

Return to sports safely

Pre-activity

- Athletes, coaches and staff will undergo a COVID-19 health screening before any practice, event or team meeting. The type of screening will depend on the available resources and the phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings should be verbal as well as a documented, written questionnaire with a temperature check.
- Anyone who is sick must stay home.

Precautions during activity

- Promote healthy hygiene practices such as handwashing (20 seconds with warm water and soap) pre- and post-activity.
- In alignment with the November 17, 2020 updated masking mandate; face coverings are required to be worn at all times whether actively participating or on the sideline. Coaches, Athletes, and Spectators must wear face coverings unless they fall under an exception in Section 3 of the Order.
- Conduct regular and thorough cleaning and disinfection in all facilities, and keep them well-ventilated.
- Ensure weight room is cleaned after each use.
 - Weight room equipment should be wiped down after each person's use.
 - Spotters for maximum weight lifts should be stationed at each end of the bar.
- Indoor gatherings are limited to 10% of maximum occupancy (0-2,000 person capacity). Outdoor gatherings are limited to 15% of capacity. This includes coaches, athletes, and school administration.
 - Encourage social distancing through increased spacing, small groups and limited mixing between groups, if feasible
 - Conduct controlled non-contact practices only and modify game rules.
- Use social distancing during practices and in locker rooms and gathering areas.
- Students should not share clothing or towels. Clothing and towels, including pinnies, should be washed after each practice.
- Appropriate clothing and shoes should be worn at all times in the weight room to minimize sweat transmission onto equipment surfaces.
- Athletic equipment that may be used by multiple people (e.g., balls, shields, tackling dummies, shot put, discus, pole vault) should be cleaned intermittently during practice and events as deemed necessary.
- Athletes and coaches **must** provide their own water bottle for hydration. **Water bottles must not be shared.**
- Hand sanitizer should be used periodically as resources allow.
- Sidelines/bench – Appropriate social distancing will need to be maintained on sidelines or bench areas during contests and events, as deemed necessary by the school, PIAA and state and local governments. Consider using tape or paint as a guide for students and coaches.
- Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.