

Nazareth Area School District



COVID-19 Athletics and Student Activities Health and Safety Plan

A Guide for Athletics and Activities



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I. Reviews and Submissions

Final Reviewed by: *John Ostrowski, St. Luke's Health Network on June 19, 2020*

Reviewed by: *Attorney Gary Brienza, NASD Solicitor on June 22, 2020*

Approved by: *NASD Board of Directors on June 23, 2020, Amended to include PIAA Return to Competition Considerations on August 25, 2020. The PIAA voted on Friday, August 21, 2020 to allow Fall sports to proceed. Amended by NASD Board of Directors on November 24, 2020 to include provisions for Winter Sports.*

Submitted to PIAA: *June 24, 2020*

Posted on website: *June 24, 2020*

II. Disclaimer

Although the Nazareth Area School District will make our best efforts to facilitate a safe and healthy environment conducive to student learning, there is an inherent risk of a child becoming infected and potentially infecting other individuals, such as household members. This plan is subject to change per the guidance of federal, state, and local authorities.

The Superintendent has the ability to make any last minute changes as necessary.

III. Decision Making Process

The decision-making process for the procedures in this document were guided by the St. Luke's Health Networks document on Re-Socialization of Sports. The questions presented in that section served as the guide to determining if the school district is prepared for the resumption of sports-related activities in a manner that ensures the safe return of our student-athletes and staff at Nazareth Area School District. This plan is created in alignment with the Nazareth Area School Districts Health and Safety Plan as required by the Pennsylvania Department of Education (PDE).



IV. **Athletic and Activities Pandemic Coordinator and Team**

The Athletic and Activities Pandemic Response Team will be responsible for preparedness and response planning for COVID-19. The following table lists the members that form part of the Athletics and Activities Pandemic Response Team.

Name	Role, Position	Organization
Dr. Dennis Riker	Superintendent of Schools, Nazareth Area School District Pandemic Coordinator	NASD
Dr. Linda Stubits	School Board President	NASD
Ms. Jodi Mammana	School Board Athletics Committee Chair	NASD
Dr. Adam McGlynn	School Board Athletics Committee Member	NASD
Mr. Kenneth Butz	School Board Athletics Committee Member	NASD
Dr. Isabel Resende	Assistant Superintendent	NASD
Dr. Mark Madson	Assistant Superintendent	NASD
Mr. Ray Ramella	Athletic Director, Athletics and Activities Pandemic Coordinator	NASD
Mr. Rob Zemanick	Director of Facilities and Operations	NASD
Ms. Patricia Quinn	Supervisor of Transportation	NASD
Dr. John M. Hauth	St. Luke’s Resocialization Task Force Health & Safety Plan Development	Senior Network Administrator, Sports Medicine Relations, St. Luke's
Mr. John Ostrowski	St. Luke’s Resocialization Task Force Health & Safety Plan Development	Coordinator of Athletic Training Services Moravian College
Mr. Alan Davis	High School Principal	NASD
Ms. Pam Vlasaty	Director of Pupil Services	NASD
Mr. Tom Falzone	Head Football Coach	NASD
Mr. Rick Hilborn	High and Middle School Marching Band Advisor	NASD

Description of roles and responsibilities:

- Coordinator - Individual will play a role in overseeing implementation of the Athletics and Activities Health and Safety Plan.
- Health and Safety Plan Development – Individual will play a role in drafting the enclosed Health and Safety Plan



V. Athletic Health & Safety Plan (Resocialization to Sports)

In response to the COVID-19 Pandemic and to ensure the safety and wellbeing of student athletes, the following is the plan for safe return to play. This plan applies to all staff members (e.g. athletic trainers, physicians, athletic administrators, coaches, strength and conditioning staff, school administrators, advisors) of Nazareth Area School District who are associated with athletics.

This is an evolving plan for a safe return to play. This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

A. INTRODUCTION

The COVID-19 Pandemic has presented athletics across the world with a myriad of 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.

The Nazareth Area School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The Nazareth Area School District realizes the knowledge regarding COVID-19 is continuously 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.

