

WILLIAM PENN CHARTER SCHOOL  
ATHLETICS HEALTH & SAFETY PLAN  
Fall 2020



Updated: September 2020

## **Health & Safety Plan: Athletics, Fall 2020**

Over the past several weeks, the Inter-Academic Athletic League member schools have discussed the importance of opening our schools safely for the fall semester, and the vital role that sports play within our school communities, even during the COVID-19 pandemic. As we transition back to campus, the Penn Charter Athletics Department is committed to providing a safe environment for students to experience the benefits of exercise, teamwork and engagement with members of the Penn Charter coaching staff.

To that end, we have devised a program that will be open to all Upper School students.

We will continue to review new government guidance for reopening and will implement strict guidelines to ensure the safety of student and adult community members. No plan can totally eliminate the risk of transmission of COVID-19. However, PC will strive to implement research-based strategies to mitigate transmission of illness, the need for quarantine, lost academic time or other unintended consequences. We will require that every participant consistently practice appropriate social distancing both at home and while on campus. We are all in this together to achieve our goal of assembling as a community and practicing the sports we enjoy.

### **Principles:**

- The health and safety of our students, coaches, support staff and community members is our highest priority. We will minimize risk by referring to guidelines and best practices put forth by the Centers for Disease Control and Prevention (CDC), Children's Hospital of Philadelphia (CHOP) PolicyLab, Pennsylvania Department of Education (PA DOE), Philadelphia Department of Public Health (PDPH) and National Federation of State High School Associations (NFHS).
- Team settings for physical activity are beneficial to the social and emotional well-being of our students.

These sessions will allow our students to rebuild their fitness under supervised Strength & Conditioning staff while also introducing all athletes to their sport-specific programs. This will help reestablish sport-specific training while teams train for the anticipated January restart of Inter-Academic Athletic League (IAAL). Because we know that students have missed being with their teammates, another essential goal of these workouts will be to benefit students' emotional well-being.

### **What Is COVID-19?**

Coronavirus (SARS-CoV-2/COVID-19) is a virus transmitted mainly through respiratory droplets propelled into the air, typically through coughing and sneezing. Recent research indicates that the virus can also be transmitted in a more fine aerosol-type spray during activities such as speaking loudly, singing or exercising. It is easily transmissible in large crowds, in contained indoor spaces

with poor ventilation, and through close contact with an infected person. COVID-19 can be transmitted from infected individuals even during the presymptomatic and/or asymptomatic phase.

Symptoms of COVID-19 may include:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- headache

While we can't eliminate the risk entirely, we can control the spread by following these safeguards and best practices.

### **Contain the Spread: Best Practices for Athletes**

We can be successful in decreasing the risk of transmission of COVID-19 if everyone practices these simple guidelines consistently:

- **When sick, please stay at home.**
- Maintain a distance of at least 6 feet from other individuals.
- All athletes must wear a cloth mask at all times until exercise begins or instructed by an adult to remove the mask.
- Avoid touching your face, especially your eyes, nose and mouth.
- Wash hands with soap and water for at least 20 seconds as frequently as possible, or use at least a 60% alcohol-based hand sanitizer if soap and water are not available.
- Cover coughs or sneezes with a sleeve or elbow or use a tissue, not your hands.
- Do not shake hands, fist bump, high five or hug.
- Do not share food, fluids or spit.
- Regularly clean high-contact surface areas or equipment.

### **Monitoring of PC Athletes for COVID-19 Symptoms**

- Prior to arrival on campus, parents must complete each student's CrisisGo Safety iPass screening, which includes an at-home temperature check and COVID-19 questionnaire.
- Students must bring their QR code or student ID to school/workouts for scanning verification of the completed CrisisGo Safety iPass.
- Students must complete the Google [Athletics Daily Participation Form](#) every day they choose to participate. This form will serve as an attendance report and enable contact tracing to occur, if necessary.

### **If You Are Experiencing Symptoms**

- An athlete or staff member experiencing any COVID-19 symptoms **MUST** remain at home. If symptoms persist, it is important to clarify the source of those symptoms.
- Documentation of medical clearance to participate must be provided by a healthcare provider in order to return to campus.

