

# **Veritas Academy Athletics Health and Safety Plan**

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Rev 7.11.20

## **Purpose:**

This return to play action plan is provided as a requirement of the state of PA, in conjunction with PIAA compliance. It is designed to lay out how Veritas will help our athletes practice and compete in a manner as safe as possible. Schools can return to play as long as the county is in yellow or green phase.

The decision to resume sports related activities is at the discretion of the school's governing body. To be in compliance with the state and the PIAA, this plan is submitted with the hope of the school board's approval.

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## Key Questions and Summary Responses to Resuming Sports-Related Activities

### **Key Question 1: How do you plan to bring student athletes and staff back to physical school buildings, particularly if social distancing is still required?**

We plan to have students back in a phased reopening. The initial phase will involve open gyms as soon as facilities are open and progress to full scale athletic activity by August 24, 2020.

### **Key Question 2: How did you engage stakeholders in the decision to resume sports-related activities, including try-outs, conditioning, practices, and games?**

All Veritas coaches have been given access to this plan. Local, state and school health officials were consulted in the planning of this document.

### **Key Question 3: How will you communicate your plan to your local sports and school communities?**

This document will be posted to the school's website for access by all stakeholders, as well as emailed directly to all key administration, coaches and parents of students involved in athletics, provided to Orthopedic Associates of Lancaster, provided to official assigners, and provided to the athletics staff.

### **Key Question 4: Once you resume sports-related activities, what will the decision-making process look like to prompt a school closure or other significant modification to sports activities?**

Veritas will consider local, state and school health recommendations before making decisions on a school closure. Modifications to sports activities will follow the phases of opening in accordance with the state designation for Lancaster County.

## Athletic Department Primary Point(s) of Contact:

Tracy Leaman, Athletic Director, [tleaman@veritasacademy.com](mailto:tleaman@veritasacademy.com) | 704-960-8397

Hannah Barry, School Nurse, [hbarry@veritasacademy.com](mailto:hbarry@veritasacademy.com) | 864-640-6431

Yet to be named, Health Director, contact info | phone

## **Action Plan for COVID-19 Cases:**

### **Positive COVID-19 Test Result**

An athlete or coach that tests positive for COVID-19 must disclose the positive test result to the Athletic Director, Veritas Health Director, and the Veritas School Nurse.

An athlete or coach that tests positive for COVID-19 must be quarantined for 14 days, produce a negative test result, and have no symptoms in order to return.

Athletes training on the same team as the COVID-19 carrier will be notified of the potential exposure, but the privacy of the carrier's name will be maintained.

### **Symptom Identification**

An athlete or coach who identifies a symptom at home or during the screening process may not return to practice or participation until they are symptom free for at least 48 hours without the use of any medicinal aids.

An athlete or coach who exhibits a symptom during the pre-activity screening process or during an activity will be immediately moved to the quarantine room of the facility in which they are in, and parents will be contacted for immediate pick up.

### **Participant Disqualification**

The Health Director, Athletic Director, School Nurse, Athletic Trainer and Coaches reserve the right to remove athletes from practice or games if they believe that the health and safety of a participant poses an unacceptable risk.

## **COVID-19 Education by Teams:**

The Athletic Director and Assistant to the Athletic Director are responsible for the execution of this portion of the plan. The Health Director is the individual responsible for monitoring the progress of the Athletic Department's professional development in this portion of the plan.

### **Athletic Department Point of Contact and Secondary Point of Contact COVID-19 Education**

- The Athletic Director will regularly review recommendations specific to Athletic Safety published by the CDC, PIAA, NFHS, and other governing bodies.
- The Athletic Director and coaches will regularly work with each specific facility to ensure that facilities are adequately sanitized after use of the facility.
- The School Nurse or Health Director will create and maintain a Safety Plan Professional Development Log.
- The Athletic Director will maintain a Communication and Attendance Log.

### **Coaching Staff Education**

- Each sport's coaching staff will be updated if there is a change to the Athletics Health and Safety Plan.
- Each sport's coaching staff will be updated with any new guidance from the CDC, PIAA, NFHS or any substantive changes to the Veritas Phased School Reopening Health and Safety Plan.
- Head Coaches will create a back-up staffing plan which shall include cross training staff and coaches on safety protocols

## Parent Education

Parents will receive education through videos made publicly available that will address the following:

- Proper handwashing (<https://www.cdc.gov/handwashing/videos.html>)
- Signs and Symptoms of COVID-19 (<https://www.youtube.com/watch?v=7zzfdYShvQU>)
- CDC levels of risk - *Low risk* (at home, individual). *Increased risk* (group training). *More risk* (within team competition). *Even more risk* (competition against other teams). *Highest risk* (competition against teams from other geographic locations).
- Future communication regarding a phased re-entry of fans to on-campus sporting events will be provided.

## Participant Education

- Athletes will receive education through videos made publicly available. The content of which is listed in the Parent Education section.
- Athletes will receive education on proper handwashing, social distancing, and symptom recognition. Education will also involve the importance of self-reporting symptoms or voluntary removal from activities if a participant suspects possible symptoms.
- Signs will be placed at conspicuous locations around the facilities to help reinforce safety and hygiene protocols.

