



North Hills School District Athletics & Activities Health and Safety Plan

The North Hills School District will take the necessary precautions and recommendations from the Center for Disease Control, Allegheny County Health Department, Pennsylvania Department of Health, Pennsylvania Department of Education, and the Pennsylvania Interscholastic Athletic Association. We also realize that knowledge regarding COVID-19 is constantly changing as new information becomes available. The District will adjust these guidelines as needed to make the return to athletics and activities as safe as possible. This plan will be approved by the North Hills School District Board of Education, and posted on the district's website. We shall continue to monitor our Athletics & Activities Health and Safety Plan throughout the year and update as needed.

The COVID-19 pandemic has presented extra-curricular activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. It has the potential to cause serious illness and death in people of all ages and genders in all communities. Therefore, the goals of a safe return to athletics and activities must **focus on mitigating the risk of COVID-19 transmission, quickly identifying and removing participants who may have contracted or been exposed to COVID-19** (and managing appropriately), and **limiting the participation of vulnerable and at-risk population**.

Each coach or sponsor will use this plan to develop sport or activity specific guidelines that will be shared with each athletic team or activity group. It is imperative that those guidelines are strictly followed in order, to the greatest extent possible, to reduce the overall risk of infection and spread of COVID-19. The goal is not to just get started. The goal is to REMAIN open, and KEEP playing/participating.

Our plan includes four phases encompassing Summer Athletic Conditioning and Summer Activity Programs and Camps. This plan includes pre-season camps, practices and band camp until we reach the PIAA defined Fall season (competition, practices, and after-school activities).

Phase 1: July 1, 2020- July 15, 2020- (two-week period before progressing into the next phase)

Phase 2: July 16, 2020- July 30, 2020- (two-week period before progressing into the next phase)

Phase 3: July 31- August 9, 2020

Phase 4: PIAA Fall season begins

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Athletics & Activities Health and Safety Plan:

North Hills School District

We are mindful that as long as there are cases of COVID-19 in the community, there are no strategies that completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. All school activities must be informed by [Governor Wolf's Process to Reopen Pennsylvania](#). The administration has categorized reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions may begin easing some restrictions on school, work, congregate settings, and social interactions:

- Red Phase: Schools remain closed for in-person instruction and no sports are allowed in counties designated as being in the Red Phase.
- Yellow Phase and Green Phase: Schools may resume sports-related activities after developing a written Athletics Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

This document is North Hills School District's plan to bring back students and staff in athletics and activities, the plan to communicate with stakeholders, and the process for continued monitoring of local health data to assess implications for school athletic and activity operations and potential adjustments throughout the school year.

Depending upon the public health conditions in any county within the Commonwealth, there could be additional actions, orders, or guidance provided by the Pennsylvania Department of Education (PDE) and/or the Pennsylvania Department of Health (DOH) designating the county as being in the red, yellow, or green phase. Some counties may not experience a straight path from a red designation, to a yellow, and then a green designation. Instead, cycling back and forth between less restrictive to more restrictive designations may occur as public health indicators improve or worsen.

Resuming Athletics & Activities

Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

1. Physical distancing should be encouraged when possible (six feet minimum).
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), and the wearing of a cloth face covering as feasible.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Sanitizing options will be available including hand sanitizer and disinfectant wipes
5. Educate Participants (athletes, band, etc.), Coaches, and Staff on health and safety protocols
6. Staff should be limited to only essential personnel.
7. Large social gatherings in any spaces should not occur at this time.
8. Virtual meetings should take place when possible.
9. When at practices, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
10. In all common areas, seating should be spaced six feet apart.
11. Stay at home if you feel sick or are experiencing the following COVID-19 symptoms including:
 - Cough
 - Shortness of breath or difficult breathing
 - Fever of 100.4 degrees or higher
 - Chills
 - Muscle Pain
 - Sore throat
 - Stuffy Nose
 - Headache
 - Nausea
 - Diarrhea
 - New loss of taste or smell
 - Fatigue
12. No sharing of personal equipment, water bottles, towels, etc.
13. Flexible attendance policies will be employed for students and staff. To limit their exposure to risk, participation options will be provided to individuals of high risk of COVID-19 to include virtual coaching and in-home drills.
14. At the onset of resuming athletics and activities, the Athletic Director and the Athletic Training staff are tasked to ensure adherence to Athletics & Activities Healthy and Safety Plan.

The development of this plan engaged District administration, Coaches, Athletic Trainers and Allegheny Health Network. The communication of this plan will be via the District web-site, a staff meeting with impacted individuals, and communication to students and families.

Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any period, he/she must be immediately removed from the group, masked if not already, and isolated. The parent or guardian will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- Refer to the NHSD COVID-19 Response Protocol
- The coach or sponsor must alert the Director of Athletics who will contact the athletic training staff who will contact the Allegheny County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Superintendent to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Anticipated launch date for athletics & activities: July 1, 2020

Primary Point of Contact

Each school entity must designate a primary point of contact with defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student participants, officials, and staff members must be provided the person's contact information.

