

Governor Mifflin School District
Athletics Department

Resocialization of Sports Recommendations

*The guidelines set forth in this document are based on the best available current information. As more public health information becomes available, the administration will work with impacted entities to release further guidance which could impact future school sport seasons.

INTRODUCTION

Governor Mifflin School district believes it is essential to the physical and mental well-being of our student athletes to return to physical activity and athletic competition as safely as possible. Governor Mifflin administrators endorse the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to student athletes, coaches, and their families.

Governor Mifflin School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. Our administration 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, student athletes, and spectators.

Guidance Applicable to All Sporting Events

Recommendations for ALL LEVELS of junior and senior high athletics.

1. Athletes, Coaches, and Staff will be subject to a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. The screening process could range from a questionnaire to a temperature check. (see appendix A).
 - a. Parents/guardians will have access to the GM covid-19 health questionnaire so to perform at-home screenings of their student athletes prior to any on-campus events. At-home screenings are highly encouraged to be performed before any sporting event, both on and off campus.
 - b. If your temperature is 100.4 or higher, an individual is showing symptoms or is sick, stay home.
 - c. Cover your mouth and nose with a tissue when coughing or sneezing.
 - d. Adhere to school adopted plans if you begin to show symptoms.
2. All participants will promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), using hand sanitizing stations, and practicing social distancing as per state and local guidelines.
3. Face masks will be used as per local/state government requirements. Face masks will not be required of athletes or coaches while training or competing so as to prevent any further respiratory illnesses or issues. The use of face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.
4. GMSD's covid-19 task force will include the custodial and maintenance staff for scheduled cleaning, disinfecting and proper ventilation during all athletic activity.
5. Activities that increase the risk of exposure to saliva must not be allowed, including; chewing gum, spitting, licking fingers and spitting sunflower seeds.
6. Avoid shaking hands, fist bumps or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials and spectators
7. ALWAYS encourage social distancing through increased spacing, small groups and limited mixing between groups when able.

8. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between use when possible.

9. Anyone who is sick MUST stay home. As stated previously, parents and athletes should refer to the GM athletics Covid-19 questionnaire sheet as an at-home guide to determine ahead of time whether or not an athlete should attend school/sporting events.

10. Any person with positive symptoms reported will not be allowed to take part in workouts, practices or games and should immediately contact his or her primary care provider or other appropriate health-care professional. A clearance note from an appropriate health-care professional will be required in order to return to normal sport activity, regardless of illness diagnosis.

11. GM staff will regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures

12. Athletes and coaches MUST provide their own FILLED water bottles for hydration during athletic activity. Water bottles may not be shared.

13. PPE will be used by essential staff as per local/state government requirements.

14. Identify Staff and student athletes who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions (See - CDC “People who are at a Higher Risk for Severe Illness”).

15. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

Primary Point of Contact

The primary point of contact will have defined roles and responsibilities for health and safety preparedness and response planning for sports-related activities. The point of contact will be responsible for responding to all questions related to COVID-19. All parents, student athletes, officials, and coaches must be provided the person’s contact information.

<u>Point of Contact Name</u>	<u>Position of Point of Contact</u>	<u>Contact Information</u>
<u>Mr. Patrick Tulley</u>	<u>Athletic Director</u>	<u>Pat.Tulley@gmsd.org</u>

Necessary Paperwork

- All athletes must have a daily COVID-19 Pre-Screening information sheet on file.
- Athletes must have a completed, current PIAA CIPPE form on file with the Sports Medicine Department in order to participate in a school sport.
- Student-athletes should obtain their physicals from their family physician, or from a walk-in-clinic. All physicals must be completed on or after June 1, 2020.
- All physicals are due to the Governor Mifflin Athletic Office (located in the high school) PRIOR to the start of the fall sport season, no later than Monday, August 10, 2020.

3 Phases of Participation

Phase 1 (PA State Red)

Team Activities: No in-person gatherings allowed. Athletes and coaches may communicate via online meetings. Athletes may participate in individual home workouts.

- All school facilities remain closed as per PA State Guidelines
- Athletes and coaches should abide by guidelines set forth by the local and state governments.

