



# CSAGH Athletics Health and Safety Plan

## West Shore Christian Academy Harrisburg Christian School

As an extension of the mission of CSAGH, the athletic department promotes team interscholastic athletic competition, offered up as an expression of worship to God, to bring honor and glory to Jesus Christ. The relationships developed on athletic teams at the Christian School Association of Greater Harrisburg's schools demonstrate steadfast commitment to Jesus Christ and His Word through integrity, servanthood, teamwork, and excellence.

CSAGH recognizes that athletic participation is inherently educational and must never exceed the importance of classroom education. Athletics provides valuable life lessons in Christian citizenship, teamwork, excellence, hard work, perseverance, personal and physical responsibility, and overcoming adversity. Our schools involve its athletes in interscholastic sports in order to build character, teach discipline, and to compete within the rules of the game. Athletes are to display good sportsmanship and honor the Lord through their participation.

The health and safety of everyone involved in CSAGH's athletic programs is our top priority. Our focus at this time is to acclimate and reintegrate athletes for the start of the traditional 2020 fall sports season. We also want to address the plans for offseason voluntary workouts for non-traditional sports such as basketball, baseball, track & field, and girls lacrosse. These guidelines are a collection of best practices for carefully moving forward in these ever-changing times. All decision-makers should be 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.

We ask all parents/guardians, student-athletes, and coaches to follow all aspects set forward in this document.

**Launch Date: August 24, 2020**



## Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

- **Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by students.**
  - All athletic facilities will be cleaned and maintained by WSCA and HCS Custodians/Maintenance Departments, Operations/Facilities Director, and Athletic Directors.
  - Coaches are required to sanitize all equipment before and after practices. Athletic Directors are required to sanitize all equipment before, during, and after events.
  - Athletic Directors, Physical Education staff, and Custodians at each school will be sanitizing equipment and facilities throughout the school day.

## Physical Distancing and Other Safety Protocols

- **Protocols for physical distancing student-athletes and staff throughout all activities, to the maximum extent feasible.**
  - Outdoor sports: Painted circles/boxes off-field and on sidelines for athletes to stand on, sit on, and position themselves for practices, pre-game, and during games (on sidelines).
  - Indoor and outdoor sports: Sideline benches and chairs will be spaced accordingly and marked for athletes to sit to provide physical distancing.
  - Face coverings are to be worn by athletes and coaches who are unable to maintain physical distancing and who are not actively engaged in activity.
- **Procedures for serving food at events including team meetings and meals.**
  - Concessions will follow the schools/cafeteria guidelines for serving food. Booster clubs will be trained by school cafeteria staff on how to properly service concessions and follow Standard Operating Procedures (SOP) of handling food items and cash. If Boosters are not permitted to utilize concession stands, we will forgo concession stand operations for the fall season.
- **Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices.**
  - Hand sanitation stations will be placed indoors and outdoors to access before and after practices and games.
  - Restrooms will be open to the public, if permitted as spectators, only during games.
  - Locker rooms will be available to home and visiting teams. Physical distancing in locker rooms is required under supervision by same gender coaches and A.D.'s.
  - Coaches and athletes are asked to follow responsible hygiene practices (washing hands, hand sanitation, etc.) before and after practices and games.
  - Coaches and athletes are encouraged to shower at home as soon as they return from practices and games.



## Physical Distancing and Other Safety Protocols (cont'd)

- **Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs.**
  - Signs are posted on exterior and interior doors/entrances throughout each school.
  - Signs will be posted on outdoor bathrooms and storage room doors to promote everyday protective measures.
- **Identifying and restricting non-essential visitors and volunteers.**
  - Coaches will send a daily participation roster to the AD after each practice. Daily attendance must be taken and reported the same day to Athletic Director, Steve Bechtel at [steve.becht@csagh.org](mailto:steve.becht@csagh.org) at HCS and Athletic Director, B.J. Cashman at [bradley.cashman@csagh.org](mailto:bradley.cashman@csagh.org) at WSCA.
  - Non-essential visitors are not permitted to observe any practices or private team events.
  - All practices will be closed. Parents are asked to remain in their vehicle while dropping off and picking up their child from practices.
- **Limiting the sharing of materials and equipment among student athletes.**
  - Sharing of equipment and materials is not permitted during any practices or games, at any time.
  - Any commonly used equipment will be properly sanitized before and after practices and games.
- **Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.).**
  - Staggered locker room/changing times will be prioritized appropriately according to practice and game schedules. Students in P.E. classes, last period of day, will be out of locker room before any athletes enter.
  - Face coverings are to be worn when entering locker rooms, while changing, and exiting locker rooms.
  - Practice start times will be adjusted accordingly.
  - Practice spaces will be scheduled in a staggered fashion in each school's facility calendar.
  - Coaches are to communicate practice schedules to AD's no later than August 21, 2020.
- **Adjusting transportation schedules and practices to create physical distance between students.**
  - Transportation schedules and practice schedules will not conflict with multiple teams.
  - Drivers and passengers should wear face coverings while in vans and buses, during transportation to away games.

