

North Penn High School

Return to Play Procedures for Athletics and North Penn Marching Knights

July 7, 2020



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North Penn Athletics

Return to Play Plan

STATEMENT FROM THE NATIONAL FEDERATION OF HIGH SCHOOLS

The COVID-19 pandemic presents state high school associations with a myriad of challenges. The NFHS Sports Medicine Advisory Committee (SMAC) offers guidance on how state associations can consider approaching the many components of “opening up” high school athletics and activities across the United States. The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition.

The NFHS SMAC recognizes that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time in all schools, regions, and states. There will also likely be variation in what sports and activities are allowed to be played and held. While we would typically have reservations regarding such inequities, the NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

NORTH PENN SCHOOL DISTRICT

The North Penn School District will implement the necessary precautions and recommendations from the federal, state, and local governments, CDC, PDE, PA DOH, as well as the NFHS and PIAA to ensure student and employee safety. The North Penn 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 to our staff, students, and eventually spectators.

Designated COVID Point of Contact

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SIGNIFICANCE OF RED-YELLOW-GREEN PHASES FOR SPORTS IN PA

No sports Pre-K to 12, recreational or amateur, are allowed in counties as being in the Red phase.

Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools and the CDC.

The Athletics Health and Safety Plan will align with the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. The plan does not need to be submitted to DOH or PDE for approval.

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student-athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

NFHS CLASSIFICATION OF SPORTS

This section has been added to provide a clear definition of a High Risk, Moderate Risk, and Low Risk 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: Wrestling, football, boys lacrosse, competitive cheer, dance

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 OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

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 use by competitors. Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)

The Return to Play Plan will be updated as more health information is available. Data collected during Phase 1 will determine future steps determined by "real-time" regulations.

Phase One

Current

SOCIAL DISTANCING, AGE RESTRICTIONS, SPECIAL CIRCUMSTANCES

- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together.
- Social Distancing Requirements must also be adhered to while coaches and athletes are not actively engaged.
- Participation will be restricted to students currently eligible to participate in High School Sports. Age eligibility is determined by the PIAA.
- Vulnerable individuals who are considered high risk should not oversee or participate in any workouts/practices during Phase 1 unless written permission by a licensed physician is presented to the athletic trainer. If the high-risk individual is permitted to participate, a written note must include any workout/practice restrictions if necessary.
- Number of student-athletes practicing in an out of season activity may vary. Work out plans must include diagrams that provide a minimum distance of 6 feet between each individual at all times.
- Workouts are restricted to staff, coaches, and student-athletes.
- Student-athletes will be responsible for transportation to and from North Penn High School. Student-athletes need to arrive at designated locations on time and leave immediately after practice. Student-athletes will not be allowed to enter the building except for use of designated restroom facilities or if being seen by the athletic trainer.
- Coaches must be present at all times during workout/practice sessions, including supervision of athlete arrivals and departures.

MITIGATING THE SPREAD OF COVID19

- The Athletic Department will provide materials, modules, and communication that educate the staff, coaches, student-athletes, and their families as to when to remain home and when it is permissible to return to workouts/practices.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- 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 develops COVID-19.
- The Athletic department will inform staff, coaches and student-athletes who are tested positive for COVID-19, showing signs or symptoms of COVID 19 or have recently had close contact with a person with COVID-19 to stay home.

These steps must be followed if the above has occurred:

- * Individuals must identify 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, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.
- * If you suspect that you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice immediately.

* Notify the school immediately (principal, athletic director, athletic trainer, coach) if diagnosed with COVID-19.

- A school official will make a determination if others may have been exposed (students, coaches, staff). If an individual has been exposed they will 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.
- The parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up by a parent designated individual.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction as soon as possible.

Language used when referring to individuals who have been diagnosed or potentially exposed to COVID-19 is as follows:

- 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.

HYGIENE PROCEDURES FOR WORKOUTS/PRACTICES

- Students must wear their own appropriate workout clothing (do not share clothing). An individual's clothing/towels should be washed and cleaned after every workout. The individual is responsible for sanitizing their personal equipment each day.
- The Athletic Department will make sure hand sanitizer will be plentiful and available to individuals as they transfer from place to place on the school's campus. Hand sanitizer with at least 60 percent of alcohol and paper towels will be provided. Disinfectant wipes will be provided if available.
- Appropriate clothing/shoes must be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- When possible, individuals are strongly encouraged to wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Staff, coaches, and student-athletes will be instructed to cover coughs and sneezes into their elbow.
- Face coverings should be worn by staff, coaches, and student-athletes when feasible. Student-athletes must wear a face covering when not actively participating.

MAINTAINING HEALTHY ENVIRONMENTS

- Adequate cleaning schedules will be developed and implemented for all athletic facilities to mitigate any communicable diseases.
- The staff will clean and disinfect frequently touched surfaces. High touch areas will be cleaned more often throughout the period of activity.
- Athletic facilities will be cleaned prior to arrival and post workouts and team gatherings.

