



Summer - Return to Play Green Phase Action Plan in Response to COVID - 19 July 6 – August 31, 2020

This Action Plan was prepared using guidelines and recommendations from the following entities and organizations:

- Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Children's Hospital of Philadelphia Policy Lab
<https://policylab.chop.edu/reports-and-tools/policy-review-evidence-and-considerations-school-reopenings>
- The Office of PA Governor Tom Wolf and the PIAA <https://www.governor.pa.gov/covid-19/sports-guidance/>
- National Federation of State High School Associations (NFHS)
https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
- Pre-K to 12 Athletics Health and Safety Planning Guide, Pennsylvania Department of Education
<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolSportsGuidance/HealthSafetyPlanningGuide/Pages/default.aspx>

The Academy of Notre Dame de Namur is committed to providing a safe environment for workouts/practices when you work out with a member of the Academy's staff. The procedures in this Action Plan will be adjusted, as needed, and as new information becomes available from the Center for Disease Control (CDC), Pennsylvania Department of Health (PA DOH), Pennsylvania Department of Education (PDE) and state and local governments, in order to reduce the health and safety risks to our student-athletes, parents, staff, and spectators.

The Academy of Notre Dame de Namur cannot prevent the possible transmission or contraction of COVID-19; and, while particular rules and procedures, equipment, and personal actions may reduce these risks, the risks of serious injury and illness do exist.

All workouts will be supervised by an Academy of Notre Dame staff member.

A "Release of Liability" must be read, signed, and submitted prior to starting the practice. The signed release form must be submitted in paper form only. Any student who has not submitted a signed release form is prohibited from participating and will be asked to leave campus. The required release form is located at the end of this document.

General Information

- A.) The CDC recommends against people who are at higher risk of contracting COVID-19 participating in athletic activities. In addition, anyone in a higher risk category should not attend any athletic team games or practices. The higher risk category includes but is not limited to people:
- 65 or older
 - with Kidney or liver disease
 - with diabetes or asthma (please consult your physician)
 - undergoing treatment for cancer
 - who are pregnant and/or breastfeeding
- B.) People who have tested positive or are showing symptoms of COVID-19 shall stay at home and follow CDC criteria on criteria to discontinue home isolation prior to a return to participation in workouts at the Academy of Notre Dame
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#discontinue-isolation>
- C.) People who have been in close contact recently with a person diagnosed with COVID-19 shall follow the CDC guidelines on Quarantine and Isolation
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

General Proactive Steps

- A.) Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease.
- B.) Athletic Facilities will be cleaned at the end of each workout. High touch areas will be cleaned more frequently.
- C.) Athletic equipment that may be used by multiple individuals (such as ball) will be cleaned intermittently during practice and events as deemed necessary.
- D.) Hand Sanitizer will be available for team and personal use as resources allow.

Please note that Launfal will be cleaned and disinfected every evening after use.

Proactive Steps for Student-Athletes

- A.) All student-athletes will be required to answer a series of questions prior to each practice on a daily symptom check survey before participation (see daily checklist attached). In addition, all student-athletes will have their pre-participation temperature taken by a member of the Athletic Department Staff on a daily basis.
- B.) Students may be dropped off by their parent/guardian OR drive themselves ONLY (Exception -carpooling is allowed for team members that live in the same house) to campus.
Parent/guardians will leave campus after dropping off and will return at pickup time.
- C.) Any student-athlete who feels sick must immediately report to the Certified Athletic Trainer on site.
- D.) Anyone who is sick will be isolated immediately and sent home when appropriate. Parents will be informed immediately. If the individual need to be picked up by a parent, they will be isolated until pick-up.
- E.) Students will be required to follow proper health and safety precautions including but not limited to:
 - Handwashing
 - Social Distancing
 - Proper face mask usage. Students must wear their masks at all times while on campus, but can remove their masks to participate in their workout.
 - Care and disinfection of personal equipment daily
- F.) High-fives, fist bumps and hand shaking are prohibited
- G.) Student-Athletes must have their own water bottles. Water bottles cannot be shared.
- H.) Chewing gum, seeds, and spitting are prohibited.
- I.) Student-athletes must refrain from sharing clothing, towels, pinnies etc. and these items should be washed after each use.
- J.) Restroom use is restricted to Launfal. Social distancing must be practiced in Launfal – one in-one out when using the restroom.

Proactive Steps for Coaches

- A.) Coaches will have their temperatures taken before each practice.
- B.) Coaches will maintain accurate attendance of each workout/practice and submit the list of participants via google forms to the athletic department immediately after each workout/practice.
- C.) Coaches will wear masks throughout workouts/practices unless a documented medical condition preventing this exists.

- D.) Coaches shall design activities to resume in a gradual fashion in order to avoid overuse injuries and exertional/heat-related illnesses.
- Coaches shall be aware that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if an athlete missed a session, the athlete may need to start at a previous activity level.
 - Coaches should work with the Athletic Director and Athletic Trainer for guidance on adhering to recommendations for each stage of training.
- E.) Coaches will have their own water bottles and water bottles cannot be shared.
- F.) Coaches will be expected to enforce social distancing during workouts/practices.
- G.) Coaches will discourage unnecessary physical contact such as high fives, fist bumps, handshakes, or hugs.
- H.) Outdoor workouts/practices will be prioritized over indoor activities.
- I.) When practical, coaches will encourage student-athletes to wait in their cars until just before the workout/practice, or warm-ups begin, instead of assembling groups in confined spaces.
- J.) Coaches must stay until all members of their team have left the campus

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. Symptoms may include:

- Fever or chills (100.4 or Higher)
- 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 you are sick?

