

**Palmerton Area School District
Athletic Department
Resocialization of Sports Recommendations**

INTRODUCTION

The goal and purpose of this document is to provide a plan for the re-socialization of sports with particular focus on off season voluntary workouts during the summer months, while attempting to maintain the health and safety of our Palmerton Area School District student-athletes, coaches, staff, parents, caregivers, and spectators. Participation in sports has proven health benefits such as physical fitness and mental wellness. Sports also provide a social construct and interaction which is necessary in a time of uncertainty for our athletes. It is also widely recognized that physical activity performed for the right amount of time and intensity can provide benefits to the immune system. Finally, sports can also provide a template for young athletes to learn concepts of teamwork, leadership, work ethic and integrity. All of these are key components to becoming good citizens.

While there are benefits from sports there are also risks. Physical injury and exposure to communicable diseases including but not limited to MRSA, influenza, and now COVID-19. COVID-19 is a highly contagious disease that affects people of all ages with a wide range of symptoms with possible deadly outcomes. While there is no possibility of eliminating all risks of furthering the spread of COVID-19, there are steps school districts can take to reduce the risk to our school athletes, coaches/personnel, parents/caregivers and spectators.

The Palmerton Area School District will take the necessary precautions and recommendations from the federal, state, and local governments, The Center for Disease Control, Pennsylvania Department of Health, as well as the National Federation of High School Associations and Pennsylvania Interscholastic Athletic Association (PIAA). The PASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, athletes, and spectators. Any questions regarding the Palmerton Resocialization of Sports Plan should be forwarded to the Athletic Coordinator, Kyle Poremba: kporemba@palmerton.org

DURING ALL PHASES:

1. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, workout, or team meeting. The screening will consist of a temperature check and symptom screen until further guidance is provided by state organization(s). (**See Appendix for Screening Process**)
2. Coaches will submit a team safety and practice modification plan before any team based activities. This plan will be submitted 1 week in advance and approved by athletics staff.
3. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or determined by local/state governments. (**See Page 6**)
4. Promote Personal Wellness and healthy hygiene practices. (**See Page 6**)

5. Intensified cleaning, disinfection, and ventilation will take place in all facilities.
6. Social distancing through increased spacing, small groups, and limited mixing between groups will be enforced. If athletes, coaches and medical staff cannot social distance, masks/ face coverings must be worn. Athletes/ Coaches/ Staff must bring their own mask or face covering.
7. Athletes, Coaches, Parents, and Staff will be educated on health and safety protocols through zoom meetings and educational posters throughout locker rooms, weight room and other commonly utilized facilities.
8. Anyone who is sick must stay home. (See Page 8)
9. If any athlete, coach or staff member does get sick, he or she will not be permitted to attend activities until they receive appropriate clearance from their health care provider. (See Page 9)
10. Regular communication and monitoring of developments with local authorities, employees, and families regarding cases and exposures will take place. Policies will be updated as necessary.
11. Athletes, coaches, and activity participants MUST provide their own water bottle for hydration. Water bottles will not be shared. Water bottles will not be provided by the Athletic Trainers.
12. Staff and athletes who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions will be directed to their primary care physician for further guidance. Athlete/staff members who do not have a primary care physician will be directed to a listed primary care provider to establish care. (See List on Page 21)
13. Athletes, coaches and staff will not share any towels, clothing or shoes.
14. Athletes, coaches, staff, and parents MUST take a personal responsibility to ensure all participants safety is protected by the highest degree possible. Following the guidelines within this plan are designed to limit risk and provide a meaningful path forward for our student-athletes at Palmerton.

CLASSIFICATION OF SPORTS

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: football, wrestling, cheerleading (stunts).

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*, volleyball*, baseball*, softball*, soccer, field hockey, tennis*, pole vault*, high jump*, long jump*, 7 on 7 football.

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: running events, cross country, throwing events, golf, weightlifting, sideline cheer.

* High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. These modifications will be specific for each sport and will need to be explained in the coaches weekly practice plans.

