

**Pine-Richland [Cheerleading]
Return to Sports Safety Plan
Revision Date: [09/04/2020]**

Plan Approval and Oversight: Mr. Sean Simmons, PRSD Athletic Director

Plan Design and Implementation: Coach [**Nicole Berezo**]

Plan Implementation: [**Stephanie Kamenicky, Travis Troya**]

Health Screening Oversight: Sean Simmons, Athletics Director; Leigh Anne Cowger, AHN Trainer; Michael Rizzo, AHN Trainer; Kristen Cornell, AHN Trainer; Matt Mahood, AHN Trainer]

General Procedures: All Phases

● **Optional Activity:**

- **Cheerleading** is an optional activity. Students chose to participate. Student-Athletes may choose to take this season off if they wish.
- Student-Athletes will not be penalized if they choose to not participate for this season.

● **Education:**

- Athletes will be educated about the symptoms of COVID-19 and when to stay home and will be frequently reminded of the big 3 effective hygiene practices, physical distancing, and wearing masks (e.g., daily health assessment; stay home if sick; wash hands frequently; cough/sneeze into elbow and rewash hands; limit touching to necessary sport-related activity).
- Disinfecting equipment will be discussed with no sharing of unnecessary equipment, drinks, or towels.

● **Health Assessment:**

- Athletes and Coaches will complete the district COVID screening form before all practices and competitions.
- Temperature check/screenings are performed daily by the Athletic Trainers upon entrance to the field prior to practice and competition for all sports classified as high risk.
 - Cheerleading is a moderate risk sport. Athletes must complete the health screening form prior to practice and and games.
- Athletes should inform coaches immediately when they are not feeling well.
 - The Team athletic trainer will be notified.
 - A parent will be notified and must come get their child if their child did not drive to the practices or competitions or if at an away site.
 - Athletes are encouraged to follow healthy habits including a balanced diet, adequate sleep, and proper hydration.
 - Coaches will maintain an attendance record for every practice or competition.

- Parents should check to make sure that the student athletes have conducted the daily screening checks prior to sending the students to practice
 - Stay Home When: Temperature of 100.0 or higher; Showing symptoms; Feeling sick; Report via COVID screening form; and Return to play only when cleared by the team athletic trainer.
- **Personal Hygiene:**
 - Athletes will clean hands upon arrival and after practices or competitions by washing their hands or using a hand sanitizer that contains at least 60% alcohol.
 - Athletes should immediately wash their hands when arriving at home.
 - Athletes should shower as soon as possible after practices or competition.
 - Cover mouth and nose with a tissue when coughing or sneezing or into the elbow or shoulder.
 - Immediately dispose of tissue and wash hands or use hand sanitizer.
 - Activities that increase the risk of exposure to saliva are not allowed, including but not limited to chewing gum, spitting, licking fingers, and eating sunflower seeds.
- **Physical Distancing**
 - Only approved staff members and athletes are to be present at practices or competitions.
 - Carpooling with non-family members is not recommended. If necessary, athletes should use face coverings.
 - Maintain physical distancing of at least 6 feet at all times including in the field of play, sidelines, benches, and workout areas.
 - Athletes and coaches should not congregate in groups. Group settings will be used for instruction and coaching and will require the use of face coverings.
 - No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Athletes will spread out equipment to be 6 feet away from others' equipment.
 - Physical distancing will be maintained during the National Anthem and on sidelines.
- **Face Coverings**
 - Face coverings are required. Exceptions must meet the PA Health Department July 1, 2020 Section 3 of the order. Coaches will work with the trainer and school nurse to address individual circumstances.
 - Face coverings are required outdoors and indoors. Athletes and Coaches should consistently maintain physical distancing of at least 6 feet.
 - Athletes will keep their face coverings with them at all times.
 - Athletes are not required to wear face coverings while actively engaged in competition. During non-competitive strenuous activity, athletes may remove face coverings but must be physically distanced at least 10 feet.
 - Athletes will wear face coverings when on the sidelines and any time during instruction.

- Masks must adhere to the PIAA's Restriction on Advertisements or Sponsors' Names on Uniforms policy.

- **Athlete Equipment**

- Athletes are responsible for their own equipment and supplies, including water bottles.
- No sharing of post workout snacks and drinks.
- Athletes should bring two or more water bottles to every practice or competition.
- Team water coolers for sharing through disposable cups are not allowed. Water fountains should not be used.
- All equipment should be labeled.
- Athletes should not share clothing, equipment, or supplies.
- Athletes should clean and disinfect their equipment, uniform, and clothing after every practice or competition.
- Athletes should keep their mouth guard in their mouth. If removed, they should first wash or disinfect their hands and must properly disinfect the mouth guard prior to reinsertion.
- The "No Touch Rule" is in effect. If it is not yours, do not touch it
- Avoid shaking hands, or high fives during, before and after practices and competitions.

