



Return to Play Policy
(Effective July 1, 2020)

Coaches Before Practicing Begins:

- Each Coach is required to meet with the Athletic Department prior to Summer voluntary workouts.
- Coaches must review and be familiar with the CDC guidance on consideration for youth sport 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.
- In accordance with CDC guidelines, it is strongly recommended that coaching staff and other adult personnel, as well as adult athletes, are encouraged to wear face coverings (masks or face shields) when they are not engaged in sporting activity, unless doing so jeopardizes their health.

Pre and Post Workout Training:

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts. Athletes and Coaches should use hand sanitizer if soap and water are not available before the start of workouts and/or during workouts.
- All coaches and athletes should be screened for signs/symptoms of COVID-19, including temperature checks on the *COVID-19 Athlete/Coach Monitoring Form*.
- All coaches should record and store responses to screening questions for each person in case an athlete/coach should develop COVID-19.

- Any person participating in sports activity/workouts, who are showing symptoms, have a temperature of 100.4 degrees or higher, or are sick must be sent home and should contact his or her primary care provider or other appropriate healthcare professional.
- Any person showing symptoms of COVID-19 or a positive test result must notify the coach/athletic department immediately.
- Vulnerable individuals should not oversee or participate in any workouts.

Limitations on Gatherings:

- No gathering of more than 50 people at a time for inside or outside workouts.
- Locker rooms will be locked down and unavailable for use during summer workouts.
- 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/workouts.
- Athletes/Coaches are encouraged to shower and wash their workout clothing/equipment immediately upon returning to home.

Facilities Cleaning:

- Coaches are required prior to and after an individual or groups of individuals entering a facility, to wipe down and sanitize any hard surfaces within that facility.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- No personal belongings or equipment are to be left at the facility, and must be disinfected prior to entering.

Weight Room Use:

- 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 or not used.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar-not over top.

Hydration:

- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.

Clarion-Limestone School District

Athletic Department

Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 Clarion-Limestone Area School District Athletic Department will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, Clarion-Limestone Area School District Athletic Department reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the Return to Play Policy of the Clarion-Limestone Area School District Athletic Department include but may not be limited to:

- Health screenings prior to any practice, event, or team meeting wherein the activities may be limited and/or prohibited if an individual displays positive responses or symptoms.
- Encouraging social distancing and healthy hygiene practices such as hand washing and the use of hand sanitizer, etc.
- Limited use and sanitation/disinfection of equipment and facilities.
- Familiarizing Athletes, Coaches, and Staff with the CDC guidance on consideration for youth sport.
- Requiring all Athletes, Coaches, Staff and Officials to bring their own water bottle and drinks to team activities. No Team coolers for sharing through disposable cups will be permitted. Fixed water fountains will be deemed of no use.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against