

HERITAGE CONFERENCE
HEALTH & SAFETY PLAN
SPORT PROTOCOLS



FALL 2020

INTRODUCTION

The Heritage Conference Health & Safety Sport Protocols were developed from guidance provided by the *PA Covid 19 Guidance for Sports revised September 2, 2020* and the *PIAA Return to Competition: Individual Sport Considerations* document published July 29, 2020. Any protocol not expressly addressed in this document will revert to each member school Athletic Health & Safety Plan for guidance and direction.

PRIMARY POINT OF CONTACT FOR HERITAGE CONFERENCE

Questions from individuals residing within the sending boundaries of a Heritage Conference member school regarding the Heritage Conference Health & Safety Plan or specific contest procedures should contact the principal or athletic director of their home school.

Individuals residing outside the sending boundaries of a Heritage Conference sending school should contact the principal or athletic director of the contest host school with their questions. If the principal or athletic director is uncertain of the answer the principal or athletic director will contact a Heritage Conference Executive Board member to seek clarification of the question and follow up with the individual making the inquiry.

COMMUNICATIONS PRIOR TO CONTEST

- One day prior to any contest, the athletic director of the visiting school will provide the host school athletic director a list of all team personnel that will be attending the next day's contest. The list to include the name and status such as player, coach, film crew of each individual included on the list. This information is essential in the event contact tracing needs to occur post contest.
- Nonessential volunteers and staff should be limited when possible including activities with external groups or organizations.
- On the day of the contest athletic directors should communicate any relevant information and confirm all necessary information has been received by the host school to help ensure the highest level of safety for all attendees at the contest.
- Media requesting to attend any Heritage Conference event must contact the host school athletic director at least 72 hours in advance of the event.

PRE CONTEST SCREENING

- All Team Personnel and Officials should complete a daily health assessment prior to leaving their home for the contest.
 - If your temperature is 100.4 or higher, an individual is showing symptoms or is ill, stay home. If you are unsure, stay home.
 - Adhere to school adopted plans if you begin to show symptoms

- Visiting team personnel will conduct their health screening prior to departing for the event. This will be conducted according to the individual school health and safety plan.
- Home team personnel will conduct their health screening as they arrive at the event.
- Upon arrival at the facility, the host school representative will meet the visiting team bus and the representatives for each school will exchange, sign and return COVID Screening Certification Forms to certify all team personnel attending the contest have passed the COVID Screening.
- The team COVID Certification Form will be kept by each team with their COVID Screening Forms as per each schools Health and Safety Plans
- Screening of contest officials will be completed by the host school in accordance with the host school Health & Safety Plan protocols.
- Screening of media will be completed in accordance with the host school Health & Safety Plan protocols.

UPON ARRIVAL AT CONTEST

- All athletes, coaches, and team personnel should come with a face covering(s), hand sanitizer, hydration(s) for the event. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- The host school should greet the visiting team bus upon arrival. The exchange of the COVID Screening Verification will occur.
- The host school will review with the head coach the Health and Safety protocols such as isolation location area, locker room and shower areas, hydration filling areas, half time procedures and any other relevant information specific for the host school in their implementation of their district health and safety plan.

POST CONTEST

- Showering facilities will be made available for all contestants and contest officials after all Heritage Conference events.
- Media will follow all established procedures outlined in the Media section of this document.

CONTEST ATTENDANCE

- All indoor contests will strictly adhere to the 25 person restrictions as outlined in Governor Wolf's COVID 19 *Guidance for Sports revised September 2, 2020*.
- All outdoor contests will strictly adhere to the 250 person restrictions as outlined in Governor Wolf's COVID 19 *Guidance for Sports revised September 2, 2020*.

- **Spectators will be permitted following strict adherence to Governor Wolf's Guidance for Sports revised September 2, 2020.**
- The following groups are permitted to attend Heritage Conference events: coaches, players, contest staff, contest officials, band, cheer, media, and spectators.
- All individuals at the contest will be included in the count to ensure strict adherence to the attendance restriction numbers.
- The Heritage Conference and all member schools will use all available external and internal communication mediums to inform the public of the conditions, limitations and expectations of spectators at Heritage Conference contests
- All Heritage Conference member schools will also make EVERY effort to deter and not promote/encourage spectators to gather outside the stadium on or off school property to attempt to view the contest. Member schools should work with their local municipal officials to deliver this common message to all spectators and visitors in advance of the contest. If spectators and visitors attempt to gather on school property to view a contest, all host schools will make real and reasonable attempts to have these individuals leave school grounds.
- Heritage Conference schools found to have promoted/encouraged the gathering of spectators outside the stadium to view Heritage Conference contests can be subject to sanctions by the Heritage Conference and potentially District 6 and PIAA.
- Host schools should notify the visiting school if a live stream of the contest is available so the visiting team can provide streaming information to their community.
- All Heritage Conference member schools are also members of PIAA District 6. All District 6 member schools have been advised, “ ***if any District 6 school fails to follow these mandates (attendance restriction counts), there will be serious sanctions both from District 6 and PIAA. If you (Heritage Conference member school) show up to an event and the host team is not following those guidelines you should leave immediately.***” If this occurs, the visiting school will report such to the Heritage Conference Executive Board and Mr. Marshall District 6 Chairman. Any sanction levied upon a Heritage Conference member will also be adhered to by the Heritage Conference to that member school.

