



CHS WINTER SPORTS COVID SAFETY PLAN

Swimming and Diving

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

Location and Time: UMLY- Monday-Friday 5:30-7am, Saturday 1-2pm, Sunday 12-2pm

Capacity Limit: 15 swimmers per group *keep school cohorts together if possible*

**Alternating boys' and girls' teams in lanes

CHS Health Screening: All swimmers AND coaches will complete PowerSchool health screenings every day (including weekends) before entering pool area. Athletes will present screen to coach when entering assigned area of the facility. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening for the day.

UMLY Protocol: Follow all signs and protocols at the front desk and hallways for entering and exiting building and pool area. Masks must be worn at all times.

Practice Flow:

- Coaches will wear masks at all times
- Swimmers will place all personal items in assigned place on deck – preferably condensed in a bag – and will wear their mask on the pool deck at all times
- Swimmers will walk over to assigned lanes at assigned ends of pool and place mask in personalized container/bag at the side of the pool right before entering water
- Water bottles must not be shared and can be placed at the edge of pool in assigned spot
- If the swimmer leaves the water for any reason, they will put their mask back on before walking away from the lane

After Practice:

- Swimmers may use personal changing rooms to quickly change into dry clothes before leaving – COACHES MUST MONITOR FLOW
- Deck changing is NOT permitted
- No congregating in groups or standing around on pool deck permitted – exit as soon as possible down pool hallway and out of building
- **Shuttle will leave for CHS promptly at 7:20am. Masks are required while entering, riding, and exiting the shuttle.**

Athletic Training: Pre/post-practice, athletes may arrange an evaluation with the athletic trainers by email. Capacity of the athletic training room is 7 people, masks must be worn at all times. If waiting outside of the athletic training room, social distance will be maintained.

REMINDERS:

- Wipe down anything in pool area that was touched as soon as possible
- Socially distance when entering and exiting
- Avoid entering/exiting water as much as possible during practice
- Bring only essential belongings to the pool deck
- Wait to enter/exit pool area until right before assigned practice time



CHS WINTER SPORTS COVID SAFETY PLAN

Girls Basketball

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

Location and Time: CHS Main Gym- Monday-Friday 3:30-5:30pm

**Weekend practices TBD

Capacity Limit: 35 athletes per group *keep school cohorts together if possible*

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to security in ticket booth starting at 3:20pm. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Entering/Exiting: Enter ONLY AFTER 3:20pm at large gym glass doors after showing screen to security. Exit NO LATER THAN 5:30pm at far end of gym at doors exiting towards track.

Athletic Training: Pre/post-practice, athletes may report to the athletic training room, capacity is limited to 7 people. Masks must be worn at all times. If waiting outside of the athletic training room, social distance will be maintained. During practice, coaches will alert the athletic trainer to respond to injuries in the gym as needed.

Practice Flow:

- Masks will be worn AT ALL TIMES
- Athletes will place all personal items in assigned place off gym floor – preferably condensed in one bag
- Water bottles must not be shared and can be lined up along wall in assigned place – space out water breaks to keep social distance
- Athletes must not cross over into opposite side of gym during practice unless emergency
- Limit team huddles – distance group to instruct or explain drills

After Practice:

- No congregating in groups
- Wipe down all basketballs and equipment before putting away (spray/wipes provided) – basketballs will not be shared between programs
- Leave through assigned exit doors as quickly as possible to allow maintenance cleaning

REMINDERS:

- Locker rooms remain closed, no congregating in hallways or lobby
- Wipe down equipment that was touched as soon as possible
- Socially distance when entering and exiting
- Follow all posted capacity signs in gym lobby bathrooms
- V/JV Basketball players are not permitted in the Small Gym
- Basketball players and coaches are not permitted in the wrestling room
- Basketball players are not permitted in storage hallway between gyms



CHS WINTER SPORTS COVID SAFETY PLAN

Boys Basketball

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

Location and Time: CHS Main Gym- Monday-Friday 6-8pm

**Weekend practices TBD

Capacity Limit: 35 athletes per group *keep school cohorts together if possible*

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to security in ticket booth starting at 5:50pm. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Entering/Exiting: Enter ONLY AFTER 5:50pm at large gym glass doors after showing screen to security. Exit NO LATER THAN 8pm at far end of gym at the doors exiting towards track.

Athletic Training: Pre/post-practice, athletes may report to the athletic training room, capacity is limited to 7 people. Masks must be worn at all times. If waiting outside of the athletic training room, social distance will be maintained. During practice, coaches will alert the athletic trainer to respond to injuries in the gym as needed.

