-19 prior to entering the facility. (See Appendix for COVID-19 Screening Form)
 - Screenings will include:
 - Temperature check (using a handheld temperature device) and
 - Asking questions to each person for COVID-19 symptoms. The responses to the questions will be recorded and stored to provide a record.
- All persons (including but not limited to referees, ticket tickets, scoreboard operators, supplemental positions) entering any Baldwin-Whitehall School District facility for any activity related to an athletic practice, program or event shall be asked to self-assess, and attest to their self-assessment through a signature on the compensation voucher, prior to entering the facility.
- All student-athletes shall answer COVID-19 questions honestly. If a student-athlete does not honestly respond to the COVID-19 screening questions, he/she may receive disciplinary consequences including removal from extracurricular activities or athletics.
- The location of this health screening will be announced prior to the practice or event.
- Attendance at all team events shall be recorded for potential contact tracing.
- If individuals answer “YES” to any of the COVID screening questions, they must be immediately sent home.
- Any individual with suspected positive COVID-19 symptoms shall not be allowed to take part in any in-person team activity.
 - Students will need to contact parents/guardians for immediate pick-up.

- Parents should contact their primary care provider or other appropriate health-care professional for guidance.
- The Pandemic Coordinator and school nurse will be notified.

COACHES/SPONSORS' RESPONSIBILITY FOR PROMOTING HEALTHY PRACTICES

Coaches/sponsors shall educate students about and promote healthy hygiene practices that limit the spread of COVID-19 including:

- Require hand washing for 20 seconds with soap and water before and after team activities
- Promote the frequent use of hand sanitizer.
- Ensure that participants follow social distancing (SIX FEET apart) through increased spacing, small groups, and limited mixing between groups.
- Educate students about COVID-19 health screening.
- Educate students about the signs and symptoms of COVID-19 and what to do if COVID-19 is suspected.
- Review facility entrance and exit plans.
- Review hydration plans.
- Requiring anyone who is sick to stay home.
- Prohibit activities that increase the risk of exposure to saliva including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Prevent shaking hands, fist bumps, or high fives before, during or after events. Limit unnecessary physical contact with teammates, other participants, coaches, staff, and officials.
- Ensure that student-athletes keep their mouth guards in their mouths throughout the competition. If the mouth guard is removed, the athlete must wash or disinfect his or her hands and then disinfect the mouth guard before reinserting it.
- Encourage Student-athletes to shower and wash their workout clothing as quickly as possible after practices and competitions.
- Require athletes to wear appropriate clothing/shoes at all times in the weight room to minimize sweat from transferring onto equipment surfaces.
- Student-athletes shall wear clean uniforms and work-out clothes to each practice, scrimmage, or competition.

LIMITATIONS ON GATHERINGS

- All gatherings must conform with the guidelines on safe gathering limits released by the Department of Health.
- Staff, student-athletes, and spectators must maintain appropriate social distancing at all times possible, including on the field of play, in meeting locations, on sidelines, in dugouts, on benches, in meeting rooms, in workout areas, etc. During down time, staff and students shall not congregate. Spectators shall not congregate and shall remain in designated seating areas.

- All extracurricular activities including sports-related activities (including but not limited to practices, scrimmages, competitions, and meetings, etc.) will be subject to congregate gathering limitations established by the Baldwin-Whitehall School District consistent with applicable guidelines and gathering limitations.
- Gathering size limitations are based on all individuals within the facility, including staff, coaches/sponsors, student-athletes, trainers, medical personnel, etc.
- Cheerleaders and Pep Band Members excluding wind instruments are allowed in facilities for an athletic event and shall be counted towards the headcount for the occupancy limitation.
- Occupancy will be posted in all areas.
- Coaches/sponsors are encouraged to hold team meetings virtually, if possible.
- Gathering locations should be in larger spaces that promote social distancing.
- Gathering groups shall be limited to smaller “pods” whenever possible.
- The BHS Stadium Weight Room(s) at the Baldwin High School group size cannot exceed 25 people including coaches and student-athletes.
- Coaches and student-athletes must make a reservation to use the BHS Stadium Weight Room prior to arriving for a workout.