Phase 1- Online Workouts and Education Phase

- Mandatory first phase in the resocialization of sports
- All school facilities remain closed.
- Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.)
- Athletes may participate in home workouts including strength and conditioning.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.
- Coaches/Athletes/Staff will be educated during this time in ways that include, but are not limited to, Zoom Meetings, In-Person Education, and Online Learning.
 - Online learning by use of <https://palmerton-pa.safeschools.com/login> via Palmerton Area School District on COVID-19 training will be required for coaches.
 - Coaches must present certifications of competition which must be turned into the Athletic Department prior to any in-person voluntary workouts with athletes.

Phase 2

- All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to a workout. **(See Appendix for Screening Process)**
- Responses to screening questions for each person will be recorded and stored. Records will indicate everyone present in the event an athlete, coach, or staff develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Team attendance will be recorded, to ensure communication with appropriate individuals should there be a confirmed COVID-19 case. No workout is mandatory.
- Phase 2 can occur in PA State Yellow or Green and it will last 14 days.

Limitations on Gatherings:

- No gathering of more than 25 individuals, including coaches, per scheduled field/court. Occupancy limitations for common areas are listed below:
 - Weight room will remain closed.
 - Athletic Training Room: 1 Athlete per Athletic Trainer
 - High School/Stadium Bathrooms: No more than 2 people at once.
 - Locker Rooms will remain closed.
 - Must Utilize Pods- No more than 10 athletes in a pod.
- Social Distancing will be applied during workouts, masks will be worn when social distancing is challenging (Sidelines, dugouts, athletic training room etc).

Facilities Cleaning:

- Athletic Facilities will be cleaned prior to arrival and post workouts and team gatherings, high touch areas will be cleaned frequently.
- Weight Room Equipment will not be used.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto contact surfaces.
- A cleaning checklist will be created and maintained to establish proper cleaning routines and accountability. Coordination with Facilities will be needed prior to the development of the checklist.

Physical Activity:

- Low risk sports practices will begin.
- Moderate risk sports may begin but must remain non-contact and include social distancing.
 - These include individual conditioning, sport specific drills, speed and agility, and weight training that can be done individually using body weight.
- Athletes will refrain from sharing clothing/towels. Clothes will be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) will be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer will be used provided as resources allow. (**See Athletic Facility Map for Hand Sanitizer Stations**)
- Spotters and the weight room will not be used.
- Practice plans must be submitted to the Athletic Coordinator 1 week prior to a scheduled workout.

Hydration:

- Athletes **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) will not be utilized.

Phase 3

- All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to a workout. (**See Appendix for Screening Process**)
- Responses to screening questions for each person will be recorded and stored. Records will indicate everyone present in the event an athlete, coach, or staff develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Team attendance will be recorded, to ensure communication with appropriate individuals should there be a confirmed COVID-19 case. No workout is mandatory.
- Phase 3 can only occur in PA State Green after the completion of Phase 2 for 14 days.

Limitations on Gatherings:

- Gatherings of 50 people or less is permitted as long as the facility as a whole is not exceeding 50% total occupancy. Occupancy limitations for common areas are listed below:
 - Weight Room: 10
 - Athletic Training Room: 1 Athlete per Trainer.
 - High School/Stadium Bathrooms: No more than 2 people at once.
 - Locker Rooms will remain closed.
 - Must Utilize Pods- No more than 25 athletes in a pod.
- When not directly participating in practices or workouts, social distancing will be applied.

Facilities Cleaning:

- Athletic Facilities will be cleaned prior to arrival and post workouts and team gatherings, high touch areas will be cleaned frequently.
- Weight Room Equipment will be wiped down after each individual's use.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto contact surfaces.
- A cleaning checklist will be created and maintained to establish proper cleaning routines and accountability. Coordination with Facilities will be needed prior to the development of the checklist.