Practice Flow:

- Masks will be worn AT ALL TIMES
- Athletes will place all personal items in assigned place off gym floor – preferably condensed in one bag
- Water bottles must not be shared and can be lined up along wall in assigned place – space out water breaks to keep social distance
- Athletes must not cross over into opposite side of gym during practice unless emergency
- Limit team huddles – distance group to instruct or explain drills

After Practice:

- No congregating in groups
- Wipe down all basketballs and equipment before putting away (spray/wipes provided) – basketballs will not be shared between programs
- Leave through assigned exit doors as quickly as possible to allow maintenance cleaning

REMINDERS:

- Locker rooms remain closed, no congregating in hallways or lobby
- Wipe down equipment that was touched as soon as possible
- Socially distance when entering and exiting
- Follow all posted capacity signs in gym lobby bathrooms
- V/JV Basketball players are not permitted in the Small Gym
- Basketball players and coaches are not permitted in the wrestling room
- Basketball players are not permitted in storage hallway between gyms



CHS WINTER SPORTS COVID SAFETY PLAN

Wrestling

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

Location and Time: CHS Wrestling Room- Monday-Friday 3:30-5:30pm

**Weekend practices TBD

Capacity Limit: 14 people- including coaches *keep school cohorts together if possible*

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to security in ticket booth starting at 3:20pm. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Entering/Exiting: Enter ONLY AFTER 3:20pm at gym lobby glass doors after showing screen to security- walk through small gym and gym storage hallway to enter wrestling room. Exit NO LATER THAN 5:30pm through doors in small gym.

Athletic Training: Pre/post-practice, wrestlers may report to the identified treatment area in the small gym. Capacity of that area is 10 people, masks must be worn at all times. Social distance will be maintained while waiting. During practice, coaches will alert the athletic trainer to respond to injuries in the wrestling room as needed. Wrestlers are not permitted in the athletic training room at this time. **If injury ice is needed, please use the ice machine/bags located in the small gym storage area.**

Practice Flow:

- Masks will be worn AT ALL TIMES
- Wrestlers will place all personal items on bleachers in small gym – preferably condensed in one bag
- No sharing of equipment will be allowed
- Water bottles must not be shared and can be lined up along wall in assigned place – space out water breaks to keep social distance
- Limit team huddles – distance group to instruct or explain drills

After Practice:

- No congregating in groups after practice
- Wipe down all equipment before putting away or packing in personal bag
- Leave through assigned exit doors as quickly as possible to allow maintenance cleaning

REMINDERS:

- Have groups condition outside as much as possible – follow cold policy regulations
- Locker rooms remain closed, no congregating in hallways or lobby
- Wipe down equipment that was touched as soon as possible
- Socially distance when entering and exiting
- Follow all posted capacity signs in gym lobby bathrooms
- Wrestlers are not permitted in the Main Gym or the athletic training room



CHS WINTER SPORTS COVID SAFETY PLAN

Cheerleading

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

Location and Time: Monday-Friday CHS Main Lobby 5:30-6pm / CHS Wrestling Room- 6-8pm

Capacity Limit: 35/14 people- including coaches(wrestling room) *keep school cohorts together if possible*

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to security in ticket booth starting at 5:15pm. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Entering/Exiting: Enter ONLY AFTER 5:15pm Main Lobby glass doors, after showing screen to security at the gym lobby- at 6pm, walk outside to the gym lobby, into the Small Gym and gym storage hallway to enter wrestling room. Exit NO LATER THAN 7pm at doors in the Small Gym.

Athletic Training: Pre/post-practice, athletes may report to the athletic training room, capacity is limited to 7 people. Masks must be worn at all times. If waiting outside of the athletic training room, social distance will be maintained. During practice, coaches will alert the athletic trainer to respond to injuries in the Main Lobby/Wrestling Room. **If injury ice is needed, please use the ice machine/bags located in the small gym storage area.**

Practice Flow:

- Masks will be worn AT ALL TIMES
- Cheerleaders will place all personal items on bleachers in small gym – preferably condensed in one bag
- No sharing of equipment will be allowed
- Water bottles must not be shared and can be lined up along wall in assigned place – space out water breaks to keep social distance
- Limit team huddles – distance group to instruct or explain drills

After Practice:

- No congregating in groups after practice
- Wipe down all equipment before putting away or packing in personal bag
- Leave through assigned exit doors as quickly as possible to allow maintenance cleaning

