

**Line Mountain Area School District
Athletic Department
Guidelines for Reopening of Sports and All Extra Curricular Activities**

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

INTRODUCTION

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 (CDC), 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 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 Line Mountain School District (LMSD) will implement guidelines from the federal, state, and local governments, Center of Disease Control (CDC), Pennsylvania Department of Health (PADOH), National Federation of High School Sports as well as the Pennsylvania Interscholastic Athletic Association (PIAA). The LMSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. This document entails guidelines for establishing a minimal set of standards to assist our athletic program, as well as other athletic facility users, in resuming participation in sport. These guidelines may be adjusted as more scientific medial research data is available about COVID-19.

GUIDELINES

1. Educate individuals (athletes, coaches and staff) on health and safety protocols:
 - a. Stay at home if they are sick.
 - b. Provide their own water bottle. Water bottles must be brought to any team function, cannot be shared, and should be filled prior to arrival.
 - c. Promote healthy hygiene practices:
 - i. Washing hands for 20 seconds with warm water and soap or using hand sanitizer.
 - ii. Provide their own face covering, and wear properly as outlined in each phase. Face coverings are recommended to help decrease the potential exposure to COVID-19 by way of respiratory droplets of an infection individual. Face coverings are not required for athletes practicing or competing, and should not be used by athletes engaging in distance running or other high intensity aerobic exercises.
 - d. Be screened for COVID-19 signs and symptoms prior to any team function. The screening will be dependent upon the available resources and the specific phase the LMSD is currently in. The purpose of the screening is to check for signs and symptoms of COVID-19. Individuals screened during the school day will not be screened again for after school activities.
 - e. Locker room use will be determined by level.

2. LMSD will provide
 - a. Hand sanitizer, as resources allow.
 - b. Individual non-reusable bottles of water.
3. Maintain the highest standards possible for cleaning, disinfecting and ventilating the facilities.
4. Encourage social distancing through increased spacing, reduced group sizes, and limiting mixing between groups, when possible.
5. Identify staff and students who may be at higher risk of severe illness from COVID-19 due to underlying medical conditions (See- CDC “People Who are at a Higher Risk for Severe Illness”).
6. All facilities must be scheduled for use through the athletic department.
7. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

RISK CLASSIFICATION OF SPORTS AND ALL EXTRA CURRICULAR ACTIVITIES *(As defined PDE, PIAA, and NFHS)*

High Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: archery, chorus, musical play, football, wrestling, and marching band.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can’t be cleaned between participants. Examples: basketball, baseball, softball, soccer, and field hockey.

Low Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: weightlifting, sideline cheer, FFA, FBLA, OM, and Yearbook.

*High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. Team Activities should be limited to individual skill development drills that maintain social distancing.

LEVELS OF SPORT PARTICIPATION

Level 1 (PA County Regulations-Red)

No in-person team activities are permitted.

- School and all facilities remain closed per PA State Guidelines.
- Athletes and coaches may communicate only electronically via online meetings or by phone.
- Athletes may participate in individual at home workouts.

Level 2 (PA County Regulations- Yellow)

Screening:

- All individuals must be screened. This includes checking temperature, signs and symptoms of COVID-19 prior to all team functions (see appendix for COVID-19 screening form).
- Recorded responses to screening questions, temperatures, signs and symptoms must be recorded.
- Any individual with positive symptoms cannot take part in team functions, must be sent home, and must contact his or her primary care provider or other appropriate health care professional, for clearance.

Limitations:

- Workouts cannot consist of a gathering of more than 25 individuals per scheduled facility, and the faculty as a whole may not exceed 50% of the total occupancy otherwise permitted by law.
 - Outdoor gathering: 25
 - Indoor gathering: 13
- Workouts should be conducted in pods/groups of 13 or less athletes. Pods/groups should remain together throughout the workout.
- Individuals permitted to attend include athletes, coaches, athletic trainers and staff.
- Locker rooms are not available to athletes.
- Social distancing should be applied.
- No concession stand operations permitted.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings.
- Individuals must wash hands for a minimum of 20 seconds with warm soap and water or use hand sanitizer prior to participating in a team function.
- Appropriate clothing/shoes should be worn at all times.