Point of Contact Name	Position of Point of Contact	Contact Information
Patrick Weber	Director of Athletics	weberp@nhsd.net
Michelle Zimmerman	Director of Activities	zimmermanm@nhsd.net

Cleaning, Sanitizing, Disinfecting, and Ventilation

An appropriate cleaning schedule for all facilities to mitigate the spread of any communicable disease will be created. Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment will be wiped down before and after each individual use.

The District will use available local resources to procure adequate disinfectant supplies meeting OSHA and CDC requirements for COVID-19.

Training on cleaning, sanitizing, disinfecting, and ventilation protocols will be provided to custodial, maintenance, coaching staff, trainers, and staff (band, etc.) - [CDC guidance on cleaning and disinfecting](#)

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p>* Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities (i.e., restrooms, drinking fountains, locker rooms and transportation)</p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools - Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment will be wiped down before and after each individual use.</p> <p>Increase fresh air exchanges as part of the ventilation system to align with American Society for Heating, Refrigeration, Air-Conditioning (more stringent than CDC requirements).</p>	<p>Kevin Swindell - Director of Facilities</p>	<p>Cleaning, Disinfectant, and Sanitizing Products</p>	<p>Yes</p>

Physical Distancing and Other Safety Protocols

In addition to the information in the “Resuming Athletics & Activities” section, the following should be included:

Phase 1: July 1, 2020- July 15, 2020- Activities can move to phase 2 after a two-week period in phase 1 if community disease load is not rising as per further guidance from the Allegheny County Health Department.

Pre-workout screening:

All students must be screened by their parent or guardian at home and will also be screened by a supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check and completion of questionnaire via Google Form (see Appendix A). Responses to the screening questionnaire and temperature check should be recorded via Google Sheet and filed so that there is a record of everyone present in case someone develops COVID-19. Staff must self-monitor for symptoms and stay home if ill.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to any of these questions:

1. Have you had a fever of 100.4 in the past 48 hours?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled internationally in the last month?
4. Have you previously been diagnosed with COVID-19?
5. Have you spent time with someone who has previously been diagnosed with Covid-19?

Any person with a positive symptom will not be allowed to take part in workouts and their parent or guardian will be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Athletic Training Staff/Physician and the Allegheny County Health Department, before being able to resume participation.

Limitation on Gatherings:

- No gatherings of more than 25 participants per indoor space and 250 outdoors.
- Students should wear masks when feasible.
- Physical distancing should remain in place when feasible.
- Students are only permitted to participate in non-contact workouts.
- No facility can have more than 50% occupancy.
- No locker rooms available. Students should come dressed for workouts and go home to shower immediately afterward. It is recommended that students wash their clothes daily.
- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water fountains, etc. will not be available.

Phase 2: July 16, 2020- July 30, 2020- Activities can move to phase 3 after a two-week period in phase 2 if community disease load is not rising as per further guidance from the Allegheny County Health Department.

Pre-workout screening:

All students must be screened by their parent or guardian at home and will also be screened by a supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check and completion of questionnaire via Google Form (see Appendix A). Responses to the screening questionnaire and temperature check should be recorded via Google Sheet and filed so that there is a record of everyone present in case someone develops COVID-19. Staff must self-monitor for symptoms and stay home if ill.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to any of these questions:

1. Have you had a fever of 100.4 in the past 48 hours?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled internationally in the last month?
4. Have you previously been diagnosed with COVID-19?
5. Have you spent time with someone who has previously been diagnosed with Covid-19?

Any person with a positive symptom will not be allowed to take part in workouts and their parent or guardian will be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Athletic Training Staff/Physician and the Allegheny County Health Department, before being able to resume participation.

Limitation on Gatherings:

- Gathering size of up to 50 participants per indoor space and 250 outdoors.
- Students should wear masks when feasible.
- Physical distancing should remain in place when feasible.
- No facility can have more than 50% occupancy.
- No locker rooms available. Students should come dressed for workouts and go home to shower immediately afterward.
- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water fountains, etc. will not be available.
- Team meetings can occur in person but need to maintain the minimum 6 feet between individuals.

Phase 3: July 31, 2020- August 9, 2020

Pre-workout screening:

All students must be screened by their parent or guardian at home and will also be screened by a supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check and completion of questionnaire via Google Form (see Appendix A). Responses to the screening questionnaire and temperature check should be recorded via Google Sheet and filed so that there is a record of everyone present in case someone develops COVID-19. Staff must self-monitor for symptoms and stay home if ill.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to any of these questions:

1. Have you had a fever of 100.4 in the past 48 hours?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled internationally in the last month?
4. Have you previously been diagnosed with COVID-19?

5. Have you spent time with someone who has previously been diagnosed with Covid-19?

Any person with a positive symptom will not be allowed to take part in workouts and their parent or guardian will be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District's Athletic Training Staff/Physician and the Allegheny County Health Department, before being able to resume participation.