SPECTATORS

- Spectators are permitted to attend contests and performances. Attendance will be subject to the following limitations:
 - Seating areas, including bleachers, must adhere to social distancing requirements of at least SIX FEET of spacing for anyone not in the same household.
 - Individuals not from the same household must adhere to social distancing requirements of at least SIX FEET of spacing in all seating areas including bleachers.
 - Bleachers and seating areas will be clearly marked to indicate appropriate social distancing requirements.
 - The first few rows of seating are unavailable for spectators to allow for additional social distancing.
 - Spectators will be required to self-assess before arrival at the facility.
 - All spectators must wear face coverings at ALL times. (See additional masking requirements below.)
 - Based on spectator limitations and facility limitations, each participating student-athlete will be limited to the number of tickets he/she may be able to receive/purchase. The Athletic Administrator shall determine the number of tickets each student may be able to receive or purchase based on state, local and/or Baldwin-Whitehall School District restrictions on crowd limitations.
 - No visiting team spectators are permitted for indoor events unless required by PIAA or WPIAL guidelines or otherwise agreed upon by the Superintendent in advance.
 - Spectators shall not enter the field of play, bench areas, or performance area.

- Facility use by the public will be prohibited during extracurricular activities.

MASKING REQUIREMENTS

- All persons (including but not limited to coaches/sponsors, other adult personnel, students, referees/judges, media, etc.) shall wear a face covering at ALL times as required by the Baldwin-Whitehall School District's Health and Safety Plan. (See sport specific masking requirements for student-athletes or participants later in the plan.)
- At the time of the approval of the Baldwin-Whitehall School District Health and Safety Plan, the following types of masks are not permitted: bandanas, handkerchiefs, masks with valves and gaiters.
- The Baldwin-Whitehall School District shall have disposable masks readily available at Baldwin-Whitehall School District facilities and events for those who have forgotten their mask.
- Masks are required in the BHS Stadium Weight Room at ALL times.
- Spectators must wear masks at ALL times, even when physically distanced.

FACILITIES CLEANING/PREPARATION

- Adequate cleaning schedules shall be created and implemented for all extra-curricular facilities and common areas in order to mitigate any communicable disease.
- Extra-curricular facilities shall be cleaned prior to arrival and following workouts and gatherings with high touch areas cleaned more often.
- During athletic activities that involve a ball(s), the ball(s) shall be regularly rotated and cleaned in accordance with ball manufacturer's recommendations to reduce the possibility of spreading the virus.
- Weight Room Equipment must be wiped clean after each individual's use.
- If multiple events are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between students and staff.
- If any indoor facilities are used for any athletic activity, improvement of ventilation including circulation of outdoor air into the facility should be accomplished, as much as possible.

PHYSICAL ACTIVITY

- Staff must review and consider the CDC guidance to modify practices and events in order to mitigate the risk of spreading the virus including focusing on individual skill-building versus competition and limiting contact in close-contact sports and activities.
- Staff shall consider conducting workouts in "pods" of same students always training and rotating together in practice in order to ensure more limited exposure if someone develops an infection.

- Coaches should limit, when possible, game-day squad sizes for social distancing purposes.
- Personal items shall not be shared including clothing, towels, and pinnies.
- If equipment must be shared, all equipment shall be properly disinfected often during practices and events, as deemed necessary.
- When weightlifting, spotters for maximum weight lifts should be stationed at each end of the bar.

HYDRATION

- All students, staff, and officials must bring their own water and water bottle for hydration.
- Water bottles must be clearly marked with a name and shall not be shared.
- Team water coolers for sharing through disposable cups are prohibited.
- Fixed water fountains and water buffaloes cannot be used.
- Access to water for filling up water jugs and/or bottles will be administered by the Athletic Training staff.

