

FAIRFIELD AREA SCHOOL DISTRICT  
Michael P. Adamek, Superintendent



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## **RETURN TO PLAY GUIDELINES FOR WINTER 2020-21:**

### **Protective Equipment/Sanitization:**

- Masks/face coverings/shields are required by all Staff Members to be worn while on School Property. Masks should be brought and in possession of all students on campus for use during interaction with coaches or other players. This means they are to be worn while in the building and locker room areas. They are required to be worn while being transported to and from athletic events in school issued transportation.
  - Masks are **not** required to be worn during physical conditioning or other intense cardio workouts, however, masks do need to be easily accessible in the bench area. \*\*They are required to be worn when sitting and watching the games/matches by all team members and coaching staff. Facial coverings are REQUIRED in those areas.
- Shirts, shorts or pants, socks and shoes are required at all times for workouts. No "skins" teams and all practice jerseys must be worn over a shirt and must be washed after practice.
- There should be NO shared items between students including towels, clothes, shoes, etc. There will be some "sharing" as balls need to be thrown or handed off to each other. Should that occur, at the next "dead ball" the ball should be sanitized and all athletes that have touched the ball should sanitize their hands. The ball can be placed back in rotation after the sanitation process has occurred.
- Students should be encouraged to shower and wash their workout clothes immediately upon returning home.
- All athletes are encouraged to change out of their practice clothes before leaving the building.

### **Social Distancing:**

- Social Distancing practices are required at all times. Do not "huddle" to talk to the team. You will need to spread the kids out at least 6 feet apart and project to the group in this manner. Any student that does not comply with Social Distancing requirements should be removed and sent home from practice.

### **Symptom Screenings:**

- Attendance is required to be taken and records kept for all activities that students are in attendance. (See form below...copies will be provided). This includes symptom and temperature checks daily. Masks are required to be worn by the coaches and athletes during the screenings.
- Daily Symptom Screening sheets need to be turned in at the end of each practice.
- When traveling to away events, there is a separate form to fill out and hand in to the home team certifying that the athletes have completed screenings and are symptom free.

## **Practice Requirements:**

- Wrestling workout groups will be limited in number to avoid unnecessary contact with other athletes. After sessions in each group the athletes are to wipe down with the body wipes provided by the district. We recommend the wrestlers take showers and change clothes before they leave the building.
- Each student should bring their own water bottle or sports drink. Sharing of water bottles or drinks are prohibited. Bottles should be clearly labeled with the student's name visible. Coaches are to monitor this at practice and remove students from practice that do not comply. Water fountains have been modified so no touching of the fountains should occur. Per Governor Wolf, no chewing gum, licking of fingers or spitting is permitted.
- Each student should have their own ball to practice drills, however, it is permissible for the team to share a ball to scrimmage/pass/play. Balls that were used during a particular session should be wiped down with disinfectant wipes or sprayed before putting away after practice.

## **Facility Requirements:**

- Facial coverings are REQUIRED in all areas inside the school building.
- Locker Room facilities will be available daily and restroom facilities will be available for games.
- Weight Room is restricted to no more than 4 athletes and 1 coach at a time. All equipment needs sanitized after each use.
- Only 2 students will be permitted in the athletic training room at a time. The small space makes social distancing difficult, but 2 students can easily be distanced. All other students will need to remain in the hallway and will be called in as another athlete exits.

## **Communication:**

- Heavily reinforce to students that if they have any symptoms of being sick that they are NOT to attend. If a student shows up and symptoms are seen by the coach, the student should be immediately removed from practice and sent home.
- Any time a student is sent home from practice, the coach should communicate with the parents/guardian.
  - Any athlete sent home from an activity should be reported to the Athletic Department as soon as possible via email, phone call or text.
  - The guidelines for monitoring this would follow the FASD Health and Safety Plan.
  - As with any major illness or injury that restricts physical activity and is being treated by a physician, an athlete will need a clearance note prior to returning to sports following treatment for suspected or diagnosed COVID-19.

These guidelines must be followed to prevent the spread and contraction of COVID-19 especially as transmission indoors is more likely to occur.

**We will also be following the YAIAA & PIAA Guidelines for Return- to- Competition.**

## **Resources:**

MHSAA- COVID-19 Return to Activity Guidelines

NFHS: Guidance for Opening Up High School Athletics and Activities

PA Department of Health – “Phased Re-opening Plan by Governor Wolf”

Governor Wolf – “Guidance to Resume High School and Other Summer Sports”

PIAA - “Guidance for All Sports to Operate”

CDC – “Symptoms of Coronavirus (COVID-19)”



# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

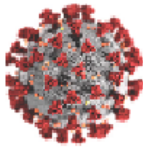
This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS170521 04/12/20

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.



**FAIRFIELD AREA ATHLETIC DEPARTMENT**  
**SPORT SPECIFIC REPORTING FORM**

Date: \_\_\_\_\_ Sport: \_\_\_\_\_ Facility: \_\_\_\_\_

Students/Coaches should self-report as deemed necessary prior to each practice/event. Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as "N" – NO or "Y" Yes answers.

For the column "Close Contact" the answer should reflect the following question:  
Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.) If any responses are "YES", student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified. Athletic Director will be notified.

Date	Name	Time	Temp	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***

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Submitted By: \_\_\_\_\_

# Acknowledgement Form for Winter "Return to Play"



I hereby acknowledge the information outlining the requirements, guidelines and COVID-19 material included in this packet. I will adhere to the information given and follow that in which the Fairfield Area School District has outlined for a safe and healthy "Return-to-Sports" for the Winter of 2020-2021. I also acknowledge that this information and guidelines may change due to the COVID-19 information changing.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date

## **PARTICIPATION WAIVER AND RELEASE OF LIABILITY FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. As a result, federal, state, and local governments and agencies recommend social distancing and have, in many locations, placed restrictions on certain activities, including school sports. We are doing everything we can to be compliant with all regulations and ensure the safety of you and your children. We have put in place preventative measures to reduce the spread of COVID-19, but we cannot guarantee that you or your family members will not become infected with COVID-19.

By signing below, you agree to the following:

1. On behalf yourself and your children, you hereby release, covenant not to sue, discharge, and hold harmless **Fairfield Area School District**, its board of directors, employees, agents, volunteers, and representatives, of and from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to your participation in our athletic programs, events, and activities during the COVID-19 pandemic.
2. You understand and agree that this release includes any claims based on the actions, omissions, or negligence of this organization, its board of directors, employees, agents, volunteers, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any hosted or programmed event by this organization.
3. You further acknowledge that you are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics and activities during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.
4. You willingly agree to comply with the stated recommendations put forth by this organization to limit the exposure and spread of COVID-19 and other communicable diseases. You certify that the Student Athlete identified below is in good physical condition or believe the Student Athlete to be in good physical condition and allow participation in our athletic programs, events, and activities at your own risk.

THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTANDS THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT VOLUNTARILY.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date