Limitation on Gatherings:

- Teams can begin to practice with their total group for full practices and competitions.
- Students should wear masks when feasible.
- Physical distancing should remain in place when feasible.
- No facility can have more than 50% occupancy.
- Locker rooms can begin being used but efforts are to be made to maintain the minimum 6 feet of physical distancing between individuals.
- There should be no sharing of any personal items such as towels or water bottles. Each student athlete and coach should bring their own personal water bottle to workouts. Water hoses, water fountains, etc. will not be available.
- Team meetings can occur in person but need to maintain the minimum 6 feet between individuals.

Transportation:

No transportation will be provided by the District during the summer break. Modifications for the student transportation to and from in-season events may be necessary. These modifications may include:

- The reduction of the number of students/adults on a bus to achieve the necessary physical distancing at that time.
- The use of hand sanitizer upon boarding and unloading a bus.
- Wearing the appropriate mask and/or face shields is required on all District transportation.

These modifications, or others, will be determined by the school district using state and local guidance relevant at the time or as it becomes available.

Visitor/Attendance Policies:

The North Hills School District will continue to monitor and evaluate guidance provided as it relates to spectators attending high/middle school functions. The following people are accordingly grouped into tiers from essential to non-essential, and this will determine who will be allowed at any event until further notice:

Tier 1 (Essential) – Student participants, Adult supervisors, Event staff, Medical staff, Security, Officials.

Tier 2 (Essential) – Parents of student participants

Tier 3 (Non- essential)- Tier 1+ Visitors & Spectators*

Only Tier 1 personnel will be allowed to attend events (including practices) until state and/or local guidance lifts restrictions on mass gatherings. Tier 2 shall be permitted to attend events, not including practices. *The addition of visitors and non- parental spectators will be contingent upon health conditions within the state and local communities.

Seating areas, including bleachers, will adhere to occupancy limits and physical distancing requirements of at least six feet of spacing for anyone not in the same household once spectators are permitted. To assist with proper physical distancing, areas will be clearly marked. It is recommended the spectators wear face coverings when in close proximity to others.

Youth Sports/Summer Camps

Organizations within the North Hills Community are able to use this plan to develop specific guidelines to be submitted to the Director of Athletics for consideration before being approved to use any district fields/facilities.

Professional Development

Students, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- The District's phased approach

Requirements	Action Steps under Yellow and Green Phase	Lead Individual & Position	Materials, Resources, and Supports Needed	PD Required (Y/N)
* Protocols for physical distancing student athletes and staff throughout all activities, to the maximum extent feasible	The North Hills School District will implement a phased approach that considers cohorting of students and staff and physical distancing.	Patrick Weber - Athletic Director	Training & Signage	Yes
* Procedures for serving food at events	No meals will be served at this time. Sharing of food and utensils is prohibited.	Coaching Staff Band Staff Extra-curricular sponsors	N/A	No
* Hygiene practices for student athletes and staff which include the manner and frequency of hand-washing and other best practices	Frequent hand washing, including before and after activity, as rules allow. Spitting is prohibited. No gum. No sunflower seeds. Everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow. Avoid face touching whenever possible. Wear a cloth face mask as feasible.	Coaching Staff Band Staff Extra-curricular sponsors	Signage	Yes
* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs	Post signs in highly visible locations that promote everyday protective measures and describe how to stop the spread of germs. Include messages about behaviors that prevent the spread of COVID-19 when communicating with staff and families (web-site, email, social media)	Coaching Staff Band Staff Extra-curricular sponsors	Signage	No
* Identifying and restricting non-essential visitors and volunteers	See Visitor/Attendance Procedure Above	Patrick Weber, Athletic Director Head Coaches Band Staff Extra-Curricular sponsors	N/A	No

Monitoring Students and Staff Health

Phase 1: July 1, 2020- July 15, 2020- Activities can move to phase 2 after a two-week period in phase 1 if community disease load is not rising as per further guidance from the Allegheny County Health Department.

Pre-workout screening:

All students must be screened by their parent or guardian at home and will also be screened by a supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check and completion of questionnaire via Google Form (see Appendix A). Responses to the screening questionnaire and temperature check should be recorded via Google Sheet and filed so that there is a record of everyone present in case someone develops COVID-19. Staff must self-monitor for symptoms and stay home if ill.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to any of these questions:

1. Have you had a fever of 100.4 in the past 48 hours?
2. Do you have a new onset cough, new loss of taste or smell, or shortness of breath?
3. Have you traveled internationally in the last month?
4. Have you previously been diagnosed with COVID-19?
5. Have you spent time with someone who has previously been diagnosed with Covid-19?

Any person with a positive symptom will not be allowed to take part in workouts and their parent or guardian will be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Athletic Training Staff/Physician and the Allegheny County Health Department, before being able to resume participation.

Phase 2: July 16, 2020- July 30, 2020- Activities can move to phase 3 after a two-week period in phase 2 if community disease load is not rising as per further guidance from the Allegheny County Health Department.