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- There should be no shared athletic equipment (towels, clothing, shoes, or sports-specific equipment) between students.
- No indoor activities are allowed to take place during phase 1.
- All students shall bring their own water bottle. Water bottles will not be shared.
- The use of hydration stations (water cows, water trough, water fountains, etc.) are not permitted.
- Staff, coaches, and athletes will have access to restrooms. Social distancing requirements and proper hygiene protocol must be followed at all times.
- Signs that promote everyday protective measures will be posted at practice entrances. Additional communication about behaviors that prevent the spread of COVID-19 will be communicated to staff, coaches, student-athletes and families using various forms of social media and email.
- See Appendix for additional information in regard to these topics.

COACHING REQUIREMENTS DURING ALL PHASES

- Coaches are required to provide the Athletic Office a daily workout plan.
- The workout plan must include practice plans which will also explain the implementation of 6' distancing between athletes within a pod of 5-10 students and how 12' distancing between pods will be implemented.
- Promote eating healthy, exercising, getting sleep, and finding time to unwind.
- Encourage student-athletes to talk with people they trust about their concerns and how they are feeling.
- The coaching staff will provide physical guides such as tape or cones on fields, courts, macadam areas or sidewalks. Signs will be posted to ensure that staff, coaches and athletes remain at least 6 feet apart while lining up and at other times.
- Work-out sessions that are not properly staffed will be canceled. No designated coaches or supervisors may have contact with a North Penn High School student-athlete until they have been properly cleared through the athletic office.
- Coaches are strongly encouraged to participate in a COVID-19 education module to educate students, parents, coaches, and staff about disease symptoms, spread, and prevention should be encouraged. The CDC and Pennsylvania Department of Health have numerous online resources that are simple and free to access.
- Encourage student-athletes to take breaks from watching, reading, or listening to news stories about COVID-19, including social media if they are feeling overwhelmed or distressed.

SUGGESTIONS FOR MAINTAINING HEALTHY OPERATIONS

- The athletic department will be aware of local or state regulatory agency policies related to group gatherings to determine if events can be held.
- Keep student-athletes in the same pod throughout the day, every day.
- No mixing between groups if possible.
- Coaches will stagger arrival drop-off times and pick up times. Consideration will be given to provide several locations for drop off and pick up for cohorts (groups) to limit contact between the cohorts. Provisions will be made for staggered drop off and pick up times to also help to avoid gathering of parents or guardians as much as possible.

- When possible, staggered shifts will be created to help establish policies and practices for social distancing (6 feet) between staff, coaches, and student-athletes.
- Essential staff, coaches, and student-athletes will be the only individuals allowed on school property. Parents or guardians who provide transportation for student-athletes must remain in their vehicles when on school property.
- The athletic department will provide information about COVID-19 signs and symptoms for the coaches and athletes by using communication tools such as posters, signs, flyers, meetings, and/or email blasts.
- These educational tools will also be used to inform the coaches and student-athletes about the proper ways to limit exposure to COVID-19 (handwashing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
- Any pertinent COVID-19 information released by state/local governments, NFHS, and COVID-19 signs and symptoms will be communicated to the coaches and athletes by the athletic department.

Phase Two

Timeline- TBD based on local/state guidelines

Governor Wolf announced at 12:00 AM on June 26, 2020 Montgomery County will move to the Green Phase. The Return to Play Plan has been updated to include the procedures allowed to occur in the Green Phase. Data collected during the Phase 2 (Green) will determine future steps, if permitted by current regulations. All Phase 1 procedures will be followed with the following exceptions:

Sport Activities Permitted

- Low Risk sport practices and competitions.
- Moderate Risk sport practices.
- High Risk sport practices may begin with non-contact of participants.

Gatherings

- Outside Facility: 50 or less individuals or 50 percent capacity per field/facility including coaches and players.
- Gymnasium: 25 or less individuals or 50 percent capacity per facility including coaches and players.
- Fitness Center: 20 or less including coaches and players.
- Natatorium: Number based on United States Swimming Guidelines.
- The supervisor overseeing the Fitness Center will develop specific guidelines for use of the facility.
- The supervisor overseeing the Natatorium will develop specific guidelines for use of the facility.

Ventilation

- Indoor activities are permitted with restrictions.

Hygiene Procedures

- No handshakes, fist-bumps, high fives, etc.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.

Shared Objects

- Limit shared objects to those required for sport only.
- Any 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.
- Team equipment will be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant. Note: No materials will remain on-site. A plan of action for football, field hockey, and other members of sports who will wear padded equipment will be established.

Phase Three

Timeline- TBD based on local/state guidelines

All Phase 1 and 2 procedures must be followed with the following exceptions:

Sport Activities Permitted

- Low Risk sport practices and competitions.
- Medium Risk sports practices and competitions.
- High Risk sports will be reviewed for a possible return to contact at this phase.

Gatherings

- Outside Facility: 250 individuals or less or 50 percent capacity per field/facility including coaches and players.
- Gymnasium: 50 individuals or less or 50 percent capacity per facility including coaches and players.
- Fitness Center: 40 individuals or less including coaches and players.
- Natatorium: Number based on United States Swimming Guidelines.
- The supervisor overseeing the Fitness Center will develop specific guidelines for use of the facility.
- The supervisor overseeing the Natatorium will develop specific guidelines for use of the facility.

