

Return to Play  
Athletic Department Handbook



Russell Byers Charter School | 1911 Arch St. Philadelphia, PA

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## **Philosophy for Returning to Play**

The decisions made for athletics to return to play within Russell Byers Charter School are determined by directives from the CDC, Pennsylvania State Department of Education, Pennsylvania Interscholastic Athletic Association, National Federation of High School Sports, Philadelphia City Hall, Philadelphia Mayor's Office, Philadelphia Health Officials, Philadelphia Parks and Recreation, and Metropolitan Philadelphia Athletic Association along with the resources and facilities required to ensure the sanitizing and safety of all teams, coaches, student athletes, trainers, and officials.

## **Point of Contact**

The primary point of contact for all questions related to COVID 19 as in relation to the Health and Safety Plan for Athletics and Student Activities:

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# **Anticipated launch date sports related activities: September 13th 2021**

## **Requirements**

The following requirements are for all Middle School contests and practices.

1. Athletes, Coaches and Staff will undergo a COVID - 19 health screening prior to any practice, event or team meeting. The type screening will include pre-participation temperature check and health questionnaires. The purpose is to check for signs and symptoms of COVID – 19. This screening includes officials, referees and umpires. The COVID-19 Athlete/Coach/Official Monitoring Form is attached.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) or the use of hand sanitizer. In the healthcare setting, CDC states that hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol, the active ingredients in CDC-recommended alcohol-based hand sanitizers, inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.
3. Encourage social distancing through spacing, small groups and limited mixing between groups if feasible.
4. Educate athletes, coaches and staff on health and safety protocols with information supplied to you by Russell Byers Charter School and not personal research.
5. Anyone who is sick is required to stay home. If you are sick, report it to your immediate supervisor.
6. Athletes and coaches MUST provide their own water bottles for hydration. Water bottles will NOT be shared. This includes the use of large water or drink coolers.
7. No team huddles should take place, social distancing should be practiced
8. No handshakes, fist bumps or high fives.

9. Personal Protective Equipment (PPE) will be used as needed and situation warrants or determined by local and state governments.
10. Identify staff and students who maybe at higher risk of severe illness from COVID -19 due to underlying medical conditions. Make alternative arrangements if needed.
11. Coaches and athletic staff must complete all required professional development listed in this health and safety plan before practices (voluntary or scheduled), meetings and games can take place.
12. Student athletes will be required to complete NFHS course on COVID -19.
13. There will be a No spectator policy for the 2021 - 22 school year.
14. Different times will occur for practices so overlaps between and amongst sports does not occur on either campus who shares the same facilities and locker rooms. All practices (out of season and in season) will be coordinated through the Office of Athletics.
15. Once play resumes, all scheduling modifications (cancelling and rescheduling) of practicing and games will be done by the Director of Athletics.

### **PIAA Physical and Participation Mandate**

**PIAA Physicals are required for ALL student-athletes to participate in athletics or an athletic sanctioned activity.** The PIAA physical (CIPPE Form) must be completed by the student-athlete and their legal guardian in regards to sections 1-5 in the PIAA physical packet. **Section 6 must be completed, cleared, signed, and stamped by a licensed physician.** In addition, ALL PIAA physicals **must be completed and cleared after June 1<sup>st</sup>, 2021** for a student-athletes participation during the 2021-22 school year. Once cleared, the PIAA physical will be valid for the entire 2021-22 school year until June 1<sup>st</sup>, 2022. Completed PIAA physicals are to be submitted to team head coaches or main office personnel within the ASPIRA of PA School system.

Student-athletes who are at risk for COVID-19 **will not be allowed to participate or attend athletic sanctioned events until a personal health plan has been outlined and approved by their primary care physician.** The personal health plan must be communicated with the head coach, parent, student-athlete, and school nurse before a student-athlete is allowed to attend or participate in an athletic sanctioned event.

At risk conditions related to COVID 19:

- [Cancer](#)
- [Chronic kidney disease](#)
- [COPD \(chronic obstructive pulmonary disease\)](#)
- [Immunocompromised state \(weakened immune system\) from solid organ transplant](#) •
- [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
- [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#) •
- [Sickle cell disease](#)
- [Type 2 diabetes mellitus](#)

COVID-19 is a new virus. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19. Based on what we know at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19:

- [Asthma \(moderate-to-severe\)](#)
- [Cerebrovascular disease \(affects blood vessels and blood supply to the brain\)](#)
- [Cystic fibrosis](#)
- [Hypertension or high blood pressure](#)
- [Immunocompromised state \(weakened immune system\) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines](#) •
- [Neurologic conditions, such as dementia](#)
- [Liver disease](#)
- [Pregnancy](#)
- [Pulmonary fibrosis \(having damaged or scarred lung tissues\)](#)
- [Smoking](#)
- [Thalassemia \(a type of blood disorder\)](#)
- [Type 1 diabetes mellitus](#)

**ALL coaches must complete a standard physical with their primary care physician prior to resuming any athletic sanctioned event.** The physical must be dated after June 1<sup>st</sup>, 2021 and be completed, cleared, signed, and stamped by a licensed physician. The physical will be submitted to the Director of Athletics to keep on file.

Coaches who are at risk for COVID-19 **will not be allowed to participate or attend athletic sanctioned events until a personal health plan has been outlined and approved by their primary care physician.** The personal health plan must be communicated with the Director of Athletics, and school nurse before a coach is allowed to attend or participate in an athletic sanctioned event.

