

GASD Athletics 2020-2021 Covid-19 Health & Safety Plan

Guidance:

1. [PA Guidance for sports](#)
2. [PIAA Return to Competition Guidance](#)
3. [CDC Considerations for Youth Sports](#)
4. [NFHS Sports Medicine Position Statements and Guidelines](#)
5. [Wellspan Sports Medicine Reopening resources](#)
6. [UMPC Return to Sports Guidance](#)
7. [PDE K-12 Reopening Guidance](#)
8. [YAIAA press release regarding fall sports](#)
9. [YAIAA Competition Guidance](#)

2020-2021 Interscholastic competition season (Grades 7-12 only):

The following information is designed to give our Athletic program guidelines and set forth expectations for conducting any level interscholastic competition or practices within our extra-curricular athletic program during the 2020-2021 school year. These guidelines will remain fluid as information from the CDC, state and local government officials, NFHS, the Pennsylvania Interscholastic Athletic Association (PIAA), and the York-Adams Interscholastic Athletic Association (YAIAA) provide more information and updates.

Students and a parent or guardian must sign a [waiver](#) in order to participate in any practice or competition, whether in or out of season, within the Gettysburg Area School District.

| Plan Requirements | Action Steps |
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| Point of contact | <ul style="list-style-type: none"> ● Casey Thurston, Athletic Director ● Pandemic Team Members <ul style="list-style-type: none"> ○ Kayla Rang, ATC ○ Tyler Irvin, ATC ○ Tiffany Rudisill, MS AD ○ Cyril Kress, MS AD ○ Jeanette Slimmer, GASD nurse ○ Karen Morris, GASD nurse |
| Cleaning, Sanitizing, Disinfecting, and Ventilation | |
| <p>Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p> <p>Other cleaning, sanitizing, disinfecting, and ventilation practices</p> | <ul style="list-style-type: none"> ● Implement outdoor workouts whenever possible. ● Student-athletes need to bring their own water bottles. Sharing of water bottles is prohibited. ● Student-athletes should use hand sanitizer or wash hands upon arrival and exit of workout, and changing of locations (indoor/outdoor). ● Minimal sharing of equipment. ● Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary. ● Controlled practices should occur in which unnecessary contact is kept to a minimum. ● Student-athletes should be encouraged to shower and wash their workout clothes immediately upon returning home. ● Student-athletes should not be sharing or using any clothing/practice gear (ie.towels, pinnies, etc.). ● Concession stands will follow all PA Dept of Health guidelines and permissions. |

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| | <ul style="list-style-type: none"> ● Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often. ● Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds. ● Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. ● Locker rooms are held to PA Dept of Health guidelines for gatherings. ● Single entry/exit point for games and practices ● Gym / workout areas that were used should be sanitized after each group. ● Student-athletes will follow GASD Covid-19 bus guidelines and policies. ● When feasible (weather permitting) buses will keep windows and roof air vents open to provide ventilation. ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
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| Social Distancing and Other Safety Protocols | |
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| <p>Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>Other social distancing and safety practices</p> | <ul style="list-style-type: none"> ● Locker rooms are held to PA Dept of Health guidelines for gatherings. ● No loitering in common areas. ● Single entry/exit point. Student-athletes should social distance and wait outside until check-in screening takes place. ● Social Distancing should be applied during practices and gathering areas. ● GASD will follow PIAA and YAIAA regulations to the greatest extent possible. ● During downtime, athletes, coaches and staff should not congregate. |
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| | <ul style="list-style-type: none"> ● If the cafeteria is used for meal consumption, student-athletes and coaches will be seated in a way to provide 6 feet of separation to minimize risk and follow GAHS cafeteria plan. ● In general, coaches and staff members are empowered to make decisions to keep students safe (i.e. seek shelter during inclement weather). ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Procedures for serving food at events | <ul style="list-style-type: none"> ● Concession stands and team meals will follow all PA Dept of Health guidelines and permissions. |
| Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices | <ul style="list-style-type: none"> ● Student-athletes should use hand sanitizer or wash hands upon arrival and exit of workout, and changing of locations (indoor/outdoor). ● Student-athletes should be encouraged to shower and wash their workout clothes immediately upon returning home. ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Identifying and restricting non-essential visitors and volunteers | <ul style="list-style-type: none"> ● Limit staff at practices to essential only. Parents and other spectators are not to be present. ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Limiting the sharing of materials and equipment among student athletes | <ul style="list-style-type: none"> ● Coaches should assign workout groups, as necessary, if equipment does need to be shared between teammates, as feasible. ● Student-athletes should not be sharing or using any clothing/practice gear (ie.towels, pinnies, etc.). ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.) | <ul style="list-style-type: none"> ● Indoor and outdoor communal spaces are held to PA Dept of Health guidelines for gatherings. |

