



## **Interscholastic Soccer Resocialization Plan for Fall 2020**

### **Introduction**

The COVID-19 global pandemic is impacting schools and communities across our country and across the globe, and is presenting a myriad of challenges. While it is not possible to eliminate all risk of furthering the spread of COVID-19, current medical guidance suggests there are steps schools can take to reduce the risks to students, coaches, and their families. The goal is to keep transmission as low as possible to safely continue athletic activities. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

This document contains standards and guidelines for resuming Bear Creek Community Charter School's participation in the interscholastic soccer program through the Pennsylvania Interscholastic Athletic Association (the "PIAA"), and is based on guidance from the Pennsylvania Department of Education (the "PDE"), Pennsylvania Department of Health (PDOH), the Center for Disease Control and Prevention (the "CDC") and the Pennsylvania Interscholastic Athletic Association (the "PIAA").

### **Disclosure**

This document does not supersede any state or federal guidelines currently in place or any future directives that may be issued by public health officials. Participating in interscholastic athletics is a privilege, and it is of the utmost importance that athletes work with coaches and staff to help adhere to the following safety guidelines. Doing so is a responsibility of participating in interscholastic athletics, both in and out of season. Failure to adhere to the safety guidelines may jeopardize an athlete's ability to participate.

### **Social Distancing**

Social Distancing will be encouraged at all times (six feet at a minimum). Athletes will sit every other seat on a bench. Athletes will stand six feet apart when not participating in a drill or activity that requires closer contact.

School staff will be limited to essential personnel only. Capacity of fields will be considered when determining the appropriate number of participants. Groups will be limited to the smallest number possible. Virtual team meetings will take place when feasible.

Unnecessary contact will be avoided between all students and personnel. This includes but not limited to handshakes, high fives, fist bumps, or elbow bumps.

Individuals (student athletes, coaches and staff) who are exhibiting any of the symptoms of COVID-19 (fever, cough, shortness of breath, etc.) prior to arriving for athletic events should remain home and immediately contact the coach. The coach will notify the School Nurse.

## **Sanitation**

All equipment will be cleaned as much as possible during sessions, but at minimum after each training session, conditioning, practice or game. Bear Creek Community Charter School will provide coaching staff with the appropriate supplies and chemical disinfectants.

Whenever possible, athletes will not share gear and instead use their own personal equipment.

The public water fountains located in the pavilion near the soccer field on the Bear Creek Community Charter School campus will be cleaned and sanitized before and after each practice and game.

The public restrooms located in the pavilion near the soccer field on the Bear Creek Community Charter School campus will be cleaned and sanitized before and after each practice game.

Hand sanitizer will be made available to athletes for use before, during, and after workouts. All athletes and coaches will disinfectant hands (wash or hand sanitizer) prior to participation in any practice or game, and after any practice or game.

Students will be encouraged to shower and wash their workout clothes immediately upon returning home.

## **Personal Protective Equipment**

Student athletes, coaches, and staff will be required to use masks when in all indoor and outdoor spaces and when not actively engaging in the sport. This includes while on the sidelines, and when not engaged in active conditioning, practice or competition.

While it may be difficult to wear a mask when actively participating in a sport, the percentage of time without the mask will be limited to the active participation time or while hydrating. Face coverings will not be used when student athletes are actively engaged in conditioning, practice or competition.

Wearing cloth face coverings is most important when physical distancing is difficult.

Cloth face coverings are adequate (surgical or N95, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued unlabored breathing.

Face shields, nitrile disposable gloves, and other personal protective equipment will be available on an as-needed basis.

## **Hydration**

Students are discouraged from using public water fountains. No communal water container will be available. Each athlete will have their own personal defined hydration container that is never to be shared. Bear Creek Community Charter School will provide all students with a personal hydration container at the beginning of the school year.

## Pre-Participation Screening

All Bear Creek Community Charter School coaches and student athletes will be screened for signs/symptoms of COVID-19 prior to any workout, practice or competition (See attached COVID-19 Screening Form). Coaches will conduct screenings of students, as well as screenings of one another. Screenings will include a temperature check and questioning to each person for COVID-19 symptoms. These responses should be recorded and stored to provide a record. Any individual with suspected positive COVID-19 symptoms will not be allowed to take part in workouts.

Attendance at any workout, practice or competition will be recorded for contact-tracing purposes. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be isolated from other participants, parents contacted, and immediately be sent home. The School Nurse will also be notified. Parents should contact their primary care provider or other appropriate health-care professional for guidance. A student who has potential COVID-19 symptoms will be prohibited from participating in any conditioning, practices or competition until the student athlete is fever free (without fever-reducing medicine), demonstrates improved respiratory condition, has no vomiting or diarrhea and appropriate medical certification is provided to the school by the student athlete's primary care provider indicating it is safe to do so. Parents must contact the School Nurse for appropriate follow-up prior to the student returning to school or participating in extra-curricular activities.

Symptoms of COVID-19 may appear two (2) to fourteen (14 days) after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Illness Protocol

Should an individual become ill during a conditioning, practice or competition, they will be removed from the group immediately, masked if not already, and isolated in their individual space. The parent/guardian and Athletic Director will be notified immediately. The parent/guardian will be encouraged to seek treatment from a medical professional. The School Nurse will be notified.

