
Allentown School District Athletics Health & Safety Plan

For a safe return to activity with guidance from the Pennsylvania Department of Education, Centers for Disease Control, and St Luke's University Health Network



Allentown School District Athletics

Health & Safety Plan



Policy Area: COVID-19	Subject: Return to sport: Health & Safety Plan
Title of Policy: Allentown School District Athletics Health & Safety Plan	Number: (This is a numbering system used by the organization)
Effective Date: (Date policy is to be implemented)	Page Number: (x of x)
Approved Date: (Date when policy was approved)	Approved By: (This area may contain a routing list of individuals who must review and approve)
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1. Purpose of Health & Safety Plan

Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the [PDE Guidance for Phased Reopening of Pre-K to 12 Schools](#) and the [CDC for Youth Sports](#).

The goal of this document is to provide a thorough and encompassing health and safety plan for the re-socialization of sport with regard to practice and competition for the Allentown School District, keeping in mind the physical and mental health of our secondary school athletes, coaches/personnel, parents/caregivers and spectators. The plan was developed utilizing best practices from the Center for Disease Control (CDC), National Federation of High School Sports (NFHS), Pennsylvania Department of Education (PDE), and St Luke's University Health Network "COVID-19 Re-Socialization of Sports from SLUHN Perspective – A Guide for Secondary Schools".

2. Things to Consider

1. Benefits of Sport: The participation in sport has known health benefits, including promoting physical fitness and mental wellness. Sports provide a social construct and interaction which is necessary in a time of uncertainty for our athletes. It is widely recognized that physical activity, performed for the right amount of time and intensity can provide benefits to the immune system. In addition, sports can provide a template for young athletes to learn concepts of teamwork, leadership, work ethic and integrity.

2. Inherent Risk of Sport: Participation in athletics involves unavoidable exposure to an inherent risk of injury. It is important to recognize that rule books, safety guidelines and equipment standards, while helpful means of promoting safe athletics participation, are themselves insufficient to accomplish this goal. To effectively minimize the risks of injury from athletics participation, everyone involved in athletics must understand and respect the intent and objectives of applicable rules, guidelines, and standards.

4. This is a living document: As more public health information is available, the state of Pennsylvania may work with relevant entities to release further guidance which could impact fall, winter, and/or spring seasons. This plan will be in place to satisfy safety laws, rules, and regulations with which schools must comply. This document will be evaluated and amended by staff and administration as new guidelines and regulations emerge.

5. The information re: SARS-CoV-2, the virus causing the COVID-19 illness, is changing rapidly nationally and within our communities. This document is created based on information available to date. Be sure to request the most up to date version of this document if you believe your version is outdated.

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3. Preparing for Re-Entry

1. The school must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
2. Letter of information to parents and athletes about the Health & Safety Plan and return to sport will be distributed (*See Appendix 1*)

3. Establish COVID team within ASD Facilities Department

- a. Establish a COVID point person at each facility and shift
- b. Purchase appropriate and adequate supplies for all venues and facilities ([EPA – Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#))
- c. Develop cleaning schedules for athletics and notify department of practices and time

4. Building Preparations

- a. Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities (*See Appendix 3*)
- b. Establish screening and isolation areas for each site.
- c. If a building has remained dormant for an extended period, we recommend you review guidance on maintaining water system safety when buildings are dormant ([CDC - Building Water System](#)) and apply this guidance as appropriate. Consideration should be given to water lines in regard to ice machines, water sources, and hand washing.
- d. Review and implement CDC guidance on cleaning and disinfection ([CDC - Cleaning and Disinfecting](#))
- e. Ensure custodial and environmental services are regular and/or increased to meet CDC guidelines.

5. ASD Athletic Staff Training

- a. Staff will need to be trained specifically on the protocols outlined in this document and the practices adopted by their school. May consider virtual training. Social distancing is recommended until CDC, state and local authorities declare otherwise.
- b. Coaches will take [Coronavirus Awareness](#) course via Safe Schools
- c. Reinforcement of safety protocols and requirements associated with but not limited to CPR/AED training and Emergency Action Plans.

6. Require Sick Athletes and Staff to Stay Home

- a. Provide education to advise individuals on what to do if they are sick ([CDC - What to do if you are sick](#)) (*See Appendix 11*)
- b. Establish procedures to ensure athletes and staff that become sick onsite or arrive onsite sick are sent home as soon as possible.
- c. Create a plan to isolate those who are sick until they can leave. Plan to have areas where a sick person can be isolated from well athletes and staff until they can leave the school.
- d. Share resources with the school community to help families understand when to keep children home. This guidance, not specific to COVID-19, from the American Academy of Pediatrics [When to Keep Your Child Home can be helpful for families.](#)

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4. Prior to Resuming Physical Activity

1. Special Considerations for Athletes and Staff at Higher Risk for Severe Illness from COVID-19

a. Athletes and staff who should consider delaying their participation in sports and activities are those with any of the following:

- Diabetes
- Chronic Lung Disease including Asthma
- Severe obesity (Body Mass Index >40)
- Chronic kidney disease
- Heart conditions
- Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.)
- Age 65 or older

b. If there is a concern that someone is immunocompromised or has any concern regarding their risk in terms of participation in sports and activities, they should consult their health care provider prior to returning to sports.

2. ALL athletes and staff are required to complete and return “COVID-19 Pre-Screen” to athletic trainer or athletic department. *(See Appendix 4 & 5)*

- a. For athletes, parental signatures are required
- b. If previously had a COVID-19 positive test, documentation is required.

3. Pre-Participation Physical Examination Considerations

- a. Dependent on governing body or state association – ASD is a member of the Pennsylvania Interscholastic Athletic Association (PIAA)
- b. A SPORTS physical conducted after June 1st 2020 is REQUIRED for regular season sports.

“Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial PreParticipation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal’s designee, of the student’s school for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the latter of the next May 31st or the conclusion of the spring sports season.” [PIAA](#)

c. If there is a deviation from the standard frequency requirement (i.e. annually) prior to COVID-19 pandemic, it is important to emphasize to parents/guardians that a deviation from standard of care has occurred.

d. Sports Medicine and athletic department staffs will provide information in physical dates and other avenues on how to obtain a valid sports physical

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4. Returning to sports following COVID-19 diagnosis

a. An individual who was diagnosed with COVID-19 may return when all four of 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 in respiratory symptoms (e.g., cough, shortness of breath)
- At least ten days have passed since symptoms first appeared
- Written documentation of clearance from a health care provider (MD, DO, NP, PA)

5. Promote Wellness and Hygiene

a. The potential for pre-symptomatic transmission is why the use of face coverings and social distancing, including the avoidance of congregate settings, is imperative to reduce COVID-19 spread.

b. Staying Home when Appropriate

c. Education and Promotion on Self Screening for Signs and Symptoms ([CDC – What to Do If You Are Sick](#)) (See Appendix 9)

d. Hand hygiene is essential. Schools need to promote frequent and effective, hand hygiene with ample hand sanitizer (>60% ethanol or >70% isopropanol) dispensers and areas with soap and water in many different locations. Hand washing or use of hand sanitizer should take place pre- and post-activity. Hand washing facilities or hand sanitizer should be made available during activity. (See Appendix 10)

e. Avoid touching your face.

f. Sneeze or cough into a tissue, or the inside of your elbow.

