



Athletic Health and Safety Plan

Athletics at Covenant flow from our mission to train students “to see and submit to Jesus Christ in every sphere of life.” This mission calls us to care for students in every dimension of their personhood to help them love God with all of their heart, soul, mind, and strength. (Mark 12:30) Athletic training and competition is an important part of this mission as it helps students to grow and strengthen their bodies and minds as they learn things such as discipline, hard work, resourcefulness, courage, decision-making, and integrity, as well as friendship and camaraderie. We are grateful that the PIAA is allowing athletic competition to continue this year so that our students can enjoy these important aspects of their education.

The COVID-19 pandemic has presented athletes across the commonwealth with a myriad of challenges. The return to athletic training and competition in these circumstances requires careful planning to reduce the risk of infection for athletes and others involved. While it is not possible to entirely eliminate the risk of virus transmission, Covenant’s Athletic Health and Safety Plan seeks to reduce the risk in line with public health guidance from applicable authorities and associations so that our students, coaches, and their families can enjoy a healthy school year of athletic competition.

This plan is intended to provide guidance to members of the community, students, staff members and coaches who are associated with athletics at Covenant regarding the implementation of athletic activities involving Covenant athletes during the COVID-19 pandemic. Failure to comply with these procedures may result in cancelling of practices or games.

This plan will be updated as new guidance becomes available.

Anticipated Launch date: August 24, 2020

Covenant Point of Contacts

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- Pandemic Response Point of Contact: David Sonju, Head of School-717-540-9885 X230
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I. Facilities and Equipment

- Coaches are required to ensure equipment has been sanitized before and after practices. Athletic Director or designee will sanitize all equipment before and after events.
- Athletic Director, Physical Education teacher and Facilities Director will be sanitizing equipment and facilities throughout the school day.



- Signs will be posted in bathrooms, locker rooms, and other areas to promote good hygiene and COVID-19 awareness.

II. Safety Procedures and Physical Distancing

- **Physical Distancing**
 - Covenant soccer teams will follow physical distancing procedures put in place by Harrisburg Christian School when using the HCS field for practices and matches (e.g., Painted circles/boxes off-field and on sidelines for athletes to stand on, sit on, and position themselves for pre-game).
 - Indoor events: Sideline benches and chairs will be spaced accordingly to allow for physical distancing.
 - Participants are not permitted to share equipment (e.g., protective gear, towels, water bottles, etc.)
- **Hygiene Practices**
 - All Participants must wash hands or use hand sanitizer at the start and end of activity.
 - Participants should be reminded not to touch their face after using a shared ball or coming into contact with another player.
 - Hand sanitizer will be made available for frequent use at both indoor and outdoor facilities.
 - Participants should refrain from activities that encourage the transmission of disease (e.g. spitting, eating sunflower seeds, high fives, licking fingers, handshakes, hugging, etc.)
 - Participants are required to bring their own water bottle to all activities. No sharing of water bottles. Players should ensure they bring sufficient water if training is not in a facility where a bottle can be refilled.
 - No shared foods should be provided at team events.
- **Use of Face Coverings**
 - Outdoor Practices, Games, and Matches
 - Coaches and athletic staff should wear face coverings when unable to maintain adequate physical distancing.
 - Athletes should wear face coverings when unable to maintain adequate physical distancing. Athletes are not required to wear face coverings when actively engaged in participation of a practice or game. Athletes are to wear face coverings when sitting/standing on the sidelines or being attended by an Athletic



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Trainer. Athletes breathing heavily after athletic exertion should be given time to “catch their breath” before being required to resume wearing a mask.

- Indoor Practices and Games
 - Coaches and athletic staff are required to wear face coverings for all indoor practices and games. Coaches may remove face coverings when giving instruction while maintaining appropriate physical distancing.
 - Athletes are to wear face coverings when not actively participating in practice or game. Athletes are to wear face coverings when sitting/standing on the sidelines, being attended by an Athletic Trainer, or using the locker room. Athletes breathing heavily after athletic exertion should be given time to “catch their breath” before being required to resume wearing a mask.
- Restrooms and Locker rooms
 - Restrooms will be open to the public, if spectators are permitted, only during games.
 - Locker rooms will not be available to visiting teams.

III. Restricting non-essential visitors and spectators

- Coaches will send a daily participation roster to the AD after each practice. Daily attendance must be taken and reported the same day to Athletic Director.
- At the present time, non-essential visitors are not permitted to observe any practices or team events. Covenant is installing a special camera in the gym to livestream home volleyball and basketball games. Parents will be able to subscribe to this livestream service for a monthly fee if they desire.
- All practices will be closed. Parents are asked to not enter the building while dropping off and picking up their child from practices or games.
- Covenant will closely monitor changing guidance from PIAA, CCAC, and state public health authorities with regard to allowing spectators at athletic events. Should spectators eventually be permitted, we anticipate that such attendance will be subject to safety guidelines such as physical distancing between members of different households, the wearing of face coverings, and not entering the field of play or bench areas.