Pre-workout screening:

All students must be screened by their parent or guardian at home and will also be screened by a supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check and completion of questionnaire via Google Form (see Appendix A). Responses to the screening questionnaire and temperature check should be recorded via Google Sheet and filed so that there is a record of everyone present in case someone develops COVID-19. Staff must self-monitor for symptoms and stay home if ill.

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3. Have you traveled internationally in the last month?
4. Have you previously been diagnosed with COVID-19?
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Any person with a positive symptom will not be allowed to take part in workouts and their parent or guardian will be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Athletic Training Staff/Physician and the Allegheny County Health Department, before being able to resume participation.

Phase 3: July 31, 2020- August 9, 2020

Pre-workout screening:

All students must be screened by their parent or guardian at home and will also be screened by a supervising staff member at the facility for signs/symptoms of COVID-19 prior to a workout. Screenings will include a temperature check and completion of questionnaire via Google Form (see Appendix A). Responses to the screening questionnaire and temperature check should be recorded via Google Sheet and filed so that there is a record of everyone present in case someone develops COVID-19. Staff must self-monitor for symptoms and stay home if ill.

A positive screen that would warrant further investigation would be a temperature greater than 100.4 degrees or a “yes” response to any of these questions:

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Any person with a positive symptom will not be allowed to take part in workouts and their parent or guardian will be notified of the documented concern for illness/fever. Any person seen by their appropriate health care provider must provide written clearances, that are reviewed and approved by the District’s Athletic Training Staff/Physician and the Allegheny County Health Department, before being able to resume participation.

Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any period, he/she must be immediately removed from the group, masked if not already, and isolated. The parent or guardian will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- Refer to the NHSD COVID-19 Response Protocol
- The coach or sponsor must alert the Director of Athletics who will contact the athletic training staff who will contact the Allegheny County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Superintendent to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Professional Development

Student Athletes, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- [CDC Handwashing Video](#)
- [Stop the Spread of Germs CDC poster](#)
- The District’s phased approach

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Monitoring student athletes and staff for symptoms and history of exposure	In all phases, students will complete a pre-workout screen either at the facility or at home daily prior to an activity commencing. Students and parents will sign a waiver for participation prior to beginning their desired activities.	Coaching Staff Band Staff Extra-curricular sponsors	Thermometers Questionnaire Training Materials	Yes
* Isolating or quarantining students, coaching staff, or visitors if they become sick or demonstrate a history of exposure	Illness Protocol described herein will be implemented.	Coaching Staff Band Staff Extra-curricular sponsors Eric Cardwell/Nitza Nicklow, Athletic Trainers Allegheny County Health Department	Questionnaire History	No
* Returning isolated or quarantined coaches, staff or student athletes, to school and/or athletics	Illness Protocol described herein will be implemented.	Eric Cardwell/Nitza Nicklow, Athletic Trainers Allegheny County Health Department	Medical Release	No

Other Considerations for Students and Staff

The Athletic Director will hold a coaches' meeting to explain the Athletic and Activities Health and Safety Plan, as well as the flexible attendance policy. Staff unable/unwilling to return will be directed to the Superintendent to pursue reasonable accommodations.

Students will be made aware of the Athletic and Activities Health and Safety Plan to assist in their decision-making to return to activity. Staff will provide training to students on relevant topics, to include how to reduce the spread of germs and proper hygiene protocols. Students unable/unwilling to participate will be provided with flexible attendance allowing workouts at home.

Personal Protective Equipment

- Staff will wear masks at all times when in contact with students and other staff when physical distancing of 6' cannot be maintained, unless a medical condition necessitates otherwise.
- Students and staff will be strongly encouraged to use masks when in all indoor spaces. This is inclusive of the athletic training room, weight room, band room, practice spaces, etc.
- Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The garment should cover both the nose and mouth and allow for continued unlabored breathing.
- While we understand it may be difficult to wear a mask when actively participating in an activity that takes place indoors, the percentage of time without the mask should be limited to the active participation time.

Student Reminders:

- Practice healthy hygiene and physical distancing. Wash hands frequently, use hand sanitizer available throughout the facility, and maintain 6-foot physical distance when possible.
- Mandatory PIAA pre-participation physicals are required before the start of fall sports season.
- Wear protective masks as directed in this guidance. If a medical condition exists and a mask cannot be worn according to a medical note, then the student should maintain the recommended physical distancing practices.
- Follow your coaches/directors' detailed plan for practice times, meeting times, and specific location. Students are not permitted to arrive any earlier than 10 minutes before the beginning of scheduled activity and must leave immediately upon the conclusion of scheduled activities.
- No locker room will be available over the summer months. Please come prepared to work out in appropriate gear. Wash clothes often.
- Avoid touching your face as much as possible.
- Do not share personal items including towels, razors, water bottles or any other personal hygiene items. The 'NoTouch Rule' is in effect- If it isn't yours, don't touch it!
- Bring your own water bottle with your name on it. No water bottles are allowed to be shared. It is recommended that all students bring multiple water bottles.
- Limited occupancy of spaces may be necessary during the season.
- The athletic training room will have limited access because of physical distancing. Ice machines in the training room will be for injuries only, not for water bottles. Athletic trainers will schedule specific times for each sport to get taped and have treatment. Do not gather in or near the athletic training room.
- Students will be required to submit to health screenings as outlined in this document.