TRANSPORTATION

- Transportation to and from extracurricular events shall be governed by the same restrictions as transportation of students to and from school.
- Parents shall be permitted to transport their child(ren) to and from extra-curricular events if they desire. However, the use of carpools or vanpools to travel to events is discouraged. Private transportation to events should be limited to persons living in the same household.
- The number of students and staff are limited to FORTY-EIGHT total passengers on a full-size bus and are limited to NINE total passengers on a van.
- The use of masks on District-provided transportation is required for all passengers and staff.
- The District-provided transportation vehicle should have adequate supplies of hand sanitizer and disposable masks on hand for those who might have forgotten theirs.
- All extracurricular travel must be approved by the Athletic Administrator and/or Principal.

SOCIAL DISTANCING DURING CONTESTS/EVENTS/ACTIVITIES

- Sidelines/Bench Area
 - Social distancing shall be maintained during the National Anthem and introductions.
 - Staff must ensure appropriate social distancing is maintained on sidelines, in bench areas, and in other areas during practices and events as deemed necessary by the CDC, PIAA, state and local governments/agencies.

- Outdoor sports may need to extend bench areas in order to allow for social distancing. Indoor sports may need to use bleachers or multiple levels of seating in order to allow for social distancing.

OVERNIGHT/OUT-OF-STATE EVENTS

- The Baldwin-Whitehall School District will evaluate each event and follow all state and local governments/agencies guidelines on a case-by-case basis.
- All overnight travel is prohibited until June 30, 2021 (at the earliest) unless the Superintendent grants approval.
- Every consideration must be taken in order to avoid exposing students to unnecessary or potentially high-risk exposure by traveling outside of the region.

OTHER IMPORTANT INFORMATION

- Remote learning students enrolled as Baldwin-Whitehall School District students may participate in District-sponsored athletics and extracurricular activities as permitted and available.
- Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained.
- The Athletic Administrator shall establish protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities with clear signage in order to ensure separation of participants and staff.
- Pick-up and drop-off times and locations for practices and events will be staggered.
- In order to avoid crowding during pick up and drop off, students are not permitted to congregate.
- Parents dropping off or picking up students must remain outside of facilities. Parents are not permitted to enter the facility.
- Concession stands may not operate until further notice.
 - Spectators are not permitted to eat or drink in facilities.
- Banquets, team meals, whether pregame or postgame, and team parties are not recommended and must get the approval of the Athletic Administrator prior to participating in such services.
- For competitions, scrimmages, games, and matches, schedules will be limited to teams in the region first (PIAA District 7 and District 8 only).
 - Playoff events will be exempt from regional play.
 - If COVID-19 cases continue to stay within or below required DOH or PDE thresholds, expansion beyond regional play may be considered.

EDUCATION

- Staff, coaches, sponsors, parents, and students will be educated on the following (through posters, flyers, meetings, and emails):
 - COVID-19 signs and symptoms,
 - Proper ways to limit exposure to COVID-19 (hand washing, cough into elbow, disinfecting touched surfaces, social distancing, etc.),
 - The content of this Plan, and

- Any pertinent COVID-19 information released by DOH, state and local governments/agencies, NFHS, and PIAA.
- All students, parents and coaches/sponsors must sign an acknowledgement that they have read and understand this Extracurricular Health and Safety Plan –Spring Season and agree to abide by the rules set forth in the Plan.

ATHLETICS' SPECIFIC INFORMATION

LOCKER ROOMS

- Locker room use by student-athletes is limited to changing/dressing only.
- To the extent possible, student-athletes should come already dressed in uniform or practice clothing to lessen the time spent in the locker room.
- Team meetings are not recommended to be held in locker rooms.
- Lockers shall be assigned in such a manner so that proper social distancing can occur while in the locker room.
- Coaches shall schedule arrival times for practices and games in order to stagger access to and limit the time spent in locker rooms and other indoor locations as necessary.