### **Procedure for Proper Sanitization and Cleanliness in Athletics**

The following sanitization procedures will be in place for athletics at all Tacony Academy Campuses

- Daily cleaning and sanitizing of athletic facilities including locker rooms, rest rooms, and indoor athletic facilities
- Hand washing or sanitizing before, during, and after scheduled athletic sanctioned events
- Daily sanitizing of practice and game equipment before, during, and after scheduled athletic sanctioned events
- Sanitizing materials provided on-site at athletic facilities, including: non-touch sanitizers at athletic fields and gyms, sanitizing wipes for each sport, bottles of hand sanitizers for each sport, and plastic gloves for sanitizing and distributing water
- Individual water bottles provided for each student-athlete
- Individual face masks provided for each student-athlete

### **Quarantine Process and Team Sport Procedures for Symptomatic Athletes and Coaches**

It is the expectation that the following will occur for symptomatic athletes and coaches during the pre-screening and attendance process for athletics.

- Student-Athlete / Coach are removed from activities immediately and will report a designated COVID quarantine room.
- Parents of the symptomatic Student-Athlete will be notified immediately by the head or assistant coach of that sport
- Student-Athlete / Coach will be required to consult with their primary care physician •

Student-Athlete / Coach will be required to quarantine for (14) days

- Student-Athlete / Coach will not be allowed to resume or attend an athletic sanctioned event until clearance is provided by a licensed physician and the school nurse, head coach, and Director of Athletics have the clearance on file
- Guardians of that team members of that sport will be notified of the quarantine process
- An investigation will occur to determine if that sport will be suspended until clearance is provided by the symptomatic Student-Athlete / Coach after the (2) week quarantine mandate
- ALL Student-Athletes and Coaches will be required to quarantine for (14) days if spending time outside the Commonwealth of Pennsylvania (beaches, water parks, etc.)

### **Transportation Procedure for Resuming Athletics**

The transportation department at Russell Byers Charter School will follow all CDC, local, state, and federal guidelines for social distancing, sanitizing, and pre-screening students who board buses.

Team transportation will be issued for athletic contests and off-site team practices. The pre-screening process will occur before boarding provided transportation. **Any student-athlete who exhibits symptoms of COVID-19 will not be allowed to board provided transportation.** Student-athletes will have assigned seats and sit at least 6 feet apart from one another at all times to and from scheduled athletic contests and team practices. Sanitizing hands and

the wearing of facemasks will be required when boarding and using provided transportation. Buses will be sanitized before and after each use. This includes pre-boarding, and after each drop off an athletic team.

## **Return to Physical Activity**

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines for fall sports practices in order to address this unexpected extended deconditioning period of student athletes. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

### **Phase 1 for Resuming Athletic Activities**

#### **PHASE 1**

##### **Pre- workout Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check under 100.4.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

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

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1.
- Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out

together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.

- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **Physical Activity and Athletic Equipment:**

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
  - Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
  - All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

### **Examples (including by limited to):**

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Runners should maintain the recommended 6 feet of distancing between individuals.

### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. • All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

## Phase 2 for Resuming Athletic Activities

### **PHASE 2**

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

- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. • Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

#### **Physical Activity and Athletic Equipment:**

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below). • Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests. •

Hand sanitizer should be plentiful at all contests and practices.

- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.

### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. • Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of all individuals present.

### **Limitations on Gatherings:**

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

## **Phase 3 for Resuming Athletic Activities**

### **PHASE 3**

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

- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing

exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. • Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. • Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **Physical Activity and Athletic Equipment:**

- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Modified practices may begin for Higher risk sports:

Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.

Re-assess epidemiology data and experiences in other states and other levels of competition to determine when higher risk sports competition may resume.

### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

### **Limitations on Gatherings:**

- Gathering sizes of up to 25 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

## **Potential Infection Risk by Sport**

Modified from United States Olympic and Paralympics' Committee – Sports Medicine Recommendations

Highlighted Sports are offered at Russell Byers Charter School

**Higher 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: Wrestling, football, boys lacrosse, competitive cheer, dance*

**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 OR sports that use equipment that can't be cleaned between participants.

Examples: *Basketball*, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, *7 on 7 football*

\*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants

**Lower 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: *Individual running events*, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, *sideline cheer*, single sculling, *cross country running (with staggered starts)*

### **Transportation to Events:**

Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

## **NFHS Social Distancing During Contests/Events/Activities**

### **Sidelines/Benches**

Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches. Student Athletes are required to wear masks on sidelines, benches and dugout.

### **Who should be allowed at events?**

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security

2. Tier 2 (Preferred): Media

3. Tier 3 (Non-essential): Spectators, vendors

*Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.*

## **Professional Development**

- COVID-19 for Coaches and Administrators

[https://nfhslearn.com/self\\_courses/10570817/covid\\_19\\_for\\_coaches\\_and\\_administrators](https://nfhslearn.com/self_courses/10570817/covid_19_for_coaches_and_administrators)

- Sudden Cardiac Arrest

<https://nfhslearn.com/courses/sudden-cardiac-arrest>

- Preparing your Organization for COVID-19 Coronavirus Outbreak

<https://www.educationadminwebadvisor.com/catalog/>

- Hand Washing

<https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/handwashing.html>

- Heat Illness Prevention

<https://nfhslearn.com/courses/heat-illness-prevention-2>

- Considerations for Wearing Mask and Face Shields

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

- Concussion in Sports

<https://nfhslearn.com/courses/concussion-in-sports-2>

## **References:**

COVID-19 for Coaches and Administrators

[https://nfhslearn.com/self\\_courses/10570817/covid\\_19\\_for\\_coaches\\_and\\_administrators](https://nfhslearn.com/self_courses/10570817/covid_19_for_coaches_and_administrators)

NFHS: Guidance for Opening up High School Athletics and Activities

<https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>

Guidance for All Sports Permitted to Operated During COVID – 19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public – June 10, 2020

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Considerations for Wearing Masks

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

When and How to Wash Your Hands

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Symptoms of Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

# COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.3°F)
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	