

School District of Springfield Township

Athletics Health and Safety Plan

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 (CDC), among others, has found that while children are 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 of students, coaches, and their families.

The School District of Springfield Township will take necessary precautions and recommendations from the federal, state, and local governments, CDC, PA Department of Health (PA DoH), as well as the National Federation of High School Sports (NFHS), the National Athletic Trainers Association (NATA), and the Pennsylvania Interscholastic Athletic Association (PIAA). The SDST realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators. The School District of Springfield Township reserves the right to suspend, postpone, or cancel any athletic practice, contest, or remainder of the season, at any time as the result of lack of adherence to any of the following Health and Safety guidelines, illness, or outbreaks.



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Resuming PreK-12 Sports-Related Activities

Key Questions

- How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?
 - The Suburban One League voted to start Winter sports on time, starting November 20th, 2020. The Montgomery County Office of Public Health has issued the following order: All schools, both public and private, are required to support virtual education only, for the period of November 23rd through December 6th, 2020. This requirement includes virtual education only for special education and cancelling of school sanctioned extra-curricular activities. We are proposing that Winter Sports begin practices on December 7th, barring any additional restrictions from the Commonwealth of Pennsylvania, Montgomery County, or the School District of Springfield Township. The PIAA requires 15 practice dates before having any regular season competitions, therefore, the first eligible competition date will be the week of December 28th, 2020.
 - Teams that practice indoors will be limited to the occupancy restrictions based on the Governor's mandate and approval from the Montgomery County Office of Public Health.
 - We will continue our enhanced hygiene and sanitation measures, detailed below, for the duration of the entire winter season.
 - Please reference the [2020 Winter Sport Considerations](#) that were developed in conjunction with the PIAA's Return to Competition for sport specific considerations.
- How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?
 - Local athletic directors meet on a weekly basis to discuss new information as it becomes available. Athletic Directors of the Suburban One League work together to design and implement the safety protocols detailed in this document.
- How will you communicate your plan to your local sports and school communities?
 - The updated health and safety plan will be sent to every parent via our community eBlast as well as posted to the school district website, it will be sent directly to every member of the SDST coaching staff.
- Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?
 - We will work directly with the Montgomery County Office of Public Health for guidance to proceed.

Anticipated launch date for sports related activities:

Monday December 7th, 2020

Primary Points of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person's contact information.

Craig Thorne, Director of Facilities

Email: Craig_Thorne@sdst.org

Office: 215-233-6030 ext. 2065

Primary Responsibilities

- Cleaning, sanitizing, disinfecting, and ventilation of the facilities.

Joe Ferraro, Director of Athletics

Email: Joe_Ferraro@sdst.org

Office: 215-233-6030 ext. 2030

Primary Responsibilities

- Social Distancing and other safety protocols.
- Oversight of coaching staff and implementation of Athletics Health and Safety Plan.

Chuck Rittenhouse, High School Principal

Email: Chuck_Rittenhouse@sdst.org

Office: 215-233-6030 ext. 2000

Primary Responsibilities

- Communication of potential exposures.

Taylor Dessler, Head Athletic Trainer

Email: Taylor_Dessler@sdst.org

Office: 215-233-6030 ext. 2032

Primary Responsibilities

- Monitoring and screening of student athletes.
- Record keeping for medical documents.

Key Strategies, Policies, and Procedures

The Athletic Health and Safety plan contains pertinent information and details the following topics:

- Cleaning, Sanitizing, Disinfecting, and Ventilation
- Social Distancing and Other Safety Protocols.
- Monitoring and Screening of Student Athletes and Staff
- Other Considerations for Student Athletes and Staff
- Professional Development Plan
- Communication Plan