Other Recommendations

Transportation

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

- Reducing number of athletes/coaches on a bus/van.
- Using hand sanitizer upon boarding the bus/van.
- Social Distancing on the bus.
- Use masks or protective face wear on busses.

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/Benches – Appropriate social distancing will need to be maintained on sidelines/benches 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 to ensure safe social distancing.

- Who should be allowed at events?

Tier 1 (Essential)– Athletes, coaches, officials, event staff, medical staff, and Security

Tier 2 (Preferred) – Media

Tier 3 (Non-essential) – Spectators and vendors

- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions restriction 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 state/local governments.

Return to Normal Operation

It remains unclear as to if there will be a return to “normal” operation this year. Discussion of travel, competition, etc. will need to take place as the summer progresses. As the District makes plans for the fall, state and local governing bodies including PIAA will guide the decision making processes as to when the resumption of normal operations can occur.

APPENDIX



North Penn High School Athletic Department Athlete and Staff COVID-19 Screening

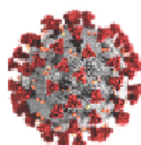
Name: _____ Date: _____

Sport: _____

Students/Coaches should self-report as deemed necessary prior to each practice/event. Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked as “N” – NO or “Y” Yes answers.

For the column “Close Contact” the answer should reflect the following question:
Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.)
If any responses are “YES”, student will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

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.



CE174823 04/12/2020

cdc.gov/coronavirus



WHAT IS CONTACT TRACING?

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.

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health's website, www.health.pa.gov, or the

Help is available, contact the Crisis Text Line by texting

PA to 741-741

RESOURCES:

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

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

Centers for Disease Control – “Considerations for Youth Sports”
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

PA Department of Education – “Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools” PDE
Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “Phased Re-opening 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

Commonwealth of Pennsylvania – “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” *Issued June
10, 2020* <https://www.governor.pa.gov/covid-19/sports-guidance/>

North Penn Marching Knights

Return to Play Plan

Guidance from the National Federation of High Schools (NFHS)

The COVID-19 pandemic presents state high school associations with a myriad of challenges. The NFHS Sports Medicine Advisory Committee (SMAC) offers guidance on how state associations can consider approaching the many components of “opening up” high school athletics and activities across the United States. The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition.

The NFHS SMAC recognizes that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time in all schools, regions, and states. There will also likely be variation in what sports and activities are allowed to be played and held. While we would typically have reservations regarding such inequities, the NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

Return to Play in North Penn School District

The North Penn School District will implement the necessary precautions and recommendations from the federal, state, and local governments, CDC, PDE, PA DOH, as well as the NFHS and PIAA to ensure student and employee safety. The North Penn 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 eventually spectators.

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School Districts are required to develop an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity’s publicly available website. The plan does not need to be submitted to DOH or PDE for approval.

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor’s Plan for Phased Reopening and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to students, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

Although not a “sport” covered by PIAA or PISAA, we believe marching bands can safely operate under the same precautions and guidelines as sports. The Pennsylvania Secretary of Education, Pedro Rivera, has given school districts the authority to establish procedures for marching bands to return.

These Marching Knights Return Procedures will be updated as more health information is available. Data collected during Phase 1 will determine future steps if permitted by current regulations.

Point of Contact

The primary point of contact for all questions related to COVID-19 and the Return Procedures for the North Penn School Band Program is as follows:

Joe Santanello, Band Director
North Penn High School
1340 Valley Forge Road
Lansdale, PA 19446
santanjj@npenn.org
215-853-1295 (please use email first)

in the event Mr. Santanello cannot be reached for any reason please contact

Sean Haddad, Assistant Band Director
North Penn High School
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haddadsa@npenn.org

Requirements

The following requirements will be established for all Marching Knights rehearsals:

1. Students and staff will undergo a COVID-19 health screening prior to any rehearsal. The type of screening will be dependent upon the Phase level (additional information will be provided in this document). The purpose is to check for signs and symptoms of COVID-19. If individuals show symptoms (i.e., having a temperature of 100.4 degrees or higher) or are sick, they will not be permitted to attend rehearsals or performances. Please see the Appendix for a sample of what this form could look like.
2. Students and staff will be educated on healthy hygiene practices such as hand washing (20 seconds with warm water and soap) or the use of hand sanitizer.
3. Staff and other adult personnel will use personal protective equipment (PPE) (gloves, masks, eye protection) as determined by local and state agencies.

