



POPE JOHN PAUL II
HIGH SCHOOL

HEALTH AND SAFETY PLAN FOR ATHLETICS

JULY 6 - AUGUST 16

Primary Point of Contact

The following are the primary contacts for all COVID-19 questions in relation to athletics.

Father Kean
Principal
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484-975-6500 x3001

Joseph Trainer
Athletic Director
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General Considerations

- * It is important to note that any summer workout/off season work is voluntary.
- * In order for this plan to be successful everyone involved in workouts (coaches and athletes) should be making every effort to reduce the risk of spreading COVID-19.
- * All summer workouts will be scheduled to allow each team the appropriate time to arrive/vacate the facilities before another team arrives. Designated arrival locations and pick up locations have been set up. It is important that all team members are arriving/leaving at the correct time.
- * All equipment used by athletes needs to be cleaned after every use. Student athletes should be taking all personal equipment home to clean daily.

Voluntary Workouts

Starting July 6th, 2020

Arrival

Considerations for Parents

- * Parents should be aware of their son/daughters drop off location . (see attached picture)

- * Parents should keep their son or daughter home if he/she is not feeling well or experiencing any signs and symptoms of COVID-19.
- * It is important that you bring your child at their appropriate time for practice to help ensure we do not have members of different teams arriving together.
- * Please ensure that your son/daughter has their own water bottle(s) or enough water to last the entire workout.
- * Please ensure that your son/daughter arrives at PJP with an appropriate face covering to wear during check in, preworkout and post workout.
- * All parents must wait in their car until after their son/daughter is checked in and cleared before departing.
- * PJP asks that parents DO NOT linger in the parking lot once their child is cleared during check-in. Outdoor or indoor spectators will not be permitted during optional workouts or pre-season practices.

Considerations for Student Athletes

- * If you are not feeling well, or have any signs or symptoms of COVID-19 stay home. Do not come to practice.
- * If you are driving to and from workout please make sure you are parking in the appropriate area for your check in. (see attached picture)
- * It is required that you park in your appropriate departure area and walk to your check-in location.
- * It is important that you arrive on time. Check-ins will only be available for a short period of time for each team.
- * Make sure that you arrive prepared to begin practice as there will be no access to the building.
- * Make sure that you bring your own water bottle(s) to last throughout the entire workout. No water will be provided by the athletic department. There should be **NO** sharing of water bottles.
- * When checking in with your coach in the designated area each student athlete will be required to wear an appropriate face covering and keep physical distance. If you do not have a face covering you will not be admitted to check in.
- * You must wear your appropriate face covering until the actual workout begins. As soon as the workout is complete you must replace your face covering.
- * Be prepared to have your temperature taken and to answer the COVID-19 questionnaire upon arrival.

- * While waiting your turn for temperature check please make sure you are maintaining appropriate physical distancing in accordance with CDC guidelines.

Considerations for Coaches

- * All coaches must be temperature checked and complete COVID-19 questionnaire prior to workout/practice.
- * Please ensure that you make your student athletes and their parents aware of their drop off location. (see attached picture)
- * Please make sure that you arrive early to help with check in setup.
- * It is ultimately your responsibility to make sure that all of your student athletes are temperature checked and answer the COVID-19 questionnaire daily.
- * If the Athletic Director or Athletic Trainer are not available to help with check in, make sure you enlist the help of assistant coaches to help the process move efficiently.
- * All temperatures check sheets and COVID-19 questionnaires must be submitted to the athletic director daily.
- * During check ins do you best to ensure that the student athletes are maintaining appropriate physical distance.
- * Remember to be vigilant in making sure that all student athletes are wearing the appropriate face covering while checking in and walking to workout/practice.
- * Make sure that you are taking an accurate attendance daily.

Workout/Practice

Considerations for Parents

- * Please ensure that your son/daughter has all equipment (shoes, clothing, gloves, goggles, cleats, towels) with them. No personal equipment should be shared.
- * During the yellow and green phase of the Reopening of Pennsylvania plan only PJP coaches and staff members are allowed to be present for practice.
- * After your son/daughter clears the check in process please do not linger on campus.

Considerations for Student Athletes

- * Please make sure that you bring everything with you that you will need for practice (shoes, cleats, gloves, towel, goggles, water bottle). There will be no sharing of this type of equipment.