Cleaning, Sanitizing, Disinfecting, and Ventilation

Key Questions

- How will you ensure the athletic facilities are cleaned and ready to safely welcome coaching staff and student athletes?
 - The facilities department will be responsible for disinfecting bathroom facilities and frequently touched surfaces at least once per day. All coaches will be responsible for sanitizing all sports equipment. Communal drinking water fountains will not be open during this time. Coaches should encourage students to arrive to practice dressed and ready to participate, locker room usage will be limited.
- How often will you implement cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain coaching staff and student athlete safety?
 - Cleaning of frequently touched areas must occur at least once per day. Any and all athletic equipment will be sanitized by the coaching staff intermittently during the course of the practice.
- What protocols will you put in place to clean and disinfect throughout the day?
 - Any shared equipment must be cleaned and disinfected on a frequent basis. Coaches will be supplied with EPA approved cleaning wipes to disinfect any shared equipment.
- Which stakeholders will be trained on cleaning, sanitizing, disinfecting, and ventilation protocols? When and how will the training be provided? How will preparedness to implement as a result of the training be measured?
 - Coaching staff will be trained by the athletic director and athletic trainer on how to properly disinfect

Summary of Responses to Key Questions:

| Requirements | Action Steps | Lead Individual and Position | Materials, Resources, and or Supports Needed | PD Required (Y/N) |
|--|--|---|--|-------------------|
| * Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, hallways, and transportation) | <ol style="list-style-type: none"> 1. All drinking water fountains will be closed. Bottle fillers will be in use where applicable. 2. All frequently touched surfaces will be cleaned, sanitized & disinfected at least 1x/day 5 days per week per CDC Guidance. | 1 – 4. Director of Facilities – Building Lead | 1-4. N/A; Facilities has appropriate cleaning supplies | 1-4. N |

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| | <ol style="list-style-type: none"> 3. Evening whole room & hallway walls (where applicable) will be disinfected. 4. HVAC will stay on per normal school day routine to ensure airflow to all areas. | | | |
| Other cleaning, sanitizing, disinfecting, and ventilation practices | <ol style="list-style-type: none"> 1. Daily, all coaches will be supplied with disinfectant hand wipes for surface cleaning before and after workouts. 2. All coaches will complete a COVID-19 online certification course. 3. All District Custodial Staff will be trained on proper chemical application, PPE, and bodily fluid cleanup. 4. For devices and materials that must be shared, ensure cleaning and disinfecting frequently. 5. If there is an individual with a suspected or confirmed case, MCOPH only recommends closing and cleaning the area of the building where that individual occupied. 6. District will utilize EPA approved disinfectants against COVID-19 as well as disinfectants containing hydrogen peroxide and/or alcohol. | <ol style="list-style-type: none"> 1. Athletic Director - Joe Ferraro 2. Athletic Director - Joe Ferraro 3-6 Director of Facilities – Building Lead | <ol style="list-style-type: none"> 1. Antibacterial FORCE wipes, FLEX Wipes, etc. 2. Safe Sports 3-6. EPA Approved Disinfectant & PPE | <ol style="list-style-type: none"> 1. N 2. Y 3-6. N |

Key Questions

- How will conditioning, practice, and game spaces be organized and scheduled to mitigate spread?
 - The Suburban One League voted to start Winter sports on time, starting November 20th, 2020. The Montgomery County Office of Public Health has issued the following order: All schools, both public and private, are required to support virtual education only, for the period of November 23rd through December 6th, 2020. This requirement includes virtual education only for special education and cancelling of school sanctioned extra-curricular activities. We are proposing that Winter Sport begin practices on December 7th, barring any additional restrictions from the Commonwealth of Pennsylvania, Montgomery County, or the School District of Springfield Township. The PIAA requires 15 practice dates before having any regular season competitions, therefore, the first eligible competition date will be the week of December 28th, 2020.
 - The High School's facility is large enough to spread teams out into their own spaces. Teams will not have to overlap or share practice locations. With the addition of the second gymnasium practices can occur in both spaces at the same time throughout the night.
- How will you group student athletes with coaches to limit the number of individuals who come into contact with one another throughout the conditioning, practices, meetings, team meals, games, etc.?
 - Coaches will organize workouts and practices within predetermined windows to ensure there is no interaction between other teams.
- What policies and procedures will govern use of other communal spaces (locker rooms, restrooms)?
 - Coaches should strongly recommend to their athletes that they arrive dressed and ready for practice as locker room use will be limited. Coaches will have to ensure that if students must use a locker room, that all athletes can maintain social distancing of at least six feet while they are using the facilities. We will limit the use of the restroom to ensure social distancing of at least six feet.
- How will you utilize indoor space to meet social distancing requirements?
 - SDST campus provides multiple opportunities to spread out throughout the campus. We have multiple indoor venues that will permit our teams to spread out without any cross over.
- What hygiene routines will be implemented?
 - Teams will be required to work in handwashing/sanitizing breaks at least every hour into their practice routines. All shared equipment will be sanitized and cleaned frequently during the course of practice.
- How will you adjust student transportation to meet social distancing requirements?
 - Families will be told if they are dropping off, or picking up, their athletes that they are to remain in the car during that time. The athletic complex will have designated entrances and exits for students and coaching staff.
- How will social distancing and other safety protocols vary based on age ranges?
 - All of our athletes are high school aged and will follow the same social distancing requirements.
- Which stakeholders will be trained on social distancing and other safety protocols? When and how will the training be provided?
 - Coaching staff will be required to attend a training session with the athletic director prior to the start of their first in-season practice. Once the coaches have been trained, they will be required to hold a similar training session for their athletes prior to the first practice.

