

**Wayne Highlands School District**  
**Athletic Department**  
**COVID Guidelines related to Reintroducing School Athletics**

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

## **INTRODUCTION**

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, 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 current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The WAYNE HIGHLANDS SD will take the necessary precautions and recommendations from the federal, state, and local governments, Centers for Disease Control (CDC), Pennsylvania Department of Health (PA DOH), as well as the National Federation of High School Sports (NFHS) and Pennsylvania Interscholastic Athletic Association (PIAA). The WAYNE HIGHLANDS SD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

## **RECOMMENDATIONS**

Recommendations for **ALL LEVELS** of Junior High, Freshman, JV, and Varsity Athletics

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures at 100.4 or higher, after a second check, will be sent home.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow. Hand sanitizer and face coverings should be brought by athletes and coaches as much as possible.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate athletes, coaches, and staff on health and safety protocols.
6. Symptoms screening should be completed at home. Anyone who is sick must stay home.
7. Plan in place if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures, as needed.

9. Athletes and Coaches **MUST** provide their own water bottle for hydration. **Water bottles must not be shared.**
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.
11. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.(See - CDC “People Who are at a Higher Risk for Severe Illness”)
12. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

## **CLASSIFICATION OF SPORTS**

**High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading with stunts, field hockey, soccer, basketball

**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: volleyball, baseball, softball, tennis, pole vault, high jump, long jump, 7 on 7 football, cross country cluster meets

**Low Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country dual meets, throwing events, golf, weightlifting, sideline cheer.

\*\* High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. Team Activities should be limited to individual skill development drills that maintain social distancing. \*\*

## **LEVELS OF PARTICIPATION**

### **Level 1 (PA State Red)**

Team Activities: No In-person gatherings allowed, Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

### **Level 2 (PA State Yellow or Green - once permitted by PIAA)**

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, golf, and sideline cheer, etc.

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

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a

workout. The screenings will be a verbal/written questionnaire and temperature check. (See Appendix for COVID-19 Screening Form)

- 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 or coach develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and will be sent home immediately and parents notified, as well as recommended to contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.
- On July 3, 2020, Governor Wolf issued travel restrictions to some areas. As a result, if an athlete has traveled, to an area where there are high amounts of COVID-19 cases, it is required that those athletes stay at home for 14 days upon return to Pennsylvania. If an athlete travels to one of the restricted states, they will need to quarantine for 14 days upon return. For the most up to date list of restricted states, please visit the following link:  
[www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx](http://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx)

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

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches per practice area. During the green phase, groups should be broken into small, easily supervised, manageable groups as much as possible.
- Controlled non-contact practices only, modified game rules.
- Social Distancing should be applied during practices and in gathering areas. Locker room use should be used with discretion.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment must be wiped down after an individual's use.
- Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Groups should be scheduled with 30 minute cleaning/sanitizing time in between.

#### **Physical Activity:**

- Lower risk sports practices may begin.
- Modified practices may begin for Moderate and High risk sports. (Practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development.)
- Attendance sheets and student grouping sheets are to be maintained for every practice so contact with players and coaches can be tracked
- Students must refrain from sharing clothing/towels. All personal clothing and towels must be brought home and washed after each practice. No community towels will be provided for use. Pinnies and any other items used to mark players must be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) must be cleaned intermittently during practice and events as deemed necessary, preferably after each athlete, if possible.
- Hand Sanitizer or hand washing with soap and water should be used periodically as resources allow.

- Spotters for weight lifting should be stationed at each end of the bar.
- At no time will students be permitted in that Athletic Training room without the presence of qualified personnel.
- On July 1, 2020, Secretary of Health Dr. Rachel Levine signed an order requiring that masks are worn whenever anyone leaves home. As a result, all athletes must wear a mask during training whenever they are not actively engaged in a workout session. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

#### **Hydration:**

- Students **MUST** bring their own water bottle. Water bottles **must not be shared**.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) will not be utilized.
- Students not bringing their own water should not be permitted to practice without proper hydration capabilities.

#### **Level 3 (PA State Green - once permitted by PIAA)**

Team activities may include: basketball, baseball, softball, soccer, field hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

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

- Any person with positive symptoms reported will not be allowed to take part in workouts and will be sent home immediately, parents will be notified as well as the student will be required to contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.
- COVID-19 screenings will continue for signs/symptoms of COVID-19 prior to a workout. The screenings will be a verbal/written questionnaire and/or temperature check. (See Appendix for COVID-19 screening form)
- Attendance sheets and student grouping sheets are to be maintained for every practice so contact with players and coaches can be tracked.
- On July 3, 2020, Governor Wolf issued travel restrictions to some areas. As a result, if an athlete has traveled, to an area where there are high amounts of COVID-19 cases, it is required that those athletes stay at home for 14 days upon return to Pennsylvania. If an athlete travels to one of the restricted states, they will need to quarantine for 14 days upon return. For the most up to date list of restricted states, please visit the following link:  
[www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx](http://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx)

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

- As per State and Local Guidelines.
- When not directly participating in practices or contests, social distancing should be considered and applied when able.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment must be wiped down after an individual's use.

- Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Groups should be scheduled with 30 minute cleaning/sanitizing time in between.

