



Athletics Health and Safety Plan



This is a fluid document, based on local, state and federal guidelines and is subject to change.

Table of Contents

Table of Contents	1
Introduction	2
Athletics Planning Team	2
Athlete Participation Meeting and Permission Form	3
Athlete Participation Meeting and Permission Form	3
Coach Training Information	3
Coach Training Information	3
Tryout and Practice Protocols	4
Tryout and Practice Protocols	4
Avon Grove Charter School	4
Coaches Responsibility	4
Athlete Responsibility	5
Procedures For Those Who Become Ill	6
Procedures for Positive Cases	6
Procedures for Positive Cases	6
Procedures for Positive Cases	6
Gathering Sizes	6
Gathering Sizes	6
Phase 1 (Chester County in the Yellow Phase)	7
Phase 2 (Chester County in the Green Phase)	7
Phase 3 (Governor/PIAA/MIL Have Approved all Fall Sports)	8



Introduction

The Avon Grove Charter School (AGCS) Athletics Health and Safety Plan will be used to ensure the health and safety of our student athletes, coaches, and local school community. This plan will be implemented on Monday, August 10, 2020 which will be the kickoff to our 2020-21 Fall sports program. The continued implementation of this plan will occur until Governor Wolfe and state/local health departments communicate revised regulations. Per Pennsylvania Department of Education guidelines, this plan will not be released to the school community until it has been reviewed and approved by the AGCS Board of Directors. Once approved, it will be implemented and posted on the AGCS website for public viewing.

Multiple members of the school community took part in the creation of this plan. The expertise of the school nurse, athletic director, and school administration give this plan multiple perspectives and viewpoints. All athletic personnel and coaches will be trained by health officials and the AGCS facilities director on self monitoring and proper cleaning and disinfecting of equipment on August 4th and 5th. Student athletes and parent training will occur on Thursday, August 6, 2020.

This is a fluid document, based on local, state and federal guidelines and is subject to change.

Athletics Planning Team

Blase Maitland, AGCS High School Principal, will serve as the AGCS athletics point of contact for all questions related to COVID-19 for parents, athletes, and coaches. Dr. Maitland's email is bmaitland@agcharter.org and his contact number is 484-667-5000 Ext: 347.

The additional members of the health and safety plan for athletics consisted of:

- Jason McGehean- Athletic Director
- Holly Verderame- AGCS School Nurse
- Rob Moran- Facilities Director
- Kristin Bishop- Head of School



AGCS Plan for a Safely Resuming Athletics and Extra-curriculars

Athlete Participation Meeting and Permission Form

Athlete Participation Meeting and Permission Form

Parents and student athletes will be required to participate in a mandatory online training via zoom on Thursday, August 6, 2020. At the conclusion of the training, parents will need to complete this form to ensure compliance [Athlete Participation Permission Form](#).

The [Athletic Participation Permission Form](#) outlines the following:

- Permission for the athlete to participate in tryouts for Fall sports.
- Permission for the athlete to participate in practice and games for Fall sports
- Medical insurance and emergency contact information
- Certification that the athlete/participant is in good health and acknowledges no athlete or participant will be allowed to participate in tryouts, practice, or games if sick.
- Confirmation that the parent and athlete/participant have reviewed the [CDC Guidelines](#) related to the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures
- Confirmation that each athlete/participant is responsible to provide her/his own personal protective equipment, beverages and food items for each workout and that these items will not be shared with others.

Coach Training Information

Coach Training Information

Coaches and the athletic director will also be mandated to complete



training regarding self monitoring and equipment disinfecting. At the conclusion of the training, coaches and the athletic director will complete the [Coaches Training Form](#).

The Coaches Training Form outlines the following:

- Confirmation that the parent and athlete/participant have reviewed the [CDC Guidelines](#) related to the symptoms of COVID-19, appropriate social distancing, hygiene, hand washing and sanitizing procedures
- Confirmation they have reviewed the [CDC Guidelines for Consideration of Youth Sports](#), to modify practices, activities and games to mitigate the risk of spreading the COVID-19 virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- Confirmation that each coach/advisor is responsible to provide her/his own personal beverages and food items.
- Acknowledgement they will be responsible to take attendance at each tryout and make sure all coaches/advisors and athletes/participants have participated in initial training related to COVID-19
- Acknowledgement they are responsible for the cleaning of all school district equipment after each tryout, practice, or game.

Tryout and Practice Protocols

Tryout and Practice Protocols

Avon Grove Charter School

- Ensure restrooms are open and available for use by athletes and coaches for proper hygiene and hand washing. These restrooms will be stocked and cleaned daily. Restrooms will be limited to the facilities in the gymnasium and 600 building.
- Provide disinfecting products are available for coaches and athletes.
- Install proper signage and reminders are provided to coaches and athletes.
- Provide each coach a protective face mask.

