

NORTH ALLEGHENY SPORTS

Tigers Unite in the Fight Against COVID-19



Welcome Back!

Return to Sports Plan

for

- ❖ Summer Rec All-Skills Program
- ❖ Summer Conditioning
Workouts

Special Thanks To ...

Patti McClure

Our Athletic Training Staff

Bill Love

Frank Cremonese

Lexi McClure

Safety is the #1 Priority
Always!

NA COVID-19 Plan

We are following necessary COVID-19 guidelines provided by these organizations:

- ❖ CDC
- ❖ National Federation of State High School Association
- ❖ Governor's Office
- ❖ PIAA
- ❖ PA Recreation and Parks Society
- ❖ UPMC
- ❖ Among Others

Summer
conditioning/practices
are
voluntary!

Athletes or families that opt out of summer workouts will not be penalized. We fully respect this decision.

If a student-athlete opts out of the team-conditioning program, a summer plan is available. (To be discussed during later slides)

COVID-19 has removed us from our
comfort zone and normal routine.

However, we will rise to the occasion!

We will take all precautions to safeguard our student-athletes and staff.

Although we cannot eliminate ALL RISKS, we can take steps to reduce the risks.

Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:

- ❖ Age 65 or older
- ❖ Lung disease, moderate-severe asthma
- ❖ Serious heart conditions
- ❖ May be immunocompromised
- ❖ Obesity
- ❖ Diabetes
- ❖ Kidney or liver disease

Mandates for ALL Summer Programs (K-12)

- ❖ All student-athletes, coaches, and staff undergo health screening prior to the workout, event, or team meeting
- ❖ Promote healthy hygiene
 - Hand washing (20 seconds)
 - Face coverings (mask or shields) for coaches, staff, and student-athletes
- ❖ Use hand sanitizer
- ❖ Custodial Staff will intensify cleaning
- ❖ Spectators, coaching guests, family members, etc. are prohibited
- ❖ Locker rooms will not be available throughout the summer
- ❖ If Pennsylvania moves into the blue phase, this will change

Screening Process

- ❖ All coaches, staff, and student-athletes must have their temperatures taken prior to each day's workout. This must be administered by the coaching staff.
- ❖ Each coach, staff, and all student-athlete must answer the screening questions below on a daily basis. All information will be placed on a Google/Excel Form. These forms will be submitted on a weekly basis.

The questions are as follows:

- Have you tested positive for Covid-19?
- If yes, do you have a medical clearance with you now?
- Have you had a new-onset cough or shortness of breath?
- In the last 14 days, have you had any known exposure to an individual with a Covid-19 positive diagnosis or has shown symptoms of the illness?

Positive Screening

- ❖ If you have a coach, staff member, and/or student-athlete that has a temperature of 100.0 degrees Fahrenheit or higher, they must be sent home immediately.
- ❖ If a coach, staff member, and/or student-athlete has symptoms for Covid-19, they must be sent home immediately.

In both cases listed above, Bob Bozzuto must be contacted immediately.

Coaching Responsibilities

1. Educate on hand washing/sanitizing
2. Wear masks/face coverings (unless it jeopardizes health)
3. Appropriate social distancing in all places
4. Take temperature with no-touch thermometer- dated, recorded, stored in AD office [coaches and athletes]
5. Covid-19 Questionnaire - dated, recorded, stored in AD office [coaches and athletes]
6. Monitor signs and symptoms of Covid-19 during practices/competitions, in addition to Concussions, Heat Illness, and Sudden Cardiac Arrest.
7. Head coaches- review responsibilities with all athletes/coaching staff via email first then at the beginning of your first practice
8. Bring personal water bottles- labeled & towels
9. Activities that increase the risk of exposure should be avoided. This includes shaking hands, fist bumps, or high fives.
10. Modify practices and games to mitigate the risk of spreading the virus.

Coaching Responsibilities

11. Back-up staffing plans
12. Monitor athlete drop-off/pick-up (parents are NOT to enter facilities or practices)
13. Head coaches are responsible to conduct workouts in “pods” of student-athletes not to exceed 14 with the same students always working out together.
14. Virtual team meetings when possible (if in person- social distancing rules apply)
15. Only approved coaches/athletes are permitted to attend practices
16. Coaches to enforce mask rules- covering both nose and mouth- can be taken off during active participation
17. Outside of weight room- coaches must clean equipment between individual uses
18. Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc; *do not receive help from players.*
19. Activities that increase the risk of exposure to saliva are prohibited, including chewing gum, spitting, licking fingers, and eating sunflower seeds.