Physical Activity:

- See Appendix for sport specific guidelines.
- Students should refrain from sharing clothing, towels, pinnies and jerseys and must be washed after each practice.
- With the exception of balls and field markers (cones, bags, ropes, hurdles, etc.) athletic equipment may not be shared by individuals.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot be utilized.
- LMSD will provide individual non-reusable bottles of water.

Public Facility Availability:

- Stadium, track, and all playing and practice fields are not open to the public
- Elementary sports will not operate using LMSD indoor or outdoor athletic facilities.
- Outside user facility use will follow normal procedures and all LMSD Level guidelines.

Level 3 (PA County Regulations- Green) 2 weeks

(See appendix for details)

Screening:

- All individuals must be screened. This includes checking temperature, signs and symptoms of COVID-19 prior to all team functions (see appendix for COVID-19 screening form).
- Recorded responses to screening questions, temperatures, signs and symptoms must be recorded.
- Any individual with positive symptoms cannot take part in team functions, must be sent home, and must contact his or her primary care provider or other appropriate health care professional, for clearance.

Limitations:

- Workouts cannot consist of a gathering of more than 50 individuals per scheduled facility, and the faculty as a whole may not exceed 50% of the total occupancy otherwise permitted by law.
- Workouts should be conducted in pods/groups of 25 or less athletes. Pods/groups should remain together throughout the workout.
- Individuals permitted to attend include athletes, coaches, athletic trainers and staff.
- Locker rooms are not available to athletes.
- Social distancing should be applied.
- No concession stand operations permitted.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings.
- Individuals must wash hands for a minimum of 20 seconds with warm soap and water or use hand sanitizer prior to participating in a team function.
- Appropriate clothing/shoes should be worn at all times.

Physical Activity:

- See Appendix for sport specific guidelines.
- Students should refrain from sharing clothing, towels, pinnies and jerseys and must be washed after each practice.
- With the exception of balls and field markers (cones, bags, ropes, hurdles, etc.) athletic equipment sharing should remain limited and cleaned intermittently during and after practice.
- Hand Sanitizer should be used periodically as resources allow.

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot be utilized.
- LMSD will provide individual non-reusable bottles of water.

Public Facility Availability:

- Stadium, track, and all playing and practice fields are not open to the public
- Elementary sports will not operate using LMSD indoor or outdoor athletic facilities.
- Outside user facility use will follow normal procedures and all LMSD Level guidelines.

Level 4 (PA County Regulations- Green) 2 weeks

(See appendix for details)

Screening:

- All individuals must be screened. This includes checking temperature, signs and symptoms of COVID-19 prior to all team functions (see appendix for COVID-19 screening form).
- Recorded responses to screening questions, temperatures, signs and symptoms must be recorded.
- Any individual with positive symptoms cannot take part in team functions, must be sent home, and must contact his or her primary care provider or other appropriate health care professional, for clearance.

Limitations:

- Workouts can consist of a gathering of a full team. More than 1 team can share a facility, provided the following:
 - The gathering is not more than 250 individuals.
 - The facility as a whole does not exceed 50% of total occupancy otherwise permitted by law.
- Individuals permitted to attend include athletes, coaches, athletic trainers and staff.
- Locker rooms are not available to athletes.
- Social distancing should be applied.
- No concession stand operations permitted.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings.
- Individuals must wash hands for a minimum of 20 seconds with warm soap and water or use hand sanitizer prior to participating in a team function.
- Appropriate clothing/shoes should be worn at all times.

Physical Activity:

- See appendix for sport specific guidelines.
- Students should refrain from sharing clothing, towels, pinnies and jerseys and must be washed after each practice.
- Athletic equipment may be shared by individuals provided it is cleaned intermittently during and after practice (ie football dummies, pads, sleds, etc.)
- Hand Sanitizer should be used periodically as resources allow

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot be utilized.
- LMSD will provide individual non-reusable bottles of water.

Public Facility Availability:

- Stadium, track, and all playing and practice are open to public provided individuals abide by proper social distancing.
- Elementary sports will not operate using LMSD indoor or outdoor athletic facilities.
- Outside user facility use will follow normal procedures and all LMSD Level guidelines.

Level 5 (PA County Regulations- Green) 2 weeks

(See appendix for details)

Screening:

- All individuals must be screened. This includes checking temperature, signs and symptoms of COVID-19 prior to all team functions (see appendix for COVID-19 screening form).
- Recorded responses to screening questions, temperatures, signs and symptoms must be recorded.
- Any individual with positive symptoms cannot take part in team functions, must be sent home, and must contact his or her primary care provider or other appropriate health care professional, for clearance.