4. Students and staff will maintain social distancing through increased spacing, small groups, and limited mixing between groups, if feasible. This includes on the rehearsal field, storage areas, and sidelines. During down time, students and staff are not to congregate.
5. Students and staff will be educated on health and safety protocols with information regarding COVID-19.
6. Any students or staff who are sick are required to stay home. Such individuals are required to notify their immediate supervisor or the band director.
7. Staff and students MUST provide their own water bottle for hydration. Water bottles must not be shared. This includes the use of large “water or drink” coolers. Fixed water fountains are not to be used. Any snacks must not be shared.
8. Activities that increase the risk of exposure to saliva are not permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.
9. Students are to limit unnecessary physical contact with one another, with the staff, and depending on the Phase level, any other people present at rehearsal. This includes handshakes, fist bumps, or high fives, etc., before, during or after rehearsals or performances.
10. The Band Director, through careful review of the Marching Knights Medical Form, will identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. The Band Director will make alternative arrangements if needed.
11. Equipment such as instruments, sticks, mallets and flags and other personal items should be separated and not shared whenever possible. If equipment must be shared, they should be properly disinfected between users.

Phase 1

Physical Closeness of Students and Staff

- Rehearsals should be conducted in “pods” of students with the same 10-15 students always working together with the same staff members.
- There must be a minimum distance of 6 feet between each individual at all times.

Social Distancing Requirements while not Actively Engaged

- There must be a minimum distance of 6 feet between each individual at all times.

Students at high risk

- Vulnerable individuals should not oversee or participate in any rehearsals during Phase 1 unless written permission is given by a licensed physician, including restrictions. The Marching Knights Medical Form must be submitted to the Band Director before any vulnerable individual begins to participate in rehearsals.

Rehearsal Locations

- During Phase 1, rehearsals will take place outdoors. Indoor rehearsals can begin with restrictions in Phase 2. Pods of students will rehearse in separate locations spread across the campus and there will be no travel between pods. See the Appendix for a sample map of where pods could rehearse pending facility availability.

Parent Volunteers

- During Phase 1, parent volunteers are prohibited.

Travel

- Students will be responsible for transportation to and from North Penn High School. Students need to arrive at the designated location on time and leave immediately after practice.

Reduce Spread of COVID 19

Staying Home to Reduce Spread

- A COVID-19 education module to educate students, parents, staff, and staff about disease symptoms, spread, and prevention will be presented to all staff, students and families prior to the first rehearsal. In addition, The CDC and Pennsylvania Department of Health have numerous online resources that are simple and free to access.
- Actively encourage staff and students who feel sick or have recently had close contact with a person with COVID-19 to stay home.
- Staff and students must stay home if they test positive for, or are showing, COVID-19 symptoms. 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, 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, and/or diarrhea.

Isolate and Transport Those Who are Sick

- Any person with positive symptoms reported should not be allowed to take part in rehearsals and should contact his or her primary care provider or other appropriate health care professional.
- Should a staff member or student begin to feel ill at rehearsal, every effort will be made to isolate the ill individual from others until the student or staff member can leave the school.
- The parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- Students or staff must 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 before they can return to rehearsals.

- 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. If it is determined that students or staff may have been exposed to COVID-19 they will be notified, isolated, and/or monitored for symptoms.

Hygiene Procedures

Clothing, Equipment and Music

- Students must wear their own appropriate clothing to rehearsal. There should be no sharing of clothing. Individual clothing/towels should be washed and cleaned after every workout.
- Where feasible, students must bring their own equipment to rehearsal including instruments, mouthpiece, sticks, mallets, flags, etc. There should be no sharing of equipment unless it is thoroughly disinfected.
- Music and drill will be distributed electronically exclusively during Phase 1.

Hand Hygiene and Respiratory Etiquette Prior

- Individuals must use appropriate hand sanitizer prior to touching any surfaces or participating in rehearsal.
- Staff and students will be instructed to cover coughs and sneezes with their elbow.

Cloth Face Coverings

- Face coverings should be worn by staff at all times. It is recommended that students wear face masks when not actively participating.

Supplies

- Hand sanitizer, with at least 60 percent alcohol, and paper towels will be provided. Disinfectant wipes will be provided if available.
- Disposable gloves will be provided.

Signs and Messages

- Signs that promote everyday protective measures will be posted at rehearsal entrances. Additional communication about behaviors that prevent spread of COVID-19 will be communicated to staff, students and families using various forms of social media accounts and email.
- See Appendix for additional information.

Maintaining Healthy Environments

Cleaning and Disinfection

- Adequate cleaning schedules will be developed and implemented for all facilities to mitigate any communicable diseases. This plan will include cleaning and disinfecting frequently touched surfaces and handles.
- Facilities should be cleaned prior to arrival and after rehearsals. High touch areas should be cleaned more often.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.

Water Systems

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Modified Layouts and Social Distancing

- The Band Director will provide the principal with a layout diagram of rehearsal locations to ensure proper distancing.
- Rehearsal plans must indicate distancing of 6 feet between students within a pod (10-15 students), and distancing of at least 60 feet (20 yards) between pods.

Physical Barriers and Guides

- Where appropriate, the Band Director will provide physical guides, such as tape or paint on the field, or sidewalks and signs, to ensure that staff and students remain at least 6 feet apart in lines and at other times.

Communal Spaces

- Staff and students will have restrooms access. Social distancing and sanitation requirements must be followed at all times.

Maintaining Healthy Operations

Regulatory

- The Band Director will stay aware of local or state regulatory agency policies related to group gatherings to determine if events can be held.

