

Calvary Christian Academy

COVID-19 Fall Athletics Health and Safety Plan



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General Information and Resources

- All off-season workouts are open and voluntary
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- We want to do our best not to overlap with other groups at Somerton and Church League Soccer at the CCA Front Field. As a result, everyone should arrive and leave at the same scheduled time as communicated by the CCA Athletic Staff. Anyone who shows a pattern of leaving late or being picked up beyond this time, could lose their opportunity to continue to participate.
- Athletes, Coaches, and Staff must follow CCA's daily screening process prior to school to be able to participate in any practice, event, or team activity.
- The purpose of daily screening is to check for signs and symptoms of COVID-19. Parents are the first line of defense. By sending your respective student-athlete to team events, practices, and contests, you are confirming that - each day - they have been screened using the CCA COVID19 Daily. CCA Daily Screening Checklist.https://cca.ccphilly.org/wp-content/uploads/COVID-19-Daily-Screening-Tool_-002.pdf
- Practice healthy hygiene habits such as hand washing (20 seconds with warm water and soap).
- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
- Social distancing should be maintained during the National Anthem and on sidelines.
- Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with Department of Health's Order: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx>
- Coaches, athletes, staff must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
- Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
- There are no color restrictions on face coverings; however, face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.

Coaches

- **Head Coaches will provide an attendance list after each practice/contest to the Athletic Department.**
- **Design workouts, drills, and overall practice plans that allow for risk mitigation strategies (social distancing, hand hygiene, etc.).**
- **Design activities to resume in a gradual fashion to avoid overuse injuries and exertion/heat-related illnesses.**
- **Consider that all athletes have some level of detraining in recent months and may not be returning at the same fitness level. Activities should be adjusted accordingly.**
- **Break time may need to be increased and/or staggered to accommodate social distancing and hand washing.**
- **Follow all employee guidelines according to Calvary Christian Academy (<https://cca.ccphilly.org/wp-content/uploads/20-21-Re-Opening-Plan.pdf>).**
- **Coaches must stay until all members of their workout have left property.**
- **Any use of CCA's Facility and/or Somerton Youth Complex must be approved by Athletic Director Shawn Bramble prior to use.**
- **Coaches will clean all equipment before, during and after practice. They will document all cleaning and report it to the Athletic Department.**
- **If any coach or student-athlete has symptoms, it must be reported to Athletic Director Shawn Bramble immediately.**
- **Any athletes, coaches or staff members who believe they may be sick or are presenting symptoms should remain home. This must be communicated to the Athletic Director.**
- **Coaches should work on a communication plan in the event that team- activities, practices, or games are cancelled on short notice.**
- **Communicate your guidelines in a clear manner to students and parents.**
- **Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.**
- **Keep accurate records of those athletes and staff who attend each practice in the event contact tracing is needed.**
- **Coaches should limit game day squad sizes for social distancing purposes.**

Coaches Continued

- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

Student-Athletes

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with Coaches and Athletic Trainer.
- Athletes should arrive prepared to participate and avoid congregation before the workout.
- Student-athletes should leave immediately following completion of the workout, practice, and contest.
- Activities that increase the risk of exposure to saliva will not be permitted, including: chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Student-Athletes are responsible for their belongings/equipment prior to, during, and after their respective practices and games.
- Locker Room use must adhere to social distancing and mask protocols. Student-Athletes need to store personal items, equipment, and uniforms in their own lockers. Before and after locker room use, they cannot leave any items in the locker room. The locker room access will be limited to ten student-athletes at a time. Access to the locker room is only permitted prior to contests with athletic staff permission during dismissal time.
- Students should wear their own appropriate workout clothing and not share clothing.
- Individual clothing/towels must be washed and cleaned after every workout.
- Student-Athletes must tell coaches immediately when they are not feeling well. Coaches then must report directly and immediately to both the athletic trainer and athletic director.
- Student-Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

Student-Athletes Continued

- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
- Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- Student-Athletes must bring and use your own water bottle. At this time, CCA will not be providing water/water jug fill ups like we have in previous seasons.
- High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.

Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.
- Only essential staff/student-athletes will be allowed at practices and contests (Athletes, Coaches, Officials, Event Staff, Medical Staff, and Security).
- At this time, spectators for K-12 events are not allowed per PIAA/State Guidelines. The Preliminary School Sports Guidance document states that, “The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.”
- Should spectators eventually be permitted to attend contests, we anticipate that such attendance will be subject to some important limitations that were also included in the Preliminary School Sports Guidance:
 - Under current guidelines where spectators are not allowed to attend contests, spectators are not permitted to enter the area beyond the parking lot during contests at CCA’s front field. This includes the front field concrete wall. All families/rides for the student-athletes must practice social distancing protocols and follow these guidelines before, during, and after contests.
 - At Somerton, families/rides for the student-athletes are not permitted to enter the property beyond the parking lot unless they are given direct permission from the

Athletic Director. Before, during, and after practices and contests these guidelines must be followed.

- **At Dolphin Club(Tennis) and Cross Country practice and contest locations, families and rides for the student-athletes should follow the same practices as stated above.**
- **If guidelines are updated to permit spectators, seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. Adults must face coverings (masks or face shields) at all times.**

Athletic Training

- **Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. Whenever needed, State Associations should promote the importance of Athletic Trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.**
- **Daily Athletic Training Room Entry/Exit Procedures**
 - **Athletic Trainer will wear a mask in the Athletic Training Room and in areas where distancing is limited inside or outside per company directives.**
 - **Athletic Trainer must practice proper hand hygiene before and after each athlete interaction. Additionally, each athlete shall be instructed in hand hygiene and demonstrate hand washing upon arrival to the training room and prior to departure. Suggestion to wear gloves during all evaluations and hands on treatment when applicable.**
 - **Upon entry into the Athletic Training Room, athletes must maintain social distancing guidelines, (ex. waiting within 6 feet of each other) prior to entry permission. Athletic training room capacity would be determined per social distancing guidelines and room size.**
 - **For entry into the Athletic Training Room athletes would need to self-check symptoms.**
 - **All athletes must present with negative self-screen prior to entry.**
 - **Athletes must use proper hand hygiene prior to entry and exit of the Athletic Training Room.**
 - **Any athlete that presents positive through the self-check would be isolated. Athletic Trainer would perform a temperature check and inform parents, School Nurse and Athletic Director. Athlete would need MD clearance prior to returning to sport.**

Athletic Training Room/Disinfecting – **Roles & Responsibilities**

- **After each athlete: Clean tables and devices used to interact with student-athletes. Daily cleaning at the end of each day: clean all tables and counters, all shared equipment that has been utilized or out in the open during the day.**
- **Custodial Staff: Cleaning sinks, tables, counters, and floors, door handles, per school/organization procedures.**
- **Limited Accessibility to Ice Machine to avoid transmission.**
- **Ice should be used for injuries only.**
- **Pre-made ice bags should be made prior to competition. Student-Athletes should not have access to grab bags themselves; Athletic Trainer must provide ice.**
- **Access to pre-made bags should be limited to designated Athletic Staff and Athletic Trainer to avoid transmission.**
- **Ice Bags should be thrown away immediately following one-time use.**
- **Cooler and Water Bottle Use - No Shared Water Bottles and Individual Water Bottles should be cleaned daily by athletes. Student-Athletes should over-prepare with extra water, especially in preseason.**
- **Athletic Trainers will carry water for emergency distribution only.**
- **Access to First Aid Kit should be limited to designated staff and Athletic Trainer only to avoid transmission. Cleaned upon delivery and return.**