IV. Monitoring Athlete Health

- Screening and Monitoring for Symptoms



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- Prior to each practice or game, participants must sign a COVID-19 screening stating they do not currently have any symptoms of COVID-19 and have not had known direct contact with anyone diagnosed with COVID-19 in the last 14 days.
- Symptoms for COVID-19 include any one of the following:
 - Fever ≥ 100.4 (without fever reducing medication)
 - Shortness of Breath
 - Cough
 - Difficulty Breathing
 - Or any two symptoms of sore throat, runny nose/congestion, chills, new lack of smell or taste, unexplained muscle pain, nausea or vomiting, headache, and diarrhea.
- All participants will be monitored for signs and symptoms of COVID-19 throughout participation. Individuals with concerns regarding their participation or another participant should report their concern to the appropriate coach.
- Coaches and Athletic Director will be taking temperatures before each game for all Covenant student-athletes, coaches, volunteers and game officials.
- *The Athletic Director and Covenant Administration reserve the right to deny entry or to remove any athlete, coach, or other participant from practice or games whose participation they believe poses an unacceptable risk.*
- **Isolating Athletes Who Become Sick Without a History of Exposure to COVID-19**
 - Athletic Director and coaches will advise athletes and other participants who are showing symptoms of being sick (e.g., fever, body aches or chills, cough, sore throat, headache, loss of taste or smell, upset stomach, diarrhea, etc.) to stay home. Athletes, coaches, or other participants who demonstrate these symptoms at an event will be sent home immediately.
 - If an athlete is sent home, coaches must contact the parent/guardian and the Athletic Director immediately.
 - Athletes who have no known exposure to COVID-19 in the previous 14 days may return to athletic activity after improvement of symptoms and being fever free for 24 hours without the use of medicinal aids.
- **Isolating or Quarantining Athletes Who Become Sick with COVID-19**
 - A student-athlete or coach who tests positive for COVID-19 must self-disclose the positive test result to the Athletic Director.
 - An athlete or coach with a known close-contact (e.g., 15 minutes within 6 feet) to an infectious COVID-19 patient will not be allowed to participate in athletic training or



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competition for 14 days from the time of last known contact with the infectious individual.

- If an athlete or coach is **diagnosed with COVID-19** they will not be allowed to return to competition or training until meeting the criteria of the CDC's "discontinuation of isolation" guidance and being cleared by a medical professional. (These criteria are that at least 10 days have passed since symptom onset, **and** at least 24 hours have passed since resolution of fever without fever-reducing medications, **and** other symptoms have improved). Asymptomatic individuals may return to training 10 days "after the date of their first positive RT-PCR test."
- *An athlete who is diagnosed with COVID-19 must also submit a PLAA Section 8 form to the AD in order to resume athletic participation. This form must be signed by an MD or DO.*
- **Notification of COVID-19 Cases**
 - 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.
 - In accordance with CCAC policy, if an athlete tests positive for COVID-19, the entire team will be quarantined from interscholastic competition for 2 weeks or 10 days, depending on CDC Guidelines at the time of the test.

V. Transportation

- Transportation to and from practices or games will continue to be the parents' responsibility.
- Covenant recommends that athletes riding together wear masks and that car windows are opened to increase ventilation when traveling with non-family members.

VI. Patience and Flexibility

Just as we seek to teach flexibility, agility, patience, and perseverance to our athletes, we will also need to practice these things with one another this year. The COVID-19 pandemic has set off a continually evolving set of challenges, guidelines, and requirements that we must navigate. The athletic situation may change at any time and we will need to respond and adapt quickly. We will seek to update our plan as quickly as possible when conditions require it.

We ask for your patience and an attitude of flexibility as we participate in athletics this year. We recognize that some families and individuals may have concerns about conducting athletic competition. No athlete or family should feel compelled to participate if they do not want to. In addition, the guidance in this plan does not replace the advice or direction of your own medical professionals.



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Affirmation of Athletic Health and Safety Plan

All participants in athletics at Covenant in 2020-21 must return this signed form to the Athletic Director in order to participate.

By signing below, we acknowledge that we have read the Athletic Health and Safety Plan and agree to follow its procedures as applicable.

_____	_____	_____
Athlete Signature	Athlete Name	Date
_____	_____	_____
Parent Signature	Parent Name	Date