g. Activities that increase the risk of exposure to saliva must not be allowed; including chewing gum, spitting, licking fingers, and eating sunflower seeds.

h. Avoid any unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

i. No team huddles should take place.

j. Face Coverings - REQUIRED

- All adult staff (coaches, athletic trainers, etc.) must wear masks or face coverings at all times unless doing so jeopardizes their health.
- Athletes 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.).
- Athletes must wear masks or face coverings during activity if contact is closer than 6 ft for a period of time longer than 15 minutes. If athletes are separated by more than 6ft, then no mask is required.
- 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.

k. Social distancing is still required until CDC, state and local authorities declare otherwise.

l. It is important to be aware of the potential negative impact that a crisis can have on our mental and physical health. Athletes and staff should be provided resources associated with seeking support. (See Appendix 12)

m. Provide signage, resources and handouts regarding infectious disease prevention education. (See Appendix 11)

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5. Health Screening Procedure

1. Athletes and staff are required to be screened when they arrive onsite where the sporting activity will occur. Athletes are to wear a mask or face covering until activity begins. Staff is recommended to wear a mask or face covering at all times.

2. Athletic staff, such as but not limited to an administrator, athletic trainer, coach, and/or nurse should conduct the screening.

a. A mask must be worn by person conducting the screening. Gloves shall be utilized by health care provider if any direct contact with person screened is required.

3. *The screening should include the following: (See Appendix 6)*

a. Today or in the past 24 hours have you had any of the following symptoms:

- Fever (temperature greater than or equal to 100.4°F/38°C)
- New or worsening cough
- Shortness of breath or trouble breathing
- Sore throat, different than your seasonal allergies
- New loss of smell and/or taste
- Nausea, diarrhea or vomiting
- Do you have a household member or close contact, who has been diagnosed with COVID-19 in the past 2 weeks?
- Have you been diagnosed or tested positive for COVID-19? If Yes, have you provided required written clearance from your health care provider to return to physical activity or work?

b. Temperature check with a thermometer is required.

- Temperature threshold is greater than or equal to 100.4°F/38°C.
- If temperature is above 100.4°F/38°C threshold, two additional measures should be taken to verify initial measure
- Forehead thermometer/non-contact thermometer is preferable
- Temperature check should take place in a temperature controlled environment whenever possible
- Person screened should be well rested, i.e. no recent physical activity

4. *How are we performing daily screenings?*

	Health Screening questions	Temperature checks
Option 1 (preferred)	1. Athlete/Staff receives QR code after Prescreen Questionnaire has been received and reviewed 2. Scan QR code as you arrive to facility/venue to complete mobile Daily Health Screening questions	1. Temperature check at screening location
Option 2	1. Athlete/Staff answer Daily Health Screening questions at screening location by designated screener	1. Temperature check at screening location

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4. If an athlete or staff has positive finding on their COVID-19 screening they should be sent home immediately.
 - a. If parent or caregiver is not present, a predetermined staff member should escort them to a designated isolation room or area away from others and have them wear a mask or face covering.
 - b. They should then be directed to contact their health care provider for evaluation and potential COVID-19 testing.
 - c. Those without a health care provider can be directed to a local COVID hotline such as:
St. Luke's University Health Network 1-866-785-8537 Opt 7; Lehigh Valley Health Network 1-888-402-5846.
 - d. Positively screened individual should not return until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.
 - e. CDC does not recommend isolation of contacts of a person being evaluated for COVID-19 until the diagnosis is confirmed.
5. Documentation of individuals screened must be maintained. Dependent on environment, a system may want to be developed with indicator to ensure clarity that all individuals have been screened (sticker, stamp, wristband, attendance log, etc.).
 - a. For ASD, screener will create attendance log which will be given to each coach prior to activity will eligible ONLY participants (*See Appendix 13*)
6. Create a notification procedure to communicate to appropriate administrators, when there is a positive screen. (*See Appendix 2*)
7. Immediate communication is made to parent/guardian of individual with a positive screen.
 - a. Order of communication – telephone, email, letter, home visit. Must be documented
 - b. Individuals will be sent home with listed findings as well as resources to review the positive screen (*See Appendix 7*)
8. *Positive COVID-19 Case*
 - a. Consistent with applicable law and privacy policies, have coaches, staff, umpires/officials, and families of athletes (as feasible) self-report to the school if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations.
 - b. All those who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) should be advised to stay home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contacts should be excluded from practice for 14 days. Close contact is defined as having close (within 6ft) and prolonged (≥30 minutes) contact with the COVID-19 patient.
 - c. Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
 - d. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfecting products, including storing them securely away from children.
 - e. Develop a notification system (e.g., letter) schools can use to notify health officials and close contacts of cases of COVID-19.

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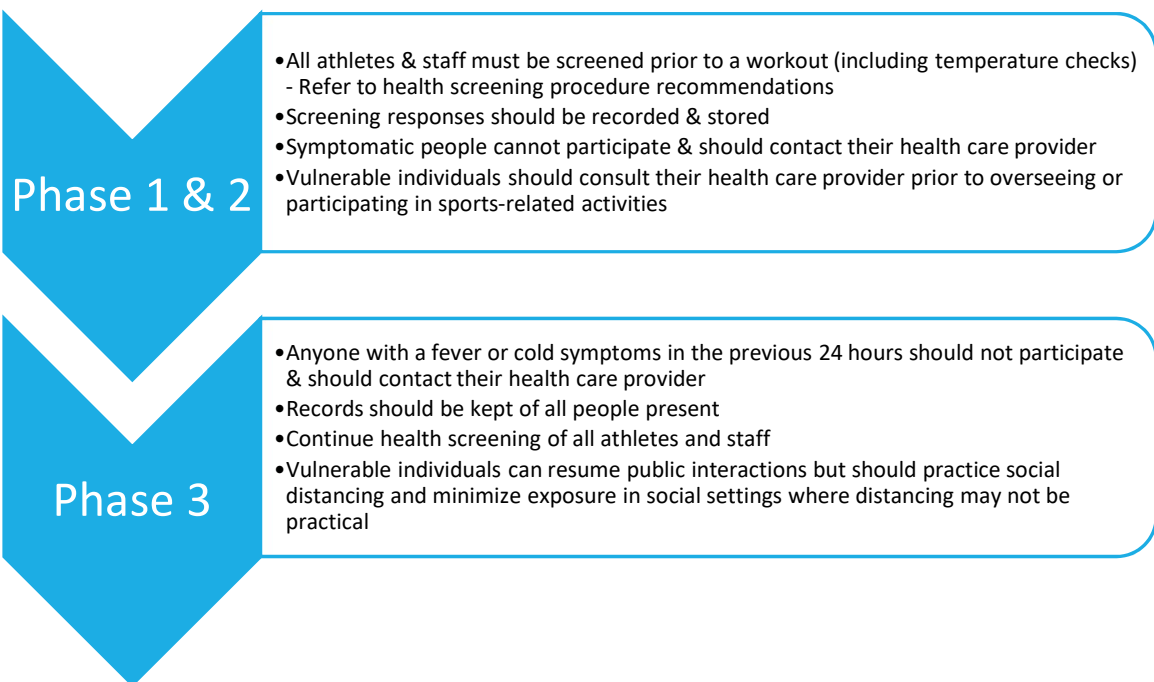


- f. Be prepared for possibility of temporary closures and team isolations in the event of recurrent outbreaks and its implications.
- g. Create system to notifying staff, officials, families, and the public of facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- h. Schools are not responsible for testing for COVID-19 but will screen for symptoms of COVID-19.