Anticipated Date for the Return to Sports-Related Activities: Wednesday, July 1, 2020

The date above is contingent upon school board approval at the June 23, 2020 Nazareth Area School District School Board Meeting, facility availability and the completion of all necessary staff training. This date is subject to change.

B. HIGHLIGHTS

1. Off-season, preseason and in-season workouts/competitions may resume pending School Board of Directors approval of resocialization of interscholastic athletics plan.
2. Each team will hold a **mandatory** parent/student meeting (virtually) prior to any activity restarting.
3. Coaches will submit workout plans to the Athletic Director prior to resuming activities (See *Marching Arts Sample : Ensemble Protocols & Logistics*).



4. Off-season activities must be voluntary and in accordance with PIAA By-laws regarding out of season competition.
5. Resumption of activities with 25 or less people may occur in the Minimal/Moderate Community Transmission Phase.
6. Resumption of activities with 250 or less people may occur in the Low/No Community Transmission Phase.
7. CDC and Department of Health guidelines on social distancing, handwashing and mask wearing must be followed.
8. Pre-workout health screenings of all coaches and athletes must occur.

C. RECOMMENDATIONS

Recommendations for **ALL PHASES** for High School and Middle School Athletics

1. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing as long as social distancing can be maintained.) Hand Sanitizer will be available for team use as resources allow.
3. Intensified disinfecting of equipment, balls, frequently touched surfaces and facilities will occur.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible. Avoid any unnecessary physical contact, such as high fives, handshakes, fist bumps or hugs. No team huddles should take place. In addition, behaviors that increase the risk of exposure to saliva must not be allowed: including chewing gum, spitting, licking fingers, and eating sunflower seeds.
5. The Athletic Training staff & Athletic Department will educate athletes, coaches, and staff on health and safety protocols as they are updated.
6. Anyone who is sick, displays COVID-19 symptoms, or has been in close contact with someone diagnosed with COVID-19 must stay home until cleared to return to activities.
7. Plan in place if a student or employee gets sick. The individual will be immediately removed and taken to an isolated area. They shall then be directed to contact their health care provider for evaluation and potential COVID-19 testing.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and Coaches **MUST** provide their own labeled water bottle for hydration. Water bottles must not be shared. A Nazareth Area School District provided water cooler and/or hose may be provided, but will only be operated by approved athletic trainers to refill individual water bottles to maintain hydration.
10. Athletes will not use locker rooms or showers on site. Athletes will come to workouts or contests dressed to participate.
11. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.



12. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC “People Who are at a Higher Risk for Severe Illness”)
13. Post-Workout Procedures
 - a. Hand washing or sanitizing should be done after all workouts.
 - b. No whirlpool or cold/hot tubs should be used – exemptions for Emergency Action Plan related to heat illness best practice.
 - c. All athletes should leave facilities immediately post workout and return home to shower.
 - d. Clothing should be changed and washed after each workout session.
 - e. No congregation in groups should occur.
14. Sanitizing Facilities
 - a. Implement an adequate cleaning and disinfecting schedule for all athletic facilities to mitigate any communicable diseases.
 - b. Ensure all high touch, high traffic areas are included in cleaning and disinfecting schedules.
 - c. Hard surfaces should be sanitized before entering and after leaving the facility.
 - d. Equipment should be cleaned before and after each person’s use.
 - e. Allow disinfectants to take effect after implementing and give 10-15 minutes before each exercise session before the next session begins.
 - f. Athletic equipment will be cleaned periodically for all sports.
 - i. Athletic equipment includes balls, sticks, helmets, pads, gloves, etc.
 - ii. As listed in return phase
- 15. Collaborate with St. Luke’s University Health Networks Local Sports Resocialization Plan.**

D. DEFINITIONS:

Personal Protective Equipment (PPE) – Gloves, masks, eye protection

Social Distancing – also called “physical distancing”, keeping space between yourself and other people outside of your home. Stay at least 6 feet from other people. Do not gather in groups. Stay out of crowded places and avoid mass gatherings.

Close Contact – having close (within 6 feet) and prolonged (15 minutes or more) contact with the COVID-19 patient.

Vulnerable People – defined by the CDC as those with a serious heart condition, uncontrolled or moderate to severe asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, or a weakened immune system and people over the age of 65.

