

# **MIFFLIN BRONCO ATHLETIC ASSOCIATION**

## **RE-ENTRY PLAN FOR FALL FOOTBALL AND CHEERLEADING**

### **General Guidelines**

- This will include a 2-phased plan
  - **Phase 1** will last 2 weeks (to help with reconditioning of athletes and monitor possible COVID outbreaks)
  - Team may move onto **Phase 2 AS LONG AS** they have completed 2 weeks of Phase 2 (August 3<sup>rd</sup> – August 14<sup>th</sup>) and Berks County remains in Green.
- During each phase, athletes, coaches, and staff will undergo a COVID- 19 health screening prior to any training session.
- All on-campus participants must promote healthy hygiene practices such as hand washing and using hand sanitizer stations when available.
- Restrooms - Student athletes and coaches must utilize the “one in, one out” model, and are required to wash hands/sanitize upon exiting.
- Face masks are required upon entering any school grounds. Masks will not be required during physical activity (for athletes) to prevent further respiratory issues.
- Coaches are required to wear masks.
- Activities that increase the risk of exposure to saliva must not be allowed, including; chewing gum, spitting, licking fingers and spitting sunflower seeds.
- Avoid shaking hands, fist bumps or high fives before, during or after workouts. Limit unnecessary physical contact with teammates and coaches.
- Cleaning/disinfecting will be intensified throughout the day while teams are on campus.
- Must encourage social distancing through increased spacing, small groups and limited mixing between groups
- It is recommended that workouts be conducted in STATIONS and groups paired based on athlete’s physical stamina or player position.
  - Station Examples: Station 1: conditioning, Station 2: weight lifting, Station 3: meeting, Station 4: injury prevention, Station 5: sport specific drill....
- Educate athletes, coaches and staff on health and safety protocols
- Anyone who is sick **MUST** stay home
  - Parents must monitor their children’s health prior to arriving at football and cheer activities. If your child does not feel well or if they have a fever, they must stay home until they are well. Please do not send your child if they do not feel well.
- Athletes and coaches **MUST** provide their own **FILLED** water bottles for hydration during training sessions. There must be **NO SHARING** of water bottles.
- If an athlete or coach should test positive for COVID-19, they must contact the Executive Board by emailing [governormifflinbroncos@gmail.com](mailto:governormifflinbroncos@gmail.com). The executive board will then notify the Governor Mifflin School District Athletic Office.

## **2 Phases of Fall Workouts**

### **Phase 1: Mandatory 2-week period, (tentatively starting August 3rd)**

**Regardless if Berks County is in Yellow OR Green, this phase will still be in effect, and will last 2 weeks.**

Team Activities may include: team meetings, weight training/conditioning, running events, non-contact sport drills

- It is recommended that teams be split into groups of 25 or less (who are preferably similar in their physical activity level or player position) that can be performing at different stations, and at different locations on campus.
  - **For example**, one station is performing sport specific drills, one is conditioning, and one is resting. Rotate stations for the time that you are at practice (conditioning stations shouldn't exceed 1hr).

### **Pre-Workout Screenings**

- All coaches and student athletes should be screened for signs/symptoms of COVID-19 prior to a training session, and prior to parent/guardian leaving campus. (*see appendix for screening questionnaire*)
- Coaches or the designated team parent will be responsible for conducting pre-workout screenings.
- Responses to screening questions will be recorded and stored.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance note will be required in order to return to play.
- High-risk individuals should not oversee or participate in any workouts during Phase 2.

### **Limitations on Gatherings**

- No gatherings of more than **25** individuals per group, including coaches, per practice area/station. Controlled non-contact training sessions only.
- Social distancing should be applied during training sessions.
- Athletes should report to training in proper gear and **IMMEDIATELY** return home and **SHOWER** at home
- Workouts will be conducted in "pods", with the same 25 individuals always training together.
- While **INDOORS**, there must be a minimum of 10ft distance between each individual at all times (no group stunting for cheer)
- **OUTDOORS**: no contact drills.
- Parents and siblings that are two years old or older, are asked to wear masks if they remain at the field during practices unless a medical condition dictates that one cannot wear a mask.

### **Facilities Cleaning**

- Individuals must wash hands or use hand sanitizer BEFORE participating in training sessions.
- Equipment must be wiped down before and after an individual's use of equipment
- Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

### **Physical Activity and Athletic Equipment**

- Physical training may begin but must remain non-contact and include social distancing.
- Resistance training should be emphasized as body weight at least during the first week back to training so as to minimize the risk of injury.
- Focus will be re-conditioning and LIGHT weight training during this phase.
- All athletic equipment must be cleaned AT LEAST after every training session. DO NOT leave your training session without proper cleaning of equipment. If possible, try to clean equipment periodically during training.
- Equipment, such as helmets and shoulder pads, should be disinfected regularly.

### **Hydration**

- Students MUST bring their own water bottle. Water bottles must not be shared.

## **Phase 2**

\*If Berks County is in the Green phase, after the mandatory 2-week Phase 2 period (August 11 – August 21<sup>st</sup>), we will follow these guidelines.

### **Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms should not be allowed to participate in training sessions and should contact their primary care physician or another appropriate health-care provider. A doctor's clearance will be required in order to return to play.
- COVID-19 Screenings may continue as per State and Local government recommendations)
- Team attendance should be recorded

### **Limitations on Gatherings:**

- As per State and Local Guidelines
- Recommend continued use of stations during workouts
- Social distancing should be considered and applied when able.
- Parents and siblings that are two years old or older, are asked to wear masks if they remain at the field during practices unless a medical condition dictates that one cannot wear a mask.
- Spectators at games are asked to wear a mask unless a medical condition dictates that one cannot wear a mask.

### **Facilities Cleaning:**

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings. Highly touched areas should be cleaned more often
- Equipment should be wiped down after any individual's use
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces

### **Physical Activity and Athletic Equipment:**

- Regular, fall sport activity may begin (as per state/local/PIAA guidelines)
- Slowly reintroduce more complex drills and exercises (while still being mindful of deconditioned state of athletes and athletes at high risk)
- Students should refrain from sharing clothing/towels and all clothing/towels should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used as resources allow
- Equipment, such as helmets and shoulder pads, should be disinfected regularly.

### **Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.

# APPENDIX



**MIFFLIN BRONCO ATHLETIC ASSOCIATION**  
**COACH'S AGREEMENT**

By signing this form, I acknowledge that I have reviewed, understand and agree to comply and reinforce to the best of my ability the guidelines, recommendations and requirements detailed in the "Mifflin Bronco Athletic Association Return to Fall Football and Cheerleading" Plan.

I acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease. I further acknowledge that I am aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19. 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.

I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation in athletics during the COVID-19 pandemic. I willingly agree to comply with the stated recommendations put forth by the Governor Mifflin Athletics Department to limit the exposure and spread of COVID-19 and other communicable diseases.

\_\_\_\_\_  
Coach's Printed Name

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
President Signature

\_\_\_\_\_  
Date Approved

## **RESOURCES:**

**\*For the most up-to-date, reliable information:**

[Commonwealth of Pennsylvania's website for Responding to COVID-19 in Pennsylvania](#)

**\*Centers for Disease Control and Prevention**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**\*PA Department of Health**

<https://www.health.pa.gov/Pages/default.aspx>