Physical Activity and Athletic Equipment:

- Athletes will refrain from sharing clothing/towels and will be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) will be cleaned intermittently during practice and events.
- Hand Sanitizer will be provided as resources allow. (**See Athletic Facility Map for Hand Sanitizer Stations**)
- Spotters for maximum weight lifts will be stationed at each end of the bar.
- Practice plans must be submitted to the Athletic Coordinator 1 week prior to a scheduled workout.

Hydration:

- Athletes **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) will not be utilized.

Phase 4 (Competition Phase)

- All athletes, coaches, officials, athletic personnel, and opposing teams will be screened for signs/symptoms of COVID-19 prior to a competition. (**See Appendix for Screening Process**)
- Responses to screening questions for each person will be recorded and stored. Records will indicate everyone present in the event an athlete, coach, official or staff develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in competitions and should contact his or her primary care provider or other appropriate health-care professional.
- Team attendance will be recorded, to ensure communication with appropriate individuals should there be a confirmed COVID-19 case.
- Social distancing of at least 6 feet should always be maintained, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Social distancing should be maintained during the National Anthem and on sidelines.
 - Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.

- Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
- There are no color restrictions on face coverings; however, face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- Phase 4 can only occur in PA State Green and is scheduled to start on August 31st, 2020.
- Sports Specific Guidelines can be found in the [PIAA Return to Competition Guidelines](#).

Limitations on Gatherings:

- Outdoor gatherings of 250 people or less is permitted if the facility as a whole is not exceeding 50% total occupancy. Indoor gatherings are limited to 25 people. Sports competitions are limited to athletes, coaches, officials, media, band, cheer, and staff only.
 - The [Preliminary School Sports Guidance](#) document which was released by the Governor’s Office states that, “The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.” We anticipate that more information will be forthcoming from the Governor’s Office and Department of Education.
 - Should spectators eventually be permitted to attend contests, we anticipate that such attendance will be subject to some important limitations that were also included in the [Preliminary School Sports Guidance](#):
 - Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults must face coverings (masks or face shields) at all times.
 - Spectators should not enter the field of play or bench areas.
 - Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.
 - Media will be required to go through a screening process and must contact school officials prior to attending a competition for attendance.
 - Media availability may be limited especially if there are limits on capacity.
 - Media should be restricted to areas outside of the team areas.
 - Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
 - Media is required to wear face covering in accordance with the Secretary of Health’s order of July 1st 2020, unless they meet exceptions under Section 3 of that order.

- o Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
 - o Press box availability may be limited.
- Occupancy limitations for common areas are listed below:
 - o Weight Room: 15
 - o Athletic Training Room: 1 Athlete per Trainer.
 - o High School/Stadium Bathrooms: No more than 2 people at once.
 - o Locker Rooms will remain closed unless needed for an emergency. All athletes, coaches, and officials must wear a face covering while in the locker room. All athletes and officials are expected to arrive for competition dressed in their game day attire.
 - o Must Utilize Pods- No more than 30 athletes in a pod.
 - When not directly participating in matches or competition, social distancing and the use of a face covering will be applied.

Facilities Cleaning:

- Athletic Facilities will be cleaned prior to arrival and post competition, high touch areas will be cleaned frequently.
- Weight Room Equipment will be wiped down after each individual's use.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto contact surfaces.
- A cleaning checklist will be created and maintained to establish proper cleaning routines and accountability. Coordination with Facilities will be needed prior to the development of the checklist.

Physical Activity and Athletic Equipment:

- Athletes will refrain from sharing clothing/towels and will be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) will be cleaned intermittently during competitions.
- Hand Sanitizer will be provided as resources allow. (**See Athletic Facility Map for Hand Sanitizer Stations**)
- Spotters for maximum weight lifts will be stationed at each end of the bar.

Hydration:

- Athletes **MUST** bring their own water bottle. Water bottles must not be shared.
- A hydration manager will be assigned to fill personal water bottles should an athlete run out during competition.