- **Team Equipment**

- Frequently touched surfaces will be cleaned and disinfected daily. Visibly soiled surfaces will be cleaned and disinfected immediately.
- Teams will bring their own medical kit to away sites.

- **Facilities**

- Limit use of bathrooms.
- Athletes are encouraged to use bathrooms to wash their hands with soap and water when necessary.
- The athletic director will set the schedule for the teams that use the athletic stadium turf.
- The schedules will be distributed weekly on the previous Friday prior to the next week of practice
- It is the responsibility of each Head Coach to communicate the weekly schedule to the parents, student athletes and the athletic trainers.

Phase 2 - Tryouts, Pre-Season and Start-of-School Practice (Aug 25-Sept 9)

- **Practice Logistics:**

- Varsity Sideline Practice from 4:30-6:30 on Mondays in the HS Auditorium
 - Since practices start after school the expectation is that students go home after school and return dressed for practice, non-practice materials should be left at home.
- JV Sideline Practice from 5-6:30 on Tuesdays in the HS Auditorium

- Since practices start after school the expectation is that students go home after school and return dressed for practice, non-practice materials should be left at home.
 - Varsity Competition Practice from 6:30-8:30 on Thursdays in the HS Auditorium
 - Since practices start after school the expectation is that students go home after school and return dressed for practice, non-practice materials should be left at home.
 - Optional Tumbling from 3:30-4:30 on Tuesdays in the HS Main Gym
 - The main gym's locker room is available for athletes to change in. Only 6 athletes can be in the locker room at a time. An adult will supervise the process.
 - ATHLETES COMING FROM HOME
 - Athletes are expected to come straight to practice dressed and ready. Changing rooms are not required.
 - ATHLETES COMING FROM SCHOOL
 - For immediate after school competitions and practices, the girls locker room in the high school gym will be designated as a CHANGING room.
 - A coach will monitor the changing process.
 - No more than 6 student athletes/participants will be permitted into the changing room at one time. There will be designated marked spots in the changing room.
 - No congregating in the locker rooms.
 - Athletes waiting to change will wait 6 feet apart outside the locker room while wearing masks.
 - Masks will be worn at all times in the changing rooms.
- **Personal Equipment and Hygiene:**
 - Athletes will be required to wear a mask with the exception of when they are engaged in strenuous activity;
 - Athletes will maintain 10' of physical distancing during recovery and when not engaged in play;
 - Handwashing and/or Hand Sanitizing Stations available for frequent use during breaks;
 - No distribution or sharing of post-workout snacks and drinks.
- **Group Size/Restrictions:**
 - Athletes will conduct tryouts and practice together on the field. Group sizes will not exceed 25 outdoor and 25 indoor including coaches.
 - The maximum combined group size is 250 for outdoors and 25 for indoors per Allegheny Health Department and WPIAL dated September 2, 2020.
- **Practice Protocols:**
 - During drills and instruction, athletes will maintain physical distancing.
 - When possible, coaches will rotate between drills, rather than the athletes.

- Equipment Management: Cheerleaders must keep their pom-poms and megaphones. The coach will keep the signs and sanitize them after each use.

Phase 3 - Competition (Sept 15 – TBD)

Continue all Phase 2 Practice Protocols and Logistics

● PRSD Athletes

- For competitions which begin later in the evening, all student-athletes are to arrive dressed and ready to compete.
- Students should bring their own water, enough for the entire competition.
- No distribution or sharing of post-competition snacks and drinks.

● Health and Safety Guidelines

- The maximum group size is 250 for outdoors and 25 for indoors. Which include the following people:
 - Student athletes, band members, cheerleaders, coaches, officials, administrators, and spectators
- On competition days for both home and away contests, trainers or coaches will complete health screenings.
 - Students will line up with six feet apart while wearing face coverings.
- Team will travel on the bus, following Pine-Richland School District policies.
 - Maximum number on the bus is 25 people. Temperature will be taken before you board the bus. Student athletes will load back to front, wear masks at all times, one student per seat. No eating on the bus.

● Pre-Game Ceremony

- Athletes maintain physical distancing during the National Anthem & Alma Mater
- Athletes wear face coverings and maintain 6 feet apart

● Pre-Game, Quarter, Half-Time, and Post-Game Team Discussion

- Maintain physical distancing.
- Wear face coverings.
- Keep brief.

● Post-Game

- No hand shaking
- No group cheer

● Senior Recognition and Charity Games

- Follow physical distancing and face covering guidelines.
- Follow spectator guidelines.