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| | <ul style="list-style-type: none"> ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Adjusting transportation schedules and practices to create social distance | <ul style="list-style-type: none"> ● Student-athletes will follow GASD Covid-19 bus guidelines and policies. ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Limiting the number of individuals in athletic activity spaces, and interactions between groups of student athletes | <ul style="list-style-type: none"> ● No parents, guardians, or spectators are allowed to remain to watch practice. Students must be dropped off and picked up at the end of practice. ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |
| Monitoring Student-Athletes and Staff Health | |
| Monitoring student athletes and staff for symptoms and history of exposure Other monitoring and screening practices | <ul style="list-style-type: none"> ● Keep accurate rosters every day (submit to AD in case tracing is needed). This includes coaches and staff. ● Student-athletes, coaches, and staff should be screened daily with a questionnaire. ● Opposing teams will sign a verification form that they have completed a screening of their athletes before arriving at GASD for competitions. |
| Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure | <ul style="list-style-type: none"> ● Should an individual athlete become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space. <ul style="list-style-type: none"> ○ The parent or guardian should be notified right away by the coach. ○ Any athlete sent home should be reported to the Athletic Director as soon as possible through email, phone call, or text. ● Any person with positive symptoms reported will not be allowed to take part in practices or competitions and will be sent home. |

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| | <ul style="list-style-type: none"> ○ It is recommended that the student-athlete (and parent/guardian) contact their health-care professional. |
| Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics | <ul style="list-style-type: none"> ● To return to participation, follow PA Department of Health and PIAA guidance along with a student-athlete's PCP (primary care physician). District and athletic administration will follow its practices and protocols already in place. |
| Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols | <ul style="list-style-type: none"> ● GASD will immediately notify appropriate staff, families and the public based on DOH guidance. ● DOH will provide direction and guidance for specific contact tracing in the event of a confirmed case. |
| Other Considerations for Student Athletes and Staff | |
| Protecting student athletes and coaching staff at higher risk for severe illness | <ul style="list-style-type: none"> ● Protecting students and staff who are at higher risk for severe illness will be handled on a case-by-case basis, based on current health guidance. ● Educate Athletes, Coaches, and Staff on health and safety protocols ● Encourage all student-athletes who are sick to stay home. This should be done without fear of punishment / team consequences. ● Coaches should identify a structure of coaching responsibilities in case they are unable to perform coaching duties. |
| Use of face coverings by all coaches and athletic staff | <ul style="list-style-type: none"> ● For coaches and staff, mask guidance will follow all current guidance from the PA Dept of Health and PA Dept of Education. <ul style="list-style-type: none"> ○ The garment should cover both the nose and mouth. |

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| Use of face coverings by student athletes as appropriate | <ul style="list-style-type: none"> ● Mask guidance will follow all current guidance from the PA Dept of Health and PA Dept of Education. <ul style="list-style-type: none"> ○ The garment should cover both the nose and mouth. |
| Unique safety protocols for student athletes with complex needs or other vulnerable individuals | <ul style="list-style-type: none"> ● GASD Athletics will follow GASD Reopening Guidelines, PA Department of Health, PIAA and YAIAA regulations to the greatest extent possible. |

All COVID -19 related questions regarding sports should be directed to:



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