

TOLEDO PAL

COVID-19 RETURN TO PROGRAMMING AND ACTIVITIES

PLAN*

OHSAA RELEASES RETURN TO PLAY GUIDELINES AND SPORT SPECIFIC RECOMMENDATIONS

The COVID-19 coronavirus pandemic has presented the OHSAA with a myriad of challenges. The Executive Director's Office, with support from its Board of Directors and feedback from the Ohio Joint Advisory Committee on Sports Medicine, the National Federation of State High School Associations and the Ohio Department of Health along with support from the Ohio Lt. Governor's Office, offer a Return to Play document as recommendations on how our member schools can consider approaching the many components of "opening up" sports with the objective of commencing the fall sports seasons on August 1, 2020. The OHSAA fully intends to support its member schools and the student-athletes who desire to compete in interscholastic athletics and will continue to assess all areas as more information becomes available. We encourage you to especially pay attention to the early pages of the document closely since they indicate that many of the recommendations can ONLY be utilized if mandates from the Ohio Department of Health Director's Order are modified.

The risk of coronavirus transmission will still be present to some degree as interscholastic athletics activities begin in August and will continue until there is a widely available vaccine or therapeutic care, possibly through the 2020-21 school year.

Schools should attempt to significantly mitigate exposures by:

- Maintaining physical distancing while not on the field or court of play.
- Requiring face coverings while not on the field or court of play.
- Reducing or greatly eliminating unnecessary travel.
- Reducing or eliminating sharing of common equipment, and
- Reducing or eliminating contact frequency with student-athletes from schools and non-interscholastic programs outside of each school's league/conference or normal competition sphere.

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- As another component to the Return to Play Recommendations document, we are including an educational tool for your student-athletes, an acknowledgement and pledge form that you may strongly consider utilizing.
- As a supplement to the Return to Play document, we are also providing sport specific recommendations and/or considerations that our sport management team has developed in conjunction with the National Federation of State High School Associations or a similar governing body. Links to these documents will also be sent to your head coaches.

**** Note: A rule modification is a modification to a playing rule from the governing body of the sport and is a requirement to adhere to and follow. A recommendation is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted.**

- The OHSAA understands that the physical and mental benefits of participation in education-based interscholastic athletics are numerous and are heightened even more during this pandemic. Students who participate learn life lessons in an environment that cannot be duplicated. Academic achievement, the development of leadership and social skills as well as the mental health benefits are known to be greatly enhanced in students who participate in our programs compared to those who do not. There is no doubt that the COVID-19 coronavirus pandemic has already resulted in thousands of our students missing out on these life-shaping educational experiences over the past several months, and we certainly hope we can return to some type of normalcy as it relates to interscholastic athletics soon. With that being said, in order for interscholastic athletics to occur, we all need to follow the protocols that have been put in place.

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- The recommendations within the Return to Play document for the resumption of varsity, non-varsity and 7th-8th grade interscholastic athletic seasons and participation opportunities have been made with the health, safety and well-being of all student-athletes in mind.
- The risk of coronavirus transmission will still be present to some degree as interscholastic athletics activities begin in August and will continue until there is a widely available vaccine or therapeutic care, possibly through the 2020-21 school year. While the science about COVID-19 is evolving, it will be important to remain vigilant and nimble to respond to new developments. Students and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of athletics participation. Those immunocompromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate. According to the Center for Disease Control and Prevention (CDC), the virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes or talks, and also may be produced when yelling, cheering, singing and spitting. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about six feet). Risk mitigation strategies should be aimed at reducing the likelihood of a person being exposed to respiratory droplets coming from another person. Every school is different, and every athletics activity is different. Certain mitigation strategies may be feasible in one school or for one activity, but not another.

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COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

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

This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19. A current list of COVID-19 symptoms and a “self-checker” application is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptomstesting/symptoms.html>.

TOLEDO PAL

COVID-19 - BUILDING ENTRY / EXIT

- Upon entering the PAL facility each participant, coach and spectator shall only utilize the middle lobby doors marked “ENTRY” as to promote positive social distance practices.
- Upon exiting the PAL facility, each participant shall only utilize the first set of lobby doors marked “EXIT” to swiftly leave the building.