### **Possible Exposure**

- If an athlete or staff member feels sick or has been in close contact with someone who may have or has COVID-19, they must stay home and notify the Pandemic Coordinator at [covidsupport@penncharter.com](mailto:covidsupport@penncharter.com).
- Siblings of the ill student will also be required to remain at home until clearance is given.
- The PC Pandemic Coordinator will be responsible for coordination of follow-up with ill and/or exposed cases with the Philadelphia Department of Public Health.

## **Fall 2020 Athletics Program**

### **Week of Sept. 21-25 *Strength & Conditioning***

PC will offer two strength & conditioning periods a day. In an attempt to match the Upper School schedule, PC will offer strength and conditioning sessions in a schedule consistent with the blue/yellow cohorts established for academics. Cohorting is one of PC's mitigation strategies and by following this schedule PC Athletics will not mix the blue/yellow cohorts, nor will we mix in-person students and distance learning students.

- **Blue Team, Monday, Sept. 21 and Tuesday, Sept. 22:** Blue team members on campus will attend a first session at 3:15 p.m. Blue team distance learning students should plan to arrive on campus no earlier than 4:45 p.m. for a 5pm session.
- **Yellow Team, on Thursday, Sept. 24 and Friday, Sept. 25:** Yellow team members on campus will attend a first session at 3:15 p.m. Yellow team distance learning students should plan to arrive on campus no earlier than 4:45pm for a 5 p.m. session.
- For this week only, check-in for all participating students will be located near the front steps of the Graham Athletics Center, beginning at 3:00 p.m.. All students should come dressed ready to participate. This conditioning program is open to all Upper School athletes.

### **Sept. 29 through Oct. 23 *Team Practices and Strength and Conditioning***

#### **In-Person Learning Students (Monday, Wednesday, Friday)**

- For **practices in the pool or on Perrott and Maguire Fields:** Check-in will take place in front of the Graham Athletics Center, beginning at 3:00 p.m. for boys and girls track and field, girls lacrosse, softball and aquatics.
- **For practices on the Strawbridge side of campus:** check-in will take place at Palaia Field, beginning at 3:00 p.m. for baseball, boys and girls tennis and boys and girls cross country.

#### **Distance Learning Students (Tuesdays and Thursdays):**

- For **practices in the pool or on Perrott and Maguire Fields**: Drop-off and check-in will take place in front of the Graham Athletics Center, beginning at 4:00 p.m. for boys and girls track and field, girls lacrosse and softball.
- For **practices on the Strawbridge side of campus**: Check-in will take place at Palaia Field, beginning at 4:00 p.m. for baseball, boys and girls tennis and girls and boys cross country.

### **Arrival/Check-In Procedures**

***\*QR codes or student ID barcodes will be scanned at check-in and all students must complete the [Athletics Daily Participation Form](#) each day they attend a workout or practice.***

- Students must maintain social distancing and wear a mask as they proceed to the check-in area. Masks must be worn at all times unless instructed otherwise by a member of coaching staff or member of athletics staff.
- All staff and athletes will have temperatures taken upon arrival at the check-in table using “no touch” infrared thermometers. Any individual with a temperature of 100.0 or greater will be excluded from practice and sent to the isolation tent while staff contacts parents. QR codes will be scanned at check-in stations and the [Athletics Daily Participation Form](#) will be checked to ensure compliance.
- After students check in, they will walk to their assigned field. Masks must be worn at all times unless instructed otherwise. Coaches will direct and ensure proper social distancing is maintained. Locker rooms will not be available for distance learning students.
- Students will be instructed to use hand sanitizer at check-in, at the end of their sessions, and pre/post entering/exiting any indoor facilities (bathrooms).
- Physical distancing will be monitored and observed by the on-site staff. All staff will wear a mask and may, in addition, wear a face shield.
- Parents are **not permitted to leave their cars and must exit the campus** after dropping off their child.

### ***Dismissal***

- When the workout is over, students must immediately put their masks back on.
- Students waiting for pickup will maintain 6 feet of physical distance as indicated by the ground markers. Gathering will not be permitted.
- Students will be expected to be picked up within 15 minutes of the conclusion of the session. Student drivers must leave campus immediately.

### ***Aquatics Arrival & Dismissal, additional information:***

- After attendance check-in and temperature screening is complete, each athlete will proceed to the pool area. A staff member will direct students to the locker room to get changed.

There will be no more than three athletes in the locker room at a time, one person in each section of the locker room.