Water Coolers

1. Water coolers are for refilling water bottles only.
2. A board approved staff member or an approved designee is responsible for the refilling process and should be wearing gloves.
3. At no time should any student-athlete be refilling water bottles.
4. Team water coolers for sharing through disposable cups are not permitted.
5. Fixed water fountains should not be used.

Scheduling

- ❖ If multiple events are to be held at the same facilities, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes.
- ❖ Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained.

What are the symptoms for Covid-19?

- ❖ Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.
- ❖ Symptoms may include:
 - o Fever or chills
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fatigue
 - o Muscle or body aches
 - o Headache
 - o New loss of taste or smell
 - o Sore Throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea

What to do if you are ill...

1. STAY HOME
2. Call your healthcare provider
3. Notify Bob Bozzuto (via bbozzuto@northalleggheny.org or text 412-527-0208) and the head coach, should someone have a temperature of 100.0 F or higher and/or symptoms
 - a. If a student-athlete/coach/staff member is diagnosed with a positive result,, please contact Bob Bozzuto immediately.
4. Be prepared to identify the individuals who have worked out within the same pod as the affected individual (students, coaches, staff). We will notify all members & families in the pod of the positive diagnosis. As per HIPAA rules, do not discuss individual names with others.
5. If a Positive case of COVID-19 is diagnosed, contact tracing will be implemented. This may include health professionals, the CDC, and DOH.

What is a positive screen for Covid-19?

Positive-Screen Definition:

1. Temperature of 100.0 degrees Fahrenheit or higher
2. New- onset of cough/shortness of breath
3. Known exposure to Covid-19 positive individual within the last 14 days

Appropriate Actions for Positive Screen

1. Coaches with a temperature of 100.0 F or higher or with additional symptoms will be required to leave the facility immediately. Coaches must wait **24 hours and be symptom free without medication** before returning to district property/summer workouts, or have a signed permission slip from a physician stating the individual is cleared to return. Coaches that are not able to attend that practice/conditioning should contact Bob Bozzuto, as well as the head coach.
2. Any coach with known exposure to a Positive Covid-19 individual, will be required to be seen by an appropriate medical provider for evaluation and will require medical documentation to return to participation.

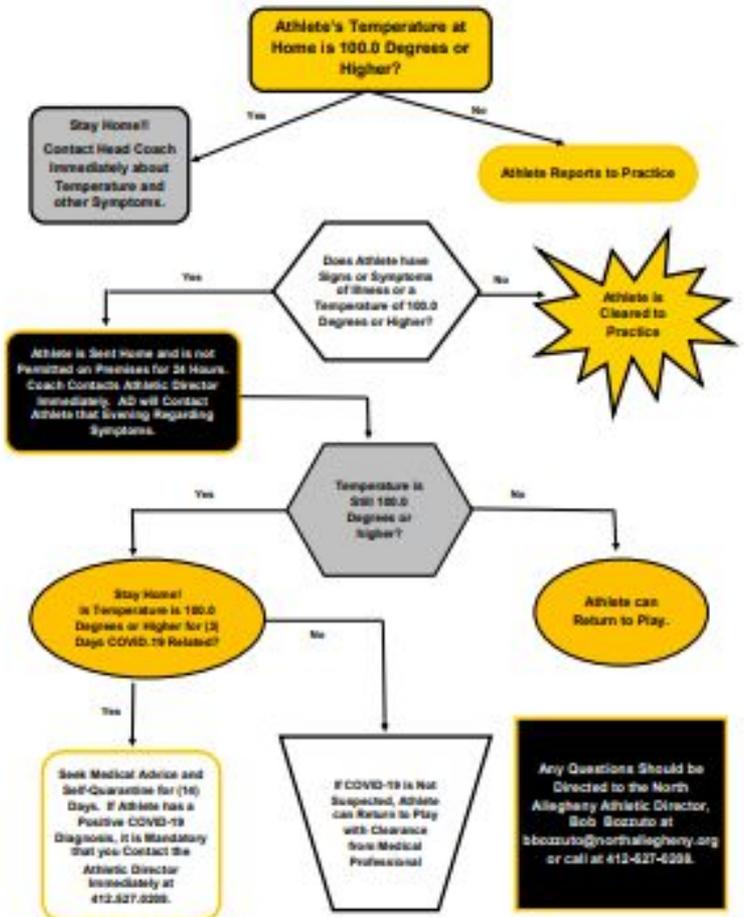
What to do if a student, coach, and/or staff member becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event...