FACE COVERINGS

- ***The Heritage Conference defines a "Face covering" to mean a covering of the nose and mouth and can include a mask or plastic face shield.*** At no time will a Heritage Conference contest be conducted with lesser standards for face coverings than expressed in our definition. However, some

of our member schools have a more strict definition of face coverings. In this case that member school should adhere to their school Health and Safety Plan regarding face coverings. At no time will a Heritage Conference contest be conducted with lesser standards for face coverings than expressed in our definition.

- Per the PIAA Return to Competition Guidance, there are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- Spectators may attend sporting events and must follow the Universal Face Covering Order and social distancing guidance when arriving, attending, and departing the event.
- Everyone attending a Heritage Conference contest, including coaches, officials, athletes, staff, band, media and cheer must wear face coverings (masks or face shields). Exceptions include
 - When hydrating or eating at least 6 feet apart
 - While actively engaged in warm ups, performance or competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

SOCIAL DISTANCING

- Coaches, officials, athletes, staff, band, media, and cheer must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, coaches, officials, athletes, staff, band, media and cheer should not congregate.
- Spectators may attend sporting events, and must adhere to social distancing guidance when arriving, attending, and departing the event.

HYGIENE, CLEANING & DISINFECTING

- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Host School should have hand sanitizer and disposable masks readily available
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, coaches, officials, athletes, staff, band, media and cheer. Avoid shaking hands, fist bumps, or high fives before, during or after contests . Limit unnecessary physical contact with teammates, other team personnel, other athletes, coaches, band, cheerleaders, media and officials.
- All head coaches are encouraged to develop appropriate gestures that can be shown to teammates and opponents, while maintaining social distance and

proper hygiene protocols that are in the realm of good sportsmanship and are essential components to the mission of the Heritage Conference.

- Coaches, officials, athletes, staff, band, media and cheer should exercise hand hygiene frequently before, during and after all contests in accordance to each member schools Health and Safety Plan.
- Clean and disinfect frequently touched surfaces and equipment including game balls per manufacturer's recommendations.
- Showers will be available for the visiting teams to use at the end of the event.

INDIVIDUAL BECOMES ILL DURING CONTEST

- The host school will designate a place to isolate if an individual becomes ill during the match to separate them from the other competitors.
- Any individual sent to the isolation area will be assessed by personnel from their school. The member school to which the contestant belongs will follow their individual school Health and Safety protocols regarding contestants who become ill during competition.

MEDIA PROCEDURES

- Media must contact the host school 72 hours prior to the event to ensure the host school can comply with the attendance number restrictions.
- Media will be limited to the area designated by the host school. They will not be permitted to be on the sideline in the team area.
- Press box availability may be limited.
- Post-game interviews will be restricted to the area designated by the host school.
- Media will remain 6 feet away from everyone they are interviewing.
- Media and the individual being interviewed must wear face coverings while conducting interviews.
- Media will request through the head coach or his/her designee players they are wishing to interview.
- Media will adhere to the host school protocols as it relates to screenings and documentation.
- With the current indoor restrictions, media will not be permitted to attend indoor events unless both schools agree to reduce the number of players in the gym.

HERITAGE CONFERENCE SPECIFIC SPORT PROTOCOLS

GOLF

- Both participating schools know and implement the general safety considerations and the contest specific protocols outlined within the Heritage Conference Health and Safety Plan.

- Spectators will be permitted and will have to follow the Health and Safety of the Plan of the host school.
- Host coach will provide scorecards and assign groups for all golfers to limit the need for athletes to enter the clubhouse.
- Tees, pencils, ball-markers and sharpies will not be available. Players must bring their own equipment and food/hydration as needed.
- The host school will notify the visiting team(s) of available shelter locations along the course in the event of inclement weather.
- Teams need to follow the rules and guidance of the local course.
- Social distancing of at least 6-feet should be maintained at all times.
- Contestants will keep their own score and the exchange of scorecards should not happen. A verbal confirmation of scores will be used at the end of the competition.
- To limit congestion tee times should be spaced 10-15 minutes apart.
- Flags will stay in the hole.
- All non-contestants, including coaches will wear a face covering at all times.
- Players should depart when finished with the round and not utilize the practice facilities after the conclusion of the event.
- Questions not addressed in these protocols for golf should be referenced in the PIAA document *Return to Competition: Individual Sports Considerations* for guidance.