Contact Tracing – system used to identify people who were exposed and may have become infected with COVID-19. Used to interrupt ongoing transmission and reduce the spread of an infection.

E. 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. Examples: football, wrestling, cheerleading (stunts), 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 that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7-on-7 football

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. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

**** High/Moderate Risk Sports may move to a Low risk category with non-contact modifications.**

PRIOR TO RESUMING PHYSICAL ACTIVITY

- Protection of Vulnerable Individuals
 - Vulnerable individuals should consider delaying their participation in sports-related activities.
 - These individuals, or anyone who might have a concern of being immunocompromised, are also recommended to consult with their health care provider prior to overseeing or participating in sports-related activities.
 - Vulnerable individuals include those with any of the following conditions:
 - Diabetes
 - Chronic Lung Disease (Including Asthma)
 - Severe Obesity (Body Mass Index > 40)
 - Chronic Kidney Disease
 - Heart Conditions
 - Immunocompromised (i.e. any transplant recipient, anyone needing immunosuppressant medications such as steroids or biologics, any patients receiving chemotherapy, etc.)
 - Age 65 or older
- Physicals will be required for the official PIAA Fall/Winter Season start date. Please be sure to disclose to the physician performing your physical if you were diagnosed with COVID-19.
- Individuals (staff, students, and parent/guardian) must sign the Participation Waiver for Communicable Diseases Including COVID-19 (see appendix).
- Any individual returning to physical activity after a COVID-19 diagnosis can only return if the following criteria are met:
 - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
 - Individual has improvement of respiratory symptoms (i.e. cough, shortness of breath)
 - At least 10 days have passed since symptoms first appeared
- Written documentation (clearance note) from a health care provider (MD, DO, NP, PA) must be provided to the athletic training staff.



F. LEVELS OF PARTICIPATION

Level 1: Minimal/Moderate/Substantial Community Transmission

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- 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.

Guidance on Masks and Face Coverings

- Face coverings must be worn when participating in indoor physical activity where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. Face coverings need not be worn if the person meets one of the exceptions in Section 3 of the Order.
- Everyone who participates in sport activities including coaches, athletes (including cheerleaders), and spectators must wear a face covering, such as a mask, unless they fall under an exception in *Section 3 of the Order* ([Universal Masking FAQs](#)).
 - Indoors: Coaches, athletes (including cheerleaders), and spectators must wear face coverings, when indoors and where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. This includes while actively engaged in workouts, competition, and on the sidelines, etc.
 - Outdoors: Coaches, athletes (including cheerleaders), and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.
- Allow athletes to wear PPE items at all times if they choose, as long as the items do not compromise the safety of the athlete or others participating in activity.
- Social distancing is still required until CDC, state, and local authorities declare otherwise.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned by coaching staff prior to team arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- 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.



Physical Activity:

- St. Luke's Athletic Trainers will follow their normal return to play guidelines for conditioning and acclimation to heat within the parameters of public health guidelines set on this plan.
- Lower risk sports practices may begin.
- Must utilize workout pods – groups of 10.
- Modified practices may begin for Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development).
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- 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.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for maximum weight lifts should be stationed at each end of the bar.
- Athletes must show up dressed and ready for sports-related activities.

Hydration:

- Students MUST bring their own individualized & labeled water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized by athletes or coaches. Any provided NASD water cooler or hose will be used by approved athletic trainers only to refill personal water bottles.

PARTICIPATION PRIORITY (Appropriate Seasonal Order/Highest Level)

- Levels may be staggered and/or delayed based upon facility availability
 - Fall: Varsity, Junior Varsity, Junior High, Middle School
 - Winter: Varsity, Junior Varsity, Junior High, Middle School
 - Spring: Varsity, Junior Varsity, Junior High, Middle School