**Physical Activity and Athletic Equipment:**

- Low, Moderate, and High Risk practices and Low and Moderate Risk competitions may begin. (As per State, Local, and PIAA Guidelines)
- Students must refrain from sharing personal clothing/towels. All personal clothing and towels must be taken home and washed after each practice. No community towels will be provided for use. Pinnies and other items used to mark players must be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) must be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer or hand washing with soap and water should be used periodically as resources allow.
- Spotters for weight lifting should be stationed at each end of the bar.
- At no time will students be permitted in the Athletic Training room without the presence of qualified personnel.
- On July 1, 2020, Secretary of Health Dr. Rachel Levine signed an order requiring that masks are worn whenever anyone leaves home. As a result, all athletes must wear a mask during training whenever they are not actively engaged in a workout session. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

**Hydration:**

- Students **MUST** bring their own water bottle. Water bottles **must not be shared**.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) will not be utilized.
- Students not bringing their own water should not be permitted to practice without proper hydration capabilities.

**Level 4 (PA State Green – restrictions phasing out)**

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.

**Pre-workout/Contest Screening:**

- Any person with positive symptoms reported will not be allowed to take part in workouts and will be sent home immediately, parents will be notified as well as the student will be required to contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.
- COVID-19 screenings may continue for signs/symptoms of COVID-19 prior to a workout. The screenings may be a verbal/written questionnaire and/or temperature check. (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Attendance sheets are to be maintained for every practice and contest
- On July 3, 2020, Governor Wolf issued travel restrictions to some areas. As a result, if an athlete has traveled, to an area where there are high amounts of COVID-19 cases, it is required that those athletes stay at home for 14 days upon return to Pennsylvania. If an athlete travels to one of the

restricted states, they will need to quarantine for 14 days upon return. For the most up to date list of restricted states, please visit the following link:

[www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx](http://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx)

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

- As per State and Local Guidelines.
- When not directly participating in practices or contests, social distancing should be applied.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often.
- Weight Room Equipment must be wiped down after an individual's use.
- Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.
- Groups should be scheduled with cleaning/sanitizing time in between.

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

- All sports may resume normal practice and competition as permitted.
- Students must refrain from sharing personal clothing/towels. All personal clothing and towels must be taken home and washed after each practice. No community towels will be provided for use. Pinnies and other items used to mark players must be washed after each practice.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand Sanitizer or hand washing with soap and water should be used periodically as resources allow.
- Spotters for weight lifting should be stationed at each end of the bar.
- At no time will students be permitted in the Athletic Training room without the presence of qualified personnel.
- On July 1, 2020, Secretary of Health Dr. Rachel Levine signed an order requiring that masks are worn whenever anyone leaves home. As a result, all athletes must wear a mask during training whenever they are not actively engaged in a workout session. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

#### **Hydration:**

- Students **MUST** bring their own water bottle. Water bottles **must not be shared**.
- Hydration stations may be available for refilling of personal water bottles.
- Students not bringing their own water should not be permitted to practice without proper hydration capabilities.

## **OTHER RECOMMENDATIONS**

### **Transportation:**

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

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

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

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

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

Group people into tiers and decide which will be allowed at an event:

1. Tier 1 – Athletes, paid coaches, officials, event staff, medical staff, security
  2. Tier 2 – Media, Volunteer Coaches
  3. Tier 3 – Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
  - Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.
  - On July 1, 2020, Secretary of Health Dr. Rachel Levine signed an order requiring that masks are worn whenever anyone leaves home. As a result, all spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
  - On July 3, 2020, Governor Wolf issued travel restrictions to some areas. As a result, if individuals have traveled, to an area where there are high amounts of COVID-19 cases, it is required that those individuals stay at home for 14 days upon return to Pennsylvania. If an individual travels to one of the restricted states, they will need to quarantine for 14 days upon return. For the most up to date list of restricted states, please visit the following link: [www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx](http://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx)

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

- The WAYNE HIGHLANDS SD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.
- These events will not be considered until we enter Level 3 or higher.

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

### **What are the signs and symptoms of COVID-19?**

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

- Fever or chills (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

#### **What to do if you are sick?**

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

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

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- In the event that a student becomes ill with COVID-19 symptoms at an away event, the situation may require that student to be transported home by their parents, and not be allowed to board team transportation. As a result, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

#### **Return of student or staff to athletics following a COVID-19 diagnosis?**

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

## **EDUCATION**

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

- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting,



gum chewing, etc.)

- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document.
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- Students should come dressed for activity.
- Limit indoor activities and the areas used. Locker room use is not permitted. Facility showers cannot be used.
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.

Adopted by Wayne Highlands School District Board of Education on June 22, 2020

First revision to include July 1, 2020 Dr. Levine face masking requirements and July 3, 2020 Gov. Wolf travel restrictions completed on July 7, 2020

Revisions adopted by school board on

# APPENDIX





## UNDERSTANDING CORONAVIRUS (COVID-19)

### What is Coronavirus - COVID-19?

Coronavirus is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.

### What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

Fever or chills (100.4 or Higher)	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea
Headache	

### How can I help prevent the spread of COVID-19?

- Wear a cloth face covering that covers your mouth and nose in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands with soap and water for at least 20 seconds, or use an alcohol based sanitizer with at least 60% alcohol.
- Practice social distancing – stay at least 6 feet away from others when possible.
- Stay at home if you are sick.

### What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach, school nurse, or teacher).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.

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

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- In the event that a student becomes ill with COVID-19 symptoms at an away event, the situation may require that student to be transported home by their parents, and not be allowed to board school transportation. As a result, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

### Return of student to school activities following a COVID-19 diagnosis?

Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

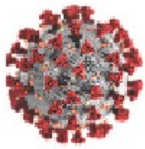
I acknowledge that I am familiar with the signs, symptoms, and protocol for protecting against COVID-19.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I acknowledge that I am familiar with the signs, symptoms, and protocol for protecting against COVID-19.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

## RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

### **Centers for Disease Control and Prevention**

**Website:** [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”, “Schools Decision Tree”

### **PA Department of Health Website:**

**health.pa.gov** “Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

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

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

**Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public**

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

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

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