

## **UMTSD Guidelines and Expectations UMTSD Athletic Program (Spring Season)**

### **A Priority of Our District:**

Upper Moreland Township School District's priority is to keep our students, coaches, and families safe during the return to play process for high school athletics as we continue to deal with the COVID-19 pandemic. The following stages will be adopted and implemented under the direction of the PIAA, Department of Education, Department of Health, The National Federation of State High School Associations (NFHS), and the county health officials after the review and approval of the District's Superintendent of Schools and the UMTSD Board of School Directors.

Upper Moreland Phase 3 Return to Play (Updated, Spring Season, Starting 3/8/21) :

- This phase may need further modification during the implementation of this plan. Revisions may be made and are dependent upon new information shared by the Superintendent of Schools and relevant outside agencies such as ATI, the Montgomery County Health Department, and the Governor of Pennsylvania.
- Safety guidelines for coaches and student-athletes remain in effect from phases one and two.
- Students will be eased into contact drills and scrimmages. These discussions will happen with the coach, the Assistant Principal/Athletic Director, and the Athletic Trainer.
- Students MUST bring their water bottles. Water bottles must not be shared.
- No handshake or high fives will be permitted.
- Student-athletes must remain with their assigned groups during each workout and daily workouts to limit the number of people they contact.
- No students will be allowed in the training areas without an athletic trainer or a coach. Masks must be worn at all times when with the trainer.
- Masks must be worn at all times; this includes wearing masks during physical activity. This is subject to change as further guidance comes out from the department of health.
- All student-athletes must review and return the student-athlete contract with both a parent/guardian and student signature, denoting approval of the requirements outlined in the agreement before playing a winter sport. If signatures are missing or the student or his/her parent disagrees with the contract requirements, the student-athlete will not be permitted to play winter sports.

### **Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms will not be permitted to participate in practice/games or be present at the facility. Clearance will be required from the primary care, urgent care, or school district physician to return to play.
- The health and wellness screening will continue during this phase to proactively address how we will address students and coaches not feeling well.
- All coaches and students must be screened for signs/symptoms of COVID-19 before a workout.

- Responses to screening questions for each person must be recorded and maintained to record everyone present if a student develops COVID-19.
- Masks will still be required for all coaches and student-athletes while entering and leaving the facility, while present on the sidelines, and in the dugouts.
- Small groups up to 20% of occupancy, with the Montgomery Department of Health's approval, will be allowed inside the high school facility to utilize the gym, pool at the middle school, and weight rooms.
- Team attendance must be recorded.

#### **Limitations on Gatherings:**

- Per the PIAA requirements, spectators will be a district and league decision. UMTSD will decide the number of spectators permitted for home games before each game/competition. The Athletic Director/Assistant Principal will communicate the spectator limit to each coach before each game. Away spectators will not be permitted to attend any of UMTSD's home games.
- No gathering of more than 15% of the max occupancy will be allowed in any district inside facility. This percentage is subject to change.
- Appropriate social distancing and face-covering requirements directed by the Department of Health and the UMTSD Health and Safety Plan will be implemented and maintained. Any person who does not comply with this state requirement may be asked to leave the district facility.

#### **Facilities Cleaning and Disinfecting:**

- Expectations for cleaning and disinfecting remain in place from phases one and two.
- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease when indoor practices are permitted.
- When students are allowed to use indoor facilities such as the gym and weight room, athletic facilities will be cleaned before arrival and post workouts and team gatherings; high-touch areas will be cleaned more often.

#### **Uniforms and Equipment:**

- Students are to refrain from sharing clothing/towels, and these should be washed after each practice, including pinnies.
- When students are using equipment in the weight room, students must wipe down the equipment after using it before moving to use another piece of equipment.
- Athletic equipment that may be used by multiple individuals (balls, shields, shot put, discus, pole vault, etc.) is to be cleaned.
- Regular use of a hand sanitizer will be encouraged before, during, and after practices, workout sessions, and games.

#### **Transportation (when permitted):**

Modifications for student/coach transportation to and from athletic events may be necessary. Adaptations may include:

- Reducing the number of students/coaches on a bus/van.
- Using hand sanitizer upon boarding a bus/van.
- Maintaining social distance on the bus.

If students ride the bus for an athletic contest, they will be required to wear a mask while entering, exiting, and on the bus.