Phase 2 (PA State Yellow)

Pre-Practice/Contest Screenings

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - Parents/guardians should refer to the GMSD's Health and Safety Plan for access to the school district's daily health screening.
 - Daily health screenings should be completed prior to the start of school each day as well as prior to any athletic event during a weekend or holiday break. (See Appendix for GMSD's daily health screen).
 - Adhere to school adopted plans if you begin to show symptoms.
- Daily COVID-19 screenings from coaches may continue as per school district or state and local government recommendations.
 - Screenings will be recorded and stored daily.
 - Any person with positive symptoms reported should not be allowed to take part in any practice or game and should immediately return home and contact his or her primary care provider or other appropriate health-care professional.
 - All appropriate individuals and school administrators will be notified.
 - A clearance note from an appropriate health-care professional will be required in order for an athlete to return to play, regardless of illness diagnosis.
- Team attendance should always be recorded and stored daily.

Limitations on Gatherings

- No gatherings of more than **25** individuals per group, including coaches, per practice area, indoors or outdoors as per state and local guidelines.
- 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.
- Appropriate social distancing of 6ft should be applied during practices and games and in gathering areas.
- If social distancing is not applicable, face masks will be required of athletes and coaches/staff/volunteers.

Phase 3: PA State Green

Pre-Practice/Contest Screening

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - Parents/guardians should refer to the GMSD's Health and Safety Plan for access to the school district's daily health screening.
 - Daily health screenings should be completed prior to the start of school each day as well as prior to any athletic event during a weekend or holiday break. (See Appendix for GMSD's daily health screen).
 - Adhere to school adopted plans if you begin to show symptoms.
- Daily COVID-19 screenings from coaches may continue as per school district or state and local government recommendations
 - All screenings will be recorded and stored daily.
 - Any person with positive symptoms reported should not be allowed to take part in any practice or game and should immediately return home and contact his or her primary care provider or other appropriate health-care professional.
 - All appropriate individuals and school administrators will be notified.
 - A clearance note from an appropriate health-care professional will be required in order for an athlete to return to play, regardless of illness diagnosis.
- Team attendance should always be recorded and stored daily.

Limitations on Gatherings

- As per state and local guidelines
- 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.
- When not directly participating in practices or contests, social distancing should be considered and applied when able.
- If social distancing is not applicable when not directly participating in practices or contests, face masks will be required of athletes and coaches/staff/volunteers.

OTHER RECOMMENDATIONS:

Physical Activity and Athletic Equipment

- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- Face masks will be used as per local/state government requirements. Face masks will not be required of athletes or coaches while training or competing so as to prevent any further respiratory illnesses or issues. The use of face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.
- Student athletes should refrain from sharing clothing/towels and all should be washed after each practice, including pinnies.
- All athletic facilities will be properly sanitized when possible and will have hand sanitizer readily available for practices and contests.
 - Hand sanitizing stations have been placed in both the GM stadium and multipurpose field for use as needed.
- Clean and disinfect frequently touched surfaces and equipment, including balls, when possible.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Hydration:

- Students MUST bring their own filled water bottle. Water bottles must not be shared, and team water bottles will not be provided.
- It is important for each athlete to have a sufficient amount of fluids on hand if needed.
- Fluid consumption should be based on individual needs.
- Contactless hydration stations may be used but MUST be cleaned after every practice/event.
- Water fountains will not be used. Touchless water filling stations will be open.

Facilities Cleaning

- Custodial staff will be included in COVID task force, and will complete enhanced training through Hillyard CCAP Programs and Best Practices.
- Cleaning schedules will be created and implemented, based on sports teams schedules, for all athletic facilities to mitigate any communicable disease
- Cleaning, sanitizing, disinfecting, and ventilating spaces, surfaces, and any other areas used by student athletes and sporting activities will take place in accordance with the GMSD Health and Safety Plan.
- All staff will utilize proper protocols with all GM distributed cleaning solutions and will educate any student athletes on proper use when necessary.

- Clean and disinfect frequently touched surfaces and equipment.
- Locker rooms will be available on a limited basis and in accordance with state guidelines.
- Weight equipment must be wiped down before and after an individual's use of equipment
- Appropriate clothing/shoes must be worn at all times.
- Students must be encouraged to shower as well as wash their practice and game clothing immediately upon returning home.

EMERGENCY CLEANING & DISINFECTING PLAN

- If a student or staff member is identified as symptomatic or tests positive for COVID-19 the following actions will be implemented at the impacted building(s):
 - The School Nurse and building tracing information (passbooks, classroom sign out sheets, surveillance video, etc...) will be utilized to determine exposure and impacted areas in need of enhanced sanitation or quarantine.
 - Building(s) may need to be temporarily closed for proper disinfection. This decision will be made in conjunction with recommendations from the Berks County Department of Health and the CDC.
 - Disinfectant sprayers will be used, as needed, by trained custodial staff and when buildings are unoccupied.
 - Ventilation systems will be adjusted to further increase the intake of fresh/outdoor air.
 - The impacted bus(es) will be removed from service for a minimum of 1-3 days and will be replaced by a spare bus.
 - The impacted bus(es) will be cleaned and disinfected and must pass inspection before returning to service.