- Hydration managers will be socially distant from athletes and required to wear proper PPE (Gloves, Face Covering, etc.)
- No more than 2 athletes will be allowed to visit the hydration manager at once and must maintain social distance while waiting.
- Hydration plans will be shared with opposing teams to ensure safe access to water.

ADDITIONAL POLICIES:

Insubordination:

- Any athlete, coach or staff member that does not follow these aforementioned policies will be subject to a '3 offense' policy.
 - 1st offense: The athlete, coach, or staff member will be referred to the Athletic Coordinator for education on the policies. They will not be able to practice / meet with their team / group that day.
 - 2nd offense: The athlete, coach, or staff member will be removed from the practice / game and suspended from participation for three additional days. Before returning, the offender will have to meet with the principal.
 - 3rd offense: The violator will be referred to the superintendent for further disciplinary action. This may include a ban from further participation in the sport or activity for the remainder of the season.

Promoting Wellness and Hygiene:

The potential for pre-symptomatic transmission is why the use of face coverings and social distancing, including the avoidance of congregate settings, is imperative to reduce COVID-19 spread.

- Stay home when appropriate. Education and Promotion on Self Screening for Signs and Symptoms ([CDC - If You Are Sick](#))
- Hand hygiene is essential. Ample hand sanitizer (>60% ethanol or >70% isopropanol) dispensers and areas with soap and water in many different locations will be provided. Hand washing or use of hand sanitizer should take place pre- and post-activity. Athletes are permitted to bring their own hand sanitizer to extend the school district's resources. (**See Athletic Facility Map for Hand Sanitizer Stations**) ● Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow. Tissues will be provided as resources allow.
- Activities that increase the risk of exposure to saliva must not be allowed; including chewing gum, spitting, licking fingers, and eating sunflower seeds.

- Avoid any unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Team huddles should only take place when necessary.

Face Coverings:

- All adult staff (coaches, athletic trainers, etc.) will wear masks or face coverings when social distancing is not possible.
- Athletes must wear masks or face coverings when they arrive onsite for health screening and when not actively participating in activity and social distancing is challenging (sidelines, dugouts, athletic training room, etc.).
- Athletes must wear masks or face coverings during activity if contact is closer than 6 ft for a period of time longer than 15 minutes. If athletes are separated by more than 6ft, then no mask is required.
- Allow athletes to wear PPE items at all times if they choose, as long as the items do not compromise the safety of the athlete or others participating in activity.
- Social distancing is still required until CDC, state and local authorities declare otherwise.

Transportation:

- Busing guidelines for athletic activities will reflect the policy set in place by the school district for busing to and from school.
- Instructions for arrivals, drop off points, and parking will be clearly detailed in the form of signs, handouts, and information posted on the district website.
- Communication with host schools prior to competition will occur to discuss plans.

Athletic Training Room (ATR) and Services:

- Only one athlete per athletic trainer will be allowed in the athletic training room (ATR).
- Hand washing will be required immediately upon entry and exit to and from the ATR.
- During the Phase 2 and 3, only acute care injuries will be taken care of. ○ All chronic injuries and rehabilitations will be done virtually.
- There will be a waiting area established for pre/post practice treatments
 - Field House Location: Markings outside the ATR will be 6 ft apart to establish social distancing, and any athlete waiting in line must wear a mask.
- Athletic Trainers (ATs) will be required to wear masks at all times.
- ATs will be required to wear gloves for physical evaluations or any encounter requiring direct contact.
 - Gloves must be changed between each patient.
- ATs will clean and disinfect all of the following after each patient encounter:
 - Treatment tables;
 - Rehabilitation equipment;
 - Modality equipment; etc.

- No use of whirlpools will be permitted except for emergency situations (i.e. heat illness).

Social Distancing during Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench. Consider using tape, paint or lines already on the field as a guide for athletes and coaches.
- Further guidance will be released by state and local governing bodies prior to any contests or mandatory workouts.

Who should be allowed at practices?

Essential Individuals:

- Only student-athletes, coaches, and staff will be permitted during the Yellow and Green phases.