Identifying Small Groups and Keeping them Together

- Students will be kept in the same pod throughout the day, every day.
- There will be no mixing between groups.

Staggered Schedules

- If necessary to ensure safe distancing, the Band Director will stagger arrival and drop-off times or locations by pod or put in place other protocols to limit contact between pods of students.

Gathering of Spectators

- During Phase 1, staff and students will be the only individuals allowed on school property. Parents or guardians who provide transportation for students must remain in their vehicles.

Travel

- Transportation is the responsibility of the students.

Parking

- Students who drive to rehearsal should leave at least one parking space between cars to ensure safe distancing.

Adequate staffing

- Rehearsals that cannot be properly staffed will be canceled. No one may have contact with a North Penn High School student until they have been properly cleared through the school district.

Support Coping and Resilience

- Encourage students to take breaks from watching, reading, or listening to news stories about COVID-19, including social media if they are feeling overwhelmed or distressed.
- Promote eating healthy, exercising, proper amount of sleep, and finding time to unwind.
- Encourage students to talk with people they trust about their concerns and how they are feeling.

Phase 2

When to Move to Phase 2

- The Band Director, in coordination with district and building administrators, should establish what determining data should allow the Marching Knights to move to Phase 2. This should be finalized before the beginning of Phase 1.

Physical Closeness of Students and Staff

- The majority of rehearsal time should continue to be conducted in “pods” of students with the same 10-15 students always working together with the same staff members, however larger groups of up to 35

students are permitted under Phase 2. There should be no movement of students or staff between these larger groups however.

- There will continue to be a minimum distance of 6 feet between each individual at all times.

Social Distancing Requirements while not Actively Engaged

- There must continue to be a minimum distance of 6 feet between each individual at all times.

Students at high risk

- Vulnerable individuals should not oversee or participate in any rehearsals during Phase 2 unless written permission is given by a licensed physician, including restrictions. The Marching Knights Medical Form must be submitted to the Band Director before any vulnerable individual begins to participate in rehearsals.

Rehearsal Locations

- During Phase 2, most rehearsals will take place outdoors. Indoor rehearsals can begin with restrictions in Phase 2. The Band Director will, in coordination with building administrators, determine the safe occupancy of several rehearsal spaces including, but not limited to, the Band Room, Chorus Room, Audion, Auditorium and Cafeteria.
- If Indoor Rehearsal locations are to be used, students and staff should not rotate between locations. The same groups should use the same areas for each rehearsal.
- During Phase 2, small spaces such as storage rooms will remain off-limits to students, staff and volunteers. Students will continue to store their equipment at home.
- Effort will be made to control flow in and out of the building at entrance/exit locations to limit the amount of people congregating in one place. Multiple entrance/exit locations will be utilized if possible.

Parent Volunteers

- During Phase 2, parent volunteers are allowed on campus. They must follow the same pre-screening and safety precautions (including PPE) as staff and students. The Band Director will work with North Penn Music Aides (NPMA) to establish clear procedures for parent involvement.

Travel

- Students will be responsible for transportation to and from North Penn High School. Students need to arrive at the designated location on time and leave immediately after practice.

Reduce Spread of COVID 19

Staying Home to Reduce Spread

- A COVID-19 education module to educate students, parents, staff, and staff about disease symptoms, spread, and prevention will be presented to all staff, students and families prior to the first rehearsal. In

addition, The CDC and Pennsylvania Department of Health have numerous online resources that are simple and free to access.

- Actively encourage staff and students who feel sick or have recently had close contact with a person with COVID-19 to stay home.
- Staff and students must stay home if they test positive for, or are showing, COVID-19 symptoms. 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, 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, and/or diarrhea.

Isolate and Transport Those Who are Sick

- Any person with positive symptoms reported should not be allowed to take part in rehearsals and should contact his or her primary care provider or other appropriate health care professional.
- Should a staff member or student begin to feel ill at rehearsal, every effort will be made to isolate the ill individual from others until the student or staff member can leave the school.
- The parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- Students or staff must 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 before they can return to rehearsals.
- 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. If it is determined that students or staff may have been exposed to COVID-19 they will be notified, isolated, and/or monitored for symptoms.

Hygiene Procedures

Clothing, Equipment and Music

- Students must wear their own appropriate clothing to rehearsal. There should be no sharing of clothing. Individual clothing/towels should be washed and cleaned after every workout.
- Where feasible, students must bring their own equipment to rehearsal including instruments, mouthpiece, sticks, mallets, flags, etc. There should be no sharing of equipment unless it is thoroughly disinfected.
- Music and drill will be distributed electronically exclusively during Phase 2.

Hand Hygiene and Respiratory Etiquette Prior

- Individuals must use appropriate hand sanitizer prior to touching any surfaces or participating in rehearsal.
- Staff and students will be instructed to cover coughs and sneezes with their elbow.

Cloth Face Coverings

- Face coverings should be worn by staff at all times. It is recommended that students wear face masks when not actively participating.