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TOLEDO PAL

COVID-19 PRE – PARTICIPATION SCREENING

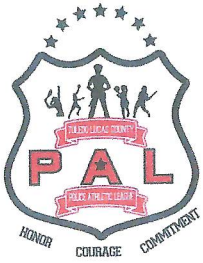
- Each participant entering the PAL facility shall have their temperature checked and recorded
- Each participant shall always wear cloth face covering except when actively engaged in physical activity. *(PAL staff will have a limited supply of masks available upon request).*
- The following are acceptance reason's to not wear a mask as outlined by the Ohio Department of Health:
 - I. Facial coverings are not advisable for health reasons
 - II. Facial coverings are in violation of documented safety policies
 - III. There is a functional (practical) reason to not wear a facial covering
- Each participant shall utilize hand sanitizer located at the front entrance upon entry.
- Each participant actively engaged in activity shall utilize hand sanitizer after completing the activity. *(Sanitizer will be located next to the players seating area).*

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COVID-19 ACTION PLAN – HIGH TEMPERATURE

- If upon entry a participant, coach, or manager test higher than 100.4 in accordance with the Centers for Disease Control and Prevention (CDC) and/or there is a potential or identified risk from screening, either based on symptoms or temperature level, the individual shall wear a face covering and be sent immediately to designated area for isolation
- The individual shall remain in the designated area for 5-10 minutes considering the potential for environmental factor causing an elevated temperature. The individual shall remain in a cool and isolated environment and retest following the elapsed time
- If the individual's temperature remains elevated, he/she will not be allowed entry into the facility and must remain isolated until a responsible adult can remove the child.

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TOLEDO PAL

COVID-19 ACTION PLAN – SIDLINES AND BENCHES

- Each sideline/bench should be furnished with enough hand sanitizing stations to satisfy the needs of sideline/bench capacity.
- All staff, coaches, and sports medicine personnel should have the capability of providing personal sanitation requests from student-athletes throughout competition.
- Teams should not share water bottles throughout the course of competition – each member school is responsible for providing a plan for individualized hydration supplies for their student athletes on competition days.
- Participants should make every attempt to bring their individual water bottles when participating in PAL sports
- All benches should be wiped down using proper CDC-approved cleaning agents before and after competition. Wipe down bench spaces as frequently as possible throughout competition.
- Team participants shall provide their own towel and should not share with other members of their teams. These items should be clearly marked and kept in a secured place (i.e. gym bag). Used towels should be placed immediately in an open bin container to avoid cross-contamination.
- Sideline personnel is limited to participating athletes, coaches, and trainers. Any participants on the sidelines or directly involved with the contest must adhere to these guidelines. When possible, benches and sidelines should provide adequate seating to allot for individualized seating for all student-athletes and members of the coaching staff for each team to allow for appropriate physical distancing when not directly participating.
- PAL staff shall ensure benches and sidelines provide adequate seating to allot for individualized seating for all participants and coaching staff.
- Spectators, OHSAA member schools must adhere to the guidance of local, state, and federal recommendations.

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TOLEDO PAL

COVID-19 ACTION – SPECTATORS

- PAL staff shall ensure all spectators should have their temperature assessed prior to entering the gymnasium with participants.
- PAL staff shall ensure spectators whose temperatures registers above 100.4F be denied entry.
- Spectators must always wear a mask / face covering at all times
- Spectators are restricted from direct competition areas and from visiting with student athletes and personnel before, during and after events.
- Spectators should not congregate in hallways, common traffic areas or gymnasiums.
- Spectators should always practice physical distancing with those outside of their direct family parties.
- Local school administrators, in consultation with local health departments, should determine whether “to-go” meals for their student-athletes in individualized, single packaged containers should be permitted
- PAL staff shall ensure there are visible markings and signs to represent 360-degree physical distancing requirements.

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COVID-19 ACTION PLAN – CONCESSIONS

- The Toledo PAL Program Director in consultation with the Lucas County Health Department, shall determine whether the sale of unopened, pre-packaged food and drink should be permitted at concession stands.
- If sales at concession stands are permitted, they must follow state guidelines for "Restaurants, Bars, and Banquet & Catering Facilities/Services" at <https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>.
- If sales at concession stands are permitted, PAL staff shall ensure concession workers wear masks in accordance with state mandates.
- If sales at concession stands are permitted, PAL staff shall ensure individuals in line for concessions practice physical distancing.
- If sales at concession stands are permitted, individuals in line must adhere to the social distancing requirements along with local and state mandates.

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- PAL staff shall ensure the facility provides for clear and visible ground or floor markings 6ft apart to designate line configuration and physical distancing requirements for individuals waiting in line.

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RESOURCES

- Visit the OHSAA website for the latest updates (www.ohsaa.org) . Among the areas to visit: OHSAA Covid-19 Correspondence; [http://www.ohsaa.org/Home/OHSAA-COVID - 19](http://www.ohsaa.org/Home/OHSAA-COVID-19) Correspondence.
- OHSAA Releases Return to Play Guidelines and Sport Specific Recommendations July 22, 2020; <https://www.ohsaa.org/news-media/articles/ohsaa-releases-return-to-play-guidelines-and-sport-specific-recommendations>
- Ohio Department of Health; <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
- Responsible Restart Ohio; <https://governor.ohio.gov/wps/portal/gov/governor/media/news-and-media/covid19-update-april-27>

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