MEDIA AND GAME OFFICIALS

- Media shall contact the school prior to attending in order to request an appointment for attendance.
 - Members of the media will be limited, if permitted.
 - The media will be required to self-assess with a temperature check and health screening prior to arrival at the facility.
 - The media will be restricted to areas outside of the team areas.
 - The media will be required to wear face coverings.
- Game officials shall contact the school prior to attending in order to make appropriate arrangement for attendance.
 - Game officials will be required to self-assess with a temperature check and health screening prior to arrival at the facility.
 - Game officials will be required to wear face coverings.
 - Game officials shall come to the event fully dressed in uniform when possible.



SPRING SPORTS' SPECIFIC PLANS

BASEBALL/SOFTBALL

Low Risk Sport - In addition to all the above modifications:

- **Mask Requirements:**
 - Face coverings are required at ALL times outside except when athletes are actively engaged in vigorous athletic activity.
 - Face coverings are required at ALL times for indoor activities.
 - While athletes are not required to wear face coverings while actively engaged in vigorous athletic activity, they must wear face coverings when in the dugouts, bench area, etc.
- **Practice Modifications:**
 - At each water break, athletes and staff shall sanitize their hands.
 - At each water break, any shared equipment, such as baseballs/softballs/bats shall be sanitized.
 - Coaches shall make every attempt to group athletes in smaller “pods” to limit further exposure.
- **Competition Modifications:**
 - PREGAME CONFERENCE:
 - The pregame conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pregame conference shall at home plate.
 - All individuals shall maintain a social distance of SIX FEET during the conference.
 - Handshakes before and after the event shall be prohibited.
 - TEAM BENCHES/DUGOUTS:
 - Team areas shall be expanded to promote social distancing.
 - The team area shall be in the dugouts, and if necessary, additional seating shall be placed along 1st and 3rd base lines for individuals that do not fit inside the dugouts.
 - Bench personnel shall observe social distancing of SIX FEET.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
 - Water stations and open cups are prohibited.
 - OTHER:

- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.
- Stray balls should be disinfected immediately after their retrieval.
- PREGAME AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their field positions for introductions.
 - Water bottles shall not be allowed on the field of play and shall be used off the playing surface.
 - Coaches shall require socially distant pregame and postgame meetings.
 - Meetings can take place in the outfield or other larger area in order to provide a larger space for team members to socially distance.
 - Handshakes before and after the event shall be prohibited.
- BASEBALL and SOFTBALL RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Gloves are permitted.
 - LEGAL UNIFORM:
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

LACROSSE

Moderate Risk Sport - In addition to all the above modifications:

- **Masking Requirements:**
 - Face coverings are required at ALL times outside except when athletes are actively engaged in vigorous athletic activity.
 - Face coverings are required at ALL times for indoor activities.
 - While athletes are not required to wear face coverings while actively engaged in vigorous athletic activity, they must wear face coverings when on the sidelines, bench area, etc.
- **Practice Modifications:**
 - At each water break, athletes and staff shall sanitize their hands.
 - At each water break, any shared equipment shall be sanitized.
 - Coaches shall make every attempt to group athletes in smaller “pods” to limit further exposure.
- **Competition Modifications:**
 - PREGAME CONFERENCE:
 - The pregame conference shall only include one (1) official, the head coach from each team, and a single captain from each team.

- The location of the pregame conference shall be the center of the field.
 - All individuals shall maintain a social distance of SIX FEET during the conference.
 - Handshakes before and after the event shall be prohibited.
- TEAM BENCHES:
 - Team areas shall be expanded to promote social distancing.
 - The team area shall be placed between the 15-yard line and the 35-yard line.
 - Bench personnel shall observe social distancing of SIX FEET.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
 - Water stations and open cups are prohibited.
- BALL INDIVIDUALS:
 - Require social distancing of SIX FEET, if ball individuals are used.
 - Additional game balls shall be placed around the outside perimeter of the field in order to limit contact with the ball.
 - Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
 - Ball holders should disinfect a ball immediately after picking it up.
- SUBSTITUTION PROCEDURES:
 - Maintain social distancing of SIX FEET between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the centerline.
 - The substitution area shall be lengthened to the 40-yard line to the 40-yard line.
- OFFICIALS' TABLE:
 - Personnel at the officials' table are limited to the home team scorer and timer.
 - These individuals shall be placed at separate tables with a minimum of SIX FEET distance between individuals.
 - The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and shall be positioned in the bleacher area.
 - If a team member is carded, that individual is to stand at least SIX FEET behind the officials' table at designated markings on the track. The team member must wear a mask while in the penalty area, until the player returns to the field.
- OTHER:
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.