## **Guidelines for Participation**

### All Participant Requirements:

- All participants will be screened upon arrival at school before entrance to the building is granted.
- All participants will be screened before leaving the building for their athletic event.
- All participants must wash hands at the start and end of each activity.
- All participants will maintain social distancing as much as possible while still having effective practices and games.
- All participants will limit shared equipment
- All participants will refrain from activities that encourage the transmission of disease (eg. spitting, high fives, hugging, etc.)
- Face masks will not be required of athletes during physical activity.
- Athletes should have a mask or face guard with them for times when wearing a mask or face guard is feasible and social distancing is not possible (i.e. team meetings).
- All participants are required to bring their own water bottle to all activities. There is no sharing of water bottles. Participants are encouraged NOT to use public water fountains.

## Coach/Director/Activity Leader/Athletic Trainer Requirements

In addition to the requirements above:

- Mask wearing is required for coaches if inside and unable to accommodate social distancing (6 ft.) during coaching, unless there is a medical condition.
- Mask wearing is not required outside, provided social distancing is practiced. Any instruction, no matter the duration, that inhibits the coach from maintaining social distancing should be done with a mask being worn.
- Daily attendance will be taken and reported the same day to Athletic Director, Tracy Leaman, via email.
- Sanitization of equipment is required at the end of each training session.

## Phased Reopening by Activity, Facility and Essential Personnel

Phase 1 - Anticipated Start Date – As soon as facilities are available

- Activity - **Outdoor Sports**: Team activities should be divided into small groups. Groups should not intermix for the duration of the activity. Focus of activities should be individual skill development. Small-sided competitions within a group are acceptable. No more than one team activity per week. Equipment will be sanitized at the end of each gathering.
- Activity - **Indoor Sports**: Team activities must be divided into small groups. Groups should not intermix for the duration of the activity. Focus of activities should be individual skill development. No more than one team activity per week. Equipment will be sanitized at the end of each gathering.
- Facility – Open, Soccer Field, Westminster Presbyterian Gym, Lancaster BIC Gym
- Essential Personnel - Coaches & Participants Only

Phase 2 - Anticipate Start Date – Aug 17

- Activity - **Outdoor Sports & Indoor Sports**: Team activities are encouraged to be divided into small groups when possible. Focus of activities should be individual skill development and short group sessions. Intrasquad scrimmages are permitted on a limited basis. Teams may have a single practice on a daily basis.
- Facility – Open, Soccer Field, Westminster Presbyterian Gym, Lancaster BIC Gym
- Essential Personnel - Athletic Department Staff, Coaches & Participants Only

Phase 3 - Anticipate Start Date - August 24

- Activity - **Outdoor Sports & Indoor Sports**: Return to full activities. Return to interscholastic competition.
- Facility – Open, Soccer Field, Westminster Presbyterian Gym, Lancaster BIC Gym (50% Capacity in PA “Yellow” Designation, Up to 250 spectators in PA “Green” Designation)
- Essential Personnel - Coaches & Participants
- Transportation - Veritas will provide transportation for Middle School students to home games at Lancaster BIC in phase 3.
- **NOTE: No spectators are allowed beyond essential game personnel for indoor events EVEN IN THE GREEN PHASE per Governor Wolf. Spectators are allowed at outdoor competition as long**

as social distancing (6 feet) is maintained. In cross country, this is subject to meet-host stipulations.

## Action Items

Athletics POC(s) are the lead individuals responsible for the execution of this portion of the plan.

- Post approved plan to school website.
- Email approved plan to all key administration, coaches, parents of athletes, OAL, assigners, and athletics staff.
- Spreadsheet set up for tracking attendance, symptoms, dates for return to play
- Specific cleaning procedures for Veritas and for BIC.
- Spreadsheet for tracking communication of possible exposure to parents of teammates.
- Back up staffing plan if coach is symptomatic. Cross training on safety protocols.
- Email to parents with video links.
- Email to students with video links.
- Connect with each facility to review cleaning procedures

## Sources for Recommendations and Guidance:

[CDC Considerations for Youth Sports](#)

[NFHS Guidance for Opening Youth Sports](#)

[PIAA.org](#)

- Back up staffing plan if coach is symptomatic. Cross training on safety protocols.
- Email to parents with video links.
- Email to students with video links.
- Connect with each facility to review cleaning procedures

**Sources for Recommendations and Guidance:**

**Athletics Health and Safety Plan Governing Body Affirmation Statement**

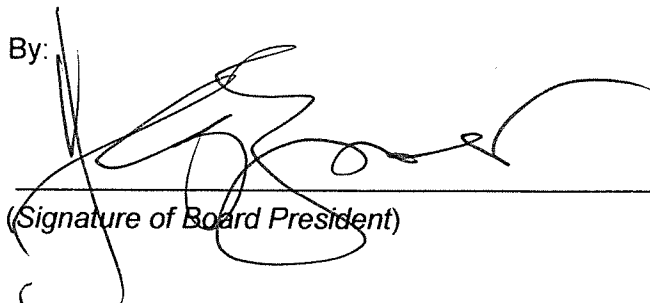
The Board of Directors/Trustees for Veritas Academy reviewed and approved the Athletics Health and Safety Plan on **July 21, 2020**.

The plan was approved by a vote of:

Yes 6 votes "yes"  
 No 0 votes "no"

Affirmed on: **July 21, 2020**

By:



(Signature of Board President)

Daniel R. Spanjer

(Print Name of Board President)