- Students may have the option to have their parents or guardians take them to and from athletic competitions if they have submitted documentation and received prior approval from the Athletic Director/Assistant Principal.
- The school district will determine potential modifications, together with the transportation department, the Department of Education, and state and local governments, once transportation for events is permitted.

#### **Social Distancing during Contests/Events/Activities:**

- **Sidelines/Bench** – appropriate social distancing must be maintained on sidelines/bench during contests and events when possible, as deemed necessary by the school, PIAA, state, and local governments. The use of tape or paint will be considered and used to guide and remind students and coaches about the six-foot social distance expectation. Masks are required at all times while students are playing and while they are on the sidelines. This requirement applies to coaches and spectators, as well.
- Who should be allowed to attend athletic events? Tier 1,2 and 3 personnel with limitations will be allowed to participate in events until directed otherwise by UMTSD administration based on PDE guidance and the Department of Health.
  - Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
  - Tier 2 (Preferred) – Media, Scouts
  - Tier 3 (Non-essential) – Limited number of UMTSD Spectators (no spectators from the away team will be permitted)

Changes to seating capacity and social distancing may be necessary for each venue and determined as the local/state governments release more recommendations.

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

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet). Symptoms may include:

- Fever or chills (100.4 or higher)
- 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

If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. You must 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 symptoms, call your healthcare provider for medical advice.

If a student or staff member is showing one of the following symptoms of COVID-19:

A cough, shortness of breath, difficulty breathing, or new loss of taste or smell, fever, sore throat, fatigue/tired, the individual should quarantine from others, isolate in the home, and be tested for COVID-19.

If the **test result is negative** OR the individual has a doctor's note with a differential diagnosis, the individual may return to school after 24 hours afebrile (without fever) and with improved respiratory symptoms.

If a **test result is positive** or the individual is unable/refuses to get tested, the student may return to school after:

- 24 hours with no fever and
- Improvement in symptoms and
- Ten days since symptoms first appeared.

2. WITHOUT SYMPTOMS the individual may return to school after:

- Ten days after PCR test was collected

\*If symptoms develop during the 10 days, the district and the individual will follow the return to school guidance for positive PCR with symptoms.

If a student, coach, or other staff member has close contact with a COVID-19 positive person by being within 6ft for 15 minutes or more or has household contact:

**The following scenarios refer to close contact.** Close contact is defined as any individual within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, two days before positive test results) until the time the patient is isolated.

**There are two types of close contact:**

- Laboratory confirmed COVID-19 - i.e., they have received a positive test result.
- Employee or student must quarantine for 14 days from last close contact with someone who is "laboratory-confirmed COVID 19" or implement the alternative options:
- End quarantine after Day 10 without testing. If no symptoms have been reported during daily monitoring, continue to monitor symptoms until Day 14 and go back into quarantine if symptoms develop.
- End quarantine after Day 7 with the following criteria being met:
  - If Employee or student gets a COVID-19 test five days after close contact and the results are negative **and** if no symptoms were reported during daily monitoring; and
  - Daily symptom monitoring continues through Day 14 with no symptoms developing; and,
  - Strict adherence through Day 14 to all recommended non-pharmaceutical interventions (e.g., masking, physical distancing).

**Probable Case** - Anyone who has been in close contact with either a confirmed case or another probable case should be quarantined for 14 days. If they develop symptoms, they do not need a test because they are considered probable and should enter isolation the day they develop symptoms and remain in isolation for ten days after the first day after their symptoms began. At ten days, with improved symptoms and no fever on day 10, an individual can return to work/school on day 11.

***Please note, quarantine for individuals who have experienced close contact begins after the date of last exposure (Day 0) to a person with COVID-19. This is important when determining return to work/school dates for employees and students.***

1. WITH SYMPTOMS, the individual should be tested for COVID-19.

- If the test result is negative, the individual may return to school 14 days after the person's last exposure to COVID-19 and symptoms have resolved.
- If the test result is positive, the district and the individual must follow the return to school guidance for positive PCR with symptoms.
- Employee or student must quarantine for 14 days from last close contact with someone who is "laboratory-confirmed COVID 19" or implement the alternative options:

End quarantine after Day 10 without testing. If no symptoms have been reported during daily monitoring, continue to monitor symptoms until Day 14 and go back into quarantine if symptoms develop.