6. When Activities Resume

1. Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 people in yellow, 250 people in green) and the facility as a whole may not exceed 50% of total occupancy permitted by law.
2. Sports-related activities must be modified to comply with social distancing requirements during all phases.
3. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
4. It is recommended to group people into tiers **when competition begins**, example below of NFHS tier system:
 - Essential (tier 1) – athletes, coaches, officials, event staff, medical staff, security
 - Preferred (tier 2) – media
 - Non-essential (tier 3) – spectators, vendors
 - a. No person beyond those essential should be present until federal, state, and local county departments lift restrictions on mass gathering.
 - b. Parents/caregivers can remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure.
 - c. If competitions take place while federal, state and local county guidelines recommend social distancing, spectators should practice such as permissible and spectators should wear masks/face covering. Although there is no specified limit on the number of spectators, schools may want to put in limits based on other factors (i.e. gym size) to promote social distancing.
 - d. For parents/caregivers that rely on public transportation or walk, an area away from practice should be set aside that allows for social distancing.
5. Phases have been illustrated below to allow a progressing re-socialization of sport.
 - a. Phases 1, 2, and 3 described below should last a minimum of 14 days before proceeding to the following phase.
 - b. Do not proceed to the following phase unless it meets state and county recommendations regardless of 14 days. (i.e. Phase 3 should not occur unless your county is in PA's Green phase)

Pre-workout screening



Limitation on Number of Students Participating Together

Phase 1

- Up to 25 people at a time - INDOORS & OUTDOORS (including coaches)
- No use of locker rooms - report in proper gear and return home to shower
- Workouts should occur within the same "pods" of athletes (up to 10) to limit exposure
- Keep 6ft apart - if not possible, limit the number of people allowed in the room
- Staggered practices/games should be implemented to decrease number of people coming and going simultaneously

Phase 2

- Up to 25 people at a time - INDOORS & OUTDOORS (including coaches)
- Locker rooms for changing and meeting rooms may be used - social distancing of 6 ft must be maintained
- Continue to use the same workout "pods"
- Continue to keep 6ft apart indoors, if still not possible, continue to limit the number of people
- Social distancing must be maintained on sidelines/benches - consider using tape/paint or other markers as guides

Phase 3

- Up to 250 people at a time or 50% of facility occupancy, whichever is less - INDOORS & OUTDOORS
- Continue to keep 6 ft apart between people - use tape/paint or other markers as guides

Physical Activity and Usage of Athletic Equipment

Phase 1

- No shared athletic equipment, athletic towels, clothing or shoes
- Athletic equipment must be cleaned after each use
- Free weight exercises that require a spotter cannot be conducted during social distancing
- Balls, bats, gloves, etc. cannot be shared
- Use of single balls during practice not allowed, only for individual drills
- No sharing of tackling dummies/sleds
- No contact between teammates (includes football, wrestling, cheerleading, etc.)
- Hand sanitizer should be available during all activity

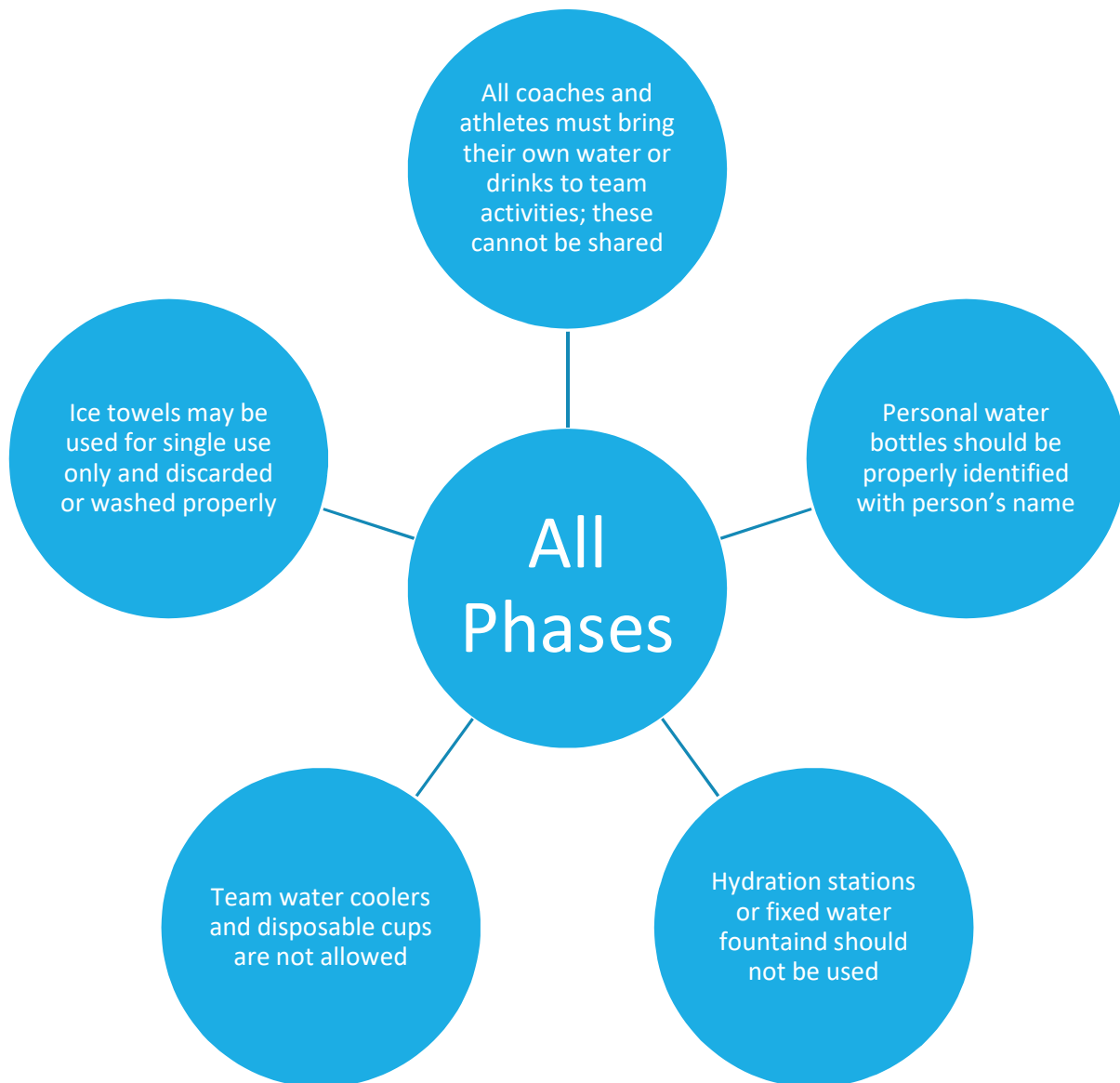
Phase 2

- No sharing of athletic towels, clothing or shoes
- Athletic equipment must be cleaned intermittently during practices/games
- Equipment such as bats, batting helmets & catcher's gear should be cleaned between each use
- Limit maximum lifts & use power cages for squats/bench presses
- Spotters should stand at each end of the bar
- Hand sanitizer should be available during all activity