G. Athletic Training Considerations

1. NASD will be prepared to provide athletic training staff and adequate PPE and sanitization supplies.
2. Anyone who utilizes the athletic training room must wash hands or use hand sanitizer upon entry and exit.
3. Athletic trainers must be practicing good hygiene and washing hands or using hand sanitizer.
4. Athletic trainers must wear gloves during patient care that requires physical examination or direct contact. Gloves must be changed between patients.
5. Athletic trainers must wear masks at all times until guidance from the CDC is adjusted.
6. Athletic trainers should clean and disinfect according to CDC Reopening Guidance inclusive but not limited to treatment/taping tables after each patient, rehabilitation equipment, modality equipment, etc. A cleaning and disinfecting schedule should be created and maintained.
7. While CDC, federal, state and local counties recommend social distancing, the number of athletes in the athletic training room must be limited to ensure they have 6 feet of social distancing. All persons in the athletic training room should wear masks/face coverings. Only



- one athlete per treatment table should be permitted. May consider scheduling by appointment for the majority of athletes except in acute/emergency cases.
8. Emergency action plan adjustments may need to be considered during this time, i.e. lightening policy sheltering procedures.
 9. No whirlpool or cold/hot tub use. Exception of emergency action plan related heat illness best practice.



VI. Student Activities Resocialization Plan

In response to the COVID-19 Pandemic and to ensure the safety and wellbeing of students, the following is the plan for safe return to activities. This plan applies to all staff members (e.g. advisors, physicians, administrators, coaches, volunteers) of Nazareth Area School District who are associated with student activities.

This is an evolving plan for a safe return. This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

A. INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with a myriad of 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.

The NASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS, COB, and PIAA. The NASD 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.

Anticipated Date for the Return to Student Activities: Wednesday, July 1, 2020

The date above is contingent upon school board approval at the June 23, 2020 Nazareth Area School District School Board Meeting, facility availability and the completion of all necessary staff training. This date is subject to change.

B. HIGHLIGHTS

1. Off-season, preseason and in-season practices/competitions may resume pending School Board of Directors approval of resocialization of interscholastic athletics plan.
2. A mandatory parent meeting will be held prior to practices resuming.
3. Advisor will submit a reentry plan to the Athletic and Activity Director for review.
4. Off-season activities must be voluntary and in accordance with PIAA By-laws regarding out of season competition and NASD guidelines.
5. Resumption of activities with both spectators and participants in attendance may occur in accordance with the latest guidance provided by one or more of the following entities: St. Luke's Hospital and Health Network, DOH, PIAA, Office of the Governor.



6. CDC and Department of Health guidelines on social distancing, handwashing and mask wearing must be followed.
7. Pre-workout health screenings of all advisors and students must occur.

C. DEFINITIONS:

Personal Protective Equipment (PPE) – Gloves, masks, eye protection

Social Distancing – also called “physical distancing”, keeping space between yourself and other people outside of your home. Stay at least 6 feet from other people. Do not gather in groups. Stay out of crowded places and avoid mass gatherings.

Close Contact – having close (within 6 feet) and prolonged (15 minutes or more) contact with the COVID-19 patient.

Vulnerable People – defined by the CDC as those with a serious heart condition, uncontrolled or moderate to severe asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, or a weakened immune system and people over the age of 65.

Contact Tracing – system used to identify people who were exposed and may have become infected with COVID-19. Used to interrupt ongoing transmission and reduce the spread of an infection.

D. LEVELS OF PARTICIPATION

Level 1: Minimal/Moderate/Substantial Community Transmission

Pre-workout Screening:

- All advisors and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- 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.

Guidance on Masks and Face Coverings

- Advisors and staff will be required to wear masks at all times unless doing so jeopardizes their health.
- Students must wear masks or face coverings when they arrive onsite for health screening and when not actively participating in activity and social distancing is challenging (sidelines, dugouts, athletic training room, etc.).
- Students must wear masks or face coverings during activity if contact is closer than 6 feet for a period of time longer than 15 minutes. If athletes are separated by more than 6 feet, then no mask is required.



- Allow students to wear PPE items at all times if they choose, as long as the items do not compromise the safety of the athlete or others participating in activity.
- Social distancing is still required until CDC, state, and local authorities declare otherwise.