Parents and Spectators

● Spectators

- A total of 250 people are permitted inside the stadium area (athletes, coaches, administrators, game officials, cheerleaders, band, spectators)

- At total of 25 people are permitted in the press box area (announcer, PRTV, administrators, officials)
- Spectators must adhere to the Big 3 - proper hygiene, physical distancing, mask wearing. Stadium seats will be marked to group family members together. Masks must be worn at all times.
- Spectators are asked to move directly to their seats and after competition move directly to their vehicles. Groups should not congregate.

- **Concession Stands**

- Concession stand will not be open.

Phase 4 – End of Season

- **Team Banquet**

- Follow physical distancing and face covering guidelines.
- Follow group guidelines.
- Likely a virtual event to recognize athletes

- **Uniform and Equipment Return**

- Uniforms and equipment must be cleaned and disinfected before returning.
- Team equipment will be cleaned and disinfected before storing.

Visiting Team Information

- **Visiting Team Information**

- Pre-Competition Communication Between Athletic Offices
- Arrival Location
- Person to Meet Opposing Team - PRSD Site Manager
- Person Verifying Health Protocols - AHN Athletic Trainer
- Person Verifying Number of Participants - AHN Athletic Trainer
- Directions for Restrooms - PRSD Site Manager
- Directions for Emergency Weather - PRSD Site Manager
- Restrooms will be available in the visitors concession area
- Bus arrival times must be communicated to the Athletic Department 24 hours prior to the contest start time and date.

- **Screenings:**

- All Pine-Richland student athletes will undergo a daily screening for COVID-19 symptoms. We are REQUIRING all visiting teams to conduct their screenings prior to arriving at Pine-Richland. We are also REQUIRING a roster of players and coaches that are attending the event at Pine-Richland. This roster MUST be signed by one of the following acknowledging that screenings are complete: Head Coach, Athletic Trainer, Athletic Director, or Principal. In turn, Pine-Richland will provide the visiting coach with a signed roster of our players and coaches confirming completion of our screening.

- **Face Coverings:**

- Pine-Richland events will follow all guidelines regarding face coverings set forth by the Pennsylvania Department of Health. Coaches, officials, and adult personnel are required to wear face coverings at all times unless doing so jeopardizes their health. Student athletes must wear face coverings at all times except when actively engaged in warm ups and competition. Student athletes on the sidelines must wear a face covering and practice physical distancing of at least 6 feet until it is their turn to enter the competition.
- **Water:**
 - Water coolers will not be provided by Pine-Richland. We encourage all teams/players to bring enough water to adequately hydrate for the duration of the competition. If an emergency arises and you need water, please contact one of our Athletic Trainers or Site Manager.
 - Snacks will not be provided by Pine-Richland.
- **Locker Rooms/Restrooms:**
 - Locker rooms will not be available. Visiting teams should come dressed and ready to compete. Restrooms will be available near the athletic facility. Please limit the number of people using the restrooms to one at a time.
- **Athletic Training:**
 - Pine-Richland will have an Athletic Trainer available for all contests. However, to limit contact, we ask that all of your student athletes arrive to the contest already taped. Ice will only be available for necessary injuries and emergencies.
- **Spectators:**
 - Sports related activities at the middle school to varsity level are limited to student athletes, coaches, officials, cheer, band, staff, and spectators. Indoor (25) and outdoor 250 guidelines will determine if and how many spectators can attend. All individuals do count towards the gathering limitations and must comply with face covering orders and physical distancing guidelines.
- ***Video Streaming:**
 - PRTV, in collaboration with PRSD Athletic Department, will be providing live streaming for most home competitions where spectators are not permitted or limited.

Pine-Richland Cheerleading will continue to monitor and report any cases of Covid-19 within our Community and follow the district policies regarding reporting, disinfecting and contact tracing. All policies regarding returning to play post sickness will be adhered to.

Head Coach Signature Nicole Berezo Date 9/4/2020

Athletic Director Signature Sean Simmons Date 9/4/2020

Coach Compliance Signatures:

I have read and understood the **Cheerleading** Health and Safety Plan. I understand that these plans are designed to promote healthy practices and require disciplined attention-to-detail. I understand that a team or individuals failure to comply with these protocols may result in suspension or permanent removal from the team (coach or student-athlete). I understand my responsibility to seek clarification from the head coach about details of the plan. If the head coach is not responsive or clear, I understand my responsibility to approach the athletic director via email and in-person to seek clarification.

Name	Title	Signature
<u>Nicole Berezo</u>	<u>Head Coach</u>	<i>Nicole Berezo</i>
<u>Stephanie Kamenicky</u>	<u>Assistant Coach</u>	<i>Stephanie Kamenicky</i>
<u>Travis Troya</u>	<u>Assistant Coach</u>	<i>Travis Troya</i>