CROSS COUNTRY

- Both participating schools know and implement the general safety considerations and the contest specific protocols outlined within the Heritage Conference Health and Safety Plan.
- Spectators will be permitted and will have to follow the Health and Safety of the Plan of the host school.
- Limit the number of participants to 12 for each team.
- Consider widening the course to 6-feet at its narrowest point, if possible.
- If sticks are being used make sure to dispose at the end of the race.
- Athletes may elect to wear face coverings during the race. However, if removed during the race the covering can not be thrown aside on the course.
- Team areas that can maintain 6-feet of distancing between team members who have concluded the race will be established by the host school. These designated areas should allow for reasonable supervision by the coach.
- Individuals are expected to bring their own water.
- Athletes should return to their bus area at the conclusion of the race to refuel, hydrate and remain socially distant.
- Results should be shared digitally with the visiting(s) schools at the conclusion of the meet.

- Questions not addressed in these protocols for cross country should be referenced in the PIAA document *Return to Competition: Individual Sports Considerations* for guidance.

FOOTBALL

- Both participating schools know and implement the general safety considerations and the contest specific protocols outlined within the Heritage Conference Health and Safety Plan.
- The visiting team must have at least one administrator or designee, preferably two, in attendance at each away contest. The responsibility of the visiting team representative is to assist the host school in the implementation of established Safety protocols and to manage the contact of parents of, and to ensure adult accompaniment of any injured student-athlete that needs to be transported to a medical facility.
- Pregame and Halftime:
 - Coaches should bring materials to conduct their “chalk talk” at pregame and halftime.
- A spreadsheet will be shared among the schools with the following information.
 - Number and Names of school administrators in attendance.
 - Number of vehicles coming (buses, equipment vans, coaches vehicles)
 - Total number of players
 - Total number of female players
 - Total number of coaches
 - Total number of team personnel (camera crew, statisticians)
 - Total number of teams personnel that need access to the press box.
 - Where the visiting team will go for pregame, halftime, and in the case of inclement weather.
- Varsity Football: Host School will distribute any available seats to the home crowd.
- JH/JV Football: Visiting Team will get 2 tickets per player. Host School will get 2 tickets per player; any remaining seats will be distributed by the host school’s discretion. If the initial count puts the host school over the 250 capacity the visiting teams tickets will be limited to 1 ticket per player.
- Questions not addressed in these protocols for football should be referenced in the PIAA document *Return to Competition: Individual Sports Considerations* for guidance.

VOLLEYBALL

- Due to the restrictions of 25 for indoor events, spectators will not be able to physically attend Heritage Conference Volleyball contests.

- Visiting teams will not enter the facility until they are instructed to by the host school personnel.
- Visiting team will make sure to bring their own warm-up balls.
- Multiple Game balls will be rotated during the game to allow for cleaning.
- If the host school has live stream capabilities, the host school will share the game film with the visiting school team through Hudl or other reasonable means.
- The 20 minute warm-up time will consist of the following
 - Teams will be limited to 20 team personnel in the gym
 - 10 minute visitor warm-up
 - 10 minute home warm-up
- With the 25 restriction on indoor event volleyball games will be limited to the following in the gym
 - 10 Team Personnel one of which must be a coach
 - 3 table workers (1 Scoreboard, 1 bookkeeper, 1 libero tracker)
 - 2 officials
 - Assistant coach and extra subs will be socially distanced on chairs in a hallway close to the gym
 - Game Manager and trainer will be located in a location close to the gym
- Officials will be asked to call lines during the game so teams do not lose an additional bench player.
- Questions not addressed in these protocols for volleyball should be referenced in the PIAA document *Return to Competition: Individual Sports Considerations* for guidance.

**HERITAGE CONFERENCE
COVID Screening Certification Form**

By signing this form I certify that all team personnel have been COVID screened per the directives outlined in District Health & Safety Plan and are cleared for participation for this contest.

Date of the Competition: _____

Sport and Level: _____ : _____

Home School: _____

Visiting School: _____

Host School Representative Name and Title:

(Please Print): _____

Host School Representative Signature _____

Visiting School Representative Name and Title

(Please Print):_____

Visiting School Representative Signature:_____