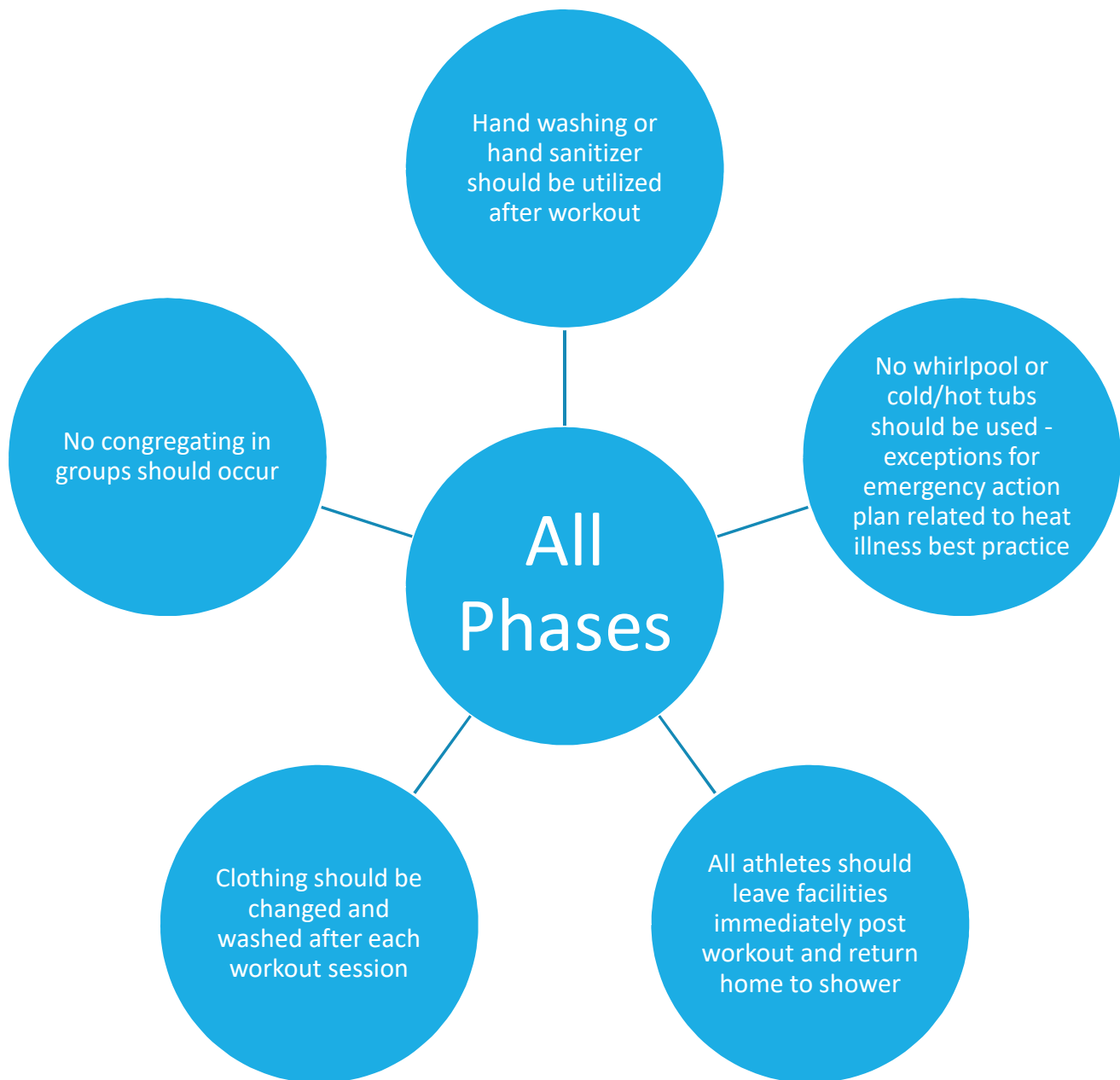
Phase 3

- No sharing of athletic towels, clothing or shoes
- Equipment such as bats, batting helmets, & catcher's gear must be cleaned between each use
- Other equipment such as football helmets, lacrosse pads, ear guards & eyewear should only be used by one individual and not shared
- Limit maximum lifts and use power cages for squats/bench presses
- Spotters should stand at each end for the bar
- Hand sanitizer should be available during all activity

Individualized Hydration



Post Workout Procedures



Sanitizing Facilities



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Infection Risk by Sport

	Description	Examples
Low Risk	Involve: -Sports that can be done with social distancing or individually -Equipment is not shared and is able to be cleaned between use by competitors -	-Individual running events -Throwing events (discus, shot put, javelin) -Individual swimming -Golf -Weightlifting -Sideline cheerleading -Cross country (with staggered starts) -Archery -Rifle -Diving -Alpine ski -Single sculling -Bowling
Moderate Risk	Involve: -Close, sustained contact -Protective equipment in place that reduces possible transmission of respiratory droplets OR -Intermittent close contact OR -Group sports OR -Sports that use equipment that cannot be cleaned between participants	-Basketball -Soccer -Ice hockey -Field hockey -Swimming relays -Girls lacrosse -7 v 7 Football -Crew with 2 or more rowers in a shell The following may be considered low risk with appropriate cleaning of equipment: -Volleyball -Baseball -Softball -Tennis -Pole vault -High jump -Long jump -Fencing -Gymnastics
High Risk	Involve: -Close, sustained contact between participants -Lack of significant protective barriers -High probability of respiratory droplet transmission	-Wrestling -Football -Boys Lacrosse -Competitive cheerleading -Dance -Rugby

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7. Other Considerations

1. Return to Activity Following Inactivity: A thoughtful approach to exercise gives athletes a chance to acclimatize to the temperature and the intensity/duration of practices. This slow ramp up of exercise can decrease the risk of injury and heat illness. Since practices and competitions have been halted, many athletes are deconditioned, putting the athlete at much higher risk for injury if pushed too quickly with high volumes and high intensity. Overtraining, defined as prolonged or excessive repetitive activity or workouts in efforts to “catch up,” does not allow the body to adjust and recover, which can lead to decreased performance and/or increased risk of injury. Please refer to “Important Reads Section” for resources such as the [National Strength and Conditioning Association \(NSCA\) COVID-19 Return to Training](#) and [The Korey Stringer Institute Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs](#)

2. Athletic Training Considerations

- a. Schools must be prepared to provide athletic training staff with adequate supplies such as non-contact thermometers, hand sanitizer, masks, gloves, disinfectants, etc.
- b. Anyone who utilizes the athletic training room must wash hands or use hand sanitizer upon entry and exit.
- c. Athletic trainers must be practicing good hygiene and washing hands or using hand sanitizer.
- d. Athletic trainers must wear gloves during patient care that requires physical examination or direct contact. Gloves must be changed between patients.
- e. Athletic trainers must wear mask at all times until guidance from CDC is adjusted.
- f. Athletic Trainer 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.
- g. While CDC, federal, state and local counties recommend social distancing, the number of athletes in the athletic training room must be limited to ensure 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 majority of athletes except in acute/emergency cases.
- h. Emergency action plan adjustments may need to be considered during this time i.e. lightning policy sheltering procedures.
- i. No whirlpool or cold/hot tubs use. Exception of emergency action plan related to heat illness best practice.

