

## DUBOIS CENTRAL CATHOLIC RETURN TO PLAY PLAN

DCC will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. DCC realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators (when applicable).

The purpose of this policy is to allow our coaches to begin practices with our student-athletes in a measured and controlled environment while performing cautious methods/tactics for conditioning, strength, individual skill development, and team-oriented trainings.

With a suitable line of communication between the athletic department, coaches, student-athletes, and parent/guardian(s), this will provide an effective component that will allow a safe environment for everyone involved in voluntary summer training sessions. Athletic Director of DCC Phil Esposito will be the primary contact throughout this whole process and will coordinate with everyone to make sure all practices will be organized. Middle School/ High School Principal Karrie Miller will be the secondary contact.

## INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, 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, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

## RECOMMENDATIONS ALL LEVELS – ALL ATHLETICS

1. Athletes and Coaches will be required to sanitize or wash their hands (30 seconds with warm water and soap) prior to entering the practice or game area. They must do the same upon exiting the facility.
2. Face coverings are required to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.
3. Face Coverings will not be used for athletes while practicing/competing, but will be required if they are not actively engaged in the practice/game.

8/18/2021- Facemasks will be required in the school when one or both Jefferson & Clearfield County are in the substantial or high category. Anyone not actively live participating in play are required to wear a facemask. This includes, players, coaches, workers, and spectators. 3 feet minimum of social distance is also required.

8/23/2021- After further discussion with the administration, it is decided that masks will be optional for indoor athletics regardless of who is actively participating. This includes players, coaches, workers, and spectators.

10/1/2021- Facemasks will be required for all spectators, coaches, players on the bench, and game workers. The only individuals that will not be required to wear face masks are the student-athletes actively participating in play. Officials will follow guidelines provided by them from the PIAA.

4. Hand Sanitizer stations will be available for the teams.
5. Intensify cleaning, disinfection, and ventilation in all facilities - doors will be open to bring in fresh air when possible. DCC will use Hillyard Re Juv Mal, which is an EPA approved cleaner.
6. Social distancing through increased spacing, small groups, and limited mixing between groups.
7. Educate Athletes, Coaches, and Staff on health and safety protocols.
8. Anyone who is sick must stay home.
9. Plan in place if a student or employee gets sick.

10. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
11. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared.
12. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
13. Locker rooms will be opened.

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14. No students are permitted in training areas without the presence of a Coach.
15. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

## CLASSIFICATION OF SPORTS

High 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.

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 that use equipment that can't be cleaned between participants.

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

\*\* High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. Team Activities should be limited to individual skill development drills that maintain social distancing.

# LEVELS OF PARTICIPATION

## **Level 1 and Level 2**

For all PA State Levels - Substantial, Moderate and Low:

DCC will adhere to the PA Department of Health, Catholic Schools Office, PIAA and District 9 Guidelines.

- If school facilities close as per PA State Guidelines – there will be no in person gatherings for sporting events. Athletes and coaches may only meet over Zoom Sessions, Face Time, Microsoft Teams etc.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.
  - Any Player or Coach that test positive for COVID-19, must have medical clearance before returning.

## LIMITATIONS ON GATHERINGS

- Currently, there are no limitations on gatherings
- Social Distancing should be applied during practices and games. Locker rooms will remain open. Facemasks are required on all buses.

## FACILITIES CLEANING

- Adequate cleaning schedules should be implemented for all athletic facilities to mitigate any communicable disease. DCC will use Hillyard Re Juv Mal, which is an EPA approved cleaner.
- Athletic Facilities will be disinfected prior to after every session. There will need to be 15 minutes in between each practice session in the gym.
- Weight Room Equipment should be wiped down after an individual's use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Equipment and room will be disinfected after every use by the Coach during each practice session.
- Students should refrain from sharing clothing/towels and should be washed after each practice, including jerseys/pinnies
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) should be cleaned intermittently during practice and events as deemed necessary, also after every session.
- Hand Sanitizer should be used periodically throughout the session.

**During event/game, the Game Manager is responsible for sanitizing areas where athletes will be located, and enforcing the guidelines of the PIAA and PA Department of Health regulations.**

## HYDRATION

- Students **MUST** bring their own water bottle. Water bottles must not be shared.

## POSITIVE CASES - COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19? Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever or chills (100 or Higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Diarrhea
- Muscle or body aches
- Headache
- Congestion/Runny Nose
- Sore Throat
- Nausea/vomiting
- Loss of taste/smell

## WHAT TO DO IF SOMEONE IS SICK

- If you are sick or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (coach, athletic director, principal).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

WHAT TO DO IF A STUDENT, COACH OR STAFF BECOME ILL  
WITH COVID-19 SYMPTOMS DURING PRACTICE, EVENT OR DURING  
TRANSPORTATION TO OR FROM AN EVENT

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- The student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- In regards to quarantine, proper CDC Guidelines for contact tracing will be followed.  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

**If a player/coach tests positive for Covid-19, they need medical clearances to return.**

