



**Union City Area School District
Athletic Department
Fall 2020 Sports and Activities
Health and Safety Guidelines**



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 UCASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The UCASD 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 PHASES** for Junior and Senior High 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, which will include a Non-touch temporal scan of a temperature higher than 100.4 degrees.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees 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.
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. 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
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")

TRANSPORTATION:

- Students will wear masks. One to two students per seat. Roof hatches and windows will be opened whenever possible to allow for the best ventilation.
- All Monark Student Transportation employees (drivers, aides, and all other staff) routinely clean/disinfect our fleet before and after each route. We use disinfectant/sanitization products approved on the list of disinfectants used against SARS-COV-2 –COVID 19.
- No Food or Drinks to be opened, shared and/or consumed during transit to and from school, field trips and/or all other activities.
- All buses will keep an updated and accurate seat chart with students first arriving on bus sitting in the back.

GOLF

COMPETITION GUIDELINES:

1. There will be no independent or out of state play.
2. Our coach will complete screenings on each of our own athletes before all competitions and before leaving for any competitions.
3. Home coach will take temperatures of all participants upon arrival.
4. Schools must adhere to local course competition rules in relation to COVID-19 accommodation.
5. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
6. Masks will be worn while standing around waiting for play.
7. Normal golf groups are permitted.
8. All coaches and athletes must wash hands before and after using the restrooms.
9. Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited. When entering indoors masks must be worn.
10. The use of tee times are recommended with expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)

11. Players must bring their own tees, pencils, sharpies, and ball markers. They must also bring their own equipment and food/beverage as needed.
12. Players will not exchange scorecards, but will keep one other player's and their score. Verbal confirmation of scores is accepted.
13. To limit congestion, teams will have a window of time to access the practice facilities while maintaining social distancing.
14. Only coaches, participants, necessary school, media, and PIAA officials are allowed at the contest. **UNLESS PDE/PIAA allow spectators and then those guidelines will be followed.**

PRE ROUND

- The home coach will email the visiting coaches course rules. The visiting coaches will print and hand out information to their team.
- There will be a brief coaches meeting to discuss any pairing changes/updates or questions about course rules.

POST ROUND

- Players will verify scores with each other while maintaining social distancing. Players will verbally share their scores from each hole and the home coach will record scores and add totals.
- Visiting coaches may take a picture of the results and the home coach will email the results to the visiting coaches and proper media.

VOLLEYBALL

COMPETITION GUIDELINES:

1. There will be no independent or out of state play.
2. Our athletic trainer (when possible) or coach will complete screenings on each of our own athletes before all competitions and before leaving for any competitions.
3. Our athletic trainer (when possible) or coach will screen and take temperatures of all participants upon arrival including coaches, players and officials.
4. Teams are required to arrive at the venue already in competitive attire.
5. Only coaches, participants, essential personnel, media, and PIAA officials are allowed at the contest. (maximum of 25 people in the gymnasium) - **UNLESS PDE/ Dept. of Health/PIAA allow spectators and then those guidelines will be followed.**
6. All coaches and participants will wear a mask and social distance. Before athletes are actively engaged coaches will instruct them to take their mask off if they would like to.
7. No hugging, shaking hands, or fist bumps for support/encouragement.
8. All coaches and athletes must wash hands before and after using the restrooms.

9. All players will use hand sanitizer when entering and exiting the game.
10. Players are expected to provide their own water (labeled) for the competition.

UC VOLLEYBALL MEETS:

- When entering the school the JV team and coach will be allowed to enter the gym and begin warming up. The Varsity team will be asked to be supervised in a designated area where social distancing is required. (These girls may work on homework or watch the live streamed JV match on their chromebooks.)
- 6:00 JV Start- At the conclusion of the JV grade game the gym will be cleared and balls will be cleaned and sanitized.
- The JV team will be taken to and asked to be supervised in a sanitized designated area where social distancing is required. (These girls may work on homework or watch the live streamed Varsity match on their chromebooks.)
- After the gym has been cleaned and sanitized the Varsity team and coach will be allowed to enter the gym and begin warming up. Game will start after warm ups.