Supplies

- Hand sanitizer, with at least 60 percent alcohol, and paper towels will be provided. Disinfectant wipes will be provided if available.
- Disposable gloves will be provided.

Signs and Messages

- Signs that promote everyday protective measures will be posted at rehearsal entrances. Additional communication about behaviors that prevent spread of COVID-19 will be communicated to staff, students and families using various forms of social media accounts and email.
- See Appendix for additional information.

Maintaining Healthy Environments

Cleaning and Disinfection

- Adequate cleaning schedules will be developed and implemented for all facilities to mitigate any communicable diseases. This plan will include cleaning and disinfecting frequently touched surfaces and handles.
- Because Indoor Rehearsals are permitted during Phase 2, facilities should be cleaned prior to arrival and after rehearsals. High touch areas should be cleaned more often. A cleaning plan should be developed with the Building Administration prior to the beginning of Phase 2.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.
- A centralized station with an alcohol-based solution will be created for brass condensation collection in any rooms that are used by brass players.

Water Systems

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Modified Layouts and Social Distancing

- The Band Director will provide the principal with a layout diagram of rehearsal locations to ensure proper distancing.
- Rehearsal plans must indicate distancing of 6 feet between students within a pod (10-15 students) and a larger group rehearsal (up to 35 students), and distancing of at least 60 feet (20 yards) between pods.

Physical Barriers and Guides

- Where appropriate, the Band Director will provide physical guides, such as tape or paint on the field, or sidewalks and signs, to ensure that staff and students remain at least 6 feet apart in lines and at other times.

Communal Spaces

- Staff and students will have restrooms access. Social distancing and sanitation requirements must be followed at all times.

Maintaining Healthy Operations

Regulatory

- The Band Director will stay aware of local or state regulatory agency policies related to group gatherings to determine if events can be held.

Identifying Small Groups and Keeping them Together

- Students will be kept in the same pod throughout the day, every day.
- There will be no mixing between groups.

Staggered Schedules

- If necessary to ensure safe distancing, the Band Director will stagger arrival and drop-off times or locations by pod or put in place other protocols to limit contact between pods of students.

Gathering of Spectators

- During Phase 2, staff and students and pre-approved parent volunteers will be the only individuals allowed on school property. Parents or guardians who provide transportation for students must remain in their vehicles.

Travel

- Transportation is the responsibility of the students.

Parking

- Students who drive to rehearsal should leave at least one parking space between cars to ensure safe distancing.

Adequate staffing

- Rehearsals that cannot be properly staffed will be canceled. No one may have contact with a North Penn High School student until they have been properly cleared through the school district.

Support Coping and Resilience

- Encourage students to take breaks from watching, reading, or listening to news stories about COVID-19, including social media if they are feeling overwhelmed or distressed.
- Promote eating healthy, exercising, proper amount of sleep, and finding time to unwind.
- Encourage students to talk with people they trust about their concerns and how they are feeling.

Phase 3

When to Move to Phase 3

- The Band Director, in coordination with district and building administrators, should establish what determining data should allow the Marching Knights to move to Phase 3. This should be finalized before the beginning of Phase 2.

Summary of Changes for Phase 3

- In Phase 3, all procedures and precautions from Phases 1 and 2 will be followed with the following changes
 - Outdoor rehearsals can take place with the full staff and students (approximately 110 individuals) however Indoor rehearsals will still have all of the same limitations as Phase 2 including restricting students from access to small spaces such as storage rooms. Efforts will continue to be made to control flow in and out of the building at entry/exit points.
 - Students will be distanced at a minimum of two 22.5" steps (often larger) during active engagement but will remain at a 6 feet distance during all times when they are not actively engaged, including down time
 - We will expand the number of parent volunteers able to attend rehearsals for the purpose of assisting the student and staff. Parents must continue to observe physical distancing and wear PPE. However, we will continue to restrict non-volunteers from attending rehearsals.
 - There will continue to be no sharing of food or drink. When longer rehearsals necessitate meal breaks, the meals will be outdoors and students will be required to bring their own food and drink. No community meals will be prepared on site but the Band Director will work with administration to see if take-out is a possibility.

Return to Normal Operation

It remains unclear as to if there will be a return to “normal” operation this year. Discussion of travel, competition, etc. will need to take place as the summer progresses. As the District makes plans for the fall, we ask for continued consideration for this activity.

Our preferred Marching Band Circuit, **USBands**, has created an option for travel-less, virtual competition that we can explore should we not be able to travel or should local competitions be cancelled. For more details, please see this release from USBands -

