



MaST Athletics

COVID-19 Health and Safety Plan

Purpose:

To protect the health and reduce the risk of contracting COVID-19 for the students, coaches, staff and families who participate in athletics at MaST Community Charter School. In order to maintain safety during the Covid-19 pandemic, policies and procedures must be established. The MaST Athletic Department has created this guide to clearly define its policies and procedures along with the principles on which they are based. All recommendations and policies could be changed at any time based on new updates from the PA or Philadelphia Department of Health.

This guide is based on information provided by the Center of Disease Control (CDC), National Federation of State High School Associations (NFHS), PA and Philadelphia Health Departments, and PIAA guidelines as of June 1, 2020.

[Here](#) is the updated school athletics guidance put out by the Philadelphia Department of Health. (as of 8/20)

Promotion of Wellness and Hygiene:

The coaching staff and athletes will have general wellness and healthy hygiene practices. This will include the following:

- Wash hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Require face coverings in accordance with local, state, and federal, and other governing body mandates. Even when mandates are not in place, face coverings will be strongly encouraged until further notice
- Social distancing will be in place to the greatest extent possible for coaches and athletes
- Display standard daily precautions and promote healthy habits for student athletes and staff. Resources are available from the CDC.
- Develop and provide infectious disease prevention education for coaches, parents and student athletes.

Degree of Risk

(Note: MaST sports are bolded in examples)

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

*Examples: Wrestling, football, boys lacrosse, **competitive cheer**, dance*

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

*Examples: **Basketball, volleyball*, baseball*, softball*, soccer**, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football *Could potentially be*

considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

*Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, **weightlifting**, alpine skiing, **sideline cheer**, single sculling, cross country running (with staggered starts)*

Return to Physical Activity

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the last several months. The current pandemic may result in students being deconditioned for four to ten months. When first returning coaches should acknowledge this and ease them in to play.

Protocol for MaST Athletics for Any Workout, Practice or Scrimmage or Game:

- All coaches and athletes must self-screen at home using the [Daily Screening Tool](#) prior to reporting to school (or a field) for a workout.
 - If the answer is “no” to all of the questions, the student may report for the workout. **If the answer is “yes” to any of the questions, the student is not to report to the workout.** Parents/guardians must complete the [“Student - Potential/Confirmed COVID Notification Form”](#) for the student (also linked in the Daily Screening Tool document) and await further directions from school personnel.
- Drop off on time and not early. No overlap of athletes coming and going.
- Attendance will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- All wellness and hygiene practices listed above will be followed
- Social distancing will be in place to the best extent possible
- Face coverings must be worn in a manner consistent with the guidance/mandates from local, state, and federal officials. Acceptable face coverings can be found [here](#).

- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Limit group huddles
- No sharing of water bottles, or towels. Students must bring their own.
- All athletic equipment, will be cleaned intermittently during workouts.
- No handshakes, fist bumps, high fiving ect.
- Sanitize hands and wash hands often. Hand sanitizer will be plentiful at all workouts
- Any jerseys used during these workouts should be washed daily and shouldn't be shared with other players during workout.
- Pick up: Students must be picked up promptly at the end of workouts so there is no overlap of athletes. Coach must stay at the facility until every player is picked up.
- Follow the [PIAA Return to Competition Guidelines](#)

Transportation

The CDC requires face masks to be worn by all travelers while on public transportation. Masks should completely cover the traveler's mouth and nose while awaiting, boarding, disembarking, or traveling on vans.

Coaches and athletes must wear masks at all times on school vans regardless of vaccination.

Athletes must complete the [Student Van Transportation Waiver Form](#) in order to ride on the school vans.

Who is Allowed at Events?

Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred): Media
3. Tier 3 (Non-essential): Spectators, vendors
 - a. **Attendees to events will be consistent with the guidance/mandates from local, state, and federal officials.**

What if someone becomes symptomatic when at school and/or the temperature check indicates a fever?

In the event an athlete or coach has a fever or becomes symptomatic at an athletic event or workout consistent with the symptoms listed on the Daily Screening Tool, the student will be sent home immediately and parents/guardians will be instructed to call their primary care physician. Parent/guardian must complete the [Student Potential/Confirmed COVID Notification Form](#) with an update and stay in communication with school personnel about updates.

If there is a positive COVID-19 Test

The student athlete will follow the school's detailed guidance set forth in the MaST Schools COVID Safety Plan for returning to school. For any player, coach or official who tests positive, teammates are considered close contacts and must quarantine per the school's policy. If direct exposure or quarantining is necessary, the school will contact families. In the event that we are notified that a recent opponent had a player or coach test positive, we will consult with the Philadelphia Health Department and follow their guidance in regards if quarantining the team is necessary.

Return to Play after Positive Health Screening or Positive COVID Test

All return-to-play timelines will be communicated to student athletes and their parents/guardians by school personnel consistent with school protocols.

References:

- 1) National Athletic Trainers Association
https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_ats_1.pdf
- 2) Restarting Youth and High School Athletics
<https://www.bjc.org/Keeping-You-Safe/Community-Updates/ArtMID/5838/ArticleID/4441/Restarting-Youth-and-High-School-Sports>
- 3) National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)
https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
- 4) Center for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- 5) Pennsylvania Interscholastic Athletic Association Return to Competition
http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf
- 6) Philadelphia Health Department Athletics Guidelines
 - a) <https://www.phila.gov/programs/coronavirus-disease-2019-covid-19/guidance/guidance-documents/sports-and-activities-youth-school-and-adult-guidance/>

COVID-19 Athlete/Coach Monitoring Form

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