PRE GAME CONFERENCE:

- The official, one coach and one captain from each team.
- The location of the pre-game conference will be at center court.
- Roster submission at the pre-match conference will be suspended.
- Rosters will be submitted directly to the officials' table before the 10-minute mark.
- Social Distancing protocols and masks are required.
- There will be no handshakes before and after the game.

TEAM BENCHES:

- Teams will not switch sides/benches between sets.
- Home team will select their bench prior to the match and remain on the same side for the duration of the match.
- Team areas will be expanded into the bleachers to promote social distancing.

DECIDING SET PROCEDURES:

- The location of the deciding set coin toss will be at center court with team captains and the second referee maintaining social distancing of 6 feet. A coin toss, called by the home team, will decide serve/receive.

SUBSTITUTION PROCEDURES:

- Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

OFFICIALS' TABLE:

- Limit to essential personnel (which includes home team scorer and timer)
- There will be hand sanitizer at the desk.

BALL:

- The use of a three ball rotation will be used. Balls will be cleaned and sanitized throughout the contest as recommended by the ball manufacturer by a certified adult outside the gym. This person must wear gloves and mask.

POST GAME:

- Visiting coaches may take a picture of the results or the home coach will email the results to the visiting coaches.

MIDDLE SCHOOL GIRLS BASKETBALL

COMPETITION GUIDELINES:

1. There will be no independent or out of state play.
2. Our athletic trainer (when possible) or coach will complete screenings on each of our own athletes before all competitions and before leaving for any competitions.
3. Our athletic trainer (when possible) or coach will screen and take temperatures of all participants upon arrival including coaches, players and officials.
4. Teams are required to arrive at the venue already in competitive attire.
5. Only coaches, participants, essential personnel, media, and PIAA officials are allowed at the contest. (maximum of 25 people in the gymnasium) - **UNLESS PDE/ Dept. of Health/PIAA allow spectators and then those guidelines will be followed.**
6. All coaches and participants will wear a mask and social distance. Before athletes are actively engaged coaches will instruct them to take their mask off if they would like to.
7. No hugging, shaking hands, or fist bumps for support/encouragement.
8. All coaches and athletes must wash hands before and after using the restrooms.
9. All players will use hand sanitizer when entering and exiting the game.
10. Players are expected to provide their own water (labeled) for the competition.

UC JUNIOR HIGH BASKETBALL GAMES:

- When entering the school the 8th Grade team and coach will be allowed to enter the gym and begin warming up. The 7th Grade team will be asked to be

supervised in a designated area where social distancing is required. (These girls may work on homework or watch the live streamed game on their chromebooks.)

- 4:00 8th Grade Start- At the conclusion of the 8th grade game the gym will be cleared and balls will be cleaned and sanitized.
- The 8th Grade team will be taken to and asked to be supervised in a sanitized designated area where social distancing is required. (These girls may work on homework or watch the live streamed game on their chromebooks.)
- After the gym has been cleaned and sanitized the 7th Grade team and coach will be allowed to enter the gym and begin warming up. Game will start after warm ups.

PRE GAME CONFERENCE:

- The official, one coach and one captain from each team.
- The location of the pre-game conference will be at center court.
- Social Distancing protocols and masks are required.
- There will be no handshakes before and after the game.

TEAM BENCHES:

- Team areas will be expanded into the bleachers to promote social distancing.

OFFICIALS' TABLE:

- Limit to essential personnel (which includes home team scorer and timer)
- There will be hand sanitizer at the desk.

BALL:

- The use of a three ball rotation will be used. Balls will be cleaned and sanitized throughout the contest as recommended by the ball manufacturer by a certified adult outside the gym. This person must wear gloves and mask.