- * Make sure that you are wearing an appropriate face covering at all times until the practice or workout begins.
- * To help stop the spread of COVID-19 it is important that all student athletes adhere to the CDC physical distancing standards during all down time at practice and during drills if possible.
- * There should be no high fiving, fist bumping, hand shakes, chest bumps, or hugs.
- * Please refrain from doing any of the following during practice; licking your fingers, spitting, or chewing sunflower seeds.
- * Try to refrain from touching your mouth, eyes and nose.
- * Be sure that if you happen to lick your fingers, cough on your hands, or sneeze on your hands you are disinfecting them with hand sanitizer immediately. (Hand sanitizer will be provided at practices by PJP)
- * There should be NO sharing of water bottles.
- * Make sure that you take all of your belongings home with you after practice or the workout. All of your belongings should be cleaned and disinfected before using them again.

Considerations for Coaches

- * In the early stages of returning to practice make sure that you are planning workouts or drills that are appropriate for students athletes that may not have been doing anything physically active for the last 3 months.
- * During practice all coaches should be wearing face covering unless doing so jeopardizes their health.
- * Make sure that all student athletes are maintaining appropriate physical distancing during down time and whenever possible throughout workout.
- * Make sure that pre-practice and post practice that all student athletes are wearing an appropriate face covering.
- * Make sure that all student athletes that are not participating in workout or practice are wearing an appropriate face covering.
- * To cut down on the possible spread of COVID-19 all team members should be broken down into smaller groups. These groups should remain the same for all workouts. Depending on what phase Montgomery County is in, yellow(25) or green(250) of the Reopening Of Pennsylvania plan do not exceed group gathering limits.
- * Try to schedule different groups at different times if possible (ie. Senior linemen 1-2, Jr Lineman 2:30-3:30 and so on).

- * In an effort to cut down the spread of COVID-19 avoid huddles or close grouping. Give instructions with student athletes appropriately physically distanced.
- * Make sure that you allow enough breaks to help cut down on the chances of overuse injury, or heat illness.
- * Remind student athletes during downtime and periodically throughout practice to disinfect their hands.
- * Make sure that any equipment that must be used (during green phases) like balls are cleaned and disinfected periodically during practice. All equipment must be cleaned and disinfected at the end of workout or practice.
- * Before leaving anything that was used during the workout or practice like benches, chairs, balls, blocking dummies, cones, or anything else must be cleaned and disinfected.

Pickup/Post Practice

Considerations for Parents

- * Please make sure that you are arriving promptly at the end of your child's practice time.
- * Please make sure you know where your child's pick up location is. (see attached picture)
- * Once your child reaches your car please exit the parking lot promptly.
- * We recommend that you have your child sanitize their hands before entering your car.
- * To help prevent the spread of COVID-19 please make sure that your child is washing their clothes or pinnie and disinfecting their other equipment.

Considerations for Student Athletes

- * Once practice is ended make sure that you are wearing your face covering when walking to your pick up location or car.
- * Make sure that you know where your appropriate pick up location is. (see attached picture)
- * Once you arrive to your vehicle you should be getting in your car and leaving campus. There should be no hanging out in the parking lot.
- * Please do not remove your face covering until entering your vehicle.
- * Make sure that once you arrive home you are washing whatever clothes you wore to practice and disinfect any other equipment you used during practice (stick, gloves, goggles, ect.)

Considerations for Coaches

- * Ensure that your student athletes and parents know where the appropriate pickup location is. (see attached picture)

- *Ensure that all student athletes are replacing their face covering while walking back to their pick up location.
- * Be sure to send someone from your coaching staff up to the pick up location to ensure that all student athletes are leaving promptly after practice.
- * Members of the coaching staff are responsible for cleaning all equipment (benches, balls, practice dummies) used during workout or practice is disinfected at the end of the session.
- * If there are student athletes waiting for a ride ensure that they are appropriately physically distanced in accordance with CDC guidelines.
- * Someone from the coaching staff must stay on campus until all members of their team are picked up by a parent or guardian.