Non-Essential Individuals Include:

- Managers
- Extra coaches
- Non-participating athletes
- Media
- Booster clubs
- Spectators are not essential to any workout or practice
- Parents/Guardians must remain in their vehicles during drop-off and pick-up.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The PASD will evaluate each event and follow all local/state government guidelines on a case by case basis that will require a school administrator's approval. Every consideration will be taken as to not expose athletes 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

- 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.
 - If you do not have a healthcare provider free testing is provided by St. Luke's University Health Network at 1-866-785-8537 option 7
- Notify the school immediately (principal, athletic coordinator, athletic trainer, coach).
- It will be determined if others who may have been exposed (athletes, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.
- If a positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

What to do if an athlete or staff becomes ill with COVID-19 symptoms during practice, or event?

- An ill individual will be isolated from others, until the athlete or staff member can leave the school or event.
 - Designated isolation locations will be used until the athlete or staff member can leave the school or event. These locations include, but are not limited to, the Referee Locker Room inside the stadium or the parent pick up zone, weather permitting. (**See Athletic Facility Map for Isolation Locations**)
 - Isolated individuals must wear a mask at all times
 - If the individual is a coach/staff member, he/she should go straight home in their vehicle.
 - Areas used by the individual during isolation will be closed off for 24 hours then proper cleaning and disinfecting procedures will be enacted.
- A parent or guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
 - If the athlete drives to school and is able to drive themselves home, they must do so right away and their parents will be notified immediately.

Ill individuals must contact their physician or appropriate healthcare professional for direction.

- If an athlete does not have a primary care provider, **see attached list for local primary care providers.**
- If a positive diagnosis stems from a positive screen, individuals who were in direct contact with a COVID-19 patient will also have to be isolated and do a self-quarantine for 14 days before being allowed to return.

Return of athlete or staff to athletics following a COVID-19 diagnosis?

- Athletes or staff will be required to have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever-free (without medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.
- Physician clearance notes will be collected by the athletic trainers and kept in their medical record.

EDUCATION:

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms.
- 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 Return to Sport Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Athletes should come dressed for activity.
- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used.
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No athletes allowed in training areas without the presence of an athletic trainer.

EDUCATIONAL SCHEDULE:

- Coach's Meeting:
 - TBA
- Parents Meeting:
 - TBA
- Athlete/Team Meeting:
 - TBA

APPENDIX

Palmerton Screening Process Procedure for Athletes and Coaches

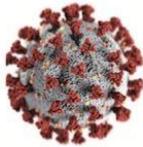
Upon arrival to an offseason workout or practice Palmerton Coaches, Athletes, and Staff will be required to be screened for signs and symptoms associated with COVID-19. The procedure is listed below:

1. As student athletes, coaches, and staff arrive on the high school campus they must park in the student parking lot. There is to be no parking at the stadium.
 - a. When parking your car try to leave an empty space in between the next car to limit crowding.
2. Once parked athletes, coaches, and staff will complete the prescreening survey which will require name, date, sport, COVID-19 symptoms, and a close contact question.
3. The survey will be accessible by student, coach, or staff by phone or electronic device via a QR Code. QR Codes will be laminated and given to athletes, coaches, and staff prior to the first practice. Additional signs will also be posted in areas leading up to the stadium. If a student, coach, or staff member does not have an electronic device, the athletic training staff will enter the individual's responses to the survey manually.
4. Once those questions are answered the athlete, coach, or staff member will be instructed to proceed to the open gate by the main entrance of the stadium (this will be the only way into the stadium). Individuals are asked to stay in their cars if there is a line to enter the stadium. If a line does exist, please stay 6 feet apart. Cones/tape will be used to mark 6 feet spacing to ensure social distancing.
5. Once he or she gets to the entrance, they will be met by a member of our athletic training staff and/or coaches who will take a temporal temperature and record the temperature in the final question of the survey which is required for submission. Temperature over 100.4, close contact with a COVID patient or a positive symptom screen will be flagged.
 - a. If someone is flagged they will be retested orally to help reduce the amount of false positives.
 - b. Athletes who walk/ride bikes will be given time to cool down prior to screening.
6. Once submitted the surveys will be stored electronically which will allow us to access information at a later date if needed.
7. Survey submissions will then be compared with a coach's attendance to ensure no one was missed in the screening process.
8. A mask or face covering will be required throughout this entire process.