Limitations on Gatherings:

- Resumption of activities with both spectators and participants in attendance may occur in accordance with the latest guidance provided by one or more of the following entities: St. Luke’s Hospital and Health Network, DOH, PIAA, Office of the Governor.
- Controlled non-contact practices/rehearsals only, modified show/contest rules.
- Social Distancing should be applied during practices and gathering areas.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned by staff prior to group arrival and post gatherings, high touch areas should be cleaned more often.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces.

Hydration:

- Students **MUST** bring their own individualized & labeled water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized by athletes or coaches. Any provided NASD water cooler or hose will be used by approved athletic trainers only to refill personal water bottles.

PARTICIPATION PRIORITY (Appropriate Seasonal Order/Highest Level)

- Levels may be staggered and/or delayed based upon facility availability
 - Fall: High, Middle School
 - Winter: High, Middle School
 - Spring: High, Middle School

E. Sample Plan: Marching Arts (Ensemble Protocols & Logistics)

1. Mr. Hilborn will be named as the primary point of contact for the marching band program for all questions related to COVID-19.
2. Should any student, staff member, or district-approved volunteer fall ill, the following procedures will be observed:
 - a. All parties – parents, students, and staff members – will be notified immediately via email notification.
 - b. Mr. Hilborn will inform school district officials and the district Pandemic Coordinator regarding the illness.
 - c. School officials will advise students, staff, and parents as to the next course of action.



3. We will hold an education session for band members and parents on the symptoms of COVID-19 on **THURSDAY, JULY 9, at 7:00 pm**. This session will be done virtually and available to all students, family members, and staff members that work with the band. This presentation will address symptoms, sanitation / hand washing procedures, instrument cleaning procedures, and what to do if anyone is experiencing any of the symptoms. **An electronic acknowledgement form has been created that MUST be completed upon viewing of this session. NO STUDENT OR STAFF MEMBER WILL BE PERMITTED TO RETURN TO MARCHING BAND WITHOUT HAVING PARTICIPATED IN THIS MEETING (or acknowledging the viewing of the video) AND ELECTRONICALLY SIGNING, COMPLETING AND SUBMITTING THE CORRESPONDING GOOGLE FORM (which will be made available to everyone by Mr. Hilborn). THERE WILL BE ABSOLUTELY NO EXCEPTIONS MADE TO THIS.**
4. At the beginning of every event scheduled, including small group sectionals, full rehearsals and performances with the organization, a self monitoring screening must take place for all students, staff, and necessary volunteers.
 - a. This screening should include an at-home temperature check done by parents and answers to screening questions as outlined in the NFHS guidelines. Any person with symptoms WILL NOT be allowed to take part in rehearsal and should contact a primary-care provider.
 - b. **Vulnerable individuals (as defined by the CDC) should not oversee or participate in any rehearsals that take place during the Minimal/Moderate Community Transmission phase. These individuals must practice physical distancing and limited social interactions during the Low/No Community Transmission phase.**
 - c. As directed by officials in the Nazareth Area School District, these procedures can be performed either by a district personnel member or a parent volunteer, provided all district guidelines in regards to confidentiality are followed. This **WILL NOT** be performed by students.
2. During both the Minimal/Moderate Community Transmission and Low/No Community Transmission phases, **no meals will be served for groups** on campus, either by district staff or parent volunteers. Meal times during rehearsals should be organized so that students can stay outside and within small groups (sections) whenever possible.
3. Any “full ensemble” meetings that deal with logistics should be held in a virtual environment during the Minimal/Moderate Community Transmission and Low/No Community Transmission phases.
4. All collection of paperwork and finances related to band operations will be done **electronically as much as possible**.
5. We will delay uniform sizing and distribution as long as possible and until we are in the **Low/No Community Transmission phase** AND as close to the **end of the summer/beginning of the school year** as possible. Depending on circumstances, a “relaxed” uniform will be considered that may be similar to what we wear during the Memorial Day Parade – band polos and black pants.
6. **PLEASE NOTE this is an ever-changing situation.** The results of additional studies being performed right now by NAFME, NAMM, NFHS, ABA, CBDA, ASTA, and ACDA can and likely WILL have an impact on adjusting some of the policies. The school district, Mr. Hilborn, and administration will keep you informed as to ANY updates deemed essential for the safety and well-being of our students.