Staff Reminders:

- Staff will screen and monitor students for symptoms prior to all scheduled activities.
- Practice physical distancing with students and other staff members. Practice healthy hygiene.
- Wear protective masks as directed in this guidance. If a medical condition exists and a mask cannot be worn according to a medical note, then the staff member should maintain the recommended physical distancing practices.
- Staff will be responsible for monitoring the number of students in the common areas during the season in order to promote physical distancing. This may include limiting access to the common areas.
- Provide proper guidance to students on proper handwashing techniques, physical distancing, and other healthy practices.
- Enforce occupancy rates in utilized spaces and adhere to any schedule created.

Athletic Trainers Reminders:

- Follow guidance by the National Athletic Trainers' Association as it pertains to COVID-19.
- Limit athletes/coaches training room occupancy to promote physical distancing.
- Athletic trainers should maintain healthy hygiene and wear masks when feasible.
- Clean and disinfect all hard surfaces which include but are not limited to training tables, taping tables, bikes, and other equipment that is utilized during routine sports participation for athletes.
- No unsupervised admittance to the training room.
- Provide proper guidance to student athletes on proper handwashing techniques, physical distancing and other healthy practices.

Students and Staff who are at Higher Risk:

- Maintain communication with local and state authorities to determine current mitigation levels in the community.
- Utilize flexible attendance procedures.
- Explore offering duties that minimize higher risk individuals' contact with others.
- Consider the level of participation for students at higher risk of developing serious disease.

Illness Protocol

- Should an individual student or staff member display COVID-19 symptoms during any period, he/she must be immediately removed from the group, masked if not already, and isolated. The parent or guardian will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.
- Refer to the NHSD COVID-19 Response Protocol
- The coach or sponsor must alert the Director of Athletics who will contact the athletic training staff who will contact the Allegheny County Health Department, make a joint determination about isolation or quarantine needs, and comply with their recommendations.
- Staff or students who demonstrate COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department.
- Staff who are uncomfortable or unable to return will be directed to the Superintendent to pursue reasonable accommodations.
- A District communication would occur to the community should a student or staff member be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

Travel

The North Hills School District will evaluate each event and follow all local/state guidelines regarding regional, state, and national travel, on a case-by-case basis. Every consideration will be made as to not expose students and staff to unnecessary or potential high-risk situations. **There will be no overnight camps this summer.**

Under COVID-19 conditions, all student and staff trips outside of the state, or into areas of the state with a significant increase in COVID-19 cases are strongly discouraged. Students must communicate with their coach/sponsor about any scheduled trips and the staff member must communicate in turn with the Athletics and Activities department and/or athletic trainers for further guidance upon their return. Students and staff may be required to quarantine upon their return.

Professional Development

Student Athletes, Coaches, Staff, and Parents will be educated on the following using the CDC digital resources:

- [COVID-19 signs and symptoms](#)
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, physical distancing, etc.)
- [Universal masking](#)
- [CDC Handwashing Video](#)
- [Stop the Spread of Germs CDC poster](#)
- The District's phased approach

Waiver:

A participation waiver for communicable diseases, including COVID-19, is being implemented.

Requirements	Action Steps under Yellow and Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
* Protecting student athletes and coaching staff at higher risk for severe illness	Maintain communication with local and state authorities to determine current mitigation levels in the community. Utilize flexible attendance procedures. Explore offering duties that minimize higher risk individuals' contact with others. Consider the level of participation for students at higher risk of developing serious disease.	Patrick Weber, Athletic Director Coaching Staff Band Staff Extra-curricular sponsors Eric Cardwell, Nitza Nicklow Athletic Trainers	N/A	No
* Use of face coverings by all coaches and athletic staff	Staff will wear masks at all times when in contact with students and other staff and physical distancing of 6' cannot be maintained.	Coaching Staff Band Staff Extra-curricular sponsors	N/A	Yes - Universal Masking
* Use of face coverings by student athletes as appropriate	Students will wear masks before and after an activity, removing the mask during the activity while practicing physical distancing when possible. Any student who prefers to wear a mask during an activity should be permitted to do so, provided there are no health or safety concerns associated with wearing a mask during such activity. Plastic shields covering the face shall not be allowed during an activity due to the increased risk for unintended injury.	Coaching Staff Band Staff Extra-curricular sponsors	N/A	Yes - Universal Masking