POST GAME:

- Visiting coaches may take a picture of the results or the home coach will email the results to the visiting coaches.

CHEERLEADING

COMPETITION GUIDELINES

1. Sideline cheerleading is allowed by our squad only at home events. Visiting cheerleading squads are not permitted.
2. Our athletic trainer (when possible) or coach will complete screenings on each of our own athletes before all home competitions.

3. Squads are required to arrive at the venue already in competitive attire.
4. Only coaches, participants, essential personnel, media, and PIAA officials are allowed at the contest. (maximum of 250 people on the football complex) - **UNLESS PDE/ Dept. of Health/PIAA allow spectators and then those guidelines will be followed.**
5. All coaches and participants will wear a mask and social distance.
6. No hugging, shaking hands, or fist bumps for support/encouragement.
7. All coaches and cheerleaders must wash hands before and after using the restrooms.
8. All coaches and cheerleaders will use hand sanitizer before and throughout the competition.
9. Only sideline cheers are permitted. No stunting is allowed.
10. Cheerleaders must maintain a social distance of 12 feet while cheering and a minimum of 6 feet during all other times.

FOOTBALL

COMPETITION GUIDELINES

1. There will be no independent or out of state play.
2. Our athletic trainer (when possible) or coach will complete screenings on each of our own athletes before all competitions and before leaving for any competitions.
3. Our athletic trainer (when possible) or coach will screen and take temperatures of all participants upon arrival including coaches, players and officials.
4. Teams are required to arrive at the venue already in competitive attire.
5. Only coaches, participants, essential personnel, media, and PIAA officials are allowed at the contest. (maximum of 250 people on the football complex) - **UNLESS PDE/Dept. of Health/PIAA allow spectators and then those guidelines will be followed.**
6. All coaches and participants will wear a mask and social distance. Before athletes are actively engaged coaches will instruct them to take their mask off if they would like to.
7. No hugging, shaking hands, or fist bumps for support/encouragement.
8. All coaches and athletes must wash hands before and after using the restrooms.
9. All players will use hand sanitizer when entering and exiting the game.

TEAM BOX:

- The team box will be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Teams are encouraged to reduce game rosters to allow for more social distancing on sidelines. (Approximately 50 Players)

- The 2-yard sideline belt will be extended up to 5 yards if possible.
- All coaches will wear a mask and all players and coaches will social distance while in the team box.
- Athletes will not share uniforms, towels, and other apparel and equipment.
- Each team is expected to provide individual water for their athletes. Water stations and open cups are discouraged.

BALL:

- The ball will be cleaned and sanitized throughout the contest as recommended by the ball manufacturer by a certified coach. This person must wear gloves and mask.
- The ball holders will maintain social distancing of 6 feet at all times and rotate the cleaned and sanitized balls during the contest.

FACEMASKS:

- Cloth face coverings are permitted.
- Plastic shields covering the entire face if worn must be integrated into the face mask and attached to the helmet and clear without the presence of tint are allowed during the contest.

TOOTH AND MOUTH PROTECTORS:

- Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition.

PREGAME CEREMONY:

- The official and one captain from each team will meet prior to the event.
- Coin toss should take place in the center of the field
- Maintain social distancing of 6 feet while performing all pregame responsibilities.
- There will be no handshakes before and after the game.
- Line-to-gain crew must wear face coverings.
- For the overtime procedure, the same procedure used at the start of the contest for the coin toss will be used.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES:

- A single charged time-out will be extended to a maximum of two minutes in length specifically to allow more time for re-hydration.
- For social distancing purposes the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
- Each game official and player should have their own clearly labeled beverage container.

- Encourage the minimization of offensive and defensive huddles. Coaches are encouraged to utilize other methods of communication with players (such as signals, cards, and signs) to minimize grouping.