- Once changed, athletes will be directed to their assigned spots, which will be physically distanced from peers during the entire conditioning session. Athletes will be permitted to leave their gear (mask, towels, water bottles) behind their assigned lane.
- When a workout is finished, athletes will dry off and take their gear with them out the back entrance of the GAC. All athletes will exit the doors closest to the Middle School parking lot.
- Athletes will be expected to be picked up within 15 minutes of the conclusion of the session. Student drivers must leave campus immediately.

### **Aquatic Workouts**

Students will be monitored and coached by Penn Charter Aquatics staff in a physical-distance format while in the pool.

- When entering the pool, swimmers will have an assigned lane and starting end. Swimmers will proceed to that area when entering the pool area. Each swimmer will then place bags and other belongings against the wall behind that lane.
- Our program will have no more than 18 athletes in the water at any given time. Three swimmers in each lane. One person at each end of the pool, and one person starting in the middle of the lane. Once in the water, swimmers will not be permitted to exit the water to discuss a set, talk with another swimmer, or for any other reason, unless there is an urgent need.
- All lanes are 6 feet apart and swimmers will remain on the right side of the lane to ensure physical distance of 6 feet.
- Once practice is over, swimmers will have 15 minutes to dry off and exit through the back doors of the pool area.

### **Between Practice Sessions**

- Coaches will clean and sanitize the pool area as needed, including all handles and areas touched by others during practice.
- Athletes will not be admitted into the building until 10 minutes before practice so that the staff has sufficient time to properly clean and sanitize the necessary areas.

### **Athletic Training**

The athletic training staff will be available for injury recognition and care. They also will assist with COVID-19 screening procedures prior to workouts. While treating injured or ill athletes, the athletic trainer will wear appropriate PPE (e.g., mask and face shield).

Athletic Trainers:

Jessica Rawlings: [jrawlings@penncharter.com](mailto:jrawlings@penncharter.com)

Jeremy Eith: [jeith@penncharter.com](mailto:jeith@penncharter.com)

Pandemic Coordinator

Debra Foley: [covidsupport@penncharter.com](mailto:covidsupport@penncharter.com)

### **Mobile Athletic Training Units (ATC) @ Palaia & Maguire Fields**

- ATCs mobile units will be outfitted with first aid supplies and other necessary medical equipment for sports care.
- Isolation areas for symptomatic athletes will be set up at both Palaia Field and at Maguire Field near each ATCs mobile unit.

### **Athletic Training Room**

The Athletic Training Room is located in the Dooney Field House and has been modified to allow for proper physical distancing between students.

- Most evaluations and rehabilitation will occur outside at the mobile units.
- Students will enter and exit the training room from the front entrance. No student will be allowed to use the locker room entrance into the training room.
- The athletic training room occupancy is for four individuals.
  - Students will be required to wear face masks during the duration of their sessions.
  - Athletic trainers will wear a mask and face shield.
  - Proper hand hygiene will be strictly enforced during interactions.
- Locker rooms will be closed. Bathrooms are accessible in the Field House main lobby. Please abide by occupancy signage.
- An office adjacent to the training room will be used as the isolation room for ill students, if necessary.
- Rehabilitation: Students on campus during the academic day will be scheduled by appointment for evaluation and/or rehabilitation of injuries. *Students in distancing learning for that week are not permitted on campus during the school day.*
  - The athletic training staff will utilize a GoogleSheet to schedule appointments.
- Disinfecting & Ventilation of Training Room
  - Using CDC/EPA approved cleaners, all tables and used equipment will be properly cleaned and disinfected after each use and between each athlete. Windows and doors will be open to promote appropriate ventilation, with doorway entrances/exits clearly marked.

### **Care of the Ill Athlete**

#### *On-Campus Illness*

- Any student or staff member who reports **any** COVID-19 symptom will not be permitted to remain on campus. The individual must notify the school COVID-19 coordinator at [covidsupport@penncharter.com](mailto:covidsupport@penncharter.com).
- Any student who presents with symptoms upon arrival or once on campus will be isolated in an area near the athletics training tent until a parent/guardian can return for immediate

pickup. The individual will wear a mask while waiting. Any ill athletes must be picked up as soon as possible. A decision will be made with the parents/guardians of a student driver for safe transport home.

- Any staff member who reports symptoms while on campus must leave immediately.
- If the illness or symptoms were not COVID-19 related, a student or staff member should be symptom-free and must be cleared by a health care provider prior to returning to campus. Please provide appropriate documentation with medical clearance.