- PREGAME, QUARTER, HALFTIME AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their field positions for introductions.
 - Water bottles shall not be allowed on the field of play and shall be used off the playing surface.
 - Coaches shall hold pregame, quarter, halftime and postgame meetings socially distant and off the playing surface.
 - Meetings can take place in the end zone area in order to provide a larger space for team members to socially distance.
 - Handshakes before and after the event shall be prohibited.
- LACROSSE RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Gloves are permitted.
 - LEGAL UNIFORM:
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

Middle School Swimming

Low Risk Sport - In addition to all the above modifications:

- **Masking Requirements:**
 - Cloth face coverings are required at ALL times except when athletes are in the pool or on the starting block.
 - When in the pool or on the starting block, swimmers will place face coverings on individual wall hooks provided.
- **Practice Modifications:**
 - At each water break, athletes and staff shall sanitize their hands.
 - At each water break, any shared equipment, shall be sanitized.
 - Coaches shall make every attempt to group athletes in smaller “pods” to limit further exposure.
 - Practice times shall be staggered to limit the number of athletes in each lane or on the pool deck.
 - When practical, student-athletes will be spaced out across lanes to limit further exposure.
- **Competition Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
 - The location of the pre-match conference will be near the starting blocks.

- The referee may use a PA system or starting system microphone in order to allow participants to hear while properly separated.
 - All individuals shall maintain a social distance of SIX FEET during the conference.
 - Handshakes before and after the event shall be prohibited.
- TEAM BENCHES:
 - Athletes should arrive to the venue already in competitive attire.
 - Team areas shall be expanded to promote social distancing and teams shall be placed on opposite side of the pool.
 - Bench personnel shall observe social distancing of SIX FEET.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
- PREGAME, SET CHANGE, AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Coaches shall hold pregame and postgame meetings socially distant.
 - Meetings will take place in larger areas in order to provide a larger space for team members to socially distance.
 - Handshakes before and after the event shall be prohibited.
- OTHER:
 - Before, during, and after the contest, athletes, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible.
 - Athletes are required to sanitize their hands after removal from play.
 - Only one person per lane for lap counting should be permitted at turning end. These individuals shall clean hands and wipe down devices.
 - Swimming Warm-up Areas
 - Coaches shall establish multiple sessions for warm-up periods to limit number of swimmers per lane and communicate with officials and the opponent.
 - Restrict the number of swimmers in the competition area and limit number of swimmers per lane during warm-up and warm-down periods.
 - The home team shall compete in lanes 1-3 and visitors shall compete in lanes 4-6.
 - Swimmers should not move up to the blocks until instructed to do so.
 - At the end of the race, all persons shall clear the area quickly to avoid crowding behind the blocks.
 - Swimmers shall not congregate on the side or end of the pool to cheer for teammates.
- SWIM RULES INTERPRETATIONS FROM PIAA:

- Referee and Starter shall use alternative methods for communications, including use of the PA system, hand signals or written communication.
- Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Timers must wear cloth facial coverings.
- All take-off judges shall be at the sides of the pool.