- How will you utilize the weight room and what social distancing measure will be put in place?
 - We will limit the occupancy of the weight room to no more than 10 total individuals at a time to ensure proper social distancing. All equipment will be sanitized in-between users.

Summary of Responses to Key Questions:

| Requirements | Action Steps | Lead Individual and Position | Materials, Resources, and or Supports Needed | PD Required (Y/N) |
|--|---|---|--|-------------------|
| <p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> | <p>1. Limited use of the Locker Rooms. Weight room – 10 maximum. Students must be able to maintain social distancing in restroom at all time. During any instruction or sitting on benches, social distancing rules apply and masks should be worn.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. Daily logs</p> | <p>1. N</p> |
| <p>* Procedures for serving food at events</p> | <p>1. We will not be serving food at this time.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>1. N</p> |
| <p>* Hygiene practices for students and staff including the manner and frequency of hand-washing and other best practices</p> | <p>1. Our masking policy will be in accordance with the most current guidelines from the Montgomery County Office of Public Health.</p> <p>2. Hand washing in restrooms before each practice.</p> <p>3. Sanitizers and disinfectants will be available for all teams.</p> | <p>1-3. Coaching Staff</p> | <p>1-3. N/A</p> | <p>1-3. N</p> |

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| <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> | <p>1. Signage that promotes healthy lifestyles as reminders in high traffic areas.</p> <p>2. One Page FAQ sheets available (CDC Guidelines).</p> <p>3. Coaches – Discussions and daily logs for every student.</p> | <p>1-3. Athletic Director – Joe Ferraro</p> | <p>1-3. N/A</p> | <p>1-3. N</p> |
| <p>* Identifying and restricting non-essential visitors and volunteers</p> | <p>1. With the current occupancy limits imposed by the Commonwealth and the County, the athletic department will distribute tickets prior to any event, not to exceed the maximum occupancy permitted. Parents will be asked to stay in their cars during drop off and pickup.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>1. N</p> |
| <p>Limiting the sharing of materials among students</p> | <p>1. Scheduling of groups will be spaced out to ensure any shared equipment is disinfected when one group leaves and a second time when the next group arrives.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>1. N</p> |
| <p>Staggering the use of communal spaces and hallways</p> | <p>1. Montgomery County has currently approved the following indoor limits:</p> <p>Navy Gymnasium: 90 total Steel Gymnasium: 47 total Natatorium: 49 total</p> <p>Weight room 10 person maximum during staggered workout schedule.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>2. N</p> |

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| <p>Adjusting transportation schedules and practices to create social distance between students</p> | <p>1. Staggered workout schedule to ensure no crossover in groups. We are encouraging families to provide transportation to away contests if possible. Springfield Township will provide busing, as feasible, to student-athletes.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>1. N</p> |
| <p>Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes</p> | <p>1. All groups will be spaced out using a staggered daily practice schedule at multiple locations on campus. No groups will crossover or interact before, during or after practice.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>1. N</p> |
| <p>Other social distancing and safety practices</p> | <p>1. STHS Campus allows for plenty of spacing of groups to ensure social distancing and a staggered schedule.</p> | <p>1. Athletic Director – Joe Ferraro</p> | <p>1. N/A</p> | <p>1. N</p> |

