

**Governor Mifflin School District
Sports Medicine Department
Guidelines/Recommendations for Return to Operations 2020-2021**

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.

The Governor Mifflin School District sports medicine department will continue to care for our athletes while taking 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.

General Sports Medicine Facility Guidelines

1. The high school sports medicine facility will generally be used as a sports medicine office-setting. Unscheduled visits to the athletic training room will be discouraged. Coaches, athletes and parents must adhere to the following guidelines to ensure the health and safety of not only our student athletes, but of the sports medicine staff.
2. The sports medicine staff will educate coaches and athletes as much as possible on injury prevention, self care and at-home rehab.
3. Severe injuries and illnesses occurring during practices and games will take top priority for the GM sports medicine staff during both the yellow and green phase of return to sport. These significant injuries or illnesses will be dealt with efficiently in the best possible manner to ensure the health and safety of the involved student athlete.
4. When possible, acute, minor injury evaluations occurring during practices or games will be evaluated by the sports medicine staff at practice and games sites. Further steps will be taken when deemed necessary per each situation.
5. Athletes requesting a non-acute, general injury evaluation will be required to sign up for a sports medicine appointment time during designated weekly hours. There will be **no** walk-in evaluations or treatments permitted.

Link to sign-up form here: [Sports Med Appointment](#)

6. Every athlete wishing to visit the sports medicine department will be subject to an online covid-19 screening prior to entering the facility. 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. This online screening process will be accessible through a Google Form link.
 - a. Parents/guardians will have access to the GM covid-19 health questionnaire, included in the GMSD Health and Safety Plan, so as 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. Any person with positive symptoms reported will not be allowed inside the sports medicine facility and must immediately contact his or her primary care provider or other appropriate health-care professional.
 - c. Proper school district administration will be notified.
 - d. A clearance note will be required from an appropriate health-care professional in order to return to normal on-campus activity, regardless of illness diagnosis

7. The sports medicine department will be split into an outdoor and indoor facility for as long as the weather permits. Each facility will be used for different purposes so as to prevent congestion and abide by social distancing guidelines while conducting the best possible care for the student athletes.
8. All athletes wishing to interact with the sports medicine staff 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.
9. Face masks will be required in all sports medicine facilities as per local/state government requirements. Face masks will not be required of athletes who are visiting the sports medicine department due to respiratory distress. The general use of face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.
10. Along with essential staff, the GM covid task force will include the custodial and maintenance staff for scheduled cleaning, disinfecting and proper ventilation of all sports medicine facilities.
11. Social distancing will always be encouraged through increased spacing and, therefore, will limit the number of athletes permitted inside the sports medicine facility at a time.
12. There will be NO use of whirlpools inside the sports medicine room with the exception of use permitted in the GM emergency action policy for heat-related illness.
13. Socializing in any of the sports medicine facilities will be prohibited.
14. 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 on campus activities.
15. The GM sports medicine department will regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
16. Proper PPE will be used by essential staff as per local/state government requirements.
17. 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").

Necessary Paperwork

- All athletes must have a daily sports medicine COVID-19 pre-screening online form completed prior to interacting with the sports medicine staff.
- Athletes must have a completed, current PIAA CIPPE form on file with the Sports Medicine Department in order to participate in a school sport and to receive assistance from the sports medicine staff.
- Student-athletes should obtain their physicals from their family physician, or from a walk-in-clinic. All physicals must be completed and handed in to the athletic office PRIOR to an athlete's sport's official first practice date.

Outdoor Sports Medicine Facility

- Tented area located on campus with portable treatment tables and storage carts with adequate supplies.
- Facility will mainly be used for necessary quick treatments/tapings/wound care prior to practices.
- First come, first serve
- Only **6** athletes will be allowed inside the tent at a time while social distancing.
- Athletes will be required to wear a face mask in the sports medicine facility, when social distancing is not feasible, unless given other instruction based on specific injury/illness.
- Socializing in the sports medicine facility is prohibited.
- All needs must be addressed with the sports medicine staff. Self-sufficient treatments and equipment use will not be permitted.

Indoor Sports Medicine Facility

- The GM indoor sports medicine facility will be utilized for non-urgent injury evaluations and treatments ONLY.
- Walk-ins will not be accepted.
- The indoor facility will run as an **office-setting** and will be utilized by appointment only.
 - Link to sports medicine sign up form: [Sports Med Appointment](#)
- The indoor facility's appointment times will be subject to change weekly. Parents, coaches and athletes are encouraged to constantly review the weekly sports medicine facility schedules via the above link.
- Only **3** athletes will be permitted inside the indoor sports medicine facility at a time.
- Athletes must wash their hands or use hand sanitizer before entering the sports medicine facility. Hand sanitizing stations will be provided.
- A face mask must be worn inside the sports medicine facility unless given other instruction based on specific injury/illness.
- NO quick treatments/tapings will be utilized in the indoor facility unless otherwise stated.
- Socializing is prohibited.
- The use of the ice machine will be restricted to GM sports medicine staff only. Injury-ice chests will be filled and offered to coaches and highly recommended for use at practice

and game sites. Only coaches may enter the sports medicine facility to acquire an ice chest. Visits to a sports medicine facility for ice must be discouraged.