F. Rehearsal Considerations

1. Rehearsals held for a group during the Minimal/Moderate Community Transmission and Low/No Community Transmission phases must be limited to the 25 participants Minimal/Moderate Community Transmission/ 250 participants Low/No Community Transmission restrictions. We will refer to NASD guidelines for any participant restrictions beyond this.
 - a. Minimal staffing will be used during the Minimal/Moderate Community Transmission phase to maximize the amount of students that can attend a rehearsal.
 - b. **During the Minimal/Moderate Community Transmission phase, parent volunteers should not be present on campus unless involved in the direct pickup/drop-off of students.**
 - c. The band could be split into multiple groups of 25 participants provided that the groups are kept separate for the duration of the rehearsal from drop off to pick up. This includes separation of all staff, section leaders, and directors. This means rehearsal may take place at multiple locations on campus.
2. Rehearsals **WILL** be held 100% outside during the Minimal/Moderate Community Transmission phase, and every attempt will be made to hold rehearsals 100% outside during the Low/No Community Transmission phase. This may require last minute cancellations of rehearsals due to inclement weather situations. Therefore, check your email and schoology BEFORE you leave home for any event – especially if the weather is questionable.
3. In the event of inclement weather arising during a rehearsal in the Low/No Community Transmission phase, the following protocols will be followed:
 - a. Large spaces (auditorium, LGI) will be utilized should the band need to move indoors.
 - b. Overhangs will be used if possible to remain outdoors.
 - c. Students and parents should be aware that if the inclement weather situation becomes serious enough (severe thunderstorm, etc...), rehearsal may CEASE at that point. Therefore, parents WILL NEED to be understanding that they may need to adjust pick-up time accordingly in such extreme circumstances.
 - d. Individual school classrooms (beyond the music area) WILL NOT BE USED for this purpose as to minimize the re-cleaning for school district personnel.
4. A drop-off/pick-up plan has been established by Mr. Hilborn and has been approved by school district administration. This addresses individual sections, estimated time windows, and locations for parents and students and includes multiple points of dropoff and pickup to minimize individual contact. The drop-off/pickup is included later in this document.
5. Students and GUARD MEMBERS **must** transport their individual instruments/equipment to/from every rehearsal. For students that play large wind instruments WILL BE STRONGLY encouraged to transport their instruments as well. If this is not possible, we will work to provide a storage place during the summer and band camp close to the rehearsal site for these instruments. Battery percussion instruments will be stored in the Boandl trailer for rehearsal. Front ensemble instruments will be stored in the band room and will need to be taken outdoors for each rehearsal. The band room doors will be propped open for the duration of the retrieval window. The door closest to my office will serve as the ENTRANCE to access equipment, and the door



closest to the BATHROOMS will be used as an exit to maintain a one-way flow and minimize contact.

6. All students should keep all of their belongings in one 6' x 6' contained space while outdoors. We are hoping to have painted areas on our practice lot for this purpose.
7. All participants must bring their own water bottles and drinks to all activities. **AT EVERY REHEARSAL**, water bottles used by students should be large enough to accommodate the amount of water needed for that rehearsal. **THERE IS ABSOLUTELY NO SHARING OF WATER BOTTLES.**
8. Warmup activities (be it musical or visual) should be done with a minimum of a 3-step distance between performers (6 feet), and more likely a 4 step interval will be used.
9. Activities specifically related to breathing development **WILL NOT BE USED IN GROUP REHEARSALS** in the Minimal/Moderate Community Transmission or Low/No Community Transmission phases at this point in time. However, videos will be provided to **ALL WIND PLAYERS** and the expectation is that students **WILL PRACTICE THESE EXERCISES** at home by themselves.
10. Physical training activities will be performed with a minimum of a 6-step distance between performers (12 feet).
11. Staff instruction of all students should be done from a distance of 6-feet. If there is a need to move closer to correct a student's playing position, embouchure, posture, etc., staff will do so as quickly as possible and move back away.

G. Recommended Sanitization Procedures for Instruments & Equipment

Adequate cleaning schedules should be created and implemented for all facilities used to mitigate any communicable diseases.