Monitoring Student Athletes and Staff Health

Key Questions

- How will you monitor student athletes, coaches, and others who interact with each other to ensure they are healthy and not exhibiting signs of illness?
 - Before each practice session, a member of the coaching staff will complete an illness screening form for every athlete. The screening form will consist of signs and symptoms checklist and history of possible exposure. It is recommended that parents screen students at home each day prior to sending their athlete to practice.
- Who will be responsible for monitoring?
 - The coaching staff, along with parents, will be responsible to screen the athletes of their roster. The school's athletic trainer will be responsible for screening the coaching staff and will be responsible for keeping all records of all screening and monitoring.
- Where will the monitoring take place?
 - The monitoring will take place before the students enter the training facility. We will have "stations" set up at the entrance to each athletic venue to screen students prior to the students entering.
- When and how frequently will the monitoring take place?
 - Daily, before each workout session.
- What is the policy for quarantine or isolation if a coach, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19? What conditions will a coach or student athlete confirmed to have COVID-19 need to meet to safely return to sports activities? Which staff will be responsible for making decisions regarding quarantine or isolation requirements of coaches or student athletes?
 - We will be working in conjunction with the Montgomery County Office of Public Health for recommendations on our procedures for when an individual either becomes ill, or becomes exposed to the virus. Most likely, student-athletes and staff members are instructed to stay home if they are experiencing any signs or symptoms. The school created an isolation room for any student-athlete, or member of the coaching staff that begins to feel ill while at a workout.
- When and how will families be notified of confirmed coach or student athlete illness or exposure and resulting changes to the local Athletics Health and Safety Plan?
 - Families will be notified within 24 hours of a confirmed coach or student athlete illness or exposure. All notifications will be sent out via our community eBlast, our school website, and coaches one way communication applications (Remind, TeamSnap) Families should be reminded that any health information will be sent in general terms without identifying certain individuals in compliance with HIPAA.
- Which stakeholders will be trained on protocols for monitoring student athlete and staff health? When and how will the training be provided?
 - All coaching staff will be trained on monitoring and screening for athletes via the Athletic Director and Athletic Trainer. This training will occur before the first practice session takes place.

Summary of Responses to Key Questions:

| Requirements | Action Steps | Lead Individual and Position | Materials, Resources, and or Supports Needed | PD Required (Y/N) |
|---|---|--|--|-------------------|
| <p>* Monitoring students and staff for symptoms and history of exposure</p> | <ol style="list-style-type: none"> All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Daily Survey will be administered by coaching staff. Students participating will have a parent permission slip for practices. Monitor student and employee absenteeism closely, as absenteeism may be an early warning system of larger health concerns. | <ol style="list-style-type: none"> Head Athletic Trainer - Taylor Dessler Coaching Staff Athletes Coaching Staff | <p>1-4. Daily logs</p> | <p>1-4. Y</p> |
| <p>* Isolating or quarantining students, staff, or visitors if they become sick or demonstrate a history of exposure</p> | <ol style="list-style-type: none"> Staff is instructed to stay home if they are sick and parents are urged to keep sick children home. An isolation room has been created solely for the purpose of isolating any occupant who has symptoms. | <p>1-2. Athletic Director – Joe Ferraro</p> | <p>1-2. N/A</p> | <p>1-2. Y</p> |
| <p>* Returning isolated or quarantined staff, students, or visitors to school</p> | <ol style="list-style-type: none"> Presumptive Symptomatic Persons can return to the building if they have met the following criteria: 3 days with no fever, and symptoms improved, and it has been 10 days since symptoms were discovered. If you have tested positive and are asymptomatic, you can return to the building if you have met the following criteria: 10 days have passed since initial test. If you | <p>1-3. School Nurse – Nancy Hopkins</p> | <p>1-3. N/A</p> | <p>1-3. N</p> |

