

# **LITITZ CHRISTIAN ATHLETICS**

## **HEALTH AND SAFETY PLAN**

Rev 8.03.20

## Key Questions and Summary Responses to Resuming Athletic-Related Activities

**Key Question 1: How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?**

*We plan to have student athletes back in a phased reopening.*

**Phase 1:** This initial phase will begin on Monday August 3, 2020 and will involve open gyms, open soccer, summer league contests, camps, and other out of season organized team activities.

**Phase 2:** The second phase will begin with the start of Fall Preseason practices on Monday August 17, 2020.

**Key Question 2: How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?**

*All Lititz Christian School coaches have been given access to this plan. Local, state and school health officials were consulted in the planning of this document.*

**Key Question 3: How will you communicate your plan to your local sports and school communities?**

*This document will be posted to the school's website for access by all stakeholders, as well as emailed directly to all key administration, coaches, all middle and high school LC families, Orthopedic Associates of Lancaster, official assigners, and to Grace Church.*

## Athletic Department Primary Point(s) of Contact:

Ryan McCracken, Athletic Director, [ryan.mccracken@lcstaff.net](mailto:ryan.mccracken@lcstaff.net)

Allan Dunk, Assistant Athletic Director, [allan.dunk@lcstaff.net](mailto:allan.dunk@lcstaff.net)

## **Action Plan for COVID-19 Cases:**

### **Positive COVID-19 Test Result**

An athlete or coach that tests positive for COVID-19 must disclose the positive test result to the School Administration and Athletic Department.

An athlete or coach that tests positive for COVID-19 must be quarantined for 10-14 days, produce a negative test result, and have no symptoms in order to return.

Athletes training on the same team as the COVID-19 carrier will be notified of the potential exposure, but the privacy of the carrier's name will be maintained.

### **Symptom Identification**

An athlete or coach who identifies a symptom at home or during the screening process may not return to practice or participation until they are symptom free for at least 48 hours without the use of any medicinal aids.

An athlete or coach who exhibits a symptom during the pre-activity screening process or during an activity will be immediately moved to the quarantine room of the facility in which they are in, and parents will be contacted for immediate pick up.

### **Participant Disqualification**

The Health Director, Athletic Director, Athletic Trainer and Coaches reserve the right to remove athletes from practice or games if they believe that the health and safety of a participant poses an unacceptable risk.

## **COVID-19 Education by Teams:**

The Athletic Director and Assistant to the Athletic Director are responsible for the execution of this portion of the plan.

### **Athletic Department Point of Contact and Secondary Point of Contact COVID-19 Education**

- The Athletic Department will regularly review recommendations specific to Athletic Safety published by the CDC, PIAA, NFHS, and other governing bodies.
- The Athletic Department will regularly work to ensure that facilities and equipment are adequately sanitized after each use.

### **Coaching Staff Education**

- Each sport's coaching staff will be updated if there is a change to the Athletics Health and Safety Plan.

- Each sport's coaching staff will be updated with any new guidance from the CDC, PIAA, NFHS or any substantive changes to the LC Health and Safety Plan

## SEE COVID FLOW CHART ATTACHED

### Phase 1- August 3

#### Athlete Procedures:

- All participants must wash hands at the start and end of each practice session.
- Sanitizing stations will be set up at athletic events for participants to use frequently throughout their events.
- All participants will maintain social distancing as much as possible while still having effective practices and games.
- All participants will limit shared equipment
- All participants will refrain from activities that encourage the transmission of disease (eg. spitting, high fives, hugging, etc.)
- Face masks will not be required of athletes during physical activity.
- Athletes should have a mask or face guard with them for times when wearing a mask or face guard is feasible and social distancing is not possible (i.e. team meetings).
- All participants are required to bring their own water bottle to all activities. There is no sharing of water bottles. Participants are NOT permitted to use public water fountains.
- Mask wearing is required for coaches if inside and unable to accommodate social distancing (6 ft.) during coaching, unless there is a medical condition.
- Mask wearing is not required outside, provided social distancing is practiced. Any instruction, no matter the duration, that inhibits the coach from maintaining social distancing should be done with a mask being worn.
- Daily attendance will be taken and maintained on file for the duration of the season.
- Sanitization of equipment is required after each training session.