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## **Physical Distancing and Other Safety Protocols (cont'd)**

- Parents are permitted to drive their child(ren) to away games, must follow the sports team departure times/arrival times and procedures. Coaches will submit travel roster to AD and driver(s).
- **Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes.**
  - Athletic Directors, along with assistance from coaches, will coordinate the separation of locker rooms/meeting rooms according to arrival time of visiting teams.
  - At this time, indoor gym practices will be closed to the public (i.e. closed practices).
  - All sports-related activities must adhere to the gathering limitations set forth by the PA Governor's Plan for Phased Reopening (25 or fewer people for indoor activity, 250 or fewer people for outdoor activity) and the facility as a whole may not exceed 50 percent of total occupancy otherwise permitted by law. All individuals present at the facility at which such activities are held count towards gathering limitations and must comply with face covering order and social distancing guidelines (updated 9/2/20).
- **Other physical distancing and safety practices.**
  - Removal of outdoor bleachers and we will allow outdoor event spectators to bring their own chairs to sit on, in the specified seating area(s). Outdoor spectator seating areas will be marked off by field paint.
  - Sideline benches (outdoors) and chairs will be separated/marked to provide appropriate physical distancing practices.
  - Team sideline pop-up tents/canopies are not permitted to use for games in order to maximize physical distancing on the sidelines.
  - If athletes use mouthguards during practice and competition, they are to keep it in their mouth at all times possible. If it is removed or falls to the ground, they will be asked to sanitize their mouthguard and use hand sanitizer before putting guard back in mouth.
  - Visiting teams will provide their own warm-up soccer balls and volleyballs at each venue.

## **Monitoring Student Athletes and Staff Health**

- **Monitoring student athletes and staff for symptoms and history of exposure.**
  - Each student-athlete will have their temperature taken before entering school buildings on a daily basis.
  - All officials, non-faculty coaches, and game staff will have their temperatures taken before entering the school building on practice days and game days.
  - A school nurse will be on staff at each school to monitor staff and student symptoms and history of exposure.

## **Monitoring Student Athletes and Staff Health (cont'd)**

- Coaches, Athletic Trainers, and AD's will be taking temperatures before each game for visiting student-athletes and coaches.
- The athletic director, school nurse, athletic trainer and coaches reserve the right to remove athletes and staff from practice or games if they believe that the health and safety of a participant poses an unacceptable risk.
- **Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure.**
  - Parents, coaches, and AD will strongly encourage athletes and coaches who are showing symptoms of being sick or not feeling well (i.e. fever, body aches or chills, cough, sore throat, headache, loss of taste or smell, upset stomach, diarrhea, etc.) to stay home. Athletes or coaches demonstrating these symptoms will be sent home immediately.
  - If an athlete is sent home, coaches need to contact a parent/guardian immediately and follow-up with contacting the Athletic Director.
  - An athlete or coach that tests positive for COVID-19 must self-disclose the positive test result to the Athletic Director.
  - Athletes training on the same team as the COVID-19 carrier will be notified of the potential exposure, but the privacy of the carrier's name will be maintained.
  - An athlete or coach that tests positive for COVID-19 must be quarantined for 10-14 days (depending on CDC Guidelines at the time of testing), submit medical doctor's clearance or produce 1 negative COVID-19 test result, and be asymptomatic in order to return.
  - If an athlete tests positive for COVID-19, his/her team will be quarantined from team athletic participation for 10-14 days, depending on CDC Guidelines at the time of the COVID testing.
- **Returning isolated or quarantined coaching staff, student athletes, or visitors to school sports.**
  - Anyone with a temperature of 100.4 or higher is required to stay home or be sent home upon arrival to a practice or game. The individual may not return to activity until being fever free for 48-hours without the use of medicinal aids.
  - An athlete or coach that tests positive for COVID-19 must be quarantined for 10-14 days (depending on CDC Guidelines at the time of testing), submit medical doctor's clearance or produce 1 negative COVID-19 test result, and be asymptomatic in order to return.
  - HCS, WSCA, and the PIAA require a Section 8 form signed by an MD or DO in order to return to play after athletes have suffered an injury/illness that inhibits their ability to participate. Any athlete diagnosed with COVID-19 may not return to athletic participation until the Section 8 form is signed by the physician and the completed form returned to the Athletic Director.
- **Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols.**
  - Athletes training with the same team as the COVID-19 carrier will be notified of the possible exposure, the privacy of the carrier's name will be maintained. Notification