- If you are sick with COVID-19 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 (Athletic director, athletic trainer, and coach)

- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms, per CDC and PA DOH Guidelines and applicable state and/or local requirements
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals, the CDC and/or the PA DOH.

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

- Student or staff will be required to 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.

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 Play Green Phase Action Plan in Response to COVID - 19
- Any pertinent COVID-19 information released by state and/or local governments, CDC, and/or the PA DOH.
- Launfal use will be limited; students should come dressed for activity wherever possible
- Limit indoor activities and the areas used.
- Student Athletes should remain with their assigned groups during each workout to limit the number of people they encounter.
- No students are permitted in Athletic Training areas without the presence of an athletic trainer

[RELEASE OF LIABILITY is located on the next page](#)



**RELEASE OF LIABILITY RELATED TO MINOR PARTICIPATION IN SCHOOL
PROGRAM, SPORT AND/OR ACTIVITY**

READ BEFORE SIGNING

IN CONSIDERATION OF my child being allowed to participate in any way in the programs, sports and/or activities of the Academy of Notre Dame de Namur and related events, the undersigned persons acknowledge and agree that:

The risks of injury and illness related to communicable diseases, including COVID-19, to my child from participation in these programs, sports and/or activities are significant; that the Academy of Notre Dame de Namur cannot prevent the possible transmission or contraction of COVID-19; and, while particular rules, equipment, and personal actions may reduce these risks, the risks of serious injury and illness do exist; and,

FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS related to the transmission or contraction of communicable diseases, including COVID-19, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and,

I willingly agree to comply with the Academy of Notre Dame de Namur's stated rules and procedures for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program, sport and/or activity itself, I will remove my child from the participation and immediately bring such concern to the attention of the Academy of Notre Dame de Namur; and,

I confirm that my child will not attend or participate in the program, sport and/or activity if, at any time during the program, sport and/or activity, my child is showing any symptoms of COVID-19, including but not limited to fever, dry cough, fatigue, shortness of breath, chills, muscle pains. Additionally, I confirm that my child will not attend or participate in the program sport and/or activity if, at any time during the program, sport and/or activity, I or my child has been in contact with any individual diagnosed with COVID-19 or any individual currently waiting for test results confirming the possibility of a COVID-19 diagnosis. I agree that in such situations, my child will be unable to participate in the program, sport and/or activity until: (i) 14 calendar days after the symptoms first appeared and my child is no longer showing any symptoms; or (ii) a healthcare provider has confirmed in writing that my child has tested negative for COVID-19 or that my child's symptoms were not due to COVID-19.

I myself, my spouse, and my child, and on behalf of my/our heirs, assigns and personal representatives, HEREBY RELEASE AND HOLD HARMLESS The Academy of Notre Dame de Namur; its directors, officers,

officials, agents, employees and volunteers and if applicable, owners and lessors of premises used to conduct the program, sport and/or activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH ARISING FROM OR RELATED TO COMMUNICABLE DISEASES, INCLUDING COVID-19, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns and personal representatives, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH ARISING FROM OR RELATED TO COMMUNICABLE DISEASES, INCLUDING COVID-19, incident to my child's involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I, the parent/guardian, assert that I have explained to my child: the risks of the activity, his/her responsibilities for adhering to the rules and regulations, and that my child understands these aspects of the agreement.

I, FOR MYSELF, MY SPOUSE, AND CHILD, HAVE READ THIS RELEASE OF LIABILITY, FULLY UNDERSTAND ITS TERMS, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Child: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date Signed: _____

UNDERSTANDING OF RISK

I understand the seriousness of the risks involved in participating in this program, sport and/or activity, my personal responsibilities for adhering to rules and procedures of the Academy of Notre Dame de Namur, and accept those risks as a participant.

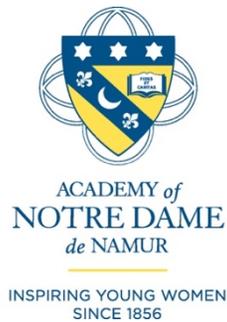
Name of Child: _____

Signature of Child: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date Signed: _____



Academy of Notre Dame de Namur						DATE -		
Daily Checklist- COVID 19 (CONFIDENTIAL)				Name of Person inputting data -				
Records should be kept of all athletes, coaches and staff present at the workout and/or practice session.								
If the individual's temperature is above 100.4, the individual should be sent home immediately.								
If the answer to any of the questions is yes, then the individual should be sent home immediately and not allowed to practice.								
*Exposure - Has the person been exposed to anyone with a confirmed case of COVID-19 in the past 14 days?								
	Name	Temperature	Cough Y/N	Fever Y/N	Headache Y/N	Vomiting Y/N	Congestion Y/N	*Exposure Y/N
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