3. For athletes not able to wash workout clothes, an attempt should be made by the school to help in providing this for them.

4. Showering at the facility may be needed after practice in some circumstances (e.g. working after practice, homeless). Coaches and administrators can make these exceptions. Social distancing should be maximized and proper cleaning should occur.

5. Schools should attempt to have extra masks or face coverings available. These should be washed after each use if cloth-based.

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6. Any person who does not have a medical home should have resources provided to them. Have such resources readily available.
7. Create procedures if team meals are provided. Cafeteria use is not recommended due to limitations associated with social distancing. Serve individually plated meals/boxed meals and avoid buffet style meals.
8. Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.
9. Maintain social distance between athletes on school buses for team travel. This should be consistent with school's health and safety plan in regards to busing to and from school.

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8. Important Reads and Source Documents:

- [Pennsylvania's 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](#) Published June 10, 2020.
- [Pennsylvania Department of Education, Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#). Published June 3, 2020, version 1. PDE Preliminary Guidance for Pre-K to 12 Schools
- [CDC - Youth Sports Considerations](#) Last reviewed June 8, 2020.
- [CDC - Schools Considerations Last](#) reviewed June 1, 2020.
- [Guidance for Opening up High School Athletics and Activities](#), National Federation of State High School Associations (NFHS), accessed May 15, 2020
- [PIAA Press Release](#) Published June 10, 2020.
- [Sports Event Planning Considerations Post-COVID-19](#), United States Olympic & Paralympic Committee April 28, 2020 – v0.11
- [CDC Cleaning and Disinfection Tool](#). CDC.gov. CDC - Cleaning and Disinfection Decision Tool. Last reviewed May 7, 2020.
- [CDC Handwashing Guidelines](#). CDC.gov. CDC - Handwashing Last reviewed April 2, 2020.
- [Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 \(Interim Guidance\)](#). CDC.gov. CDC - Return to Work Criteria. Last reviewed April 30, 2020.
- State of Missouri Novel Coronavirus Analytics. Health.mo.gov. State of Missouri - Coronavirus Analytics. Published May 5, 2020.
- [The resurgence of sport in the wake of COVID-19: cardiac considerations in competitive athletes](#). BMJ.com. BMJ Blog - Cardiac Considerations in the Wake of COVID-19 Published April 24, 2020.
- [A Game Plan for the Resumption of Sport and Exercise After Coronavirus Disease 2019 \(COVID-19\) Infection](#). JAMA Cardiol. JAMA Cardiology - Game Plan for Resumption of Sports Published online May 13, 2020. doi:10.1001/jamacardio.2020.2136
- Korey Stringer [Institute's Return to Sports and Exercise during the Covid-19 Pandemic: Guidance for Collegiate and High School Athletics Programs](#). Published June 6, 2020. KSI Return to Sport and Exercise Guidance
- [COVID-19: NSCA Guidance on Safe Return to Training For Athletes](#), National Strength and Conditioning Association (NSCA) COVID-19 Return to Training Taskforce. Published May 2020.
- [CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity](#); Caterisano, A, Decker, D, Snyder, B, Feigenbaum, M, Glass, R, House, P, Sharp, C, Waller, M, and Witherspoon, Z. 2019. CSCCa and NSCA Joint Consensus Guidelines for Transition Periods. Strength and Conditioning Journal, 41(3), 1-23.
- National Athletic Trainers Association: [Covid-19 Return-to-Sport Considerations for Secondary School Athletic Trainers](#). Published May 2020.

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Appendix 1: Introduction Letter to Parents/Athletes

Parents/Guardian and Athletes,

We are excited to have athletes back on campus and working out starting on (insert date)! As we prepare for this, we want you to know what precautions will be taken to keep you safe. We are currently in Yellow Phase as indicated by the State of Pennsylvania which allows us to start athletic activities per the Pennsylvania Department of Education (PDE).

COVID-19 Facts:

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 athletes, coaches, staff, and their families significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of athletics in the Allentown School District. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.

Deciding to Re-Open:

On June 10th, 2020, Governor Wolf and the PDE announced the athletics in PK-12 school were allowed to resume, in accordance with Centers for Disease Control, PDE, and Pennsylvania guidance on limitations of gatherings, social distancing, and masking.

What is ASD doing to follow these guidelines and provide a safe and healthy environment:

The Allentown School District Athletics Health and Safety Plan was created utilizing resources from the CDC, PDE, National Federation of High School Sports (NFHS), and St Luke's University Health Network: COVID-19 RESOCIALIZATION OF SPORTS FROM SLUHN PERSPECTIVE – A GUIDE FOR SECONDARY SCHOOLS.

The second page of this letter is a brief outline of what the plan details. If you would like to read the full version, please check the athletics website or if you want a printed copy please email athletic director.

Allentown School District Athletics

Health & Safety Plan



Appendix 1: Introduction Letter to Parents/Athletes

Here are some key points we would like you to know:

We are always communicating with our local government and health care agencies, as well as following the State of Pennsylvania's guidance. We will work together and monitor the on-going situation of COVID-19 and provide and safest and healthy environments for our athletes mind, body, and spirit.

- * Please arrive with REQUIRED "COVID-19 Prescreening" form. If form is not handed in, athletes will not be allowed to practice.
- * Bring water bottle and enough water for the ENTIRE practice. Water WILL NOT be provided
- * Masks are required during all times except when participating in high intensity activity.
- * Showers and locker rooms will not be available to use at this time. Restrooms and hand washing only.
- * Arrive at designated practice time. Athletes will not be allowed to congregate near the facilities. You will be turned away.
- * Leave IMMEDIATELY after activity is completed.
- * No sharing of clothing, equipment, or drinks.
- * Every day, athletes will be screened with a short questionnaire and temperature check.
- * If athlete has positive screening, they will be sent home IMMEDIATELY. Medical referral and clearance will be REQUIRED for return to activity.
- * ASD is NOT responsible for testing
- * Hand washing or sanitizing will take place before and after each practice.
- * Essential personnel (players, coaches, athletic staff) are the only individuals allowed at activity. Parents can wait in cars or off-site
- * If there is a positive screen or positive case, athletic trainers, coaches, and athletic directors will be communicating information by phone first, then email, then letter.
- * Educational materials and resources will be provided to you.

For the latest update, check the athletics website.