Scan Here to Access the Palmerton Prescreening Survey.



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.



CS 314937A, 06/01/2020

[cdc.gov/coronavirus](https://www.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.

How to Protect Yourself and Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread the virus.
 - » Keeping distance from others is especially important for **people who are at higher risk of getting very sick.** <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public**, for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.



Hotline for Coronavirus COVID 19 Inquiries

St. Luke's University Health Network has launched a coronavirus telephone and email hotline to respond to inquiries from patients and the public.

***1-866-STLUKES (785-8537),
option 7
or
coronavirus@sluhn.org***

The 24/7 hotline is led by St. Luke's nursing staff who can provide information and guidance based on the latest recommendations from the Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health. The hotline is not a substitute for the advice of a physician or, when necessary, medical attention.



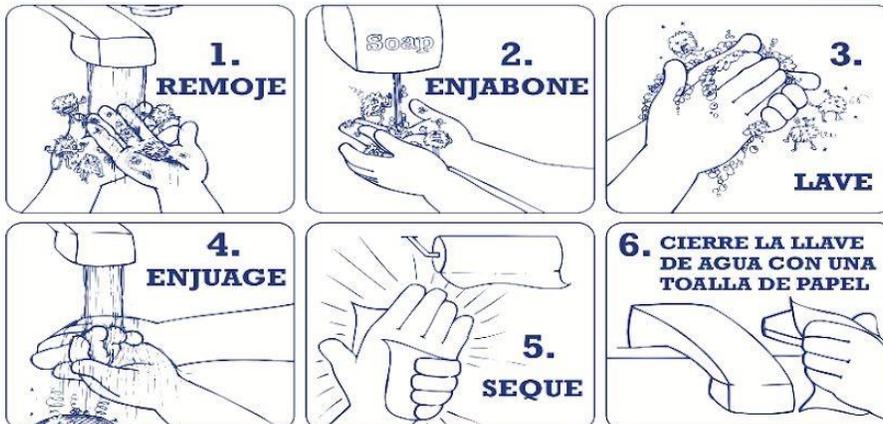
**Be a Germ-Buster...
WASH YOUR HANDS!**