- ❖ Make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event.
- ❖ The athlete's parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- ❖ The ill individual will be asked to contact their physician or appropriate healthcare professional and must contact Bob Bozzuto (bbozzuto@northalleggheny.org, 412-527-0208)
- ❖ All affected facilities will need to be disinfected immediately.

Return of Student or Staff to Athletics following a COVID-19 Diagnosis

- ❖ Student, coach, and/or staff member must provide written clearance from their licensed medical physician or CRNP before being allowed back to practice/conditioning.
- ❖ Return to athletics can begin once the individual is cleared by a licensed medical physician or CRNP and is determined to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

North Allegheny COVID-19 Response Protocol



Components and Responsibilities Overview

- ❖ Pre-Practice
 - Health screening
 - Social distancing
 - Face coverings of coaches, staff, and student-athletes
- ❖ In-Practice
 - Pods of 14 or less depending on the sport
 - Social distancing
 - Face masks
- ❖ Post-Practice
 - Athletes to leave immediately
 - No congregating while awaiting ride
 - Face masks to be worn by all

Return to Play

3 Phases of Conditioning

- Phase I- Weeks I and II
- Phase II- Weeks III and IV
- Phase III- Weeks V, VI, VII
(Week VII excludes football- Heat Acclimatization Week)

General Conditioning Model

by Frank Cremonese & Bill Love

Link: [Conditioning Model](#)

Additional Responsibilities

- ❖ Parent/Guardian Responsibilities
- ❖ Student-Athlete Responsibilities
- ❖ Custodial Responsibilities

Parent/Guardian Responsibilities

1. Review the Student-Athlete Responsibilities and expectations document with your child(ren).
2. **Student-Athlete Waiver Form must be submitted prior to the first practice session.**
3. Take your child's temperature- if 100.0 degrees Fahrenheit or higher- student is not allowed to attend practice/conditioning (email head coach and/or Bob Bozzuto)
4. **Label/send water bottle (>32 ounces) to practice/conditioning with your child**
5. Stay in car during drop off/pick up. Masks need to be worn outside of the car.
6. **Parents/Guardians are not permitted in facilities. Not permitted to attend practices or conditioning**
7. Pick up students on time- this will help to eliminate students congregating
8. **If child had underlying condition- parent/guardian should contact Bob Bozzuto**
9. Post-workout snacks/drinks- prohibited
10. **Proper handwashing- very important in mitigating spread of communicable diseases**
11. We discourage carpooling. If necessary- please wear masks.
12. **Concession stands- prohibited**
13. Notify Bob Bozzuto (bbozzuto@northallegheyny.org, 412-527-0208) of positive Covid-19 diagnosis. If your child has come into contact with someone who has Covid-19, has a temperature of 100.0 degrees Fahrenheit or higher or is simply ill at practice, contact Bob Bozzuto at the email/phone number above.

Waiver Form

North Allegheny Athletic Department

Participation Waiver for Communicable Diseases Including Covid-19

The COVID-19 pandemic has presented the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the North Allegheny School District will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOIH, as well as the NFHS and PIAA, to reduce the risks to Athletes, Coaches, Marching Band Members, Directors, Staff, and families. As knowledge regarding COVID-19 is constantly changing, the District reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the NASD Resocialization include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, Marching Band Members, Directors, and Staff on health and safety protocols.
5. Require Athletes, Coaches, Marching Band Members, Directors, and Staff to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the NASD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, marching band events, and any other events or activities.

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

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the North Allegheny School District to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport _____

Signature of Parent/Guardian: _____ Date _____

Signature of Student-Athlete: _____ Date _____

Student-Athlete Responsibilities (Pre-Practice)

1. All athletes and parents/guardians must review the material, sign the acknowledgement form, and return it to the coach prior to the first day of practice/conditioning. Student-athletes will not be permitted to participate in the first practice/summer recreation until this acknowledgment form is on file.
2. All athletes must have the following information completed on a daily basis before being admitted to any practice venue. The following information will be dated, recorded, and stored in the athletic office:
 - a. On-site temperature check (No Touch Thermometer)
 - b. Covid-19 Screening Questionnaire

Student-Athlete Responsibilities (Pre-Practice)

3. A positive screening that would warrant further investigation include:

A. Positive Screen is defined as:

- i. Temperature of 100.0 F or higher
- ii. New onset of cough or shortness of breath?
- iii. Known exposure to a Covid-19 positive individual in the last 14 days

B. Actions:

- i. Athletes with temperature of 100.0 F or higher or new symptoms will be sent home after the parents/guardians have been contacted. Students must wait **24 hours** to return to district property/summer workouts or have a signed permission slip from a physician stating the individual is cleared to return.
- ii. Any athlete with known exposure to a Positive Covid-19 individual will be required to be seen by an appropriate medical provider for evaluation and will require medical documentation to return to participation.