All the best,

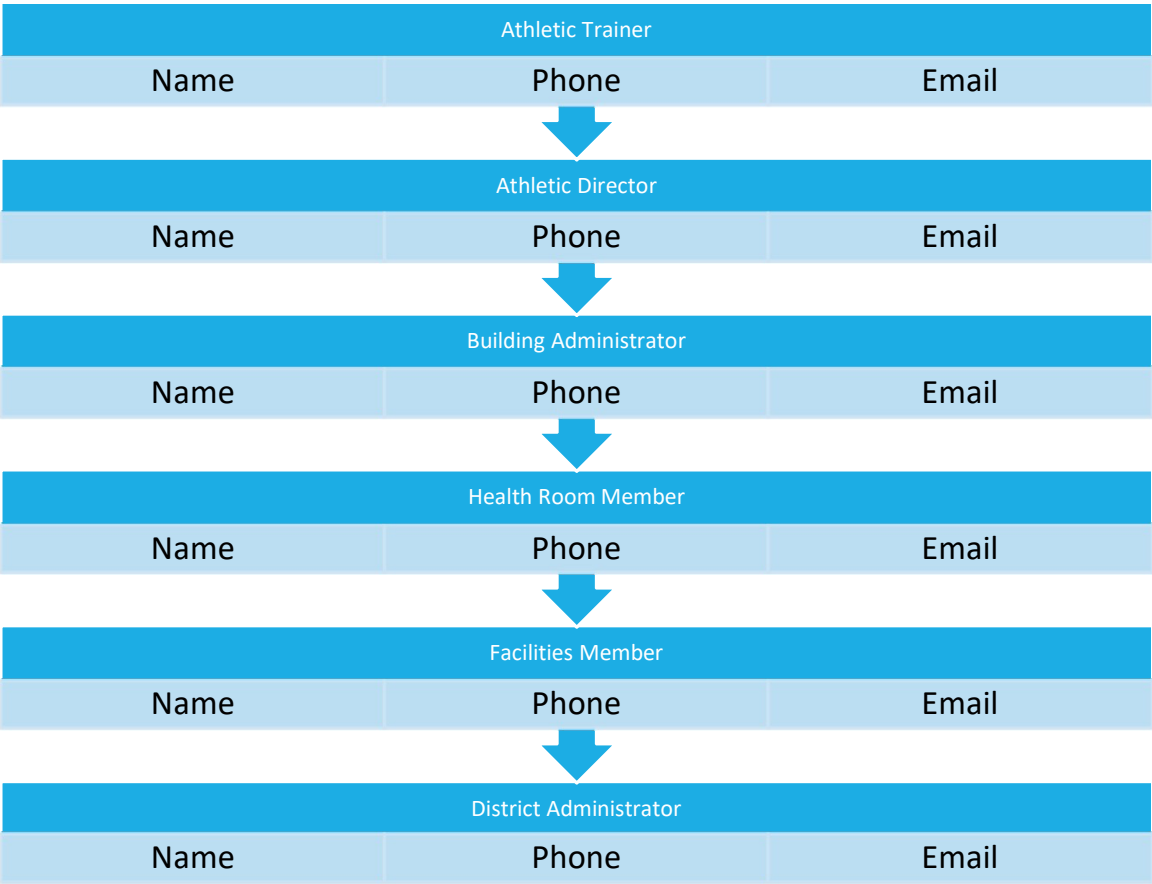
Athletic Director

Athletic Trainer

Athletic Trainer



Appendix 2: ASD COVID Communication and Response Team



Allentown School District Athletics

Health & Safety Plan



Appendix 3: Facility/Venue Health & Safety Plan Guide Sheet

ASD Athletes Health & Safety Plan Facility/Venue Guide Sheet

Facility/Venue: _____

	Details	Symbol
Parking	Park vehicles along Linden St	P
Enter	Gate 2 (small gate)	★
Exit	Gate 1	✕
Screening	Gate 2 (small gate)	S
Isolation Area	Outside athletic training office on bench	⊘
Players Area	Benches on south end (Linden St) side of stadium	○
Designated Restroom	Men's and Women's lower buildings (external doors open)	MR/WR
Hand Sanitizing Station	Near small spectator gate in southwest corner of track	▼

Facility guidelines MUST BE FOLLOWED!!! NO EXCEPTIONS!

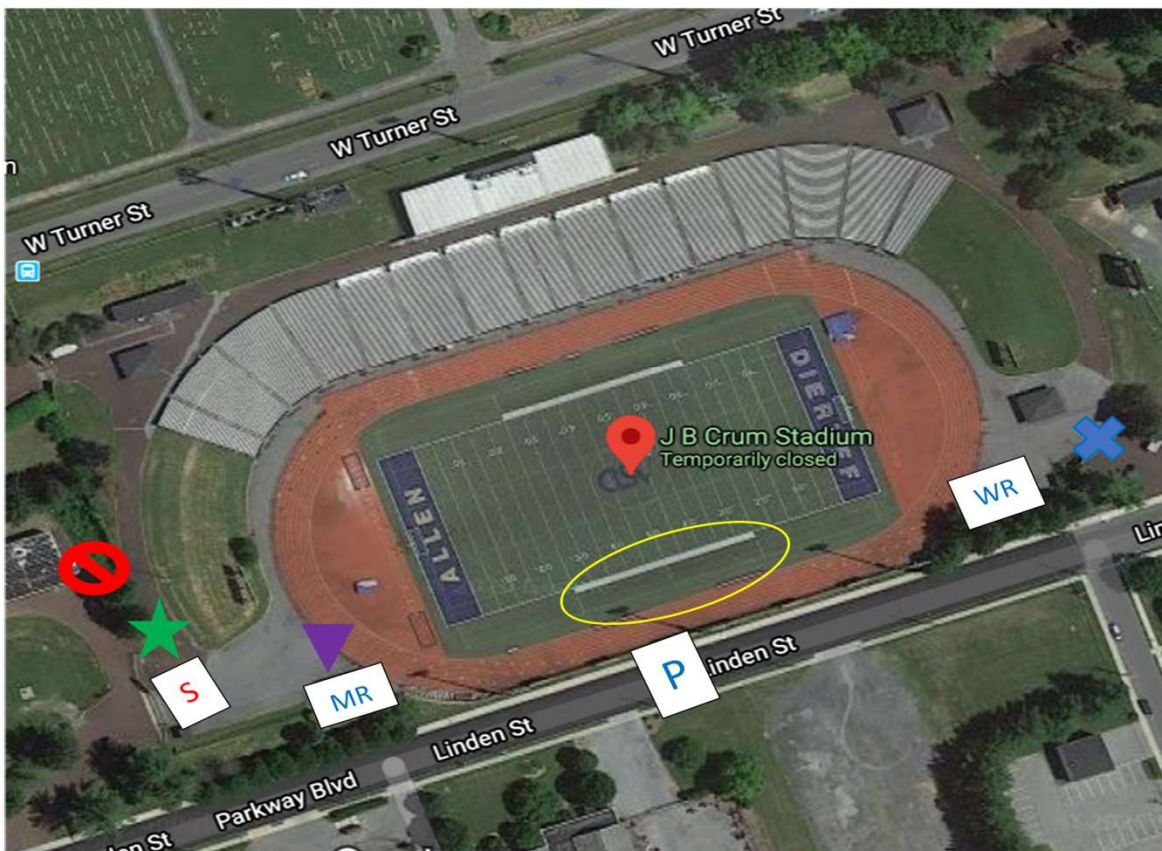
Gate 2 will be open at arrival time and locked after participants are entered and screened.

Gate 1 will be open at the conclusion of practice.

Restrooms are available for hand washing and lavatory facilities.

Athletes are asked to arrive at their designated arrival time – not earlier.

Athletes are to leave IMMEDIATELY at the conclusion of their practice time.



Allentown School District Athletics

Health & Safety Plan

Appendix 5: COVID-19 Prescreen of Staff



Staff PRE-SCREENING QUESTIONNAIRE

Due to the ongoing COVID-2019 Pandemic, all staff/coaches are required to complete this form prior the beginning of summer workouts ASD. Your participation as a coach is subject to approval upon completion of this form. These rules are being enforced to keep our athletes and staff as well as the rest of your loved ones safe and healthy.