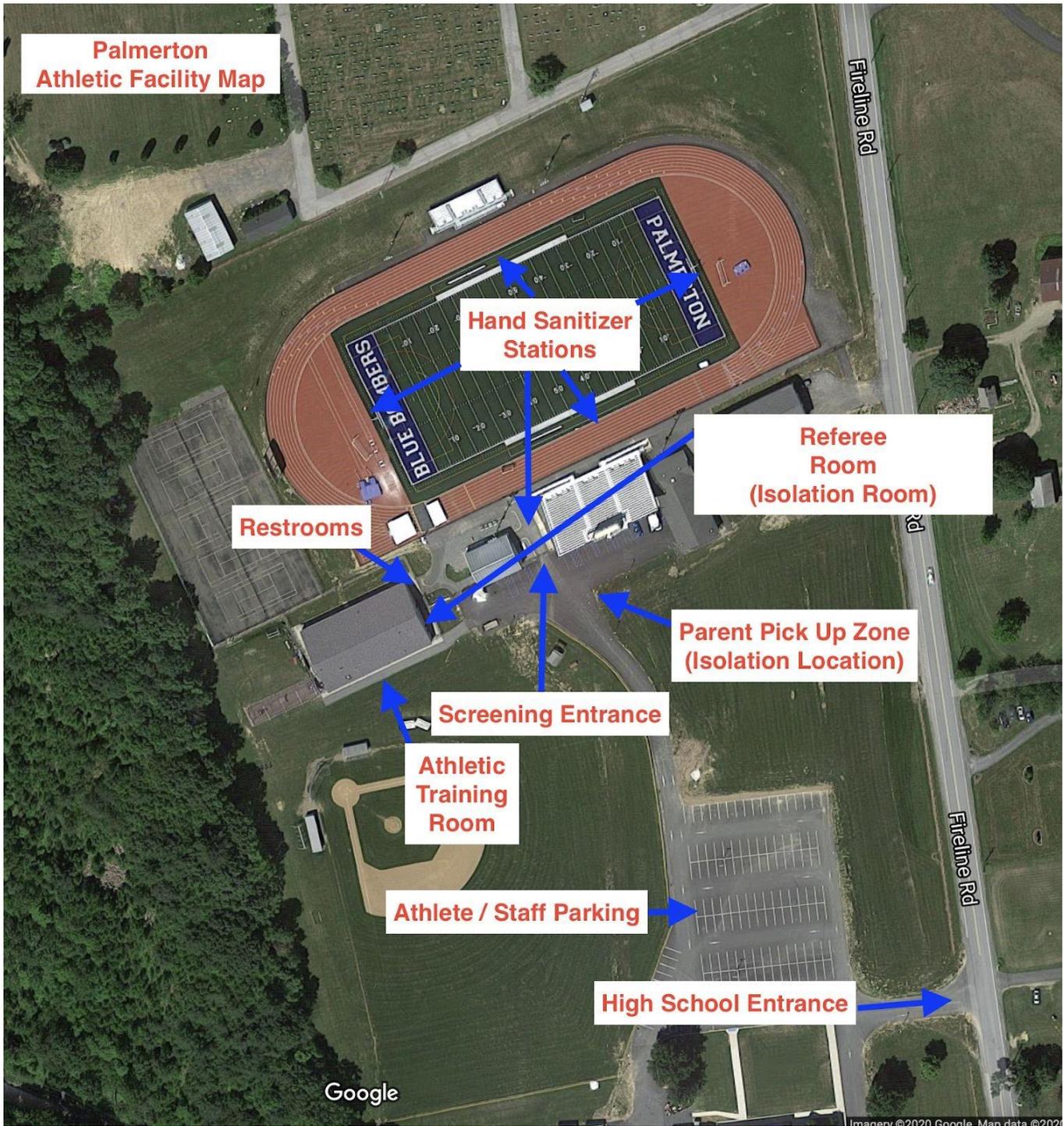


**حارب الجراثيم
Be a Germ-Buster
اقسل يديك
Wash Your Hands**



**Elimine los Gérmenes...
LAVESE LAS MANOS**





**Local Options to Seek Care
Palmerton/Walnutport/Slatington/Lehighton**

St. Luke's Palmerton Pediatrics

217 Franklin Ave
Palmerton, PA 18071
(484) 426-2001

St. Luke's Palmerton Primary Care

614 Delaware Ave - Suite 1
Palmerton, PA 18071
(484) 822-5324

St. Luke's Family Practice - Walnutport (2.9 mi)

330 N Best Ave - Suite A
Walnutport, PA 18088
(610) 628-8922

St. Luke's Lehighton Family Practice (4.4 mi)

1254 Interchange Rd
Lehighton, PA 18235(484) 426-2050

St. Luke's Lehighton Medical Associates (6 mi)

575 S 9th Street - Suite 1
Lehighton, PA 18235
(570) 645-1990

St. Luke's Jim Thorpe Primary Care (8.2 mi)

1122 North Street
Jim Thorpe, PA 18229
(570) 645-1945

Manzella Family Healthcare

241 Delaware Ave
Palmerton, PA 18071
(610) 826-2909

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 Re-opening Plan by Governor Wolf”

Governor Tom Wolf Website: [governor.pa.gov](https://www.governor.pa.gov)

“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”

St. Luke’s University Health Network

“COVID-19 Resocialization of Sports from SLUHN Perspective- A guide for Secondary Schools”

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

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