TENNIS

Low Risk Sport - In addition to all the above modifications:

- **Masking Requirements:**
 - Face coverings are required at ALL times outside except when athletes are actively engaged in vigorous athletic activity.
 - Face coverings are required at ALL times for indoor activities.
 - While athletes are not required to wear face coverings while actively engaged in vigorous athletic activity, they must wear face coverings when on the sidelines, bench area, etc.
- **Practice Modifications:**
 - At each water break, athletes and staff shall sanitize their hands.
 - At each water break, any shared equipment, shall be sanitized.
 - Coaches shall make every attempt to group athletes in smaller “pods” to limit further exposure.
- **Competitions Modifications:**
 - PRE-MATCH CONFERENCE:
 - The pre-match conference shall only include one official (if applicable), the head coach from each team, and one captain from each team.
 - The location of the pregame conference shall be determined by the home Head Coach to be away from other participants.
 - All individuals shall maintain a social distance of SIX FEET during the conference.
 - Handshakes before and after the event shall be prohibited.
 - TEAM AREAS:
 - Team areas shall be expanded to promote social distancing.
 - Bench personnel shall observe social distancing of SIX FEET.
 - DURING MATCHES:
 - Between points, players shall use their racquet or foot to advance the tennis balls back to their opponent.
 - Players shall avoid using their hands when returning balls to another court.
 - Players shall maintain physical distancing when changing ends of the court.

- Players shall avoid touching their face after handling a ball, racquet, or other equipment.
- Players shall wash or sanitize hands promptly if they have touched their eyes, nose, or mouth.
- When playing doubles, players shall coordinate with their partner to maintain physical distancing, where possible
- Players shall wash hands thoroughly or use a hand sanitizer before, between sets, and after play.
- Players shall clean and wipe down their equipment between sets and following the match, including racquets and water bottles. Use new balls, if possible.
- Players shall only use their own towels and water bottles.
- TENNIS BALLS:
 - Although unlikely, it is possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease.
 - Each player must bring her own tennis balls, mark the balls uniquely, and then touch only their own tennis balls during the match.

TRACK AND FIELD

Low Risk Sport - In addition to all the above modifications:

- **Masking Requirements:**
 - Face coverings are required at ALL times outside except when athletes are actively engaged in vigorous athletic activity.
 - Face coverings are required at ALL times for indoor activities.
 - While athletes are not required to wear face coverings while actively engaged in vigorous athletic activity, they must wear face coverings when on the sidelines, bench area, etc.
- **Practice Modifications:**
 - Practice shall be held outdoors when the temperature is 40 degrees Fahrenheit or higher if the weather permits.
 - When practices are held indoors, location will be limited to certain large group spaces or stairwells or hallways.
 - Stairwells and hallways will be closed to other individuals until practice is over.
 - At each water break, athletes and staff shall sanitize their hands.
 - At each water break, any shared equipment, shall be sanitized.
 - Coaches shall make every attempt to group athletes in smaller “pods” to limit further exposure.
 - When practical, student-athletes will be spaced out across lanes to limit further exposure.
- **Competition Modifications:**

- TRACK AND FIELD MODIFICATIONS:
 - Events shall be limited to a maximum of TWELVE participants from each team starting at a particular time.
 - Meets shall use staggered, wave, or interval starts in order to limit the number of participants on the starting lines.
- TEAM BENCHES:
 - All individuals shall observe social distancing of SIX FEET when not competing.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
- PRE-RACE AND POST-COMPETITION PROCEDURES:
 - Team and individual participants shall practice social distancing.
 - Handshakes before and after the event shall be prohibited.
 - The use of team tents for congregation of students shall be prohibited.
 - Water stations and open cups are prohibited.
- OTHER:
 - Before, during, and after the contest, athletes, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible.
 - Athletes are required to sanitize their hands after each event.
 - Limit the size of their traveling party to include essential personnel, staff, and only those with the ability to compete.
 - Eliminate handshakes with opposing coaches post-match.
 - Any shared equipment shall be sanitized after each use.
 - Gloves are permitted.