Staff or coach name: _____

Male/Female

All Positions: _____

Telephone#: _____

Address: _____ Email: _____

Covid-19 Pre-Screen Questions & Underlying Conditions	Yes	No
Have you or anyone in your household have travelled outside the US in the past 2 weeks (14 days) IF YES, WHERE _____		
In the past 2 weeks (14 days) have you or anyone in your household had contact with any person confirmed to have contracted coronavirus (COVID-19) ?		
Have you or anyone in your household experienced one or more flu-like symptoms (cough, shortness of breath or fever)		
Have you or anyone in your household been diagnosed with Covid-19		
If you had a Covid-19 diagnosis, is there clearance paperwork for return to work?		
Do you have chronic lung disease or moderate to severe asthma?		
Do you have a serious heart condition?		
Are you immunocompromised (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)?		
Do you have severe obesity (body mass index [BMI] of 40 or higher)?		
Do you have diabetes?		
Do you have chronic kidney disease undergoing dialysis?		
Do you have liver disease?		

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Staff/Coach Signature _____ Date ____/____/____

Allentown School District Athletics

Health & Safety Plan



Appendix 5: COVID-19 Prescreen of Athletes

Athlete PRE-SCREENING QUESTIONNAIRE

Due to the ongoing COVID-2019 Pandemic, all athletes are required to complete this form prior to participate in sports in ASD. Your participation in sports is subject to approval upon completion of this form. These rules are being enforced to keep our athletes and staff as well as the rest of your loved ones safe and healthy.

Student name: _____ Grade for Current School Year: _____ Male/Female

Sports: _____ Date of Student's Birth: ____/____/____

Parent's/Guardian's Name: _____ Telephone#: _____

Address: _____ Email: _____

Parent's/Guardian's Name: _____ Telephone#: _____

Address: _____ Email: _____

Covid-19 Pre-Screen Questions & Underlying Conditions	Yes	No
Has the athlete or anyone in your household have travelled outside the US in the past 2 weeks (14 days) IF YES, WHERE _____		
In the past 2 weeks (14 days) has the athlete or anyone in your household had contact with any person confirmed to have contracted coronavirus (COVID-19) ?		
Has the athlete or anyone in your household experienced one or more flu-like symptoms (cough, shortness of breath or fever)		
Has the athlete or anyone in your household been diagnosed with COVID-19 ?		
If the athlete had a COVID-19 diagnosis, is there clearance paperwork for return to school/sport?		
Does the athlete have chronic lung disease or moderate to severe asthma?		
Does the athlete have a serious heart condition?		
Is the athlete immunocompromised (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)?		
Does the athlete have severe obesity (body mass index [BMI] of 40 or higher)?		
Does the athlete have diabetes?		
Does the athlete have chronic kidney disease undergoing dialysis?		
Does the athlete have liver disease?		

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

Allentown School District Athletics Health & Safety Plan



Appendix 6: COVID-19 Daily Health Screening Tools

Date: _____
 Location: _____ Sport: _____
 Start time: _____ End time: _____
 Screener: _____ Coach: _____

1. Have you had any of the following symptoms in the past 24 hours?

- Fever (temperature greater than or equal to 100.4°F/38°C)
- New or worsening cough
- Shortness of breath or trouble breathing
- Sore throat, different than your seasonal allergies
- New loss of smell and/or taste
- Nausea, vomiting, or diarrhea

2. Do you have a household member, or have been in close contact with someone, who has been diagnosed with COVID-19 in the past 2 weeks?

3. Have you been diagnosed or tested positive for COVID-19? If Yes, have you provided required written clearance from your health care provider to return to physical activity or work?

COVID-19 Health Screening Form								
Date: _____								
#	Name	Time	Symptoms?	If YES, what symptoms?	Close contact with someone with COVID-19?	Temp (≥100.4°F = Positive Screen)	Positive Screen?	Initials of screener
1			YES or NO		YES or NO		YES or NO	
2			YES or NO		YES or NO		YES or NO	
3			YES or NO		YES or NO		YES or NO	
4			YES or NO		YES or NO		YES or NO	
5			YES or NO		YES or NO		YES or NO	
6			YES or NO		YES or NO		YES or NO	
7			YES or NO		YES or NO		YES or NO	
8			YES or NO		YES or NO		YES or NO	
9			YES or NO		YES or NO		YES or NO	
10			YES or NO		YES or NO		YES or NO	
11			YES or NO		YES or NO		YES or NO	
12			YES or NO		YES or NO		YES or NO	
13			YES or NO		YES or NO		YES or NO	
14			YES or NO		YES or NO		YES or NO	
15			YES or NO		YES or NO		YES or NO	
16			YES or NO		YES or NO		YES or NO	
17			YES or NO		YES or NO		YES or NO	
18			YES or NO		YES or NO		YES or NO	
19			YES or NO		YES or NO		YES or NO	
20			YES or NO		YES or NO		YES or NO	
21			YES or NO		YES or NO		YES or NO	
22			YES or NO		YES or NO		YES or NO	

Allentown School District Athletics Health & Safety Plan



Appendix 7: COVID-19 Positive Screen

Name: _____ Date: _____
Location: _____ Time of screen: _____
Screener: _____

Communciation:

Parent/Guardian(1): _____
Phone: _____ Time: _____
Email: _____ Date: _____
Address: _____ Sent Letter: _____

Parent/Guardian(2): _____
Phone: _____ Time: _____
Email: _____ Date: _____
Address: _____ Sent Letter: _____

COVID-19 Positive Screen

_____ had a positive COVID-19 health screen. The following information
lead to a positive screening: _____

Because of a positive screening, athlete was immediately sent home and the following steps are recommended:

1. DO NOT immediately go to the emergency room or an urgent care facility
2. Contact ONE of the following for further instruction:

CDC Guidelines www.cdc.gov/coronavirus/2019-ncov

Contact your primary care physician

Contact St. Luke's University Health Network COVID-19 Hotline

1-866-785-8537 Option 7

Contact Lehigh Valley Health Network

1-888-402-5846

Things to know:

1. A positive screen DOES NOT mean athlete is positive for COVID-19 but simply experiencing symptoms or showing signs of COVID-19 at time of screening
2. Positively screened individual should not return until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.
2. If the athlete does test positive, it is important to contact school officials (athletic trainer or athletic director) so appropriate steps can be taken to prevent further spread of COVID-19.
3. Athlete information will be protected as HIPAA and FERPA guidelines will be followed.

Allentown School District Athletics

Health & Safety Plan



Appendix 8: Waiver

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

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 Allentown School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the PIAA. The Allentown School District 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.

These Recommendations include but may not be limited to:

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. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
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 water bottle for hydration. Water bottles must not be shared. **Refill Stations and Water Fountains will NOT BE Initially AVAILABLE!**
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing.

I understand 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. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the SD to limit the exposure and spread of COVID-19 and other communicable diseases.

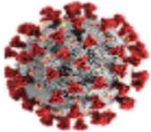
Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

*Parents/Guardians may request a full copy of the Allentown School District Athletics Safety & Health Plan. Contact NAME of AD at email address

Appendix 9: COVID-19 Education and Resources

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.



CS174057A 06/11/2020



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.



