

St. Joseph's Preparatory School
Athletic Department
Interim Protocol for Return to Play for Pennsylvania Yellow and Green Phases

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

INTRODUCTION

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, among others, has found that while children do get 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 to students, coaches, and their families.

We care deeply about the safety and well-being of our students, faculty, staff, and volunteers. Prep Athletics will exercise reasonable care to follow recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS, PIAA, and national sport governing bodies. The Prep realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations, therefore, will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

Designated Primary Point of Contact for all questions related to COVID-19:

Daniel DiBerardinis, Director of Athletics – 215-978-1952/ddiberardinis@sjprep.org

Interim Protocols for ALL SJP Athletics

- 1. AT THIS TIME, ALL TEAM WORKOUTS ARE VOLUNTARY.**
- 2. AT THIS TIME, ALL TEAM WORKOUTS ARE OUTDOORS, NO INDOOR TRAINING.**
3. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19. The screenings shall consist of an electronic and verbal questionnaire to determine if any symptoms of COVID-19 are present.
 - a. Anyone with a known body temperature of 100.4 or higher should not report to a practice or workout until cleared by a medical doctor.
 - b. Anyone answering in the affirmative to the verbal questionnaire shall not be permitted to workout. They shall return home until cleared by a medical doctor.
4. Any athlete, coach, official, staff member that becomes ill shall not return to sport activity until cleared by a medical doctor.
5. Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

6. 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 be used for athletes while practicing or competing (as prescribed by local health guidelines.) Hand Sanitizer will be available for team use as resources allow.
7. Where SJP athletics are using facilities not under their control, coaches and trainers shall ensure the facility is operating under these Interim Protocols along with State and City guidelines.
8. Intensify cleaning, disinfection, and ventilation in all facilities
9. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
10. Educate Athletes, Coaches, and Staff on health and safety Interim Protocols
11. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
12. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
13. Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, restrooms, dugouts, benches, and workout areas.
14. Avoid shaking hands, fist bumps, or high fives before, during or after practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, staff, and spectators.
15. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
16. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
17. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.(See - CDC "People Who are at a Higher Risk for Severe Illness")
18. Teams shall follow the recommendations and guidelines provided by their sport's national governing body (e.g. US Lacrosse, USRowing) while staying compliant with state and local guidelines.
19. Each team will submit in writing specific Interim Protocols to be compliant with SJP Athletics interim Interim Protocols that are tailored to their sport and facilities.
20. Student-Athletes and Parents who are concerned about the failure of coaches/athletes adhering to these Interim Protocols are encouraged to contact the Athletic Director without fear of reprisal. The identity of the parent or student who brings a concern forward will be held with strict confidentiality.

EDUCATION

Prior to beginning a return to sports:

- **Coaches shall hold a Zoom meeting with parents of their athletes to inform them of the Interim Protocols, educate them on their responsibilities, and answer any questions.**
- **Head Coaches shall hold an orientation session with their athletes to educate them on the Interim Protocols and answer questions.**

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls, zoom calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, PIAA, and respective national sport governing bodies.
- students should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted. Facility showers cannot be used
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of an athletic trainer

ADDITIONAL INFORMATION and RESOURCES

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

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. Symptoms may include:

- Fever or chills (100.4 or High)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New 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 coach or trainer immediately
- 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 student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual 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?

- Student 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.

St. Joseph's Prep Return to Sports Task Force

Jonathan Cartwright
Head Athletic Trainer

John Fife '98 (Chair)
Head Crew Coach/Asst. Athletic Director

Curtis Cockenber '71
Head Cross Country/Track & Field Coach

Dan Keating
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