Student-Athlete Responsibilities (Pre-Practice)

4. All participants shall bring their own water bottle(s) with their names on the bottle. It is recommended to have a water container greater than 32oz. Water bottles must not be shared.
5. Participants should wear appropriate workout clothing and shoes to the practice venue as well as to bring their own towels. Sharing of clothes, shoes, and towels are prohibited. Locker rooms will not be available during this initial phase.
6. Students should arrive no earlier than 15 minutes before a scheduled workout to give time to complete the screening process.

Student-Athlete Responsibilities (In-Practice)

1. Minimum distance of 6 feet between each individual should be observed whenever possible. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Participants should stand six feet apart when not participating in a drill or activity that requires closer contact.
2. In the weight room, appropriate clothing (shorts, shirts, and shoes) must be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Weight equipment must be wiped down thoroughly before and after an individual's use of the equipment.
3. Maximum lifts should be limited and power racks should be used for squats and bench presses. Spotters should stand at each end of the bar.
4. Masks are to be worn at all times (inside and outside). Coaches will direct you when masks can be removed. Exceptions include swimming & diving, distant running, and other high intensity activity. In these activities cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the "sidelines" when physical activity is not being performed.
5. It is mandatory that you take your temperature every morning.
 - a. If your temperature is 100.0 F or higher, you are not permitted to attend any practices/activities that day.
 - b. If you are feeling ill without a temperature, it is recommended that you do not attend practice.
6. Handshakes, high fives, fist bumps or elbow bumps and any unnecessary contact should be avoided at practices or competitions unless the contact is for the purpose of safety.

Student-Athlete Responsibilities (Post-Practice)

1. All locker rooms are closed for the summer.
2. Students are encouraged to shower immediately upon returning home.
3. Individual clothing and towels should be washed and cleaned after every workout. All non-washable items (i.e. Cleats, shin guards, sticks) should be disinfected daily.

General Student-Athlete Responsibilities

1. Student-athletes are not to congregate in lobbies or outside before, during or after a session.
2. Should you test positive for Covid-19 virus at any time, you are responsible to contact Bob Bozzuto, Athletic Director, at the following: bbozzuto@northallegheny.org or call at 412-527-0208.
3. Participants are encouraged to use the following hygiene protocols:
 - a. Wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. [Proper Hand Washing.pdf](#)
 - b. Avoid touching your face
 - c. Sneeze or cough into a tissue, or the inside of your elbow
 - d. Bring and use hand sanitizer to every training session.
4. Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If an athlete is not recommended to participate in groups, they will be provided workouts to complete at home. If any additional arrangements are needed, please contact the Athletic Office.

Custodial Responsibilities

1. Wipe down/sanitize hard surfaces
2. Adequate cleaning schedules created/implemented
3. Provide supplies to support healthy hygiene
4. Any equipment (weight and cardio) with rips in the upholstery should be repaired or covered immediately
5. Place signs in high-traffic areas for proper hand washing/social distancing
6. Schedule for routine cleaning/disinfecting
7. Ensure ventilation systems/fans operating properly
8. If Covid-19 positive individual uses facilities-clean/disinfect equipment, restrooms, common surfaces affected
9. Hand sanitizer available as people transfer from one place to another

Social Distance-Arrival and Exit Patterns

Baierl Center



Please understand...

- ❖ We have the opportunity to lead by example and have a positive effect in the lives of our young people and sports in general.
- ❖ The general public will be observing and evaluating how we conduct our Return to Sports Plan. Your leadership skills will be a catalyst for our success. Please make sure all guidelines are met and taken seriously at all times.

Final thoughts...

- ❖ The health/wellness of our athletes, coaches, and staff is our number one priority!
- ❖ Coaches will need to enforce these rules throughout their entire summer and possibly beyond the summer months.
- ❖ Following CDC guidelines is IMPERATIVE.
- ❖ The student-athletes will follow your lead- lead by example.
- ❖ Cleaning/hand washing/sanitizing- frequently!
- ❖ Taking temperatures, recording, and turning in records to the AD office is mandatory- after every practice/game.
- ❖ Team meetings using Zoom is encouraged. If in person- Social Distance!

Pennsylvania's #1
Athletic Department is
thrilled to return to
sports!

Thank you for all you do. These unprecedented times are often difficult. Our sporting events will be a great opportunity to bring normalcy to our student-athletes' lives. Please make sure you dedicate each day to healthy habits.

Go Tigers!