Limitations:

- Teams may combine to the total group for all team functions.
- Locker rooms are available per state guidelines.
- Social distancing should be applied.
- No concession stand operations permitted.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings.
- Individuals must wash hands for a minimum of 20 seconds with warm soap and water or use hand sanitizer prior to participating in a team function.
- Weight room equipment must be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times.

Physical Activity:

- See appendix for sport specific guidelines.
- Students should refrain from sharing clothing, towels, pinnies and jerseys and must be washed after each practice.

- Athletic equipment, with the exception of wrestling headgear, football helmets and pads, may be shared by individuals provided it is cleaned intermittently during and after practice.
- Hand Sanitizer should be used periodically as resources allow

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot be utilized.
- LMSD will provide individual non-reusable bottles of water.

Public Facility Availability:

- Stadium and track are open to public provided individuals abide by proper social distancing.
- Elementary sports may operate using LMSD athletic facilities, provided the organization follows all LMSD Level guidelines and has their written health and safety plan on file in the athletic office.
- Outside user facility use will follow normal procedures and all LMSD Level guidelines.

Level 6 (PA County Regulations- Green)

(See appendix for details)

Screening:

- Individuals who have COVID-19 symptoms cannot participate in practice/contests, and must contact their primary care physician or another appropriate health care provider for clearance.
- Team attendance must be recorded.

Limitations:

- As per state and local guidelines.
- When not directly participating in practice or contests, social distancing should be applied when possible.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings.
- Weight room equipment must be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times.

Physical Activity:

- All sports may practice and competitions may begin with PIAA approval.
- Students should refrain from sharing clothing, towels, pinnies and jerseys and must be washed after each practice.
- Athletic equipment, with the exception of wrestling headgear, football helmets and pads, may be shared by individuals provided it is cleaned intermittently during and after practice.
- Hand Sanitizer should be used periodically as resources allow

Hydration:

- Individuals must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water fountains, water cows, water troughs, etc.) cannot be utilized.
- LMSD will provide individual non-reusable bottles of water.

Public Facility Availability:

- Stadium and track are open to public provided individuals abide by proper social distancing.
- Elementary sports may operate using LMSD indoor and outdoor athletic facilities, provided the organization follows all LMSD Level guidelines and has their written health and safety plan on file in the athletic office.
- Outside user facility use will follow normal procedures and all LMSD Level guidelines.

OTHER RECOMMENDATIONS (pending state guidelines)**Transportation:**

- Modifications for student/coach transportation to and from athletic events may be necessary. This may include:
 - Reducing the number of students/coaches on a bus/van
 - Using hand sanitizer upon boarding a bus/van
 - Social distancing on a bus

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. Consider using tape or paint as a guide for students and coaches.

Who should be allowed at events?

- Essential: athletes, coaches, officials, event staff, administration
- Non-essential Tier 1: media
- Non-essential Tier 2: spectators, vendors
 - Not permitted to attend competitions until government lifts restrictions on mass gatherings.
 - Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

Overnight/Out of State Events

- The LMSD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

- Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix).
- Symptoms may include:
 - Fever or chills (100.4 or High)
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)

Illness protocol

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- The individual can only return when they are no longer symptomatic and have full written clearance from their healthcare professional.
- If the individual is tested for COVID-19 and the test is positive, contact tracing should be initiated.
- Contact tracing will identify those individuals who would have been within 6 feet of the positive individual for more than 15 minutes 48 hours before the person was symptomatic and while the person was symptomatic.
- Those identified will be put into social isolation for 14 days and closely monitored from development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.
- The individual with the positive COVID-19 rest may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough shortness of breath, AND at least 10 days have passed since symptoms first appeared according to the CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID-19 should provide a written

release, in the form of section 8 of the CIPPE for athletes, for return to activity from their medical provider before allowing continued participation.

EDUCATION

- Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, online trainings, emails, phone calls):
 - COVID-19 signs and symptoms
 - Temperature taking and keeping a log
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
 - No handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- No students allowed in training areas without the presence of a coach or athletic trainer.
- The visiting team must show proof of a screening log to the Athletic Director, Athletic Trainer or Game Manager proving that all coaches and athletes have been pre-screened before entering the home schools facilities.

