

# **Return to Play Plan for Jamestown Area School District Athletics**

## **1. Pre- Workout/Contest Screening:**

- a. To enter the building, you must be wearing a face covering.
- b. Upon arrival coaches are responsible for documenting and keeping a record of temperature checks and screening questions of the student athletes.
- c. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- d. A record will be kept of all individuals present for ALL activities/events.
- e. After you are cleared from the Covid-19 screening, you may enter the gym and once activities start you may remove your face covering.

## **2. Limitations on Gatherings:**

- a. Gathering sizes of no more than 250 individuals, indoors or outdoors. This number includes all players, coaches, officials, and game managers.
- b. When not directly participating in practices or contests, care will be taken to maintain a minimum distance of 6 feet between each individual.

## **3. Facilities Cleaning:**

- a. Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- b. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- c. Hand sanitizer will be plentiful and available to individuals as they transfer from place to place. Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- d. Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- e. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- f. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

**4. Physical Activity and Athletic Equipment:**

- a. There will be no shared athletic towels, clothing or shoes between students.
- b. Athletic equipment such as bats, batting helmets, and catchers gear will be cleaned between each use.
- c. All basketballs, softballs, volleyballs, and baseballs will be sanitized after each activity/event.

**5. Hydration:**

- a. All students shall bring their own water bottle. Water bottles must not be shared.
- b. Hydration stations may be utilized but must be cleaned after every practice/contest.

**6. Transportation:**

- a. Modifications for student/coach transportation to and from athletic events may be necessary. This may include:
  - i. Reducing the number of students/coaches on a bus/van.

- ii. Using hand sanitizer upon boarding a bus/van.
- iii. Social distancing on a bus.
- iv. These potential modifications will be determined by the school district, bus companies, the Department of Education, the CDC, the state, and the local governments.
- v. Transportation to events, schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

**7. Social distancing during contest/events/activities**

- a. Appropriate social distancing will need to be maintained on sidelines, benches, dugouts, locker rooms, and bleachers during contests and events.
- b. Who will be allowed at events?
  - i. Tier 1 (Red Phase) (Essential): Athletes, coaches, officials, event staff, medical staff, and security.
  - ii. Tier 2 (Yellow Phase) (Preferred): Media.
  - iii. Tier 3 (Green Phase) (Non-Essential): Spectators and vendors. Up to 250 for the activity/event.

**8. Return to Physical Activity:**

- a. Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The National Federation of State High School Associations is currently involved

with a number of other organizations in developing consensus guidelines for fall sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

- b.** Guidelines will be taken into consideration when preparing student athletes for sports.

**9. Hygienic:**

- a.** Illness reporting:

- i. If the school is made aware of a confirmed COVID-19 case, A notification process will be created for all activities/events to inform the athletes, coaches, event staff, media, spectators and vendors in attendance.

- b.** Considerations for Officials, Coaches, Other Personnel

- i. Vulnerable individuals should not participate in any practices, conditioning unless the individual has provided a physician's note allowing them to participate during activities, contests or events during red and yellow phases.
  - ii. Masks are recommended to wear unless face coverings jeopardize their health/safety, social distancing will be enforced and “Hygiene Basics” adhered to in all situations.

**10. Hygiene Basics**

- a.** CONTINUE TO PRACTICE GOOD HYGIENE.

- b. Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- c. Avoid touching your face.
- d. Sneeze or cough into a tissue, or the inside of your elbow.
- e. Disinfect frequently used items and surfaces as much as possible.
- f. Strongly recommend using face coverings while in public, and particularly when using mass transit.
- g. PEOPLE WHO FEEL SICK SHOULD STAY HOME.
- h. If you feel ill contact and follow the advice of your medical provider.

**11. ADDITIONAL PRECAUTIONS**

- a. Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
- b. Wiping down the ball and equipment frequently.
- c. No pre-game and post-game handshakes/high-fives/fist bumps.
- d. Coaches and Officials may use artificial noisemakers in place of whistles.

\*\*\*Due to the Department of Health, Department of Education, and State Regulations the Return to Play plan is subject to change to ensure the safety of the student athletes and the staff at JASD. \*\*\*

## **Jamestown Area 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 concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic cases 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 Jamestown Area School District will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, Jamestown Area School District reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the Jamestown Area School Districts Return to Play Plan include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual display positive responses or symptom.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.

3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate athletes, coaches, and staff on health and safety protocols.
5. Require athletes and coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the student named below, against the Jamestown Area School District, its Board of Directors, successors, assignors, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the student's participation in athletic programs, events, and activities during the COVID-19 pandemic. The undersigned acknowledge 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. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that may be compromised by chemotherapy for cancer, and other conditions requiring such therapy. While recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

# Jamestown Area School District

## Athletic Department

### Participation Waiver for Communicable Diseases Including COVID-19

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others and assume full responsibility for the student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the Jamestown Area School District to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the student is in good physical condition or believe the student to be in good physical condition and allow participation in this sport at our own risk.

Sport: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

**\*Parents/Guardians may request a full copy of the Jamestown Area School District Return to Play Plan.**

**Please contact Justin Pipp, Athletic Director at [JASD.Athletics@jasdmuskies.com](mailto:JASD.Athletics@jasdmuskies.com) or by phone (724)932-3186 extension 1506**

**\*\*\*Due to the Department of Health, Department of Education, and State**

**Regulations the Return to Play plan is subject to change to ensure the safety of the**

**student athletes and the staff at JASD. \*\*\***