Athletics & Activities Health and Safety Plan

Professional Development

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
CDC Guidance on cleaning and disinfecting	Custodial, maintenance, coaching staff, trainers, & extra-curricular staff (band, etc.)	Kevin Swindell, Director of Facilities Patrick Weber, Director of Athletics	Document Review	CDC Guidance on cleaning and disinfecting	July 1, 2020 & prior to any additional athletic or activity program commencing	July 1, 2020 & prior to any additional athletic or activity program commencing
COVID-19 signs and symptoms	Students, Coaches, Staff, and Parents	Patrick Weber, Director of Athletics	Document Review Video	COVID-19 signs and symptoms Symptoms of Coronavirus CDC video	July 1, 2020 & prior to any additional athletic or activity program commencing	July 1, 2020 & prior to any additional athletic or activity program commencing
Universal Masking	Students, Coaches, Staff and Parents	Patrick Weber, Director of Athletics	Document Review	Universal Masking	July 1, 2020 & prior to any additional athletic or activity program commencing	July 1, 2020 & prior to any additional athletic or activity program commencing
District's Phasing Plan	Students, Coaches, Staff, and Parents	Patrick Weber, Director of Athletics	Document Review	NHSD Athletics & Activities Health & Safety Plan	July 1, 2020 & prior to any additional athletic or activity program commencing	July 1, 2020 & prior to any additional athletic or activity program commencing
Handwashing	Students, Coaches, Staff, and Parents	Patrick Weber, Director of Athletics	Video	CDC Handwashing Video	July 1, 2020 & prior to any additional athletic or activity program commencing	July 1, 2020 & prior to any additional athletic or activity program commencing
Stop the Spread of Germs	Students, Coaches, Staff, and Parents	Patrick Weber, Director of Athletics	Poster Review	Stop the spread of germs CDC poster	July 1, 2020 & prior to any additional athletic or activity program commencing	July 1, 2020 & prior to any additional athletic or activity program commencing

Athletics & Activities Health and Safety Plan Communications

Topic	Audience	Lead Person and Position	Mode of Communication	Start Date	Completion Date
NHSD Athletics & Activities Health & Safety Plan	School Community	Heather Pelat, Director of Communications	Website	June 30, 2020	June 30, 2020
NHSD Athletics & Activities Health & Safety Plan	Athletic Community (Coaches, Parents, Students)	Patrick Weber, Director of Athletics	Email Coaches' Meeting	June 30, 2020 & prior to any additional athletic or activity program commencing	June 30, 2020 & prior to any additional athletic or activity program commencing
NHSD Athletics & Activities Health & Safety Plan	Band Community (Coaches, Parents, Students)	Len Lavelle, Band Director	Parent/Student Meeting Email	June 30, 2020 & prior to any additional band program commencing	July 7, 2020 & prior to any additional band program commencing
NHSD Athletics & Activities Health & Safety Plan	Activities	Michelle Zimmerman, Director of Activities	Email	June 30, 2020 & prior to any additional athletic or activity program commencing	June 30, 2020 & prior to any additional athletic or activity program commencing
Signs & Symptoms of COVID-19	Students, Parents & Staff	Patrick Weber, Director of Athletics Len Lavelle, Band Director Michelle Zimmerman, Director of Activities	Email Meetings Signage	June 30, 2020 & prior to any additional athletic or activity program commencing	June 30, 2020 & prior to any additional athletic or activity program commencing
Universal Masking	Students, Parents & Staff	Patrick Weber, Director of Athletics Len Lavelle, Band Director Michelle Zimmerman, Director of Activities	Email Meetings Signage	June 30, 2020 & prior to any additional athletic or activity program commencing	June 30, 2020 & prior to any additional athletic or activity program commencing
Handwashing	Students, Parents & Staff	Patrick Weber, Director of Athletics Len Lavelle, Band Director Michelle Zimmerman, Director of Activities	Email Meetings Signage	June 30, 2020 & prior to any additional athletic or activity program commencing	June 30, 2020 & prior to any additional athletic or activity program commencing
Stop the Spread of Germs	Students, Parents, & Staff	Patrick Weber, Director of Athletics Len Lavelle, Band Director Michelle Zimmerman, Director of Activities	Email Meetings Signage	June 30, 2020 & prior to any additional athletic or activity program commencing	June 30, 2020 & prior to any additional athletic or activity program commencing

Athletics & Activities Health and Safety Plan Summary: North Hills School District

Anticipated Launch Date: **July 1, 2020**

Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</p>	<p>Consistent with the Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools - Facilities, storage areas, and equipment will be cleaned and disinfected at the end of each day (athletic, band, etc.). Weight room equipment should be wiped down before and after each individual use.</p> <p>Increase fresh air exchanges as part of the ventilation system to align with American Society for Heating, Refrigeration, Air-Conditioning (more stringent than CDC requirements).</p>