APPENDIX

Level 3

Weeks 1-2

June 29th- July 9th

Monday-Thursday 3pm-7pm

Facilities able to use:

Outdoor fields only

Football

No Contact

May use balls and field markers

Field Hockey

No Contact

Can use balls and field markers

Girls Soccer

No Contact

Can use balls and field markers

Boys Soccer

No Contact

Can use balls and field markers

Marching Band

Outdoor only

Level 4

Weeks 3-4

July 13th- July 23rd

Monday-Thursday 3pm-7pm

Facilities able to use:

Outdoor fields only

Football

Practice with limited frequency of contact

May use balls and field markers

Week 4 Thursday July 23rd hand out equipment (helmets only)

Helmets may NOT leave school property

Need to be stored immediately once fit in designated storage area for proper

disinfecting.

Field Hockey

Practice with limited frequency of contact

May use balls and field markers

Girls Soccer

Practice with limited frequency of contact

May use balls and field markers

Boys Soccer

Practice with limited frequency of contact

May use balls and field markers

Marching Band

Outdoor only

Level 5

Weeks 5-6

July 27th- August 6th

Monday-Thursday 3pm-7pm

Facilities able to use:

Outdoor fields
Weight Room
Locker Rooms
High School Gym
JH Gym
Meeting Room (Rm 503)
Cafeteria
Band Room

Weight Room

Opens with limited access

25 individuals at a time

All equipment must be wiped down after individual use

Locker Rooms

15 individuals at a time

Social distancing applies

No shower use

High School Gym

50 individuals at a time

Social distancing applies

JH Gym

50 individuals at a time

Social distancing applies

Meeting Room

20 individuals at a time

Social distancing applies

Cafeteria

150 individuals at a time

Social distancing applies

Band Room

50 individuals at a time

Social distancing applies

Football

Practice as normal

7v7 start- helmets only

Field Hockey

Practice as normal

Girls Soccer

Practice as normal

Boys Soccer

Practice as normal

Marching Band

Indoor access permitted

50 individuals per band room only

Boys and Girls Basketball 7-12 grade

Open gym

Monday-Thursday

3pm-7pm

50 individuals per gym only

Level 6

Week 7

**August 10th- August 14th
Monday-Friday 3pm-7pm**

Facilities able to use:

**Outdoor fields
Weight Room
Locker Rooms
High School Gym
JH Gym
Meeting Room (Rm 503)
Cafeteria
Band Room**

Weight Room

Opens with limited access
25 individuals at a time
All equipment must be wiped down after individual use

Locker Rooms

15 individuals at a time
Social distancing applies
No shower use

High School Gym

50 individuals at a time
Social distancing applies

JH Gym

50 individuals at a time
Social distancing applies

Meeting Room

20 individuals at a time
Social distancing applies

Cafeteria

150 individuals at a time
Social distancing applies

Band Room

50 individuals at a time
Social distancing applies

Football

Heat Acclimation week
August 10th-14th
Monday-Friday 3pm-7pm

Field Hockey

Practice as normal

Girls Soccer

Practice as normal

Boys Soccer

Practice as normal

Marching Band

Normal practice

Boys and Girls Basketball 7-12 grade
Open gym
Monday-Thursday
3pm-7pm
50 individuals per gym only

Week 8

August 17th
All Fall Sports start

Pre-Screening

Pre Screening will occur at the football stadium entrance.

All athletes will enter through the ticket booth to be prescreened.

Then they will go straight to their designated fields.

Athletes that may need additional screening will need to report to the marching band concession and be seen by the ATC.

Schedule

Practice Monday-Thursdays 3pm-7pm

Stagger start times for prescreening purposes.

3:00 Football

3:30 Field Hockey

4:00 Girls Soccer

4:30 Boys Soccer

5:00 Marching Band

Mandatory Coaches meeting

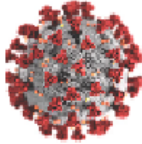
Date: Monday June 29th

Time: Coaches 2:00 PM

Teams: Football, Field Hockey, Girls Soccer, Boys Soccer and Marching Band.

Coaches/Directors: Brandon Carson, Maggie Fessler, Matt Bendar, Craig Taxis, Dana Brown

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.



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.



CS1740531 04/15/2020

cdc.gov/coronavirus

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

**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**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>