End quarantine after Day 7 with the following criteria being met:

If Employee or student gets a COVID-19 test five days after close contact and the results are negative and if no symptoms were reported during daily monitoring; and  
 Daily symptom monitoring continues through Day 14 with no symptoms developing; and,  
 Strict adherence through Day 14 to all recommended non-pharmaceutical interventions (e.g., masking, physical distancing).

**2. WITHOUT SYMPTOMS**, the individual will be excluded 14 days after the last date of exposure to the person with COVID-19.

Household contacts are in quarantine until 14 days after household positive is released from isolation.

**For Household Close Contact:** If a COVID positive member of the household is able to truly isolate (separate bedroom and bathroom) household contact quarantine period for staff member/student starts at day 0 of last close contact and then lasts 10 days. If COVID positive member of a household is not able to isolate, the staff member/student must quarantine for the entire 10 days of isolation of positive household.

\*If symptoms develop during the 14 days, follow return to school guidance for Close Contact with symptoms.

Please note, quarantine for individuals who have experienced close contact begins after the date of last exposure (Day 0) to a person with COVID-19. This is important when determining return to work/school dates for employees and students.

**Probable Case** - Anyone who has been in close contact with either a confirmed case or another probable case should be quarantined for 14 days. If they develop symptoms, they do not need a test because they are considered probable and should enter isolation the day they develop symptoms and remain in isolation for ten days after the first day after their symptoms began. With improved symptoms and no fever on day 10, an individual can return to work/school on day 11.

What to do if a student or staff member becomes ill with COVID-19 symptoms during practice, an event, or transportation to or from an event?

- Isolate the ill individual from others until the student or staff member can leave the school or event. A face covering is required at all times under this circumstance.
- The parent/guardian will be contacted immediately, and arrangements will be made to pick up the student.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- Close off areas used by a sick person and do not use them until after cleaning and disinfecting them (for outdoor spaces, this includes surfaces or shared objects in the area, if applicable).

Return of student or staff to athletics following a COVID-19 diagnosis:

- Students or staff will be required to have medical clearance from the Montgomery County Department of Health.

**EDUCATION:**

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

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (handwashing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face, and mouth, wearing masks, when appropriate).
- The content of this Return to Athletics Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and the PIAA.

### **Designated COVID-19 Point of Contact:**

The Athletic Director/Assistant High School Principal is designated as UMTSD's person responsible for the initial response to COVID-19 concerns for athletics. All coaches, staff, officials, and families have been given his name and contact information. In turn, he will be working directly with the district's liaison, the Director of Secondary Education, and the Montgomery County Health Department if follow-up and communication is required for any student or coach.

Communication Systems and Follow up Procedures when a student, coach, or staff member has COVID-19 or has been in close contact with someone with COVID-19:

- Coaches, staff, umpires/officials, and families of athletes will self-report to the athletic trainer if they have symptoms of COVID-19, a positive test for COVID-19, or were directly exposed to someone with COVID-19 within the last 14 days.
- When school is not in session, the coach will email the High School Assistant Principal/Athletic Director to report symptoms, positive test results, and exposure to someone with COVID-19.
- In the event of a case of COVID-19, the High School Assistant Principal/Athletic Director will contact the district's pandemic liaison to contact the department of health for further instruction.
- The Montgomery County Health Department (MCHD) will be responsible for contact tracing in the event of exposure to a student-athlete, coach, official or staff member with an active or probable case COVID-19.
- Upper Moreland Township School District will provide the MCHD detailed information on student-athletes, coaches, officials, and staff in close contact or physical contact with the sick individual to facilitate rapid contact tracing.
- UMTSD is not responsible for testing for COVID-19 but will screen student-athletes, coaches, officials, and staff for signs and symptoms of COVID-19.
- Coaches, staff, umpires/officials, and families of players (as feasible) are expected to self-report to the Athletic Director/Assistant High School Principal if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with [health information sharing regulations for COVID-19](#)[external icon](#).

- The Athletic Director/Assistant High School Principal will work directly with the Director of Secondary Education, and the Montgomery County Department of Health and notify staff, officials, families about any restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).