1. Facilities Cleaning:
 1. Adequate cleaning schedules will be created and implemented for all facilities to mitigate any communicable disease.
 2. Facilities will be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
 3. Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces.
2. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in rehearsals.
3. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
4. Shared musical equipment **MUST** be **KEPT TO AN ABSOLUTE MINIMUM**. If sharing is unavoidable, items should be wiped down thoroughly before and after an individual's use. This includes anytime equipment is transported from one location to another.
5. For band camp and summer sectionals, each student will be assigned a music stand and will use **ONLY THAT STAND** for their purposes. You will have the opportunity to place your name on your music stand. We will find an easy place to store them for summer rehearsals. There will be **NO SHARING** of music or music binders whatsoever. **Students may wish to upload their music on an ipad for easy storage and reference...**this will avoid the wind blowing music everywhere during rehearsal.



6. Students must be encouraged to shower and wash their rehearsal clothing immediately upon returning home.

H. Schedule for Arrival/Dismissal for a Rehearsal

Section	Drop-Off Time	Location	Pick-Up Time	Location
Officers	20 minutes prior to start time of rehearsal	Directly to Band Practice Lot (North Campus) ***Set-up yard markers, podium, long ranger, etc.	15 minutes after conclusion of rehearsal	North Campus Parking Lot
Front Ensemble	25 minutes prior to start time of rehearsal	“Wahoo Island” Parking Lot ***Move equipment immediately from bandroom to outside rehearsal location	25 minutes after conclusion of rehearsal	Center St, SHAFER side of street, near back bandroom doors
Drum Line	15 minutes prior to start time of rehearsal	“Wahoo Island” Parking Lot ***Move equipment immediately from bandroom to outside rehearsal location	10 minutes after conclusion of rehearsal	Center St, HS side of street, near back bandroom doors
Winds	10-15 minutes prior to start time of rehearsal	Band Parking Lot (North campus)	5 minutes after the conclusion of rehearsal	North Campus Parking Lot
Color Guard	10 minutes prior to start time of rehearsal	Band Parking Lot (North campus) OR designated SECTIONAL area	5 minutes after the conclusion of rehearsal	North Campus Parking Lot or designated sectional area

- No students should arrive at the school before their scheduled time, nor should they remain on campus unnecessarily after a rehearsal/event.
- In the event multiple students need to carpool together, they should be dropped off/picked up at these locations as well to minimize contact between sections.
- Parents should remain in their vehicles at all times.
- Students who drive to rehearsal should park as close to each of these locations as possible.

VII. Transportation

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:



- Reducing the number of students/coaches on a bus/van aligning to the Districts Health and Safety Plan.
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments aligning with the Districts Health and Safety Plan.

VIII. Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

Who should be allowed at events?

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

1. Tier 1 (Essential) – Athletes, participants, coaches, advisors, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-essential) – Spectators, vendors
 - Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

IX. Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The Nazareth Area School District will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

X. POSITIVE CASES AND 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. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or High)
- 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



What to do if a student is sick?

- If a student is sick or thinks he/she is sick with the COVID-19 virus, the student needs to STAY AT HOME. It is essential that the student take steps to help prevent the disease from spreading to people in the student's home or community. If the student thinks he/she has been exposed to COVID-19 and develops a fever and symptoms, the student must call his/her healthcare provider for medical advice.
- The student must notify the school immediately (principal, athletic director, athletic trainer, coach).
- The school will determine 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 confirmed, Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See information in Appendix.

What to do if a student 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
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of staff or student to athletics following a COVID-19 diagnosis.

- Staff or student should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

XI. EDUCATION

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.).
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- students should come dressed for activity.
- Limit indoor activities and the areas used. Locker room use is not permitted. Facility showers cannot be used. Locker room use and the use of facility showers are prohibited.



- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.

APPENDIX

Nazareth Area School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 Pandemic has presented athletics and student activities 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, the Nazareth Area School District will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, advisors, and their families. As knowledge regarding COVID-19 is constantly changing, Nazareth Area School District 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 NASD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any practice, rehearsal, event, or team/group meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes/Participants, Coaches/Advisor, and Staff on health and safety protocols.
5. Require Athletes/Participants, and Coaches/Advisor to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the NASD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include 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 particular 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.