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| | <p>are symptomatic, 14 days with a doctor's note to return.</p> <p>3. If you have had close contact with someone with COVID-19, you are required to stay home for 14 days after exposure based on the time it takes to develop illness.</p> <p>* Final determination will be made in conjunction with the Montgomery County Office of Public Health</p> | | | |
| Notifying staff, families, and the public of school closures and within-school-year changes in safety protocols | <p>1. Any changes in conditions will be announced via social media, website, and eBlast.</p> <p>2. All coaches will use their one way group communication app (TeamSnap / Remind) to ensure all students are notified immediately of any change.</p> | <p>1. Athletic Director – Joe Ferraro</p> <p>2. Coaching Staff</p> | 1-2. N/A | 1-2. N |
| Other monitoring and screening practices | <p>1. Any changes to CDC, DOH or PDE protocols will be added to plan.</p> | <p>1. Athletic Director – Joe Ferraro</p> | 1. N/A | 1. N |

Other Considerations for Student Athletes and Staff

Key Questions

- How will you determine which coaches and other athletic staff are willing/able to return? How will you accommodate staff who are unable or unwilling to return?
 - Athletic Staff that were unable to participate in workouts due to prior symptoms reported will not be permitted to return to activity without a signed clearance from a medical professional. Extracurricular activities are not required by any means. Coaching staff or athletes that are unwilling to return are not required to do so.
- How will you determine which student athletes are willing/able to return? How will you accommodate student athletes who are unable or unwilling return?
 - Athletes that were unable to participate in workouts due to prior symptoms reported will not be permitted to return to activity without a signed clearance from a medical professional. Extracurricular activities are not required by any means. Athletes that are unwilling to return are not required to do so.
- What is the local policy/procedure regarding face coverings for all coaches and athletic staff? What is the policy/procedure for student athletes?
 - Coaching staff are required to wear cloth face coverings at all times. Student-athletes actively participating in exertional activity will not be required to wear a mask. Student-athletes that are not actively participating in activity are required to wear a mask.
- What special protocols will you implement to protect student athletes and staff at higher risk for severe illness?
 - Informational meetings have been held by coaching staff for their athletes to inform them of high risk categories. Both students and staff who are at risk are not required to participate in on campus activities. We are asking coaches to provide offsite, personalized, training for athletes that cannot attend in-person practice sessions.
- How will you address coaches and other athletic staff who are ill, or who have family members who have become ill?
 - Coaches or other athletic coaching staff who are ill or become ill will be asked to stay home and see a health care professional. If any member of the coaching staff, or athletes, come in contact with someone who is ill should self-isolate until they are certain that they have not contracted any illness.
- How will you manage teams in the event of coaching staff illness? Do you have substitute coaches available?
 - If a coach becomes ill they must notify the school immediately and must follow all guidelines as directed by the Montgomery County Office of Public Health and the PA DoH. The school does not have access to substitute coaches at the moment. If there is a situation that arises that an entire coaching staff becomes ill and we are not able to offer appropriate supervision, we will suspend that sport until we can provide adequate coaching/supervision.
- Which stakeholders will be trained on these protocols? When and how will the training be provided?
 - All coaching staff will be trained on these protocols prior to the first scheduled practice. This training will occur virtually.

****All considerations for determining symptoms, illness, or exposure and procedures for self-quarantine will be based upon recommendations of the Montgomery County Office of Public Health.****

Summary of Responses to Key Questions:

| Requirements | Action Steps | Lead Individual and Position | Materials, Resources, and or Supports Needed | PD Required (Y/N) |
|--|--|---|--|-------------------|
| * Protecting students and staff at higher risk for severe illness | 1. Students and staff who are at risk are not required to participate on campus, but will be asked to participate via virtual options provided by each Coach. | 1. Coaching Staff | 1. N/A | 1. N |
| * Use of face coverings (masks or face shields) by all staff | <ol style="list-style-type: none"> 1. Unless staff or student is isolated in their personal office space when unshared with any other person, all staff are required to utilize either a face shield or face covering (i.e.: cloth mask) 2. Face coverings are not expected to be worn while eating or drinking. Social distancing techniques should then be applied. 3. Cloth face coverings should not be worn if the face covering impedes their vision, if they have a medical condition, or wearing a face covering would create an unsafe condition to operate equipment or execute a task. | 1-3. Coaching Staff | 1-3. Disposable Masks | 1-3. N |
| Unique safety protocols for students with complex needs or other vulnerable individuals | 1. Per Montgomery County Office of Public Health, Staff and students with medical conditions may not be expected to wear a face covering but should social distance with others. | 1. Head Athletic Trainer - Taylor Dessler | 1. N/A | 1. N |
| Strategic deployment of staff | 1. A member of the COVID-19 team will be designated at STHS to monitor the health of the | 1. Athletic Director – Joe Ferraro | 1. N/A | 1. N |

