



# Student-Athlete Responsibilities

## Pre-Practice

1. All athletes, marching band members and parents/guardians must review the material, sign the waiver, and return it to the coach/director prior to the first day of practice/conditioning. Student-athletes and marching band members will not be permitted to participate in the first practice/summer recreation until a signed waiver is on file.
2. All athletes and marching band members 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). No personal health information will be recorded.
  - b. Covid-19 Screening Questionnaire
3. A Positive Screen that would warrant further investigation includes:
  - a. Positive Screen is defined as:
    - i. Temperature of 100.0 degrees Fahrenheit 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 and band members with temperature of 100.0 degrees Fahrenheit or higher or new symptoms will be sent home after the parents/guardians have been contacted. An athlete/band member must wait 24 hours to return to district property/summer workouts or have a signed medical certification authorizing participation.
    - ii. Any athlete or marching band member 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.
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.

## **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/directors will direct you when masks can be removed. Exceptions include swimming & diving, distant running, playing instruments, 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.

## **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**

1. Student-athletes and marching band members are not to congregate in lobbies or outside before, during or after a session.
2. Should an athlete test positive for Covid-19 virus at any time, please contact Bob Bozzuto, Athletic Director at the following: [BBozzuto@northalleghey.org](mailto:BBozzuto@northalleghey.org) or call at 412-527-0208. Mr. Bozzuto will contact the Assistant Superintendent for Secondary Schools, a member of the District's Pandemic Team.

3. Should a marching band member test positive for Covid-19 virus at any time, please contact Todd Stefan, Band Director, at [tstefan@northallegheny.org](mailto:tstefan@northallegheny.org). Mr. Stefan will contact the Assistant Superintendent for Secondary Schools, a member of the District's Pandemic Team.
4. 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](#))
  - 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 season.
5. 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/marching band member 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 or Marching Band Office.
6. Students are asked to restrain from carpooling. If carpooling is necessary, all passengers should wear masks in the car.
7. Activities including chewing gum, spitting, licking fingers and eating sunflower seeds, etc. increase the risk of exposure to saliva and are prohibited.
8. The "No Touch Rule" is in effect. If it is not yours, do not touch it.

Listed below are the questions that the head coach/marching band director will ask each athlete/marching band member, and document, on a DAILY basis before every practice. It is required that the District ask these questions and keep a log of the answers. The logbook for athletes will be kept in the Athletic Office if needed by health care professionals. The Band Director will have the logbook for Marching Band.

1. Have you tested positive for Covid-19?

Yes                      No

2. If yes, do you have a medical clearance with you now?

Yes                      No

3. Have you had a new onset cough or shortness of breath?

Yes                      No

4. 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 illness?

Yes                      No

# Coaching/Director Responsibilities

1. Educate athletes and marching band members on proper hand washing and sanitizing. ([Proper Hand Washing](#))
2. Coaching staff, band directors, and other adult personnel should wear face coverings (mask or face shields) at all times, unless doing so jeopardizes their health/disability.
3. Coaches and band directors must maintain appropriate social distancing when possible, including the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. Coaches, directors, marching band members, and athletes are not to congregate. Social distancing should occur during warm-ups, skill building activities, simulation of drills, explaining drills or rules of the game.
4. All coaches must have the following completed on a daily basis before the start of any practice. The following information will be dated, recorded and stored in the athletic office or band director's office:
  - a. On-site temperature check (No Touch Thermometer)
  - b. Covid-19 Screening Questionnaire
5. A Positive Screen that would warrant further investigation includes:
  - 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. Coaches, directors, and staff with a temperature 100.0 F or higher or with new symptoms will be required to leave the facility immediately. Consistent with applicable law and privacy policies, having staff and families self-report to the school if they or their student have symptoms of COVID-29, 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 and other applicable federal and state laws and regulations relating to privacy and confidentiality, such as the Family Educational Rights and Privacy (FERPA). Notifying staff, families, and the public of school closures and any restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation). Coaches, directors, and staff cannot return until they are temperature free for a period of 24 hours or if they have a signed medical certification authorizing participation.
    - ii. Coaches/Directors/Staff that are not able to attend practice/conditioning should contact Bob Bozzuto (athletics), the head coach, or Todd Stefan (Band).

- iii. Any coach or director 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.
6. Coaches and directors are required to screen their athletes and marching band members daily prior to participation in any activities. Documentation needs to be recorded and shared on a weekly basis and submitted to the Athletic Office/Band Director. Any positive Covid-19 screening that requires the athlete/band member to go home must immediately be reported to the Athletic Director/Band Director.
7. Coaches and directors should monitor signs and symptoms of Covid-19 during practices/competitions, in addition to Concussions, Heat Illness, and Sudden Cardiac Arrest.
8. Head coaches and Band Director are to review the responsibilities expected of our athletes/band members prior to the first workout. Initially, this should occur via email or virtual platform, but then must also be reviewed with the athletes/band members at your first practice/conditioning.
9. Coaches and directors are to bring their own labeled water bottles and towels to team activities.
10. Water coolers are for refilling water bottles only. A board approved staff member or an approved designee is responsible for the refilling process and should be wearing gloves. At no time should any athlete/band member be refilling water bottles. Team water coolers for sharing through disposable cups are not permitted. Fixed water fountains should not be used.
11. Activities that increase the risk of exposure should be avoided. This includes shaking hands, fist bumps or high fives.
12. Head coaches and directors must consider the CDC guidelines on consideration for youth sports and activities to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
13. Head coaches and band directors should create a back-up staffing plan that should include cross training staff and coaches and training all coaches and officials on safety protocols. Band directors should create a back-up plan for all staff and training on safety protocols.
14. Monitor student-athletes and marching band members during pick-up and drop off for practices and events to ensure that they are not congregating while awaiting pick-up or drop off. Parents should not enter the facility nor attend practices.