Transportation to Events: These potential modifications will be determined by the school district, bus companies, Department of Education, state and local governments.

- **Bus Procedures**
 - All drivers, staff, and students will be required to wear approved masks at all times on the bus and in the district's operations building.
 - Hand sanitizer, face masks, wastebaskets, and tissues will be supplied for buses.
 - Bus seats will be cleaned with approved disinfectants between every secondary and elementary run each day and after the last run of the day.
 - Seating assignments will be recommended to allow as much social distancing as possible, with the understanding that social distancing may not be possible on a school bus.
- **GM teams traveling to away games:**
 - Host schools will be contacted with regard to GM's policy on athlete/coach covid-19 screenings.

- All GM athletes and traveling coaches/volunteers will be screened prior to traveling to away games.
 - Coaches must be prepared to provide documentation for host schools of pre-travel screenings, if requested.
 - Coaches and athletes must be prepared for a second round of screenings at away schools as per that school district's policies.
 - Teams will bring their own medical and water supplies.
 - Coaches will have their own emergency action plan in place if someone begins to show symptoms while adhering to guidelines provided by the host school. GM staff will ask host schools to provide their own policies and procedures for game day ahead of time.
- **VISITING Teams Traveling to GM Campus:**
 - Appointed administrative contacts will be provided for all visiting teams
 - A visiting team guide will be sent to all participating schools prior to traveling to GM campus. This will include important game day policies and procedures, including proper instruction if an away athlete or staff member starts to feel ill.
 - GM staff will recommend that screenings of traveling athletes are performed PRIOR to arriving at GM campus. If this is not possible, a qualified GM staff member will provide a screening for all athletes/coaches upon arrival to GM campus.
 - Hand sanitizing stations will be provided for all away teams
 - GM staff will coordinate with visiting teams to ensure that they have safe access to water for their participants.
 - Facility use will be provided at the discretion of the school administration.

Social Distancing During Contests/Events,

- Sidelines/benches: appropriate social distancing of 6ft will need to be maintained on sidelines/benches during contests. If social distancing is not applicable, face masks will be required of athletes and coaches/staff/volunteers.
 - If an athlete is subbed out of a practice or game, they may keep their face mask off as long as they maintain 6ft between other athletes and coaches/staff members. When they are physically ready to return to their teammates within 6 ft, a face mask is then worn.
- Coaches will adhere to the guidelines set forth by the PIAA for their individual sport.

Who will be allowed at events?

- At the present time, 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 as per local and state guidelines.

- According to the Preliminary School Sports Guidance document, “the addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.”
- Spectators may not enter the field of play or bench areas.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.
- Should spectators eventually be permitted to attend contests, we anticipate that such attendance will be subject to some important limitations that were also included in the Preliminary School Sports Guidance
 - Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household.
 - To assist with proper social distancing, areas should be clearly marked.
 - Adults must wear face coverings (masks or face shields) at all times.
 - Spectators should not enter the field of play or bench areas unless contacted by a coach or sports medicine staff member.

Considerations for Parents/Guardians: (A family’s role in maintaining safety guidelines for themselves and others):

- Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
- Parents/Guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your child and clearly label them.
- Disinfect your student’s personal equipment after each game or practice.
- Be prepared with face coverings for members of your family if permitted to attend events.
 - Any parent entering a school district building for his/her student athlete will be required to wear a face mask All visitors to our buildings will be required to wear a face mask or face shield in accordance with the Pennsylvania Required Universal Face Covering Order as outlined in the district’s health and safety plan.
- Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The Governor Mifflin School District will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

***GM Athletics will adhere to the guidelines set forth in the GMSD Health and Safety Plan on “Monitoring Illness and Staying Home” ***

What are the 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. (See CDC Fact Sheet in Appendix). Symptoms may include:

- Fever or chills (100.4 or High)
- 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
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you may be infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your health-care provider immediately for medical advice, and notify the school district’s primary point of contact immediately.
- If a positive case of COVID-19 is diagnosed, the GMSD health and safety plan for monitoring student and staff health will be implemented, as well as contact tracing with the assistance of local health professionals and the CDC/PA DOH. (See Information in Appendix)

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Athletes should tell coaches immediately when they are not feeling well.
- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
 - A 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 his/her physician or appropriate health-care professional for further direction.
- The appointed GM school district primary point of contact will be notified.