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### **Upper Moreland Phase 3 Return to Play (Updated, Spring Season, Starting 3/8/21) :**

- This phase may need further modification during the implementation of this plan. Revisions may be made and are dependent upon new information shared by the Superintendent of Schools and relevant outside agencies such as ATI, the Montgomery County Health Department, and the Governor of Pennsylvania.
- If students decide to travel, they must follow the recommendations by the department of health before returning to activity.
- Safety guidelines for coaches and student-athletes remain in effect from phases one and two.
- Students will be eased into contact drills and scrimmages. These discussions will happen with the coach, the Assistant Principal/Athletic Director, and the Athletic Trainer.
- Students MUST bring their water bottles. Water bottles must not be shared.
- No handshakes, fist-bumps, or high fives will be permitted.
- Student-athletes must remain with their assigned groups during each workout and daily workouts to limit the number of people they contact.
- No students will be allowed in the training areas without an athletic trainer or a coach. Masks must be worn at all times when with the trainer.
- Masks must be worn at all times; this includes wearing masks during physical activity. This is subject to change as further guidance comes out from the department of health.
- All student-athletes must review and return the student-athlete contract with both a parent/guardian and student signature, denoting approval of the requirements outlined in the agreement before playing a winter sport. If signatures are missing or the student or his/her parent disagrees with the contract requirements, the student-athlete will not be permitted to play winter sports.

### **Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms will not be permitted to participate in practice/games or be present at the facility. Clearance will be required from the primary care, urgent care, or school district physician to return to play.
- The health and wellness screening will continue during this phase to proactively address how we will address students and coaches not feeling well.
- All coaches and students must be screened for signs/symptoms of COVID-19 before a workout.
- Responses to screening questions for each person must be recorded and maintained to record everyone present if a student develops COVID-19.
- Masks will still be required for all coaches and student-athletes while entering and leaving the facility, while present on the sidelines, and in the dugouts.
- Small groups up to 15% of occupancy will be allowed inside the high school facility to utilize the gym and weight rooms with the Montgomery Department of Health's approval.
- Team attendance must be recorded.

#### **Limitations on Gatherings:**

- Per the PIAA requirements, spectators will be a district and league decision. UMTSD will decide the number of spectators permitted for home games before each game/competition. The Athletic Director/Assistant Principal will communicate the spectator limit to each coach before each game.
- Spectators from the away team will need prior clearance before attending Upper Moreland High School games for the entire spring season.
- The decision for away fans for any Suburban One League school competition this spring will be a decision made by the home team school district.
- No gathering of more than 20% of the max occupancy will be allowed in any outside district facility. This percentage is subject to change with little notice.
- Appropriate social distancing and face-covering requirements directed by the Department of Health and the UMTSD Health and Safety Plan will be implemented and maintained. Any person who does not comply with this state requirement may be asked to leave the district facility.

#### **Facilities Cleaning and Disinfecting:**

- Expectations for cleaning and disinfecting remain in place from phases one and two.
- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable disease when indoor practices are permitted.
- When students are allowed to use indoor facilities such as the gym and weight room, athletic facilities will be cleaned before arrival and post workouts and team gatherings; high-touch areas will be cleaned more often.

#### **Uniforms and Equipment:**

- Students are to refrain from sharing clothing/towels, and these should be washed after each practice, including pinnies.

- When students are using equipment in the weight room, students must wipe down the equipment after using it before moving to use another piece of equipment.
- Athletic equipment that may be used by multiple individuals (balls, shields, shot put, discus, pole vault, etc.) is to be cleaned often.
- Regular use of a hand sanitizer will be encouraged before, during, and after practices, workout sessions, and games.

### **Transportation (when permitted):**

Modifications for student/coach transportation to and from athletic events may be necessary. Adaptations may include:

- Reducing the number of students/coaches on a bus/van.
- Using hand sanitizer upon boarding a bus/van.
- Maintaining social distance on the bus.
- If students ride the bus for an athletic contest, they will be required to wear a mask while entering, exiting, and on the bus.
- Students may have the option to have their parents or guardians take them to and from athletic competitions if they have submitted documentation and received prior approval from the High School/ Athletic Director/Assistant Principal.
- The school district will determine potential modifications and the transportation department, Department of Education, and state and local governments, once transportation for events is permitted.

### **Social Distancing during Contests/Events/Activities:**

- **Sidelines/Bench** – appropriate social distancing must be maintained on sidelines/bench during contests and events when possible, as deemed necessary by the school, PIAA, state, and local governments. The use of tape or paint will be considered and used to guide and remind students and coaches about the six-foot social distance expectation. Masks are required at all times while students are playing and while they are on the sidelines. This requirement applies to coaches and spectators, as well.