Physical Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>* Protocols for physical distancing student athletes and staff throughout all activities, to the maximum extent feasible</p> <p>* Procedures for serving food at events including team meetings and meals</p> <p>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p>	<p>Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.</p> <ol style="list-style-type: none"> 1. Physical distancing should be encouraged when possible (six feet minimum). 2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), and the wearing of a cloth face covering as feasible. 3. Intensify cleaning, disinfection, and ventilation in all facilities. 4. Sanitizing options should be available including hand sanitizer and disinfectant wipes. 5. Educate Participants (athletes, band, etc.), Coaches, and Staff on health and safety protocols. 6. Staff should be limited to only essential personnel. 7. Large social gatherings in any spaces should not occur at this time. 8. Virtual meetings should take place when possible. 9. When at practices, avoid any unnecessary contact such as handshakes, high fives, fist bumps, or elbow bumps. 10. In all common areas, seating should be spaced six feet apart. 11. Stay at home if you feel sick or are experiencing the following COVID-19 symptoms including: <ul style="list-style-type: none"> Cough Shortness of breath or difficult breathing Fever of 100.4 degrees Chills Muscle Pain Sore throat New loss of taste or smell 12. No sharing of personal equipment, water bottles, towels, etc. 13. Flexible attendance policies will be employed for students and staff. To limit their exposure to risk, participation options will be provided to individuals of high risk of COVID-19 to include virtual coaching and in-home drills. 14. At the onset of resuming athletics and activities, the Athletic Director and Athletic Training staff to ensure adherence to Athletics & Activities Healthy and Safety Plan.

***In addition to the information in the “Resuming Athletics & Activities” section, the following should be included:**

The North Hills School District will implement a phased approach that considers cohorting of students and staff and physical distancing.

No Meals will be served at this time.

Sharing of food and utensils is prohibited.

Frequent hand washing, including before and after activity, as rules allow.

Spitting is prohibited, and everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow.

Avoid face touching whenever possible. Wear a cloth face mask as feasible.

Post signs in highly visible locations that promote everyday protective measures and describe how to stop the spread of germs.

Include messages about behaviors that prevent the spread of COVID-19 when communicating with staff and families (web-site, email, social media).

Spectators/visitors will be contingent upon future health conditions within the state and local communities.

Monitoring Student Athletes and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"> * Monitoring student athletes and staff for symptoms and history of exposure * Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure * Returning isolated or quarantined coaching staff, student athletes, or visitors to school 	<p>In all phases, students will complete a Pre-Workout Screen daily either at home or at the facility prior to an activity commencing.</p> <p>Illness Protocol will be implemented as described in the plan.</p>

Other Considerations for Student Athletes and Staff

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"> * Protecting student athletes and coaching staff at higher risk for severe illness * Use of face coverings by all coaches and athletic staff * Use of face coverings by student athletes as appropriate 	<p>Maintain communication with local and state authorities to determine current mitigation levels in the community.</p> <p>Utilize flexible attendance procedures.</p> <p>Explore offering duties that minimize higher risk individuals' contact with others.</p> <p>Consider the level of participation for students at higher risk of developing serious disease.</p> <p>Staff will wear masks at all times when in contact with students and other staff and physical distancing of 6' cannot be maintained.</p> <p>Students will wear masks before and after an activity, removing the mask during the activity while practicing physical distancing when possible.</p> <p>Any student who prefers to wear a mask during an activity should be permitted to do so, provided there are no health or safety concerns of wearing a mask during such activity.</p> <p>Plastic shields covering the entire face shall not be allowed during an activity due to the increased risk for unintended injury.</p> <p>A participation waiver for communicable diseases, including COVID-19, is being implemented.</p>

Appendix A- Monitoring Form

Students and Coaches should self-report prior to each practice/event. This screening can be conducted at home. [A QR code and link](#) to an online form will be provided for each team. Once athletes complete the screening, coaches of the designated teams will review all responses.

If unable to be completed at home, a student's temperature may be taken from a designated trained individual as needed. The other symptoms should be marked with an "N" for NO or a "Y" for Yes answers.

If any responses are "YES" to any question, the student will NOT be permitted to participate in team activities. Parents or guardians will be notified.

North Hills Covid Screen - Boys Soccer, JV & V

Please complete this form the day of your scheduled practice or conditioning session.

*** Required**

Athlete's Name *

Your answer _____

Year of Graduation *

2021

2022

2023

2024

2025

2026

SYMPTOM CHECK

**North Hills School District
Athletics & Activities
Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that appears to primarily attack the upper respiratory system. 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.