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| | occupants and endorse the requirements under the plan. | | | |
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Athletics Health and Safety Plan Professional Development

- The success of our plan for resuming sports-related activities safely requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended.

| Topic | Audience | Lead Person and Position | Session Format | Materials, Resources, and or Supports Needed | Start Date | Completion Date |
|---|--------------|--------------------------|----------------|--|--------------------------|--|
| COVID-19 (Safe Sports) | All Coaches | Joe Ferraro | Online | Computer | Pre-start date | Prior to start date |
| Pre-Participation waiver | All students | Joe Ferraro | Online | Computer | Pre-start date | Prior to any participation at practice |
| Contact Tracing / Screening & Monitoring | All Coaches | Taylor Dessler | Online | Computer | December 7 th | Daily |
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Athletics Health and Safety Plan Communications

The School District of Springfield Township recognizes the need for continued and detailed communication with all stakeholders regarding this Athletic Health and Safety Plan.

| Topic | Audience | Lead Person and Position | Mode of Communications | Start Date | Completion Date |
|---|----------|---------------------------------|----------------------------------|------------|-----------------|
| Start of Winter 2020 Practices | All | Athletic Director - Joe Ferraro | Social Media / eBlast / Website | 12/7 | Open |
| Daily Updates or Changes | All | Athletic Director - Joe Ferraro | TeamSnap or Remind App / Website | 12/7 | Open |
| Weekly Updates or Changes | All | Athletic Director - Joe Ferraro | Social Media / eBlast / Website | 12/7 | Open |
| Confirmed Positive Case | All | School Nurse – Nancy Hopkins | eBlast / Website | TBD | TBD |
| Start of Voluntary Spring Sport Workouts | All | Athletic Director - Joe Ferraro | Social Media / eBlast / Website | 1/20 | 6/30 |

Athletics Health and Safety Plan Summary: Springfield Township High School – School District of Springfield Township

Anticipated Launch Date: Monday December 7, 2020

These summary tables provide a quick overview of our Athletics Health and Safety Plan.

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

| Requirement(s) | Strategies, Policies and Procedures |
|---|--|
| <p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, hallways, and transportation)</p> | <ul style="list-style-type: none"> ● All drinking water fountains will be closed. Bottle fillers will be in use where applicable. ● All frequently touched surfaces will be cleaned, sanitized & disinfected at least 1x/day 5 days per week per CDC Guidance. ● Evening whole room & hallway walls (where applicable) will be disinfected. ● HVAC will stay on per normal school day routine to ensure airflow to all areas. ● Daily, all coaches will be supplied with disinfectant hand wipes for surface cleaning before and after workouts. ● All coaches will complete a COVID-19 online certification course. ● All District Custodial Staff will be trained on proper chemical application, PPE, and bodily fluid cleanup. ● For devices and materials that must be shared, ensure cleaning and disinfecting frequently. ● If there is an individual with a suspected or confirmed case, MCOPH only recommends closing and cleaning the area of the building where that individual occupied. ● District will utilize EPA approved disinfectants against COVID-19 as well as disinfectants containing hydrogen peroxide and/or alcohol. |

