



THE CHRISTIAN
ACADEMY

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TCA Athletics
Health and Safety Plan
July 2020

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INTRODUCTION

This document is intended to guide The Christian Academy for the reopening of our athletic program during the COVID-19 pandemic in accordance with Governor Wolf's guidance for how all sports should operate during the COVID-19. This guidance permits PK-12 schools under the PIAA to resume in counties designated in the yellow and green phases of the Process to Reopen Pennsylvania.

PRIMARY POINT OF CONTACTS

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GENERAL CONSIDERATIONS

- All off-season workouts are open and voluntary.
- There shall be no "Captains practices" or student-led workouts during any phase of this plan.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches should clean all team/shared equipment after every use.
- All practices and times MUST be scheduled with the athletic office.

CONSIDERATIONS FOR COACHES

- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from school nurses and/or athletic trainers on educational strategies for student-athletes.
- Coaches should work with the Athletic Trainer and/or Athletic Director for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team have left TCA's campus.

CONSIDERATIONS FOR ATHLETES

- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared to participate and avoid congregating before

the workout. Athletes should leave immediately following the workout.

- Athletes must arrive with an adequate hydration supply. Coolers, shared water bottles, and use of water fountains will not be permitted.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds

PRE-WORKOUT PROCEDURES

- All athletes and coaches in attendance must complete a screening prior to each workout.
 - Anyone with positive findings on a screening should not attend (even as a spectator).
 - Athletic trainer will continually monitor screenings and reach out to anyone with positive findings with further instructions.
 - Coaches must complete the screening report at the start of each workout and confirm that everyone in attendance has completed a screening that day.
- Coaches must maintain accurate attendance at each workout.
- Athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a face covering to participate. No coolers or hydration stations will be utilized.

SCREENING PROCEDURES

- Any athletes, coaches, or staff who believes they may be sick should remain at home.
 - Coaches should work on a communication plan in the event a workout needs to be cancelled on short notice due to a member of the coaching staff being ill.
- Coaches will be responsible for completing a screening before every workout.
 - No coach or athlete may remain on campus if the screening is not completed.
- Temperatures will also be taken before every workout.
- Screening questionnaire:
 - If 'yes' to any question or you are concerned that you may be ill, remain home
 - An athletic trainer/coach/athletic director will contact parents of athletes who have answered 'yes' to any questions.
 - Students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from the treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
- If anyone on a team tests positive for COVID-19 appropriate notification will be initiated.

PHASES

The following phases will be used in conjunction with the yellow and green phase restrictions on gathering limitations and building occupancy. During the yellow phase of reopening, sports-related activities are limited to student athletes, coaches, officials, and staff only. During the green phase outside events are open to spectators provided they follow social distancing and mask wearing guidelines. Indoor events will be determined at a later date.

PHASE 1 (June 20, 2020-June 27, 2020)

- Conditioning and individual non-contact drills only with focus on individual skill building versus competition.
- Groups of 25 or less while in yellow phase (including coaches).
 - Consider scheduling multiple sessions or multiple fields if more than 25 want to attend.
- No group huddles.
 - Instruction should be given in a way that maintains appropriate social distancing.
 - Stretching, warmups, and cool-downs should be done in a way that maintains appropriate social distancing.
- No indoor facility use while in the YELLOW STAGE (gyms, locker rooms, fitness center, etc.). Restrooms should be used one at a time if needed.
 - Indoor sports should consider doing conditioning and individual drills outside.
- Face coverings required for all adults unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.

PHASE 2 (June 28, 2020- Present)

- Conditioning, individual drills, and group drills with focus on limiting contact in close contact sports.
 - Intra-squad scrimmages are limited
- Group sizes
 - Outside
 - Yellow phase- Groups of 25 or less (including coaches)
 - Green phase- Groups of 250 or less (including coaches)
 - Indoor Group Sizes
 - Yellow phase- No indoor activity
 - Green phase- Groups of 13 or less inside the gym and groups of 5 or less in the weight room.
- No group huddles
 - Instruction should be given in a way that maintains appropriate social distancing.