Coaches Responsibility

- Take attendance at each tryout and practice and ensure that each



person participating has completed the Athlete Participation Permission Form. Any athlete or coach who self-reports or answers yes to any of the questions on the [Screening and Attendance Form](#) will not be allowed to participate, will be isolated from the group, and sent home. This form will be housed by the coach and will be given to the athletic director and school nurse if an athlete or coach was not permitted to participate.

- Provide their own beverages and food items and will not share them with athletes.
- Wear face coverings when social distancing measures are unable to be maintained and they are not engaged directly in physical activity, unless doing so jeopardizes their health.
- Limit unnecessary physical contact with anyone. This includes shaking hands, fist bumps and high fives
- Maintain appropriate social distancing to the maximum extent feasible, including in the field of play, sidelines, benches, and workout areas. During down time, athletes/participants and coaches/advisors should maintain social distancing.
- Clean all school equipment after each workout session for each workout group.
- Stay with members of their teams until they have left the AGCS campus
- Coaches, in conjunction with the Athletic Director, will develop clear procedures for communicating when workouts, practices, or games are cancelled on short notice.

Athlete Responsibility

- Ensure they are healthy when reporting for each tryout, practice or game. If they are sick they will let their coach know and not attend
- Provide their own personal protective equipment, beverages and food items
- Wear face coverings when not engaged directly in physical activity, unless doing so jeopardizes their health.
- Limit unnecessary physical contact with anyone. This includes shaking hands, fist bumps and high fives.
- Maintain appropriate social distancing to the maximum extent feasible, including in the field of play, sidelines, benches, and workout areas. During down time, athletes and coaches should maintain social distancing.
- Clean/disinfect all clothing and personal equipment after each tryout, practice, or game.



Procedures For Those Who Become Ill

Procedures for Positive Cases

Any athlete/participant or coach who is ill or falls ill will not be permitted to participate in any workout, practice, or competition.

- The individual’s name will be submitted to the athletic director and school administration
- They will immediately be isolated from the rest of the group/team and their emergency contact will be contacted to arrange for transportation home
- Any equipment used by the ill individual will be removed and cleaned/disinfected
- The individual will not be permitted to return to any workouts, practices, or competitions until all signs and symptoms have been resolved

Procedures for Positive Cases

Procedures for Positive Cases

Anyone who tests positive for COVID-19 will be required to follow the [isolation guidelines](#) set forth by CDC before returning, have medical clearance from their physician or appropriate healthcare professional, are non-contagious, fever free (without fever-reducing medicine), demonstrating improvement in respiratory symptoms (cough, shortness of breath), and no vomiting or diarrhea

Gathering Sizes

Gathering Sizes

The following phases will be used in conjunction with the yellow and green phase restrictions on gathering limitations and building occupancy. 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. If Chester County is in the “Yellow Phase” and an AGCS team has more than



25 participants who want to tryout, the team will need to separate into two separate groups .

- **RED** - No sports are allowed in counties designated as being in the Red phase.
- **YELLOW** - Groups of 25 or less (including coaches).
- **GREEN** - Groups of 250 or less (including coaches).

Phase 1 (Chester County in the Yellow Phase)

The goal of Phase 1 is reacclimating to physical activity and increasing conditioning levels.

- Conditioning and non contact drills only.
- All verbal communication will be given while practicing social distancing. No group huddles should occur.
- All warm-ups and cool downs should be done six feet apart
- Gym activity is limited to volleyball only. If feasible, volleyball should go outdoors for conditioning.
- Tryouts will be staggered by 30 minutes. This will limit interactions between sport's teams
- 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.
- Face coverings required for all coaches and trainers unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Athletes are required to bring their own water supply and avoid sharing towels.
- Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- All team meetings should occur virtually.

Phase 2 (Chester County in the Green Phase)

The goal of Phase 2 is building individual skills over competition and limiting contact. All changes from the yellow to green phase are bolded.



- **Group drills are permitted. Intrasquad scrimmages are allowed, but should be done sparingly**
- **Group drills should be completed in groups of 10 or less**
- All verbal communication will be given while practicing social distancing. No group huddles should occur
- All warm-ups and cool downs should be done 6 feet apart.
- Gym activity is limited to volleyball only. If feasible, volleyball should go outdoors for conditioning.
- Tryouts will be staggered by 30 minutes. This will limit interactions between sport's teams
- 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.
- Face coverings required for all coaches and trainers unless doing so jeopardizes his/her health. Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health. Face coverings are not recommended during exertional activity.
- Athletes are required to bring their own water supply and avoid sharing towels.
- Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- All team meetings should occur virtually.

Phase 3 (Governor/PIAA/MIL Have Approved all Fall Sports)

The goal of Phase 3 is preparing for upcoming competition.

- No limitation on contact drills or intrasquad scrimmages.
- Limit group huddles for instruction
- Face coverings may be required for all coaches/advisors/trainers depending on PDE & DOH guidance.
- 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.
- Personal equipment, such as bottles, towels, and pinnies should not be shared.



- Team equipment should be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) should be cleaned at the conclusion of each session by the participant