Additionally, my signature below affirms for each practice/event session that I will be self monitoring prior to attending. I acknowledge that I:

- The student is not experiencing symptoms of COVID-19, including coughing, shortness of breath, and a fever higher than 100.4
- If the student experiences any of the above symptoms or believes they may have been exposed to COVID-19, we will immediately report to my Head Coach or Advisor.
- We have received, read, and understood the Districts COVID-19 safety guidelines.
- We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of 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 NASD to limit the exposure and spread of COVID-19 and other communicable diseases.
- We certify that the 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

Sport/Activity: _____

Signature of Parent/Guardian: _____

Date: _____

Signature of Student Participant: _____

Date: _____

Parents/Guardians may request a full copy of the NASD Resocialization of Sports/Activities Recommendations. Contact Ray Ramella, AD at rramella@nazarethasd.org or Kim Stasa, Athletic Secretary at kstasa@nazarethasd.org (* will be made into a Google Form**)*



**Nazareth Area Athletic and Activities Department
Student and Staff COVID-19 Screening**

Name: _____ Date: _____

Grade: _____ Sports/Activity: _____

Students/Coaches/Advisors should self-report as deemed necessary prior to each practice/event. Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

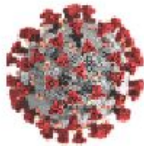
For the column - “Close Contact” - the answer should reflect the following question:
Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If any responses are “YES”, students will NOT be allowed to practice or compete, and will be asked to leave school grounds. Temperatures at 100.4 or higher will be sent home. Parents/Guardians will be notified.

DATE	TEMP	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***



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.



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.



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.



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.



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.



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.



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



BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

Return to Competition: General Considerations for All Sports



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Pennsylvania Department of Education (PDE)
Pennsylvania Department of Health (DOH)
Sports Medicine Advisory Committee (SMAC)

The Pennsylvania Interscholastic Athletic Association (PIAA), drawing on the expertise of the National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH) and PIAA Sports Medicine Advisory Committee (SMAC), offers this document as guidance on how PIAA member schools may consider approaching the “Return to Competition” for high school athletics in Pennsylvania. While we all remained concerned about the dangers of COVID-19, PIAA believes it is essential to the physical and mental well-being of high school students across the Commonwealth that efforts be made to return to physical activity and athletic competition where that can occur in a reasonably safe environment.

With that goal in mind, PIAA offers these considerations for the 2020-2021 school year on “Return to Competition” (at this time the PIAA individual sport considerations are just for fall sports). The considerations outlined in this document are meant to decrease potential exposure of COVID-19 to a degree that competition can occur. As we continue to gain more information about the virus and receive continued feedback from the Governor’s Office, Department of Health, and Department of Education, these documents may be adjusted or even suspended to adapt to an ever-changing environment.

PIAA is committed to maximizing the athletic opportunities for student-athletes across the entire Commonwealth and will remain flexible in considering that certain sports may be impacted differently and post-season play may need to be modified.

Based on currently known information, the PIAA Sports Medicine Advisory Committee believes that **STRICT ADHERENCE** by schools and teams to their school-adopted plans and the Governor’s School Sports Guidance should provide a reasonably safe environment for student-athletes to participate in interscholastic athletics as currently scheduled. Participation in High School sports is voluntary for both the individuals and the schools.

For the full *PIAA Return to Competition: Individual Sports Considerations plan for Fall*, please go to:
http://www.piaa.org/assets/web/documents/Return_to_Competition.pdf

For the full *PIAA Return to Competition: Individual Sports Considerations plan for Winter*, please go to:
[Return to Competition-Winter Sports](#)



RESOURCES

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”
“What is Contact Tracing”
“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools
By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

[SPorts Guidance- Office of the Governor](#)

[Universal Masking FAQs](#)

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

[COVID-19 Guidance for Businesses in the Restaurant Industry](#)

[Pennsylvania Department of Education Guidelines](#)

[American Bandmasters Association COVID-19 Student Safety and Music Program Continuation Ideas for Consideration](#)

[National Federation of State High School Associations Guidelines](#)