- All needs must be addressed with the sports medicine staff. Self-sufficient treatments and equipment use will not be permitted.

3 Phases of Sports Medicine Department Guidelines (based on school district's phases of resocialization of sport)

Phase 1 (PA State Red)

- All school facilities (including sports medicine) remain closed as per PA State Guidelines
- Telemedicine may be offered by sports medicine staff as per school district guidelines and per the supervising physician's standing orders.
- At-home rehab programs and injury prevention programs, located on the GM Sports Medicine's google classroom, are encouraged during this phase. (See Appendix)

Phase 2 (PA State Yellow)

An outdoor and indoor sports medicine facility will be utilized (weather permitting).

Pre-Evaluation Screenings

- Every athlete wishing to visit the sports medicine department will be subject to an online covid-19 screening prior to entering the facility. 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. This screening process will include a questionnaire located on a Google Form and may also include a temperature check performed by the sports medicine staff.
 - Link to Screening Form: [GM Sports Med Screening](#)
 - Parents/guardians will also 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.
 - Any person with positive symptoms reported will not be allowed inside the sports medicine facility and must 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 on-campus activity, regardless of illness diagnosis.
 - Proper school district administration will be notified should an athlete get sent home with positive symptoms.
- Responses to screening questions will be recorded and stored daily with the sports medicine staff.

Limitations on Gatherings

- No gatherings of more than **3** athletes will be allowed at the INDOOR sports medicine facility at a time.
- No gatherings of more than **6** athletes will be permitted at the OUTDOOR sports medicine facility at a time.
- Social distancing should be applied at all times in sports medicine facilities.
- Socialization inside all sports medicine facilities is prohibited.

Phase 3: PA State Green

An outdoor sports medicine facility may still be utilized as the weather permits.

Pre-Injury Evaluation Screenings

- Every athlete wishing to visit the sports medicine department will be subject to an online covid-19 screening prior to entering the facility. 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. This screening process will include a questionnaire located on a Google Form and may also include a temperature check performed by the sports medicine staff.
 - Link to Screening Form: [GM Sports Med Screening](#)
 - Parents/guardians will also 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.
 - Any person with positive symptoms reported will not be allowed inside the sports medicine facility and must 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 on-campus activity, regardless of illness diagnosis.
 - Proper school district administration will be notified should an athlete get sent home with positive symptoms.
- Responses to screening questions will be recorded and stored daily with the sports medicine staff.

Limitations on Gatherings

- No gatherings of more than **3** athletes will be allowed at the INDOOR sports medicine facility at a time.
- No gatherings of more than **6** athletes will be permitted at the OUTDOOR sports medicine facility at a time.
- Social distancing should be applied at all times in sports medicine facilities.
- Socialization inside all sports medicine facilities is prohibited.

Other Recommendations

Sports Medicine Department Injury Procedures/Policies

- Severe injuries and illnesses occurring during practices and games will take top priority for the GM sports medicine staff during both the yellow and green phase of return to sport. These significant injuries or illnesses should be immediately brought to the sports medicine staff's attention, and will be dealt with efficiently in the best possible manner to ensure the health and safety of the involved student athlete.
 - Examples of injuries that will require immediate attention from the sports medicine staff: head/neck injury, heat illness, respiratory/cardiac distress, obvious fractures/dislocations, severe bleeding, acute injuries that affect an athlete's ability to bear weight.
- Minor, acute injury evaluations occurring during practices or games will be conducted at practice and game sites. These minor, but acute injuries may be brought to the sports medicine staff's attention upon occurring, but may not take *immediate*, top priority of the staff if other, more severe injuries precede the minor injury. Upon evaluation, further measures may be taken by the sports medicine staff per situation.
 - Example of minor, acute injuries that can be evaluated at practice/game sites: minor ligament sprains, muscle strains, abrasions/lacerations without severe bleeding, acute bruises.
- General, non-urgent or non-acute injury evaluations will be limited and must be scheduled by appointment only.
 - Examples of general, non-acute or non-urgent injuries that must be scheduled: chronic pain, general pain without a mechanism of injury, any nagging pain that **does not** prevent an athlete from practicing, muscle tightness.
- Pre-practice and game treatment/taping will be limited and proper bracing supplies will be recommended for all teams.
- At-home treatment and rehabilitation programs will be utilized for all minor injuries both acute and chronic when applicable.
 - The sports medicine staff will continue to educate athletes and parents on injury prevention programs as well as on injury at-home treatment and rehabilitation guidelines.