*Confirmed COVID-19 Case: If an athlete or staff member has a confirmed diagnosis of COVID-19:*

- According to the Philadelphia Department of Public Health, all athletes and staff in the same workout cohort and/or who have come in close contact with the case (defined as greater than 15 minutes of interaction less than 6 feet away) should quarantine at home for 14 days.
- Anyone who develops symptoms during that time should contact a healthcare provider to request COVID-19 testing.
- In accordance with PDPH guidance, a COVID-19 positive individual should remain home until all of the following are true: 1) at least 10 days since the onset of symptoms; 2) fever free and no longer taking anti-fever medications for 24 hours; and 3) symptoms are improving.
- Due to cardiac risk concerns, the COVID-19 positive athlete will be excluded from athletic participation for a minimum of 14 days and must provide documentation of medical clearance in order to return.

### **Locker Rooms**

- Limited space will be identified in the Field House for changing. Occupancy will be monitored by Athletics Department staff. Students are recommended to come to school dressed in appropriate attire for working out. Changing in bathrooms will be discouraged.

### **Bathrooms**

- The Field House, Squash Center and the portable bathrooms located near the Old Gym will be available. Please follow signage for the permitted occupancy number of each bathroom space. The bathrooms will be cleaned and disinfected after each training session.

### **Hydration**

- Students coming to school from home are required to bring their own water bottles and extra supply of fluids. Athletes are not permitted to share water bottles.
- Students on campus are required to bring their own refillable water bottles. Students will be able to refill their water bottles at touchless portable water stations at the field and the refillable stations already installed in the school buildings. These stations are located in the Upper School, GAC, Field House lobby and the Squash Center. Athletes are not permitted to share water bottles.



### **Cleaning and Disinfecting Procedures**

- For athletes, the use of 60% alcohol-based hand sanitizer will be mandatory upon entering and leaving each workout session.
- Athletics staff will clean and disinfect equipment between each session and after the last training session of the day. The use of personal equipment from home will not be permitted.
- Bathrooms will be cleaned and disinfected after each training session.

### **Equipment Cleaning and Disinfecting Procedures**

- Sports equipment will be used in accordance with Philadelphia Department of Public Health guidelines.
- Shared equipment will be disinfected after each individual use.
- Weight equipment will be disinfected after each individual use.

### **Spectators**

- No spectators or visitors will be allowed to observe practices or workouts.
- Parents should not leave their cars and must leave campus immediately after dropping off and picking up.

### **Inclement Weather**

- A decision will be made by 2 p.m. whether to cancel sport-specific workouts for that day. Please check [@wpcsports](#) on Twitter for any updates or changes.
- If the forecast predicts inclement weather, on-campus students will wait in the GAC and Field House, socially distanced, until the storm passes. If after one hour the storm does not pass, the day will be cancelled.
- The athletic trainers will monitor heat conditions on the turf fields and determine whether workouts will be canceled.
- Students who are waiting to be picked up will be held inside the GAC during storms. All students waiting will be required to mask and maintain physical distancing. Adults present will monitor for parent arrivals and appropriate distancing in GAC. Student drivers will be instructed to leave campus immediately.

### **Community Education and Acknowledgements**

- The PC COVID-19 Health & Safety Plan, safety videos and athletic updates are located on the [PC website](#). Additionally, informational signage will be posted on campus. All athletes, parents and staff will be required to have completed the educational training and signed the Community Compact.
- COVID-19 Daily Screening CrisisGo Safety iPass: Parents will be required to complete and submit the electronic screening Safety iPass prior to school and/or attendance at a session.
- Students will be required to complete the [Athletics Daily Participation Form](#) every day they attend a workout or practice.

## Resources

[AAP COVID-19 Interim Guidance: Return to Sports](#)

[CDC. Consideration for Youth Sports.](#)

[Children's Hospital of Philadelphia \(CHOP\): Return to Youth Sports after COVID-19 Shutdown: Policy Statement](#)

[Children's Hospital of Philadelphia \(CHOP\): Return to Sports after COVID-19 Infection](#)

[National Federation of State High School Sports & AMSSM. Guidance for opening up high school athletics and activities.](#)

[Pennsylvania Department of Education Guidance for All Sports to Operate during the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public](#)

[City of Philadelphia Guidance for Recreation Activities and Sports](#)