- Stretching, warmups, and cool-downs should be done in a way that maintains appropriate social distancing.
- No locker room use. Restrooms should be used one at a time if needed.
- Weight Room activities should be limited to those that allow for social distancing (side-spotting should be utilized when needed) and equipment should be sprayed down and wiped after each use.
 - Athletes should take frequent breaks for hand-washing or hand sanitizer use.
- Face coverings required for everyone unless a distance of 6 feet can be maintained. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Spectators/Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
 - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.

PHASE 3 (Date TBD)

- No limitation on contact drills or intra-squad scrimmages.
- Group sizes TBD based on PDE & DOH guidance.
 - Special considerations should be given in confined spaces (i.e. weight room) to allow for social distancing.
- Limit group huddles when possible for instruction.
- Locker room use may begin with frequent cleaning. Athletes are encouraged to maintain social distancing and avoid congregating in locker rooms.
- Face coverings may be required for all coaches depending on PDE & DOH guidance.
- Spectators/parents may be limited or restricted based on gathering limitations of the process of Reopen Pennsylvania document.
- Limit shared objects to those required for sport only (i.e. basketballs, etc.). Athletes should still bring their own water supply and avoid sharing towels or pinnies.
 - Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.

FURTHER RECOMMENDATIONS

Recommendations for ALL PHASES for middle and high school athletics.

1. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing).
2. Intensify cleaning, disinfection, and ventilation in all facilities.
3. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
4. Educate Athletes, Coaches, and Staff on health and safety protocols
5. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
6. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments.

Coaches Expectations Cheat Sheet

- All coaches must pre-screen before every workout and if showing symptoms, STAY HOME and report symptoms to the athletic department.
- Schedule all voluntary workouts with the athletic department
 - While in the yellow stage, must be in groups of less than 25.
 - No weight room or gym while in yellow stage.
 - Once our county hits “GREEN” the gym and weight room will open with restrictions
- Screen all athletes INDIVIDUALLY before each workout.
 - Any positive findings will result in no participation during that workout/game.
- Take attendance at each workout.
- Everyone must wear face covering at all times unless able to maintain a distance of 6 feet or doing so jeopardizes your health.
- Plan activities that focus on individual skill for Phase 1.
- Gradually build in group activity for Phase 2 by limiting direct contact as much as possible.
- No group huddles for Phase 1 or 2.
- All athletes and coaches must bring own water.
- Coaches and athletes must disinfect equipment after each day’s workout.
- Parents must stay in car.
- Do not allow congregation before, during, or after workout.
- Only allow bathroom breaks 1 athlete at a time.
- No locker room use until Stage 3.
- Encourage social distancing and proper handwashing.
- Stay on campus until the last player has left.

Athlete and Family Expectation Cheat Sheet

- Athletes and parents/guardians must pre-screen before workouts. If showing symptoms, STAY HOME and report symptoms to the coach.
- Athletes must wear a mask to the workout and once workout over.
 - It is not expected that athletes wear a mask during workout unless social distancing guidelines cannot be met.

- Athletes must leave campus immediately after workout is over (no congregating on campus).
- Athletes must bring their own source of hydration to each workout.
- Athletes may not spit, chew gum, lick fingers, or eat sunflower seeds.
- Athletes must allow for screening by coach before every workout.
- Athletes must social distance as much as possible.
- Athletes must limit unnecessary contact.
 - No handshakes, high fives, fist/elbow bumps, etc.
- While in Stage 1 and 2, parents/guardians may not stay at the workout and must remain in their car upon pickup and drop-off.
- In Stage 3, parents and spectators may be allowed depending on the limitations set forth by the State of PA but are encouraged to remain in their car.
 - If out of the car, spectators and parents are expected to wear masks at all times unless social distancing guidelines can be followed.

APPENDIX I

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe (see Appendix II).

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.

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

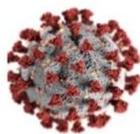
- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- If a student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Individual(s) will be asked to contact their physician or appropriate healthcare professional for direction.

Return of student or staff to athletics following a COVID-19 diagnosis?

- Students or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

APPENDIX II

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

The Christian Academy
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 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, TCA will take necessary precautions based on 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, TCA 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 TCA Reopening of Athletics Plan recommendations 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 displays positive responses or symptoms.
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 Christian Academy, its Board of Directors, successors, assigns, 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 are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular 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.

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 student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by TCA to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that student is in good physical condition or believe 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 view TCA's return to play regulations on our website at tca-pa.org