Team Medical Kits and Injury Ice Supply

- All coaches will be equipped with a team medical kit that will include a number of first-aid supplies for athletes to utilize at practice and game sites as needed.
- Medical kits will also contain extra PPE as needed (disposable masks, gloves, hand sanitizer).
- All coaches are recommended to have a chest of injury ice with them at all practices and games. It is recommended that teams designate a volunteer or coach to distribute ice to athletes as needed so as to prevent the potential spread of germs.
- Ice chests will be provided by the sports medicine staff, and may only be filled by the sports medicine staff or coach.
- Ice is recommended for injury use ONLY. Ice should NOT be used for individual water bottles.
- Use of the ice machine inside the sports medicine facility will be restricted to sports medicine staff and coaches ONLY. Athletes must be discouraged from visiting the athletic training room for ice.

Hydration:

- Athletes and coaches MUST provide their own FILLED water bottles for hydration during athletic activity.
- Athletes must come to athletic events with enough fluid to remain hydrated throughout each practice or game. Fluid consumption should be based on individual needs.
- There should be NO sharing of water bottles, and coaches are recommended to create plans for separating athletes' water bottles on the sidelines to prevent congestion but still offer easy access.

Facilities Cleaning

- Custodial staff will be included in COVID task force.
- Cleaning schedules will be created and implemented for all sports medicine facilities to mitigate any communicable disease
- Athletes will be required to use hand sanitizer or wash hands prior to entering any sports medicine facility as well as upon exiting. Hand sanitizing stations will be provided.
- All sports medicine equipment will be disinfected between use.
- Appropriate clothing/shoes must be worn at all times in the athletic training room to minimize sweat from transmitting onto equipment/surfaces unless a sports medicine staff member states otherwise.

Graduated Return to Play Protocol Post Covid-19

Diagnosis

- A graduated return to play protocol (GRTP) is a progressive program that introduces physical activity and sport in a stepwise fashion.
- Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID-19 should provide a written release for return to activity from their medical provider before allowing continued participation.

Variables and Consideration for GRTP Post Covid-19

There are three variables to consider:

1. How recent was the COVID-19 infection?
 2. How severe was the infection?
 3. What is the physical activity or sport being considered?
- **Assuming there were no clinical or laboratory findings** suggesting myocardial involvement during the acute infection, before considering return-to-play, *Athletes should be asymptomatic for at least two weeks.*
 - **This two-week period will allow for the full clinical manifestations of COVID-19 to present themselves** and, perhaps most importantly, decrease the risk of transmitting the infection to teammates or opponents.
 - **Regarding the severity of the illness**, we believe that asymptomatic or mild illnesses in the pediatric population should be treated similarly to other viral illnesses in the pediatric population.
 - **This typically means that children refrain from physical activity and sports while actively sick or febrile** and gradually return to activities as they feel able.
 - **These athletes likely did not require cardiac testing** during their acute infection, so we do not believe cardiac testing is needed to clear them for participation.

Key Considerations

- a. Before considering GRTP, the athlete must be able to complete activities of daily living and walk 500 meters (1 and ¼ laps around a track) on a flat surface without excessive fatigue or breathlessness.
- b. They should have at least 10 days' rest and be 7 days symptom-free before starting any intense activity.
- c. Experience suggests that some athletes take over 3 weeks to recover.

Some continued monitoring may include:

1. Resting heart rate.
2. Rated perceived exertion.
3. Sleep, stress, fatigue and muscle soreness.
4. Injury-psychological readiness to return to sport.
5. If any symptoms occur (including excessive fatigue) while going through the GRTP, the athlete must return to the previous stage and progress again after a minimum of 24 hours' period of rest without symptoms.
6. Identify an athlete's upper limit- this workout would be the highest level of intensity and volume an athlete would be able to tolerate when in peak condition.

APPENDIX

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.

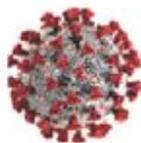
1. Do you have any one of the following symptoms:
 - Fever of 100.4 or higher
 - Cough
 - Shortness of breath
 - Difficulty breathing

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)

Additional Resources:

GMSD Phased Reopening Health and Safety Plan:

<https://drive.google.com/file/d/1Cj6kWou0SeB1A6-PM9QZdzE0XrwcFIw2/view>

Mental Health resources

- World Health Organization: Healthy at Home-Mental Health: [#HealthyAtHome - Mental health](#)
- CDC managing stress around COVID-19: [Mental Health and Coping During COVID-19](#)
- Mental Health in PA: [Mental Health in PA](#)

***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