Social Distancing and Other Safety Protocols

| Requirement(s) | Strategies, Policies and Procedures |
|--|---|
| <p>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible.</p> <p>* Posting signage in visible locations that promote protective measures and healthy lifestyles.</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices.</p> <p>* Identifying and restricting non-essential visitors</p> <p>* Staggering the use of communal spaces and limiting the number of individuals in athletic spaces and interactions between groups of students</p> | <ul style="list-style-type: none">● Limited use of the Locker Rooms. Weight room – 10 maximum. Students must be able to maintain social distancing in restroom at all time. During any instruction or sitting on benches, social distancing rules apply and masks should be worn.● We will not be serving food at this time.● Our masking policy will be in accordance with the most current guidelines from the Montgomery County Office of Public Health.● Hand washing in restrooms before each practice.● Sanitizers and disinfectants will be available for all teams.● Signage that promotes healthy lifestyles as reminders in high traffic areas.● One Page FAQ sheets available (CDC Guidelines).● Coaches – Discussions and daily logs for every student.● With the current occupancy limits imposed by the Commonwealth and the County, the athletic department will distribute tickets prior to any event, not to exceed the maximum occupancy permitted. Parents will be asked to stay in their cars during drop off and pickup.● Scheduling of groups will be spaced out to ensure any shared equipment is disinfected when one group leaves and a second time when the next group arrives.● Montgomery County has currently approved the following indoor limits: Navy Gymnasium: 90 total; Steel Gymnasium: 47 total; Natatorium: 49 total● Weight room 10 person maximum during staggered workout schedule.● Staggered workout schedule to ensure no crossover in groups. We are encouraging families to provide transportation to away contests if possible. Springfield Township will provide busing, as feasible, to student-athletes.● All groups will be spaced out using a staggered daily practice schedule at multiple locations on campus. No groups will crossover or interact before, during or after practice.● STHS Campus allows for plenty of spacing of groups to ensure social distancing and a staggered schedule. |

Monitoring Student Athletes and Staff Health

| Requirement(s) | Strategies, Policies and Procedures |
|--|---|
| <p>* Monitoring student athletes and staff for symptoms and history of exposure</p> <p>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</p> <p>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</p> <p>* Notification of coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</p> | <ul style="list-style-type: none">● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout.● Daily Survey will be administered by coaching staff.● Students participating will have a parent permission slip for practices.● Monitor student and employee absenteeism closely, as absenteeism may be an early warning system of larger health concerns.● Staff is instructed to stay home if they are sick and parents are urged to keep sick children home.● An isolation room has been created solely for the purpose of isolating any occupant who has symptoms.● Presumptive Symptomatic Persons can return to the building if they have met the following criteria: 3 days with no fever, and symptoms improved, and it has been 10 days since symptoms were discovered.● If you have tested positive and are asymptomatic, you can return to the building if you have met the following criteria: 10 days have passed since initial test. If you are symptomatic, 14 days with a doctor's note to return.● If you have had close contact with someone with COVID-19, you are required to stay home for 14 days after exposure based on the time it takes to develop illness.● Any changes in conditions will be announced via social media, website, and eBlast.● All coaches will use their one way group communication app (TeamSnap / Remind) to ensure all students are notified immediately of any change.● Any changes to CDC, DOH or PDE protocols will be added to plan. <p>**Final determination will be made in conjunction with the Montgomery County Office of Public Health**</p> |

Other Considerations for Student Athletes and Staff

| Requirement(s) | Strategies, Policies and Procedures |
|--|---|
| <p>* Protecting student athletes and coaching staff at higher risk for severe illness</p> <p>* Use of face coverings by all coaches and athletic staff</p> <p>* Use of face coverings by student athletes as appropriate</p> <p>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</p> <p>Management of Coaches and Athletic Staff</p> | <ul style="list-style-type: none">● Students and staff who are at risk are not required to participate on campus, but will be asked to participate via virtual options provided by each Coach.● Unless staff or student is isolated in their personal office space when unshared with any other person, all staff are required to utilize either a face shield or face covering (i.e.: cloth mask)● Face coverings are not expected to be worn while eating or drinking. Social distancing techniques should then be applied.● Cloth face coverings should not be worn if the face covering impedes their vision, if they have a medical condition, or wearing a face covering would create an unsafe condition to operate equipment or execute a task.● Our masking policy will be in accordance with the most current guidelines from the Montgomery County Office of Public Health.● A member of the COVID-19 team will be designated at STHS to monitor the health of the occupants and endorse the requirements under the plan. |

Athletics Health and Safety Plan Governing Body Affirmation Statement

The Board of School Directors for the **School District of Springfield Township** originally reviewed and approved the Athletics Health and Safety Plan on **December 1st, 2020**.