REMINDERS:

- Locker rooms remain closed, no congregating in hallways or lobby
- Wipe down equipment that was touched as soon as possible
- Socially distance when entering and exiting
- Follow all posted capacity signs in gym lobby bathrooms
- Cheerleaders are not permitted in Main Gym



CHS WINTER SPORTS COVID SAFETY PLAN

Winter Track

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

Location and Time: CHS Café/Outdoor Track/ Virtual- Monday-Friday 3:30-5:30pm

Capacity Limit: 20 runners in each group *keep school cohorts together if possible*

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to coach when entering assigned area in café or the track. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Athletic Training: Pre/post-practice, athletes may report to the athletic training room, capacity is limited to 7 people. Masks must be worn at all times. If waiting outside of the athletic training room, social distance will be maintained. During practice, coaches will alert the athletic trainer to respond to injuries at Teamer/Track. **If injury ice is needed, please use the ice machine/bags located in the small gym storage area.**

Practice Flow:

- Masks will be worn AT ALL TIMES
- Athletes will place all personal items in assigned area in café or in assigned area of track
- Water bottles must not be shared and can be lined up in assigned place – space out water breaks to keep social distance
- Groups must stay at assigned area of track
- Limit team huddles – distance group to instruct or explain drills

After Practice:

- No congregating in groups after practice
- Wipe down all equipment before putting away or packing in personal bag
- Do not re-enter building to leave – exit from track and into parking lot

REMINDERS:

- Have groups train outside as much as possible – follow cold policy regulations
- Locker rooms remain closed, no congregating in hallways or lobby
- Wipe down equipment that was touched as soon as possible
- Socially distance when entering and exiting
- Follow all posted capacity signs in bathrooms
- Runners are not permitted in hallways, other parts of the building or the Main Gym
- Re-entry to the building must be through the Café or Gym Lobby/Small Gym



CHS WINTER SPORTS COVID SAFETY PLAN

CLUB SPORTS – ICE HOCKEY

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to coach when entering Ice Line. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Ice Hockey- Ice Line Rules:

To supplement our existing Bylaws and Constitution, the ICSHL is hereby adopting the following additions to our game protocol to deal with the COVID 19 restrictions that are in place. These additions will be rescinded or changed when advised by the proper authorities.

- The league has designated Jack Povey: jackpovey@aol.com / 215-880-2496 at the Covid-19 point person/coordinator for the league. All questions related to COVID-19 protocols or positive tests for league member teams should be directed to Jack.
- Each club must follow all Federal (Centers for Disease Control and Prevention), State (PA & DE Departments of Health), USA Hockey and Affiliate mandates and guidelines.
- Each Club must designate a Coordinator (preferably the club President) for the club to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this individual is and how to contact them.
- **Each Club must immediately notify the league with any positive test by a player or coach from their club.**
- Managing Confirmed Positive Cases:
 - Players/coaches MUST inform their club COVID-19 contact person immediately following a positive COVID-19 test result.
 - Players/coaches with a positive test must self-isolate for 10 days from the first day of symptoms or date of COVID test symptoms first appeared and until there is no fever for at least 3 full days without medication AND improvement of symptoms. Follow the most current CDC guidelines for when to return to team activities.
- Club COVID-19 contact person MUST notify all team members of any positive tests
- Club must immediately notify the league with any positive test by a player or coach from their club.
- Any participant that had direct contact with the infected participant must quarantine for 14 days from the most recent day of the direct contact. Follow the most current CDC guidelines, which currently define what is considered close contact.



CHS WINTER SPORTS COVID SAFETY PLAN

CLUB SPORTS – SQUASH

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to coach when entering assigned area in the facility. Coaches who do not have a PowerSchool account will use www.tinyurl.com/StogaSportsScreening to register their screening daily.

Berwyn Squash Protocol: Follow all signs and protocols at the front desk and hallways for entering and exiting the facility. Masks must be worn at all times.

*At this time there are no competitions scheduled.



CHS WINTER SPORTS COVID SAFETY PLAN

CLUB SPORTS – CREW

ATHLETES OR COACHES WHO ARE UNWELL, MUST REMAIN AT HOME

CHS Health Screening: All athletes AND coaches will complete PowerSchool health screenings every day (including weekends). Athletes will present screen to coach when entering facility.

Coaches who do not have a PowerSchool account will use

www.tinyurl.com/StogaSportsScreening to register their screening daily.

*Preseason workouts at CHS to be determined