<https://yea.org/news/new-virtual-performance-option-announced>

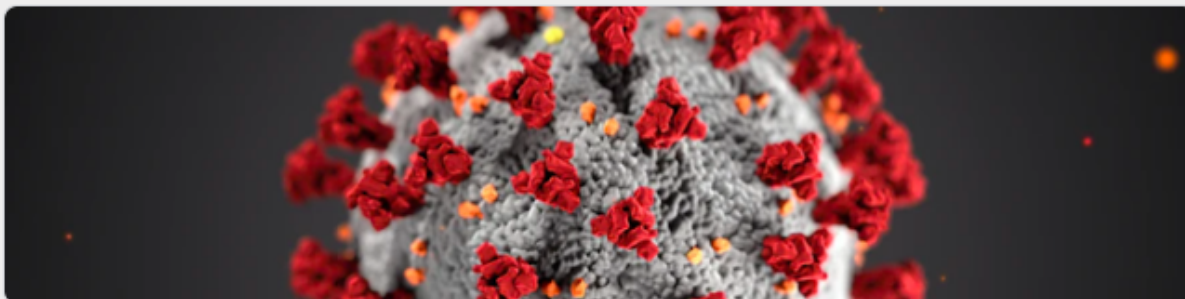
The Marching Knights are a growing program under new direction. We hope to continue that growth and momentum while at the same time protecting our students, staff and volunteers from unnecessary risk. We are committed to working with our administration to ensure that this proud program can continue through these uncertain times safely.

A note from the Band Director, Joe Santanello.

I want to thank everyone involved in attempting to navigate this unprecedented uncertainty. Please know that as a Band Director, I am accustomed to being available, virtually 24/7, to problem-solve. Band Directors do not take summer vacations, and we rarely take evenings or weekends. Please don't hesitate to contact me with any questions or concerns. I want nothing more than to continue growing this program and providing an exceptional musical, social and emotional experience for the students of North Penn High School. I will do whatever it takes!

Joe

APPENDIX



NPMK Rehearsal Clearance

Parents of Marching Knights and all Staff should complete this form no more than two hours before each scheduled rehearsal. Please answer honestly to the best of your ability to help keep everyone healthy!


* Required

Email address *

Your email

Please select today's date *

Date

mm/dd/yyyy 

I am filling this form out for *

- ☐ My child, a member of NPMK
- ☐ Myself (staff)

Student Form

Please check any symptoms your child is currently experiencing *

- ☐ Cough
- ☐ Sore Throat
- ☐ Shortness of Breath
- ☐ Loss of Taste/Smell
- ☐ None

Do you have access to a thermometer in your home? *

If you select no, your child's temperature will be taken by a staff member prior to the beginning of rehearsal.

- ☐ Yes
- ☐ No

Please enter your child's current temperature

Please use the following format - 98.6 F

Your answer _____

Has your child been in close contact with or cared for someone with COVID-19? *

Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.

- ☐ Yes
- ☐ No

Staff Form

Please check any symptoms you are currently experiencing *

- ☐ Cough
- ☐ Sore Throat
- ☐ Shortness of Breath
- ☐ Loss of Taste/Smell
- ☐ None

Do you have access to a thermometer in your home? *

If you select no, your temperature will be taken by another staff member prior to the beginning of rehearsal.

- ☐ Yes
- ☐ No

Please enter your current temperature

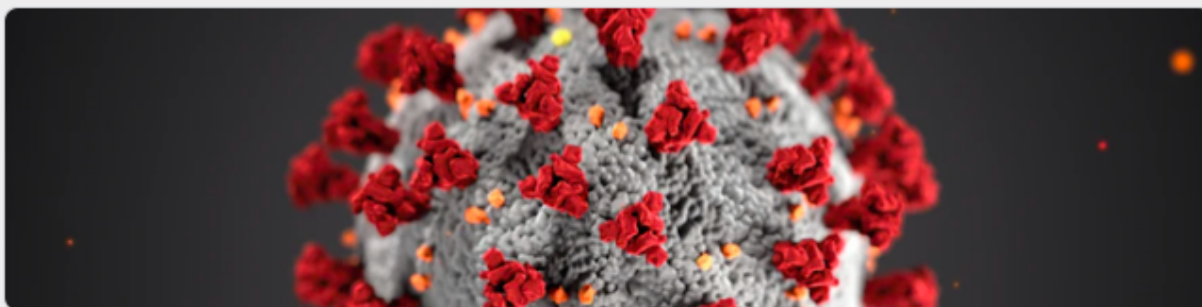
Please use the following format - 98.6 F

Your answer _____

Have you been in close contact with or cared for someone with COVID-19? *

Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.

- ☐ Yes
- ☐ No



NPMK Rehearsal Clearance

Thank you for completing this form.

Instructions for Parents: If your child is experiencing any of the symptoms listed on this form or has a temperature of 100.3 F or above, please do not bring them to rehearsal. Instead, fill out the absence form at <http://bit.ly/NPMKabsence>. You can list "failed rehearsal clearance" as the reason for absence. It is considered excused.