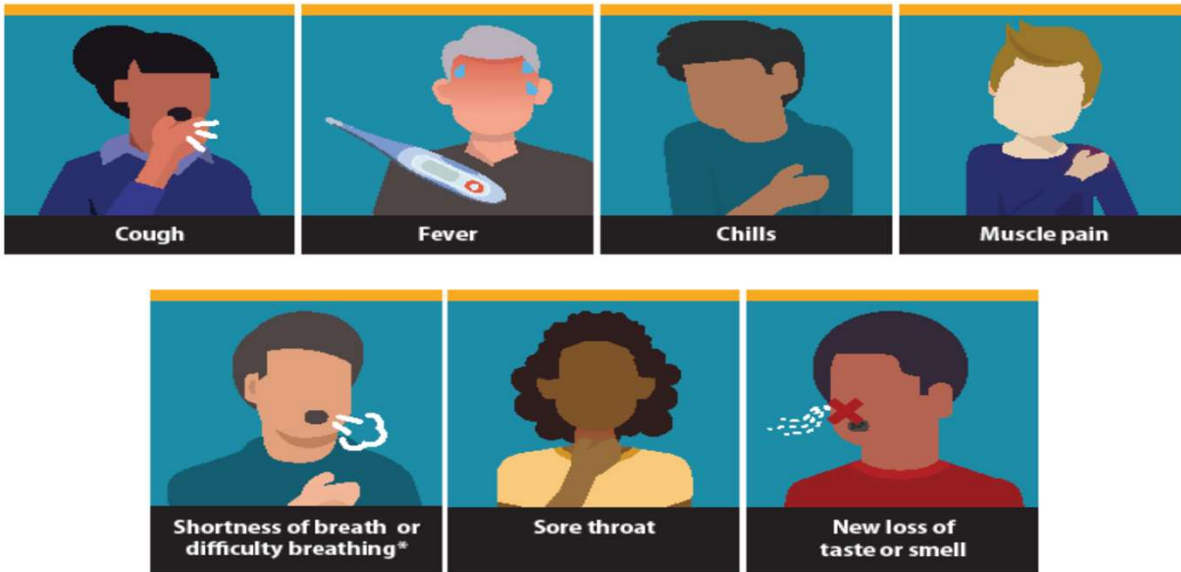
Know your risk for severe illness

- 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.

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

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

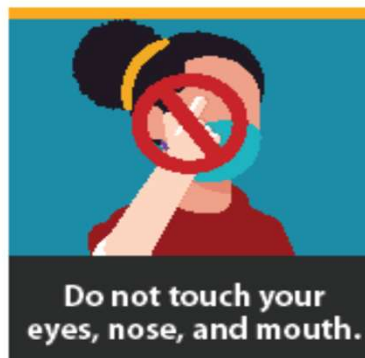


cdc.gov/coronavirus

107142-5 May 20, 2020 12:09 PM

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

3/6/20 7:41 AM May 13, 2020 11:00 AM

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation, ride-sharing, or taxis.**



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room and away from other people and pets in your home.** Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



CS19128-4 06/05/2020

cdc.gov/coronavirus

HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

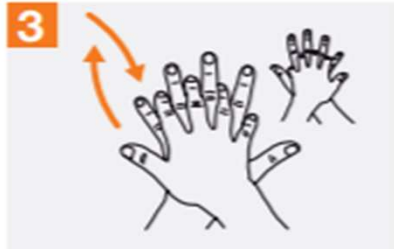
 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



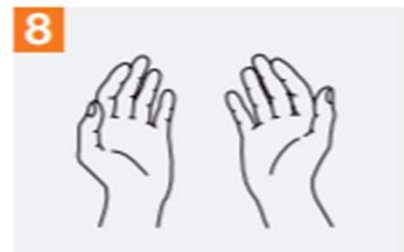
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;




Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover
all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with
interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms
with fingers interlocked;



Rotational rubbing of left thumb
clasped in right palm and vice versa;



Rotational rubbing, backwards and
forwards with clasped fingers of right
hand in left palm and vice versa;



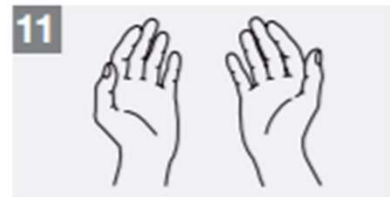
Rinse hands with water;



Dry hands thoroughly
with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



Appendix 12: Mental Health



Mental health and psychosocial considerations during the COVID-19 outbreak

18 March 2020

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world. In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic.

WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. However, this time of crisis is generating stress throughout the population. The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

Messages for the general population

1. COVID-19 has and is likely to affect people from many countries, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.
2. Do not refer to people with the disease as "COVID-19 cases", "victims", "COVID-19 families" or "the diseased". They are "people who have COVID-19", "people who are being treated for COVID-19", or "people who are recovering from COVID-19", and after recovering from COVID-19 their life will go on with their jobs, families and loved ones. It is important to separate a person from having an identity defined by COVID-19, in order to reduce stigma.
3. Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and mainly so that you can take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts, not rumours and misinformation. Gather information at regular intervals from the [WHO website](https://www.who.int) and local health authority platforms in order to help you distinguish facts from rumours. Facts can help to minimize fears.
4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit both the person receiving support and the helper. For example, check by telephone on neighbours or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing COVID-19 together.
5. Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience.
6. Honour carers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play in saving lives and keeping your loved ones safe.



World Health
Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

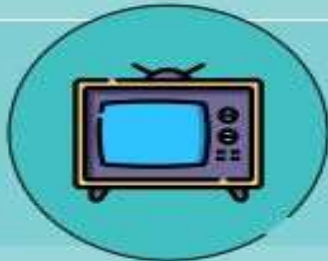
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Mental Health Help During COVID-19

Crisis Text Line



Text 'PA'
to 741741

National Suicide Prevention Lifeline



1-800-273-8255

Preventing suicide in PA



[preventsuicide
pa.org/](https://preventsuicidepa.org/)

Disaster Distress Helpline



800-985-5990

Get Help Now for substance use disorder



1-800-662-4357

Veterans in crisis



[veterans
crisisline.net](https://veteranscrisisline.net)

PA's support helpline



855-284-2494

Coping with COVID-19 stress



bit.ly/covid-coping

COVID-19 resources



[mhanational.
org/covid19](https://mhanational.org/covid19)

Allentown School District Athletics
Health & Safety Plan



Appendix 13: Attendance Log

LIST OF ELIGIBLE PARTICIPANTS

Date: _____
Location: _____ Sport: _____
Start time: _____ End time: _____
Screener: _____ Coach: _____

	NAME	GRADE
1		
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Allentown School District Athletics Health & Safety Plan



Allentown School District Athletics Health & Safety Plan was developed by Amy Cotter, MS LAT, ATC, Joshuel Irizarry, DAT, LAT, ATC, and Joseph Beck LAT, ATC.

Policy Approvals

The signatures below indicate the approval of this policy. The signature(s) and date(s) encompass the entire document. This policy is effective for one year following the date.

Role: _____ Date: _____

Name (printed): _____

Signature: _____

Role: _____ Date: _____

Name (printed): _____

Signature: _____

Role: _____ Date: _____

Name (printed): _____

Signature: _____

Role: _____ Date: _____

Name (printed): _____

Signature: _____