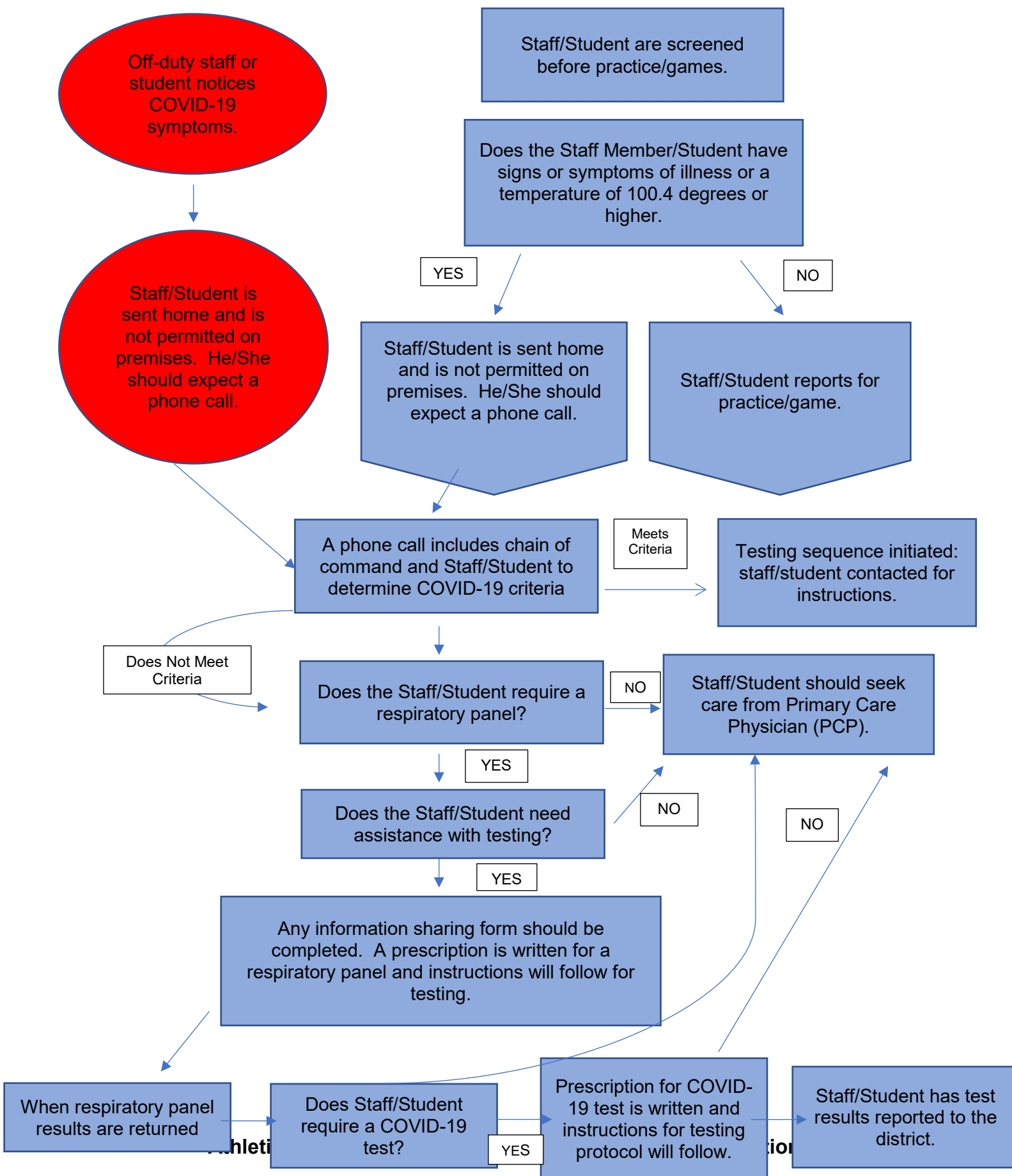
While it is not possible to eliminate all risk of furthering the spread of and exposure to COVID-19 or other communicable disease, the North Hills School District (“NHSD”) has put in place certain precautions to try to decrease such risks to students, coaches, and their families. These precautions can be located on the NHSD Athletic webpage. As knowledge regarding COVID-19 is constantly changing, NHSD reserves the right to adjust and implement additional or different precautionary measures to try to decrease the risks of COVID-19 exposure for our staff, students, and spectators. However, even with precautionary measures, NHSD cannot guarantee that you, your child(ren), or any other person attending or participating in an athletic program, event or activity will not become exposed to or infected with COVID-19 or other communicable disease. Attending or participating in an athletic program, event or activity may increase the risk of being exposed to or contracting COVID-19 or other communicable disease.

The undersigned acknowledge that attending or 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. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the actions, inactions, and negligence of others, including but not limited to NHSD, and assume full responsibility for our student athlete’s participation in athletics during the COVID-19 pandemic. We willingly agree to comply with any and all recommendations put forth by NHSD and by federal, state and local authorities to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that our student athlete is in good physical condition or believe our student athlete to be in good physical condition and allow participation in this sport at our own risk.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to accept sole responsibility for any injury, disability, illness, damage, loss, claim, liability, or cost and expense, of any kind, that the undersigned, the Student, or any of the undersigned’s family member(s) may experience or incur in connection with the Student’s attendance or participation in NHSD athletic programs, events or activities, and hereby release, covenant not to sue, discharge and hold harmless, for ourselves, our heirs, and as a parent or legal guardian for the Student named below, the NHSD, its Board of Directors, officers, agents, employees, and volunteers from and against any and all of liabilities or demands for personal injury, disability, psychological injury, sickness, damage, loss, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned or a member of the undersigned’s family relating to or as a result of their or the Student’s participation in or attendance at athletic programs, events, and activities during the COVID-19 pandemic.

Student Name (Please Print): _____ Sport/Activity: _____
Signature of Parent/Guardian: _____ Date: _____
Signature of Student Athlete: _____ Date: _____



Health and Safety Plan on **June 30, 2020**.

The plan was approved by a vote of:

_____ **Yes**

_____ **No**

Affirmed on: **June 30, 2020**

By:

(Signature of Board President)

Ms. Allison Mathis

(Print Name of Board President)