VOLLEYBALL

Moderate Risk Sport - In addition to all the above modifications:

- **Masking Requirements:**
 - Face coverings are required at ALL times.
 - In the event that athletes are conditioning outside, face coverings are required at ALL times except when athletes are actively engaged in vigorous athletic activity.
- **Practice Modifications:**
 - At each water break, athletes and staff shall sanitize their hands.
 - At each water break, any shared equipment, such as volleyballs, shall be sanitized.
 - Coaches shall make every attempt to group athletes in smaller “pods” to limit further exposure.
- **Competition Modifications:**
 - PRE-MATCH CONFERENCE:

- The pre-match conference shall only include one (1) official, the head coach from each team, and a single captain from each team.
- The location of the pre-match conference will be at center court. Teams shall stay on their side of the court.
- All individuals shall maintain a social distance of SIX FEET during the conference.
- Handshakes before and after the event shall be prohibited.
- Roster submission shall be suspended at the pre-match conference.
- Rosters shall be submitted directly to the officials' table before the 10-minute mark.
- TEAM BENCHES
 - Teams shall suspend the protocol of switching sides/benches between sets.
 - The home team shall select their bench prior to the match and remain on the same side for the duration of the match.
 - Team areas shall be expanded to promote social distancing outside of playable areas, including using multiple rows of chairs or bleachers.
 - Bench personnel shall observe social distancing of SIX FEET.
 - Team bench areas shall be sanitized prior to and following use from each team by game management and/or custodial staff.
- DECIDING SET PROCEDURES:
 - The location of the deciding set coin toss shall be moved to center court with the team captain and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
- SUBSTITUTION PROCEDURES:
 - Maintain social distancing of SIX FEET between each substitute and the second referees by requiring the substitutions to occur closer to the attack line.
- OFFICIALS' TABLE:
 - Personnel at the officials' table are limited to the home team scorer, libero tracker, and timer.
 - These individuals shall be placed with a minimum of SIX FEET distance between each person.
 - The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel.
- PREGAME, SET CHANGE, AND POSTGAME CEREMONY:
 - There shall be no pregame introduction line.
 - Players shall be sent to their court positions for introductions.
 - Water bottles shall not be allowed on the court and shall be used off the playing surface.

- Coaches shall hold pregame, set change and postgame meetings socially distant and off the playing surface.
- Meetings can take place behind the end line area to provide a larger space for team members in order to socially distance.
- Handshakes before and after the event shall be prohibited.
- Timeout conferences shall take place with a limited number of team members in the team area to promote social distancing.
- OTHER:
 - Game balls shall be rotated out-of-play and sanitized throughout the game. A minimum of THREE game balls will be used in rotation throughout the competition.
 - Before, during, and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash or sanitize their hands as often as possible. Players are required to sanitize their hands after removal from play.
- VOLLEYBALL RULES INTERPRETATIONS FROM PIAA:
 - EQUIPMENT AND ACCESSORIES:
 - Gloves are permitted.
 - LEGAL UNIFORM
 - Long sleeves are permitted.
 - Long pants are permitted.
 - Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

ADDITIONAL GUIDANCE

Primary Point of Contact

- The Baldwin-Whitehall School District has designated Ms. Rachel Sprouse, Director of Employee Services, as the District's Pandemic Coordinator and primary point of contact for all questions related to COVID-19.
 - Contact information for Ms. Sprouse: 412-884-6300, x7466 (Office) and/or rsprouse@bwschools.net (Email).
- A secondary contact for Baldwin-Whitehall School District Athletics is Mr. John M. Saras, Athletic Coordinator/Assistant Principal.
 - Contact information for Mr. Saras: 412-885-7515 (Office) and/or jsaras@bwschools.net (Email).
- Any questions on the implementation of this document should be referred to Ms. Sprouse or Mr. Saras.
- The Pandemic Coordinator shall ensure that all coaches/sponsors are trained on all safety protocols prior to the first in-person team event.
 - These protocols include:
 - Performing a COVID-19 health screening,
 - Promoting healthy hygiene,

- Reviewing the signs and symptoms of COVID-19 and what to do if COVID-19 is suspected in an individual,
- Review social distancing, facility entrance and exit plans, and the provisions of this Baldwin-Whitehall School District Health and Safety Plan – Spring Sports.