**Who should be allowed to attend athletic events?** Tiers 1, 2, and 3 personnel with limitations will be allowed to participate in events until directed otherwise by UMTSD administration based on guidance from PDE and the Department of Health.

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media, Scouts
3. Tier 3 (Non-essential) – Limited number of UMTSD Spectators (no spectators from the away team will be permitted)

Changes to seating capacity and social distancing may be necessary for each venue and determined as the local/state governments release more recommendations.

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

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet). Symptoms may include:

- Fever or chills (100.4 or higher)
- 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

If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. You must 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 symptoms, call your healthcare provider for medical advice.

If a student or staff member is showing one of the following symptoms of COVID-19:

- A cough, shortness of breath, difficulty breathing, or the recent loss of taste or smell, fever, sore throat, fatigue/tired, the individual should quarantine from others, isolate in the home, and tested for COVID-19.
- If the test result is negative OR the individual has a doctor's note with a differential diagnosis, the individual may return to school after 24 hours afebrile (without fever) and with improved respiratory symptoms.
- If the test result is positive or the individual is unable/refuses to get tested, the student may return to school after:
  - Laboratory confirmed COVID-19 - i.e., they have received a positive test result.
  - Employee or student must quarantine for 14 days from last close contact with someone who is "laboratory-confirmed COVID 19" or implement the alternative options:

End quarantine after Day 10 without testing. If no symptoms have been reported during daily monitoring, continue to monitor symptoms until Day 14 and go back into quarantine if symptoms develop.

End quarantine after Day 7 with the following criteria being met:

- If an Employee or student gets a COVID-19 test five days after close contact and the results are negative, and if no symptoms were reported during daily monitoring; and

- Daily symptom monitoring continues through Day 14 with no symptoms developing; and,

Strict adherence through Day 14 to all recommended non-pharmaceutical interventions (e.g., masking, physical distancing) is required.

**1. WITH SYMPTOMS, the individual or Employee must:**

- quarantine for 14 days from last close contact with someone who is "laboratory-confirmed COVID 19" or implement the alternative options.
- End quarantine after Day 10 without testing and if no symptoms have been reported during daily monitoring but continue to monitor symptoms until Day 14 and go back into quarantine if symptoms develop.
- End quarantine after Day 7 with the following criteria being met:

If an Employee or student gets a COVID-19 test five days after close contact and the results are negative, and if no symptoms were reported during daily monitoring; and

- Daily symptom monitoring continues through Day 14 with no symptoms developing; and,
- Strict adherence through Day 14 to all recommended non-pharmaceutical interventions (e.g., masking, physical distancing)

**Probable Case:** Anyone who has been in close contact with either a confirmed case or another probable case should be quarantined for 14 days. If they develop symptoms, they do not need a test because they are considered probable and should enter isolation the day they develop symptoms and remain in isolation for ten days after the first day after their symptoms began. With improved symptoms and no fever on day 10, an individual can return to work/school on day 11.

**For Household Close Contact:** If a COVID positive member of the household can truly isolate (separate bedroom and bathroom) household contact quarantine period for staff member/student starts at day 0 of last close contact and then lasts ten days. If a COVID positive member of the household is not able to isolate, the staff member/student must quarantine for the entire ten days of isolation of the positive household member plus 14 more days.

Please note, quarantine for individuals who have experienced close contact begins after the date of last exposure (Day 0) to a person with COVID-19. This is important when determining return to work/school dates for employees and students.

**2. WITHOUT SYMPTOMS, the individual may:**

- return to school after: 10 days after the PCR test was collected.
- \*If symptoms develop during the ten days, the district and the individual will follow the return to school guidance for positive PCR with symptoms.

If a student, coach, or other staff member has close contact with a COVID-19 positive person by being within 6ft for 15 minutes or more or has household contact:

1. WITH SYMPTOMS, the individual should be tested for COVID-19.
  - If the test result is negative, the individual may return to school 14 days after exposure to the person with COVID-19 and symptoms have resolved.
  - If the test result is positive, the district and the individual must follow the return to school guidance for positive PCR with symptoms.
  - Employee or student must quarantine for 14 days from last close contact with someone who is "laboratory-confirmed COVID 19" or implement the alternative options:

End quarantine after Day 10 without testing. If no symptoms have been reported during daily monitoring, continue to monitor symptoms until Day 14 and go back into quarantine if symptoms develop.