15. In weeks one and two, head coaches and band directors are responsible to conduct workouts in “pods” of student-athletes not to exceed 14 with the same students always working out together. This ensures more limited exposure if someone develops the virus. In week 3 to the start of the season, “pods” may be able to increase to a maximum of (25). Head coaches, band directors, the Athletic Director will discuss the “pod” numbers by sport/activity prior to the summer workouts.
16. When meeting rooms are used, all social distancing practices must be adhered to at all times. Virtual team meetings should take place when possible. When meetings take place in person, all social distancing practices must be adhered to at all times.
17. Only approved staff members, athletes, and marching band members are to be present at workouts.
18. Outside of the weight room, coaches and staff are responsible to clean equipment between individual uses.
19. Coaches and directors are to reinforce to student-athletes and band members that masks are to be worn at all times except during active participation time. The garment should cover both the nose and mouth to allow for continued unlabored breathing.
20. Coaches and band directors alone shall be permitted to touch equipment including training discs, cones, bags, etc; do not receive help from players/band members.

# Parent/Guardian Responsibilities

1. Review the Student-Athlete Responsibilities and expectations document with your child(ren).
2. Acknowledge understanding of the Student Responsibilities document by signing and dating that you have read and understood the content of the document.
3. Ensure that your child(ren)'s temperature is taken each morning, before practice/conditioning. If the temperature is 100 F or higher, your child is not permitted to attend practice/conditioning. If, at any time this summer, your child is not able to attend summer practice/conditioning due to fever, please e-mail the head coach and/or the Athletic Director at [bbozzuto@northalleggheny.org](mailto:bbozzuto@northalleggheny.org) or Band Director at [tstefan@northalleggheny.org](mailto:tstefan@northalleggheny.org).
4. Please make sure your child(ren) have a clearly labeled large water bottle(s) with them for every practice/conditioning. Water will always be available for our student-athletes and marching band members, but it's a best practice to minimize refilling water bottles during practice/conditioning. We recommend your child bring a water bottle, with his/her name on it that is at least 32oz. in size. Sharing water bottles are prohibited and no drinking fountains will be available.
5. When dropping off or picking up your child(ren), please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the social distancing guidelines (6' apart).
6. Parents/Guardians, Caregivers, and Boosters are not permitted to attend workout/practice sessions.
7. Parents/Guardians are requested to pick up their child(ren) at the designated practice end time to reduce the likelihood that student-athletes or marching band members will congregate inside or outside waiting for their ride.
8. Parents/Guardians should assess their child(ren)'s level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Director or Band Director to discuss any concerns you have in reintroducing your child(ren) to organized athletics.
9. Post workout snacks or drinks are prohibited.
10. Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19. ([Proper Hand Washing](#))

11. We discourage carpooling. However, if carpooling is the only option, please be sure to wear a mask at all times.
12. Concession stands are not permitted.
13. Please notify the head coach and Athletic Director in the event that your child(ren) have received a positive Covid-19 test, or has come in contact with anyone with Covid-19, or has any other illness, such as heat illness, concussion, etc. Consistent with applicable law and privacy policies, having staff and families self-report to the school if they or their student 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 and other applicable federal and state laws and regulations relating to privacy and confidentiality, such as the Family Educational Rights and Privacy Act (FERPA). Notifying staff, families, and the public of school closures and any restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation). You can reach the Athletic Director, Bob Bozzuto, at [bbozzuto@northallegheny.org](mailto:bbozzuto@northallegheny.org) or call at 412-527-0208 for all athletic questions, or the Band Director, Todd Stefan, as the primary point of contact for all questions related to marching band. Mr. Bozzuto and Mr. Stefan will contact the Assistant Superintendent of Secondary Schools, a member of the District Pandemic Team.

# Custodial Responsibilities

1. Prior to an individual or group entering a facility, hard surfaces should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc).
2. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate the possibility of contracting any communicable diseases. ([Disinfecting of Equipment and Facilities](#))
3. Any equipment (weight and cardio) with rips in the upholstery should be repaired or covered immediately.
4. The CDC requires that signs will be placed in high traffic areas (ex, entrances, exits and restrooms) to promote everyday protective measures and how to stop the spread of germs by properly washing hands and wearing a mask when social distancing is not possible.
5. Develop a schedule for increased routine cleaning and disinfecting of all surfaces thoroughly and frequently.
6. Ensure that ventilation systems or fans are operating properly and increase the circulation of air both inside and outside whenever possible.
7. If a student-athlete or band member has been involved in a practice session on any North Allegheny property and has been diagnosed with Covid-19, the custodians will close off any area that student-athlete has been and will thoroughly clean and disinfect any equipment, common surfaces and restrooms involved.
8. Hand sanitizer should be available to individuals as they transfer from place to place.