

FAIRFIELD AREA SCHOOL DISTRICT  
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### **Expectations for Summer Activities**

The following information is being provided to help guide and set expectations with any FASD extra-curricular activities. These guidelines will remain fluid as the information we are receiving for the CDC, Department of Education, Governor's Office and the PIAA are still changing. Updates to this plan will be conveyed as the changes occur.

### **GREEN PHASE**

Once Adams County moves to the Green Phase of the Governor's Reopening Plan and the PIAA releases us we will be open to holding in person Open Gym/Field activities. The date for this will be July 1st. The following are requirements of any program choosing to run off season activities during the 2020 Summer. Any open gym/field that is held prior to the start of the PIAA season (football is 8/10/20 and all other fall sports is 8/17/20) must be VOLUNTARY ONLY and cannot be required in anyway by any coach.

### **ACCLIMATIZATION:**

It is recognized that many athletes have attempted to maintain fitness and conditioning during the period when schools were closed, yet lack of supervision and access to facilities may well hamper or prevent these efforts. Therefore, it is safest to assume all athletes returning after this extended layoff are completely deconditioned. Each of the common causes of athlete deaths have deconditioning as a known risk factor. To help lower those risks there is a need for a mandatory period to re-acclimate athletes to activity. These guidelines are mandatory and apply to all sports and student activity populations.

1. Acclimatization to heat and transition back to exercise and workouts should occur over a 2 week period.
2. There should be no performance or conditioning testing prior to completing the 2 week acclimatization period
3. During this acclimatization period, the focus should remain on conditioning and returning to physical fitness. ***No shared equipment, including balls, should be used without cleaning between use***
4. Week 1:
  1. Athletes may not participate in more than one practice per day. Total practice time should not exceed 2 hours per day.
  2. As a recommendation, intensity levels of activity should be reduced to 50% of the pre-COVID conditioning levels during the first 7 days.
5. Week 2:
  1. Intensity level may increase to 75% the over the course of the 2<sup>nd</sup> week with the intention of reaching full intensity level on the last day. This includes weight room training and conditioning activities. Testing volume should also follow these reduced amounts.

2. Weight training splits between muscle groups should include no more than 3 sessions per week with one to two days of recovery between sessions.

Extra diligence should be applied to monitoring for exertional heat illness, exertional rhabdomyolysis (muscle breakdown) and cardiorespiratory failure during this return to activity phase due to the unique circumstances caused by the COVID-19 outbreak.

All athletics and activities should be modified to encourage the reduction and elimination of physical contact.

Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.

### **RETURN TO PLAY GUIDELINES:**

- 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. They are not required to be worn during physical conditioning or other intense cardio workouts.
- Shirts, shorts or pants, socks and shoes are required at all times for workouts. No "skins" teams and all pinnies must be worn over a shirt and must be washed after practice. One pinnie per athlete and NO SHARING.
- Workout Groups will be limited in number to 30 students or less. Coaches will need to create work out groups in order to allow for all athletes that want to attend workouts. (ATHLETES CAN ONLY BE IN 1 GROUP). If our county would go back to the yellow phase at any time the number of athletes would lessen to 25.
- Coaching staff should be limited on a needs basis.
- Locker Room facilities will NOT be open. Port-O-Pots are not to be used. Students should come dressed for practice and leave after practice.
- Each student should bring their own water bottle or sports drink. Sharing of water bottles or drinks is prohibited. Bottles should be clearly labeled with the students name visible. Coaches are to monitor this at practice and remove students from practice that do not comply. No water coolers, water boy or water fountains are to be used. Per Governor Wolf, no chewing gum, spitting or sunflower seeds are permitted.
- There should be no shared items between students including towels, clothes, shoes, sport specific equipment, etc.
- Attendance is required to be taken and records kept for all activities that students are in attendance. (See form below...copies will be provided)
- 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 of the coach should be removed and sent home from practice.
- Students are NOT allowed in the Athletic Training room. If something is needed from there the Coach should obtain it or the Athletic Trainer if feasible.
- The Athletic Trainer has been contracted for some hours during the month of July. A plan will be worked out with her to do a symptom check and potentially a temperature check for every student planning to attend a work out (Details are still being worked out for this.)

- Heavily reinforce to students that if they have any symptoms of being sick that these workouts are VOLUNTARY and they are NOT to attend if they have any symptoms. 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 a summer activity should be reported to the Athletic Department as soon as possible via email, phone call or text.
  - The athlete must have a minimum of 72 hours symptom free without use of pain relievers before they can return to participation.
- Physical contact of any kind between athletes is prohibited at this time (i.e tackling, wrestling, live scrimmaging in any sport, any activity that involves students passing equipment between students, etc). All open gyms should be restricted to individual workouts with all social distancing requirements in place.
- Each student should have their own ball during the workout regardless of sport. Balls that were used during a particular session should be wiped down with disinfectant wipes before putting away after practice.
- All activities should be done outside or at an outdoor area of campus, if possible. Examples include basic conditioning, using outdoor basketball hoops, plyo and body weight strength training outdoors. Other arrangements may be made for indoor use on a needs basis.
- Students should be encouraged to shower and wash their workout clothes immediately upon returning home.

We are aware that this is a lot of information and that the guidelines are difficult in some areas, however, these must be followed to prevent the spread and contraction of COVID-19. Again, these guidelines may change as the phases and guidance from the state changes. These guidelines are strictly for summer participation and may change again once the school has established their Re-opening plan.

## 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

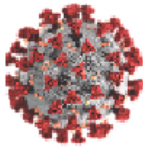
This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



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



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

[illegible]

# **Acknowledgement & Waiver Form**



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 summer of 2020. I also acknowledge that this information and guidelines may change due to the COVID-19 information changing.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by FASD to limit the exposure and spread of COVID-19 and other communicable diseases.

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Parent/Guardian Signature

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Date

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Student-Athlete Signature

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Date

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Coach Signature

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Date