- A clearance note from an appropriate health-care provider will be required in order for an athlete to return to play, regardless of illness diagnosis.

What if my son/daughter fails his/her covid screening or starts to feel ill at an away event?

- Athletes should tell coaches immediately when they are not feeling well.
- Every effort will be made to isolate the ill individual from others until the athlete can safely leave the event.
- An appropriate authority figure of the host campus will determine the proper plan of action for the ill athlete, and will also determine whether or not team competition will continue for that day.
- A parent/guardian will be contacted immediately, and arrangements will be made for the ill student athlete to be picked up from the host school.
- All necessary school personnel from both participating schools will be contacted.
- The ill individual will be asked to contact his/her physician or appropriate health-care professional for further direction.
- A clearance note from an appropriate health-care professional will be required in order for an athlete to return to play, regardless of illness diagnosis.

What if a traveling athlete fails his/her covid screening or starts to feel ill at our campus?

- Athletes should tell coaches immediately when they are not feeling well.
- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- A parent/guardian will be contacted immediately, and arrangements will be made for the ill student athlete to be picked up.
- An appropriate authority figure on the host campus will determine the proper plan of action for that athlete, and will also determine whether or not team competition will continue for that day.
- All necessary school personnel from both participating schools will be contacted.

What if an athlete/coach tests positive for COVID-19?

- If a positive COVID-19 case is determined, the GMSD health and safety plan for monitoring student and staff health will be implemented, with the assistance of the Department of Health, CDC, and local health guidelines..
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented, and all relevant athletes and parents/guardians will be notified with the assistance of local health professionals and the CDC/PA DOH. (See Information in Appendix).

How can a student athlete or staff member return to athletics following a COVID-19 diagnosis or other general illness?

- Students or staff must have a medical clearance note from their physician or appropriate health-care professional, and must turn that note in to the sports medicine department in order to return to school athletic activity.

GMSD Daily Health Screening (As stated in the GMSD Health and Safety Plan)

All staff and students (parents/guardians of students) should conduct this daily health screening prior to the start of school each day

If you answer “yes” to any of the questions, DO NOT come to school. Symptoms should be closely monitored and if they persist, contact your healthcare provider.

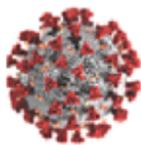
1. Do you have any one of the following symptoms:
 - Fever of 100.4 or higher
 - Cough
 - Shortness of breath
 - Difficulty breathing

2. you have two or more of the following symptoms:
 - Sore throat
 - Runny nose/congestion
 - Chills
 - Lack of taste/smell
 - nausea/vomiting
 - headache
 - Diarrhea

3. In the last 14 days, have you been exposed to someone who has tested positive for COVID-19 or who is awaiting test results and presumed positive?

4. Have you or someone in your home been asked to self quarantine by a federal or local agency, or physician?

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.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- 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.

GOVERNOR MIFFLIN SCHOOL DISTRICT ATHLETICS DEPARTMENT
COACH'S AGREEMENT

By signing this form, I acknowledge that I have reviewed, understand and agree to comply and reinforce to the best of my ability the guidelines, recommendations and requirements detailed in the "Governor Mifflin School District Return to Summer Workouts Plan.

I acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease. I further acknowledge that I am aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

I knowingly and freely assume all such risks, both known and unknown,, and assume full responsibility for my participation in athletics during the COVID-19 pandemic. I willingly agree to comply with the stated recommendations put forth by the Governor Mifflin Athletics Department to limit the exposure and spread of COVID-19 and other communicable diseases.

Coach's Printed Name

Coach's Signature

Athletic Director Signature

Date Approved

RESOURCES:

GMSD Phased Reopening Health and Safety Plan:
<https://drive.google.com/file/d/1Cj6kWou0SeB1A6-PM9QZdzE0XrwcFlw2/view>

***Centers for Disease Control and Prevention**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

***PA Department of Health**

<https://www.health.pa.gov/Pages/default.aspx>

***Informational Videos**

<https://www.youtube.com/watch?v=d914EnpU4Fo> - hand washing

<https://www.cdc.gov/video/socialmedia/symptoms.mp4> - COVID-19 symptoms

<https://www.youtube.com/watch?v=uOtg3C8dqIY> –stay home

Governor Mifflin Sports Medicine Google Classroom: [GM Sports Medicine](#)
Class Code: b42v5i7