Frequently Asked Questions (FAQs)

What if athletes, participants, coaches, sponsors, or staff are sick?

- If athletes, participants, coaches/sponsors, and staff are sick or think they are infected with the COVID-19 virus, they **MUST STAY AT HOME** and notify the Athletic Administrator.
 - It is essential that student-athletes, participants, coaches/sponsors, and staff take steps to help prevent the disease from spreading.
 - If student-athletes, participants, coaches/sponsors, and staff think they have been exposed to COVID-19 and develop a fever and symptoms, they should call their healthcare provider for medical advice.
- Caregivers should monitor their children for symptoms prior to any extra-curricular activity or sport.
- Student-athletes or participants who are sick or showing symptoms **MUST** stay home.
- If student-athletes or participants are sick, caregivers are asked to notify the school immediately (principal, athletic director, school nurse, athletic trainer, coach and/or sponsor).
- The athletic administrator and/or principal will immediately inform the District's Pandemic Coordinator and the Superintendent.
- It will be determined if others who may have been exposed (student-athletes, coaches, sponsors, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, local health professionals and/or DOH will implement contact tracing. All subsequent directives will be followed.

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

- A coach, sponsor, or athletic trainer will make every effort to isolate the ill individual from others, until the student-athlete or staff member can leave the school or event.
- If a student-athlete is sick, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- The facility where the sick individual was present will be disinfected immediately.

How will a student or staff return to athletics/extra-curricular activity following a COVID-19 diagnosis?

- Once a diagnosed individual has completed their TEN-DAY isolation, is fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms

(cough, shortness of breath), and experiences no vomiting or diarrhea, the student or staff may participate in athletics again.

- A student-athlete may return to a non-athletic extra-curricular activity after testing positive only if the student-athlete would be permitted to attend in-person educational instruction.

How will a student-athlete or staff return to athletics/extra-curricular activities following exposure to a person with a positive COVID-19 diagnosis?

- Student-athlete or staff exposed to a positive case but not testing positive can return to play following the expiration of the CDC or PA DOH quarantine period.

What happens if a District building is required to close because of COVID cases?

If a District building is required to close for in person education due to COVID cases, no athletic or extra-curricular activities or meetings are permitted unless, after consultation with the Department of Health and the Superintendent determines it is safe to participate in the activity after notifying the Baldwin-Whitehall School Board of Directors.

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask, visit:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health's website,
www.health.pa.gov.

ADDITIONAL RESOURCES

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020): https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

CDC – Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

PA Department of Health – “Phased Re-opening Plan by Governor Wolf”

PA Department of Health – “Guidance for All Sports Permitted to Operate During COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletics, and the Public”: <https://www.governor.pa.gov/covid-19/sports-guidance/>

PIAA – “Return to Competition: Individual Sport Considerations”:
http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf

CDC COVID Screening: <https://www.cdc.gov/screening/paper-version.pdf>

NFHS Guidance for Return to High School Marching Band – July 9 2020
<https://www.nfhs.org/media/3812337/2020-nfhs-guidance-for-returning-to-high-school-marching-band-activities.pdf>

NFHS Instrument Cleaning Guidelines – April 24, 2020
<https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines/>

Aerosol Study Update 1 – July 13, 2020
<https://www.nfhs.org/media/4029971/preliminary-recommendations-from-international-performing-arts-aerosol-study.pdf>

Aerosol Study Update 2 – August 6, 2020
<https://www.nfhs.org/media/4119369/aerosol-study-prelim-results-round-2-final-updated.pdf>

News release for Aerosol Study Update 2 – August 6, 2020
<https://www.nfhs.org/articles/second-round-of-performing-arts-aerosol-study-produces-encouraging-preliminary-results/>