#### Locker Room Use:

Players and coaches will not have access to the locker rooms during this phase. Team personnel should arrive to the event prepared for participation. Bathroom use will be granted on a "one-in, one-out" rule.

## Reopening by Activity, Facility and Essential Personnel

**Outdoor Sports:** Team activities will adhere to the guidelines provided by local and state health officials. Team activities are encouraged to be divided into small groups when possible. Masks will be worn when social distancing is not feasible for those not directly participating in an activity. Participants will not be required to wear a mask while actively exercising.

**Indoor Sports:** Team activities will adhere to the guidelines provided by local and state health officials. Team activities are encouraged to be divided into small groups when possible. Masks will be worn when social distancing is not feasible for those directly participating in an activity. Participants will not be required to wear a mask while actively exercising.

**\*Essential Personnel** – Coaches & Participants Only permitted at events as per PIAA.

**Transportation:** There will not be any team sponsored transportation during **phase 1** of the re-opening.

**\*No Locker Room usage during Phase 1 of re-opening.**

## Phase 2- August 17

### Athlete Procedures:

- All participants must wash hands at the start and end of each practice or game session.
- Sanitizing stations will set up at athletic events for participants to use frequently throughout their events.
- All participants will maintain social distancing as much as possible while still having effective practices and games.
- All participants will limit shared equipment
- All participants will refrain from activities that encourage the transmission of disease (eg. spitting, high fives, hugging, etc.)
- Face masks will not be required of athletes during physical activity.
- Athletes should have a mask or face guard with them for times when wearing a mask or face guard is feasible and social distancing is not possible (i.e. team meetings)
- All participants are required to bring their own water bottle to all activities. There is no sharing of water bottles. Participants are NOT permitted to use public water fountains.
- \*If bench personnel are able to socially distance a mask is not required, in the event that social distancing is not possible a mask should be worn.
- Mask wearing is required for coaches if inside and unable to accommodate social distancing (6 ft.) during coaching, unless there is a medical condition.

- Mask wearing is not required outside, provided social distancing is practiced. Any instruction, no matter the duration, that inhibits the coach from maintaining social distancing should be done with a mask being worn.
- Daily attendance will be taken and maintained on file for the duration of the season.
- Sanitization of equipment is required after each training session.

### **Locker Room Use:**

Specific locker room procedures will be communicated to coaches and team members prior to the start of preseason practices on August 17.

## **Reopening by Activity, Facility and Essential Personnel**

- **Outdoor Sports & Indoor Sports:** Team activities are encouraged to be divided into small groups when possible. Focus of activities should be individual skill development and short group sessions. Intrasquad scrimmages are permitted on a limited basis. Teams may have a single practice on a daily basis.
- **Essential Personnel** - Athletic Department Staff, Coaches & Participants Only
- This phase includes a return to full activities and a return to interscholastic competition.

### **Transportation:**

**School Van:** During this phase the school van will be used on a limited basis by our athletic teams. The number of passengers will not exceed 6, (2 per seat). The windows will all need to be open for ventilation purposes. When seating is more than 1 per seat the passengers will be wearing a mask.

**Bus:** Specific guidelines for bus riding will be communicated to us from Groff Bus Company. At this time, all LC passengers will wear a mask while traveling and should keep their window open for ventilation.

**Cars:** We will not provide volunteer parent drivers to and from athletic events during this phase.

**NOTE: There are no spectators permitted at any athletic event during phase 1 and phase 2 of the re-opening plan.**

### **Additional Resources:**

[NFHS Guidance for Opening Youth Sports](#)

[PIAA.org](#)