INTERMISSION BETWEEN PERIODS AND AFTER SCORING:

- The intermission will be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

QUARTER, HALF-TIME AND POST GAME CEREMONY:

- Water bottles are discouraged on the field of play and should be used off the playing surface.
- Coaches will hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, but not in the locker rooms.

AWAY CONTEST:

- We will follow all UC guidelines and procedures from our Union City Area School District Health and Safety Plan as well as any from the host school.

CROSS COUNTRY

COMPETITION GUIDELINES

1. There will be no independent or out of state play.
2. Our athletic trainer (when possible) or coach will complete screenings on each of our own athletes before all competitions and before leaving for any competitions.
3. Our athletic trainer (when possible) or coach will screen and take temperatures of all participants upon arrival including coaches, players and officials.
4. Visiting teams will park in the main high school parking lot by the gazebo.
5. Teams are required to arrive at the venue already in competitive attire.
6. Only coaches, participants, essential personnel, media, and PIAA officials are allowed at the contest. (maximum of 250 people) - **UNLESS PDE/ Dept of Health/PIAA allow spectators and then those guidelines will be followed.**
7. All coaches and participants will wear a mask and social distance. Before athletes are actively engaged coaches will instruct them to take their mask off if they would like to.
8. No hugging, shaking hands, or fist bumps for support/encouragement.
9. All coaches and athletes must wash hands before and after using the restrooms.
10. Our course will be widened to at least 6 feet where applicable and marked two lines accordingly.
11. Players are expected to provide their own water (labeled) for the competition. Water stations and open cups are discouraged.

12. Coaches will be emailed a map of our course prior to the event and can print them off for their teams.
13. Teams will be allowed to bring a maximum of 12 participants for each race. (12 varsity boys, 12 varsity girls, 12 JH boys, 12 JH girls)

PRE RACE CEREMONY:

- The official, one coach and one captain from each team will meet prior to the event.
- Social Distancing protocols and masks are required.
- There will be no handshakes before and after the race.

UC Cross Country meets use staggered interval starts.

- 4:00 JH Boys Start
- 4:05 JH Girls Start
- 4:30 Varsity Boys Start
- 4:35 Varsity Girls Start

We will use a hand held timing device

- There will be two finish lines. One for boys and one for girls.
- Athletes will be handed a numbered disposable index cards for each of the different races when crossing the finish line.

POST RACE:

- Once athletes are cool down they must wear their masks.
- Visiting coaches may take a picture of the results and the home coach will email the results to the visiting coaches and proper media.

AWAY CONTEST:

- We will follow all UC guidelines and procedures from our Union City Area School District Health and Safety Plan as well as any from the host school.

MARCHING BAND

Football games

PRE GAME:

- Students will have both face masks and instrument coverings at all times.
- Students will be spaced 12 feet apart while in the away side stands.

- 6:00pm- Students will arrive at the band room doors to go through the recommended health screening. Students will maintain social distancing guidelines and will wear their masks at all times
- 6:30pm- Students will line up outside of the band room exit and will be spaced at least 6 feet apart and will wear their masks at all times
- 6:45pm- Students will march to the football field and enter the away side seating. Maintaining at least 6 feet or if playing an instrument at least 12 feet.
- 6:50-7pm- Students (spaced 12 feet apart) will perform the pregame music.

Student Seating:

- Students will not switch seats during the game.
- Students will be seated in the away side seating.

Half Time Performance:

- Students will maintain social distancing, during their performance, of at least 12 feet while playing.
- Students will have both face masks and Bells covers as recommended by the NFSHSA guidelines and second aerosol study.
- Students will exit the field at least 6 feet apart if not playing an instrument and 12 feet apart if playing an instrument to return to the away side stands.

POST GAME:

- Students will line up at least 6 feet apart.
- Only percussion will play as they march back to the high school.
- Students will enter the building and remain 6 feet apart and will wear their masks while putting away instruments and waiting for parent pick up.