- will be communicated to all parents, via “Possible COVID-19 Exposure Notification”, of that team and we will emphasize the importance of privacy to be maintained.
- If cancellation of sports-related activity occurs, AD will send out appropriate communication to opponent, officials, athletic trainers, transportation, coaches, and parents.
  - Privacy will be maintained in all communications.

## **Other Considerations for Student Athletes and Staff**

- **Protecting student athletes and coaching staff at higher risk for severe illness**
  - **Outdoor Sports Practices and Events:**
    - All athletes, coaches, and spectators are to wear face coverings when unable to maintain adequate measures of physical distancing.
    - Spectators are not permitted at practices.
    - All equipment will be disinfected before and after each practice and game.
  - **Indoor Practices and Events:**
    - All athletes and coaches are to wear face coverings who are not actively participating in practices and when seated on the bench while a contest is being played.
    - When physical distancing is not possible, athletes are to wear face coverings.
    - All equipment will be disinfected before and after each practice and game.
- **Use of face coverings by all coaches and athletic staff**
  - **Outdoor Practices and Events:**
    - Coaches and athletic staff should wear face coverings at times when unable to maintain adequate measures of physical distancing.
  - **Indoor Practices and Events:**
    - Coaches and athletic staff are to wear face coverings for indoor practices and games.
- **Use of face coverings by athletes, as appropriate.**
  - **Outdoor Sports Practices and Events:**
    - All athletes should wear face coverings when unable to maintain adequate measures of physical distancing. Athletes are not required to wear face coverings when actively engaged in participation during practice and competition during games.
  - **Indoor Practices and Events:**
    - All athletes are to wear face coverings who are not actively participating in practices, when seated on the bench while a contest is being played, and/or being attended to by an Athletic Trainer.

\*We want all of our student-athletes to participate and play sports this fall. If you want sports to be played (as a parent, coach, and/or athlete) please do your part and work together as a team. Follow the guidelines listed above, use safe and precautionary measures, practice physical distancing and wear masks. Together, we can cheer on our Bobcats and Knights this fall!



## Athletic Departments Point of Contact

**WSCA Athletic Department**  
**B.J. Cashman, Athletic Director**  
**(717) 737-3550**  
[bradley.cashman@csagh.org](mailto:bradley.cashman@csagh.org)

**HCS Athletic Department**  
**Steve Bechtel, Athletic Director**  
**(717) 576-3281**  
[steve.becht@csagh.org](mailto:steve.becht@csagh.org)

## Flexibility and Understanding

The conditions during this pandemic have continually evolved and changed weekly, sometimes daily. We know additional information and new guidelines are forthcoming. They may change at any time, so we must remain flexible. These guidelines will be updated as necessary. This document does not replace the advice or direction of medical professionals.

We must proceed cautiously and continue to monitor and comply with the guidance and recommendations of PIAA, PA Department of Health, CDC, and CSAGH. Please recognize some families and individuals will have reservations about opening and reintegrating at this time. We must be respectful, sensitive, and flexible as we restart all sports. If a parent or athlete is not comfortable returning to play, they should not be coerced to do so.

## Additional Resources:

PIAA Return To Competition Guidelines - [PIAA Return to Competition Guidelines.pdf](#)

Commonwealth of Pennsylvania Guidance for All Sports – [Commonwealth of PA Guidance for Sports](#)

CSAGH Schools Re-Opening Health and Safety Plan -- [CSAGH Schools Health and Safety Plan](#)

Revised September, 2020