If testing is conducted and yields a positive result, Bear Creek Community Charter School will implement contact-tracing in collaboration with the Pennsylvania Department of Health Department. A student who has contracted COVID-19 will be prohibited from participating in any conditioning, practices or competition until the student athlete is fever free (without fever-reducing medicine), demonstrates improved respiratory condition, has no vomiting or diarrhea and appropriate medical certification is provided to the school by the student athlete's primary care provider indicating it is safe to do so. Parents must contact the School Nurse for appropriate follow-up prior to the student returning to school and prior to participation in extra-curricular athletics.

## **Travel**

Modifications for team transportation to and from athletic events may be necessary based on current Pennsylvania Department of Education guidelines. This may include:

- Reducing the number of students and coaches on a bus or van
- Using hand sanitizer upon boarding a bus or van
- Social distancing on a bus
- Wearing face coverings.

These potential modifications will be determined by the charter school, transportation contractor, Department of Education, or state or local government.

## **Athletic Events: Spectators & Gatherings**

Bear Creek Community Charter School will continue to monitor and evaluate local, state and federal guidance as it relates to spectators attending group functions, including conditioning, practice and competition. During the Yellow and Green phases of Pennsylvania's reopening plan, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors (including, parents and spectators) will be contingent upon future health conditions within the state and the local community). No concessions will be available.

## **Education**

Coaches, student athletes and parents will be educated on the following (through posters, flyers, meetings, emails, social media and online notifications):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this Plan
- Any pertinent COVID-19 information released by the Department of Education, Department of Health and the Pennsylvania Interscholastic Athletic Association.

## **Primary Point of Contact**

Parents/Guardians who have questions or concerns regarding Bear Creek Community Charter School's Interscholastic Soccer Resocialization Plan for Fall 2020 should contact Tony Prudente, Athletic Director at [anthony.prudente@bearcreekschool.com](mailto:anthony.prudente@bearcreekschool.com)

## **Additional Resources & Information**

Centers for Disease Control & Prevention

<https://www.cdc.gov/>

Pennsylvania Department of Health

<https://www.health.pa.gov>

Pennsylvania Department of Education

<https://www.education.pa.gov>

Pennsylvania Interscholastic Athletic Association

<https://www.piaa.org/>

Board Approved July 20 2020

## **Bear Creek Community Charter School Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, Bear Creek Community Charter School (the "Charter School") will take necessary precautions and comply with guidelines from public health authorities, such as the Centers for Disease Control and the Pennsylvania Department of Health, as well as the Pennsylvania Interscholastic Athletics Association, to attempt to mitigate the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, the Charter School reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the Charter School's plan include but are not limited to:

- Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
- Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
- Cleaning and disinfection of equipment, etc.
- Use of appropriate face coverings when not engaged in physical activity (conditioning, practice, competition).
- Educate athletes, coaches, and staff on health and safety protocols.
- Require athletes and coaches to provide their own water bottle for hydration, and do not share.

By signing this form, the undersigned acknowledge receiving and reading Interscholastic Soccer Resocialization Plan for Fall 2020. The undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to waive, release and discharge the Charter School, its Board of Trustees, employees, volunteers, successors and assigns, and will hold them harmless from any and all claims, causes of action, liability, expenses, losses, damages, injuries and/or illnesses associated with exposure to COVID-19 or any other communicable disease arising out of the Student's participation in the Charter School's athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may involve a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they 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 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.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the released parties, other student-athletes or others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the Charter School to limit the exposure and spread of COVID-19 and other communicable diseases.

We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

**BOTH parents/legal guardians must sign this form.**

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Parent/Guardian's Name

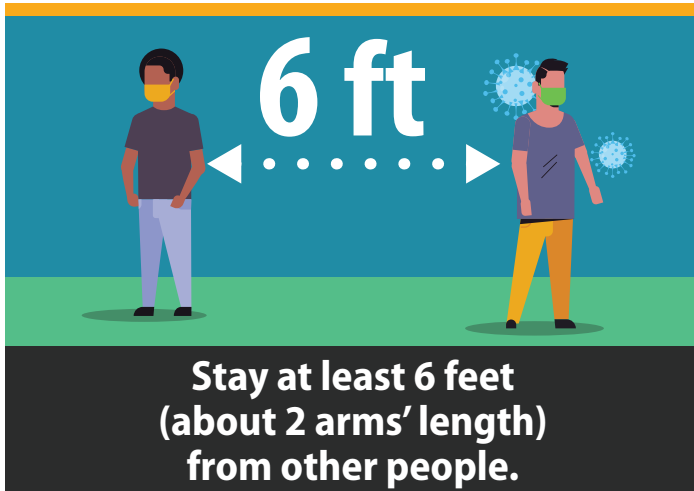
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Parent/Guardian's Signature

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Date

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Print Parent/Guardian's Name

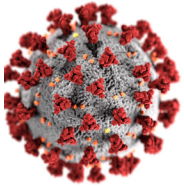
# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



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

# 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.



## 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.



## 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.



## 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.



## 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.



## 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.



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