Arrival/Drop Off Locations



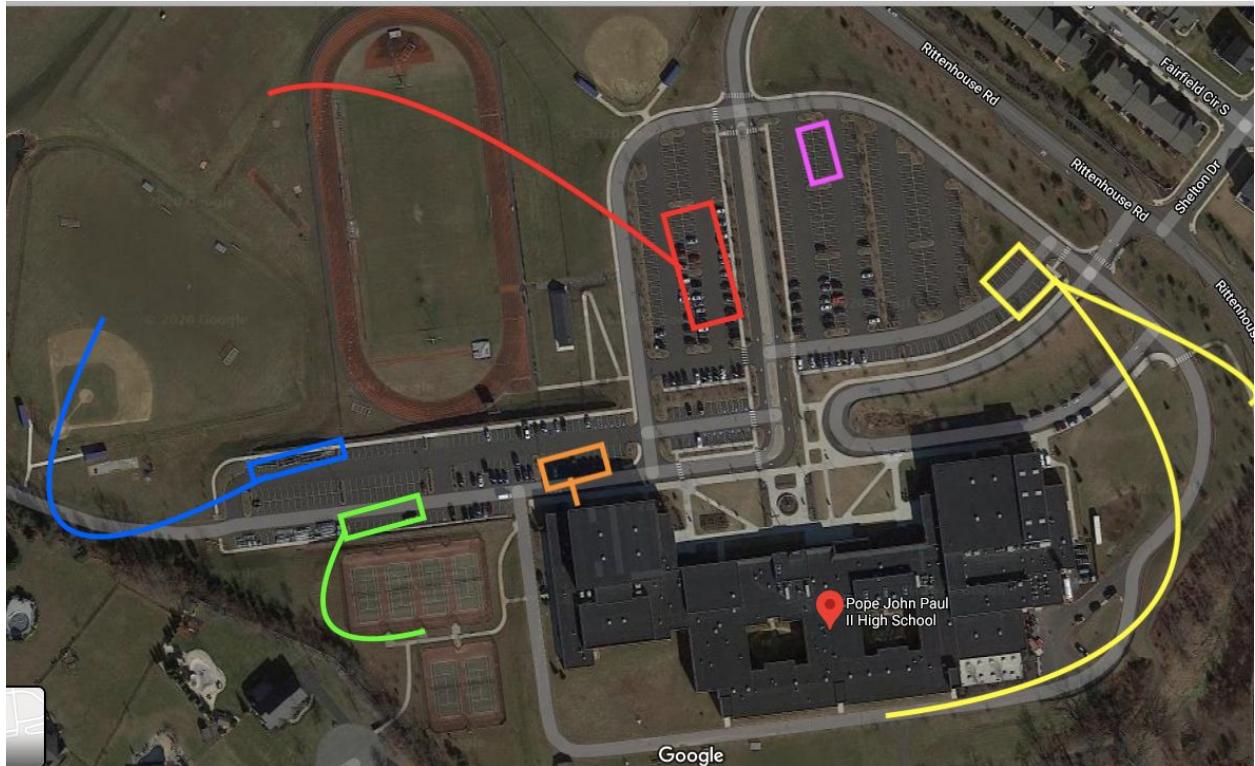
Red Line: Football/Soccer. Drop off is at the access road next to the varsity baseball field. For Football student athletes will check in and then walk to the practice field. For soccer student athletes will check in at the access road and then walk through the baseball fence to the baseball outfield. (These teams would not be starting practice at the same time.)

Green Line: Girls Tennis will check in at the bottom of the driveway next to the tennis courts.

Orange Line: Volleyball/Cheer will check in at the curb by the main gym lobby.(These teams would not be starting practice at the same time.)

Yellow: Field Hockey/Soccer. Drop off is on the auditorium side of the building. Field Hockey players would check in and continue down the driveway to the field. Soccer players would check in then follow the path (to the right of the yellow box) down to the auxiliary soccer field. (These teams would not be starting practice at the same time.)

Pickup Locations



Red: Football exit and pickup

Blue: Soccer exit and pick up

Pink: Cross Country pickup

Green: Girls Tennis exit and pickup

Orange: Volleyball/Cheer exit and pickup. Practices will be staggered to ensure that the two teams are not exiting at the same time, or that a team is not exiting as a team is entering.

Yellow: Field Hockey/Soccer exit and pickup. Practices will be staggered to ensure that the two teams are not exiting at the same time, or that a team is not exiting as a team is entering.