- **For Household Close Contact:** If a COVID positive member of the household can truly isolate (separate bedroom and bathroom) household contact quarantine period for staff member/student starts at day 0 of last close contact and then lasts ten days. If a COVID positive member of the household is not able to isolate, the staff member/student must quarantine for the entire ten days of isolation of the positive household member plus 14 more days.
- \*If symptoms develop during the 14 days, follow return to school guidance for Close Contact with symptoms.
- Please note, quarantine for individuals who have experienced close contact begins after the date of last exposure (Day 0) to a person with COVID-19. This is important when determining return to work/school dates for employees and students.

**What to do if a student or staff member becomes ill with COVID-19 symptoms during practice, an event, or transportation to or from an event?**

- Isolate the ill individual from others until the student or staff member can leave the school or event. A face covering is required at all times under this circumstance.
- The parent/guardian will be contacted immediately, and arrangements will be made to pick up the student.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- Close off areas used by a sick person and do not use them until after cleaning and disinfecting them (for outdoor spaces, this includes surfaces or shared objects in the area, if applicable).

Return of student or staff to athletics following a COVID-19 diagnosis:

Students or staff will be required to have medical clearance from the Montgomery County Department of Health.

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

- COVID-19 signs and symptoms.

- Proper ways to limit exposure to COVID-19 (handwashing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face, and mouth, wearing masks, when appropriate).
- The content of this Return to Athletics Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and the PIAA.

**Designated COVID-19 Point of Contact:** The Athletic Director/Assistant High School Principal is designated as UMTSD's person responsible for the initial response to COVID-19 concerns for athletics. All coaches, staff, officials, and families have been given his name and contact information. In turn, he will be working directly with the district's Director of Secondary Education and the Montgomery County Health Department if follow-up and communication are required for any student or coach.

**Communication Systems and Follow up Procedures:** When a student, coach, or staff member has COVID-19 or has been in close contact with someone with COVID-19:

- Coaches, staff, umpires/officials, and families of athletes will self-report to the athletic trainer if they have symptoms of COVID-19, a positive test for COVID-19, or were directly exposed to someone with COVID-19 within the last 14 days.
- When school is not in session, the coach will email the High School Assistant Principal/Athletic Director to report symptoms, positive test results, and exposure to someone with COVID-19.
- In the event of a case of COVID-19, the High School Assistant Principal/Athletic Director will contact the district's pandemic liaison, the Director of Secondary Education- to contact the department of health for further instruction.
- The Montgomery County Health Department (MCHD) will be responsible for contact tracing in the event of exposure to a student-athlete, coach, official or staff member with an active or probable case of COVID-19.
- Upper Moreland Township School District will provide the MCHD detailed information on student-athletes, coaches, officials, and staff in close contact or physical contact with the sick individual to facilitate rapid contact tracing.
- UMTSD is not responsible for testing for COVID-19 but will screen student-athletes, coaches, officials, and staff for signs and symptoms of COVID-19.
  - Coaches, staff, umpires/officials, and families of players (as feasible) are expected to self-report to the Athletic Director/Assistant High School Principal if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with the [health information sharing regulations for COVID-19](#)[external icon](#).
  - The Athletic Director/Assistant High School Principal will work directly with the Director of Secondary Education and the Montgomery County Department of Health and notify staff, officials, families about any restrictions to limit COVID-19 exposure (e.g., limited hours of operation).

**Documents Referenced:**

1. CDC COVID-19 Considerations for Youth Sports- May 29, 2020.

2. KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs- June 2, 2020.
3. NATA COVID-19 Return to Sports: Considerations for Secondary School Athletic Trainers- May 2020.
4. National Federation of State High School Associations (NFHS) Guide for Opening Up High School Athletics and Activities- May 2020.
5. PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020.
6. PIAA Press Release- June 10, 2020.
7. PIAA Press Release- July 3, 2020.
8. UPMC Sports Medicine Playbook: Returning to Sports During COVID-19. Minimum Guidelines (High School)- May 28, 2020.
9. Washington University's Resocialization of Sports Recommendations- June 1, 2020.