



## **CENTRAL VALLEY ATHLETICS**

**2023-2024**

Revised 9/5/2023

### **{Health and Safety Plan - RETURN TO PRACTICE & PLAY}**

#### **TASK FORCE MEMBERS**

- **Dr. Nicholas Perry** - Superintendent of Schools
- **Mr. Shawn McCreary** - High School Principal - Athletic Pandemic Task Force Leader
- **Mr. Mark Vukovcan** - Assistant High School Principal
- **Mr. Sam Cercone** - Director of Athletics
- **Mr. Brian Dolph** - Assistant Athletic Director / Middle School Principal
- **Ms. Tiffany Gasperine** - Certified School Nurse
- **Mr. Clint Lawson** - Director of Grounds and Facilities
- **Mr. William Shearer** - High School Athletic Trainer

#### **Terms**

- ☐ Coach - The term coach will include but is not limited to Head Coach, Cheerleading Sponsor, and Band Director.
- ☐ Student Athlete - The term student athlete will include but not limited to cheerleading and band.
- ☐ Visitor - The term visitor will include but not limited to parents, family members, community members, spectators, graduates, etc.
- ☐ Life Threatening Symptoms
  - ☐ Bluish lips or face
  - ☐ Severe and constant pain or pressure in the chest
  - ☐ Extreme difficulty breathing (gasping for air or cannot talk without catching your breath)
  - ☐ Severe and constant dizziness or lightheadedness
  - ☐ Serious disorientation (acting confused)
  - ☐ Unconscious or very difficult to wake up
  - ☐ Slurred speech (new or worsening)
  - ☐ Seizures
  - ☐ Signs of low blood pressure (too weak to stand, light headed, feeling cold, pale, clammy skin)
- ☐ Signs and Symptoms of COVID-19
  - ☐ Fever or feeling feverish (chills, sweating)
  - ☐ Cough
  - ☐ Mild or moderate difficulty breathing
  - ☐ Sore throat

- ☐ Muscle aches or body aches
- ☐ Vomiting or diarrhea
- ☐ New loss of taste or smell
- ☐ Other symptoms

## Coach Responsibilities

- ☐ All coaches will work directly with the Athletic Director to create a practice schedule prior to the initial start of practice. The practice schedule will contain the following information:
  1. Dates and times of practices on school grounds.
  2. Specified location(s) of practices or conditioning.
  3. **All coaches must receive confirmation from the Athletic Director prior to conducting any practices or conditioning.**
- ☐ All coaches will take attendance for each practice and/or conditioning practice.
- ☐ Coaches are encouraged to sanitize their equipment and supplies.
- ☐ Coaches will provide student-athletes with a personal piece of equipment when applicable. No athletes should share equipment when it can be prevented.
- ☐ All coaches will encourage all student-athletes and coaches to self screen for any symptoms/signs of COVID-19 prior to a practice.
- ☐ Any coach and/or student athlete displaying and/or reporting signs/symptoms of COVID-19 and/or temperature of 100.4 degrees or higher will be immediately removed from the practice/workout, a parent/guardian will be notified, and encouraged to contact his or her primary care physician. A physician's release will be required to return to any scheduled practice/workout.
- ☐ Coaches are to develop a clear set of defined guidelines and adopt the guidelines developed by the district that govern his or her specific activity. This document will be shared with the athletic director, principal, and families of all student-athletes.

## Student Responsibilities/Parent Responsibilities

- ☐ Familiarize yourself with the Health and Safety Plan.
- ☐ Use hand sanitizer or wash hands periodically during a practice/workout session.
- ☐ Proper attire should be worn at all times for practices and conditioning workouts.
- ☐ Student-athletes are expected to properly wash workout clothing, sanitize personal workout equipment, and shower immediately upon arriving at home after a practice/workout session.

## Athletic Director Responsibilities

- ☐ Educate the Athletes, Coaches, and Staff on health and safety protocols.
- ☐ Athletic director will collect, approve, file, and share with the building principal the schedules of all athletic activities that are occurring on school grounds, a site other than school grounds, and/or any scheduled team function.

## Athletic Trainer Responsibilities

- ☐ 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
  - ☐ Diabetes
- ☐ Athletic trainers will sanitize all tables and/or equipment used by students prior to the next session.
- ☐ Athletic trainers will also sanitize the golf carts after each use.
- ☐ Ice will be available through our Athletic Trainers as needed for injuries, etc.

## School Responsibilities

- ☐ Educate the Athletes, Coaches, and Staff on health and safety protocols.
- ☐ The school will apply adequate cleaning procedures and regularly implement necessary precautions to mitigate any communicable diseases. When possible, cleaning and sanitizing will occur before/after practices/conditioning workouts.
- ☐ Hand sanitizers will be readily available in all locations for use by all student-athletes and coaches.
- ☐ The school will monitor daily the changes to levels of allowed participation, spectator involvement, and updates to the safety protocols surrounding state mandates.
- ☐ The school will communicate with all parties any additional stipulations regarding student athletes and their participation in practices and conditioning.

## Guidelines for Individuals Who Present Signs of Illness and/or Symptoms of COVID-19

- ☐ **Seek Immediate Medical Attention if Experiencing any Life Threatening Symptoms**
- ☐ **Advise Sick Individuals of Home Isolation Criteria Based on the COVID-19 Symptoms Defined in the Terms Above**
  - ☐ Sick coaches, staff members, umpires/officials, or players may not return until they have met CDC's criteria to discontinue home isolation.
- ☐ **Isolate and Transport Those Who are Sick**
  - ☐ All coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any activity will go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms will need to follow CDC guidance for community-related exposure. If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
- ☐ **Clean and Disinfect**
  - ☐ The school will close off areas used by a sick person and will not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).