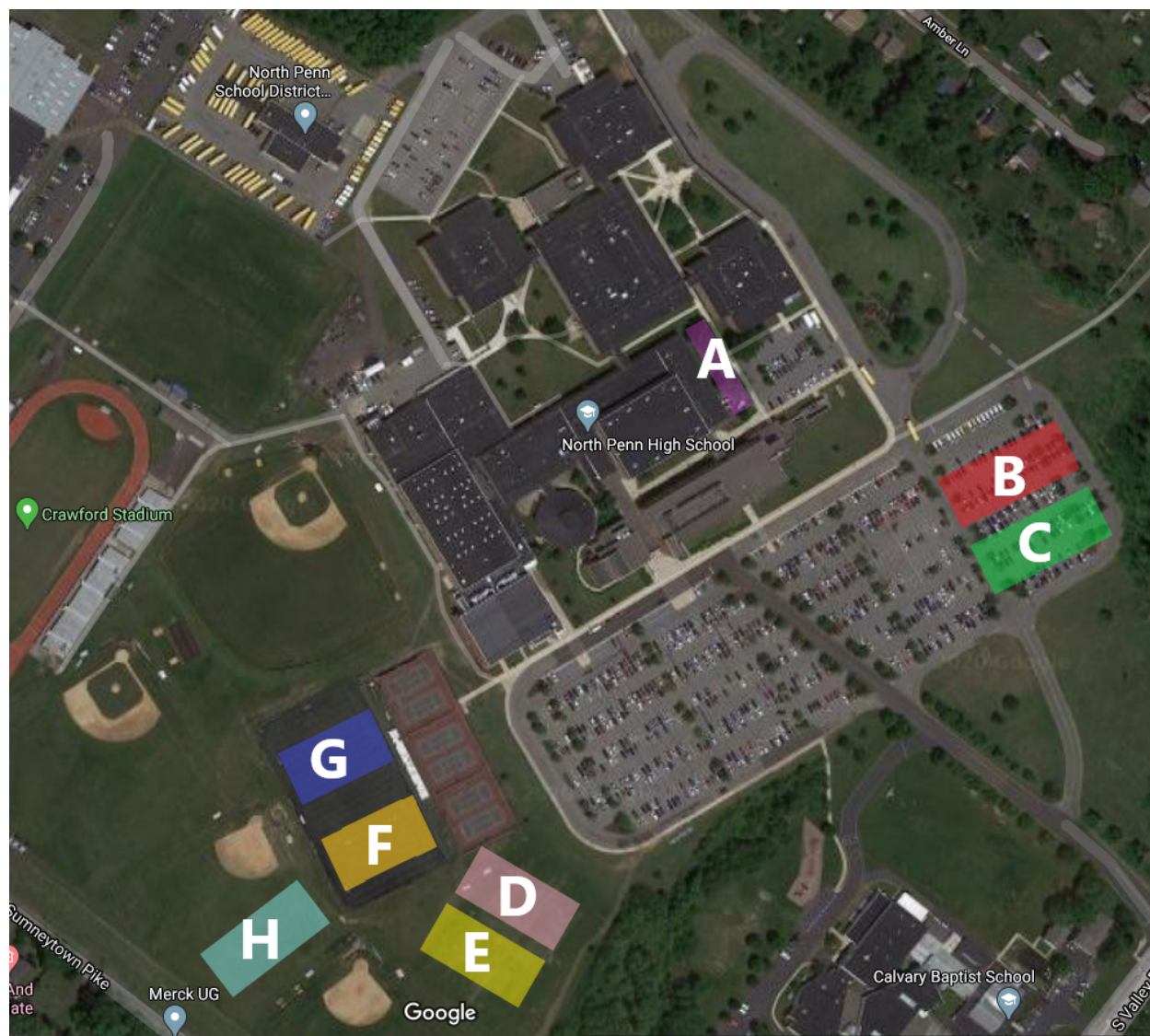
Instructions for Staff: If you are experiencing any of the symptoms listed on this form or have a temperature of 100.3 F or above, please do not attend rehearsal. Contact Joe Santanello to inform him of your absence.

[Submit another response](#)

This form was created inside of North Penn School District. [Report Abuse](#)

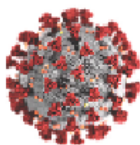
Google Forms

Sample Rehearsal Layout



- A - Front Ensemble**
- B - Flutes/Clarinets**
- C - Saxophones**
- D - Trumpets**
- E - Low Brass/Mellophones**
- F - Color Guard**
- G - Battery**
- H -**

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.



CE174823 04/12/2020

cdc.gov/coronavirus



WHAT IS CONTACT TRACING?

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.

RESOURCES FOR MORE INFORMATION

For more information on wearing or making a mask,

visit: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>

For more information on COVID-19, visit the Department of Health’s website, www.health.pa.gov, or the

Help is available, contact the Crisis Text Line by texting

PA to 741-741

RESOURCES:

Specific to COVID-19

NFHS: Guidance for Opening Up High School Athletics and Activities [NFHS Recommendations](#)

Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”

Centers for Disease Control – “Schools Decision Tree”

Centers for Disease Control – “Considerations for Youth Sports”

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

PA Department of Education – “Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools” PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools

PA Department of Health – “Coronavirus Symptoms”

PA Department of Health – “What is Contact Tracing”

PA Department of Health – “Phased Re-opening 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

Commonwealth of Pennsylvania – “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” *Issued June 10, 2020* <https://www.governor.pa.gov/covid-19/sports-guidance/>

Specific to Band

[American Bandmaster’s Association Document](#)

[CBDNA Recommendation](#)

[UIL Recommendation](#)