

Spring Athletic Plan 2021



Spring Season Dates: March 22 through May 22

- Teams cannot train or workout during the week of March 15.
- Spring Coaches meeting will be Wednesday, March 17.
- Monday, March 22 will begin tryouts and official training for the spring teams.

Sports Offered:

Softball – V and JV

Baseball – V and JV

Golf – V and JV

B Tennis – V and JV

G Lacrosse – V and JV

B Lacrosse – V and JV

B and G Track – Varsity

Equestrian – V, JV, and Development

Guidelines for Spring Sports:

- 1. George School will be competing only in varsity level sports for the spring season.**
 - a. Students who do not make a varsity team will be able to train under the supervision of George School coaches.
 - b. All sub-varsity teams will train and practice Monday through Friday depending on weather and field conditions.
 - c. Developmental teams will only be offered in Equestrian. For all other sports the sub-varsity teams will be combined and trained together. The coaches from the sub-varsity levels will train and workout the students participating in those sports.
- 2. All spring varsity teams will be tested weekly.**
 - a. Any student who makes a varsity team is expected to test each week. If a student misses a test date, they will not be permitted to participate during that week's schedule (practice or game).
 - i. Twice a week – Boys/Girls Lacrosse
 - ii. Once a week – Baseball, Softball, B Tennis, Golf, boys/girls Track, Equestrian
 - b. A student must pass the weekly test. If any student shows a positive test result, they will be moved to quarantine procedures and will not be able to return to the team until they are cleared by the George School Student Health and Wellness Center.
 - c. Testing procedures will be explained below in more detail.
 - d. Anyone not a member of the varsity teams will be tested as part of the general population.
- 3. Since George School will be performing pooled saliva testing, the varsity teams**

will be permitted to mix boarding and day students on the first day of practice.

- a. Sub-Varsity or non-competition sports will not be allowed to mix boarding and day students.

4. Like Minded Schools – George School will only be playing against schools that perform and share testing results for their athletes each week.

- a. If a league school does not test, George School will not be playing them during the spring.
 - i. Confirmation on test results will be collected each week from the schools we play that week.
- b. If needed George School will look for additional games against schools that test and share our procedures.

5. Masking – George School requests that coaches, staff, officials, parents, and spectators (not allowed yet on GS campus) wear a cloth face covering during practices and games. Players wear a cloth face covering on the sidelines, team meetings (huddles) and the dugouts, and during play. The only time the mask should be off is when they are drinking water.

- a. During competitions George School will provide masks for each member of the team.
- b. Practices and training – students need to bring their own masks.

6. Uniform and Practice Gear – Students are expected to clean their uniform after they are passed out to the varsity teams. Laundry service will not be provided throughout the spring season.

Attending Games

At this point visitors as well as George School community members will not be permitted at any home competitions or training sessions. We apologize for this, but safety for everyone involved comes first. To help families and supporters view the competitions George School will livestream as many of the events as possible. Links will be shared on game days. We will share the details with the community through email and social media.

Field Listing Location (per sport and level):

The plan for the season is to try and keep the various teams separated and spread out by using the multiple fields and spaces we have around campus. At this point where you practice is where we plan on having your team play.

Baseball - Field E

Boys' Lacrosse - Fields F and

GBoys' Tennis - Court N and J

Equestrian - Barn and Riding

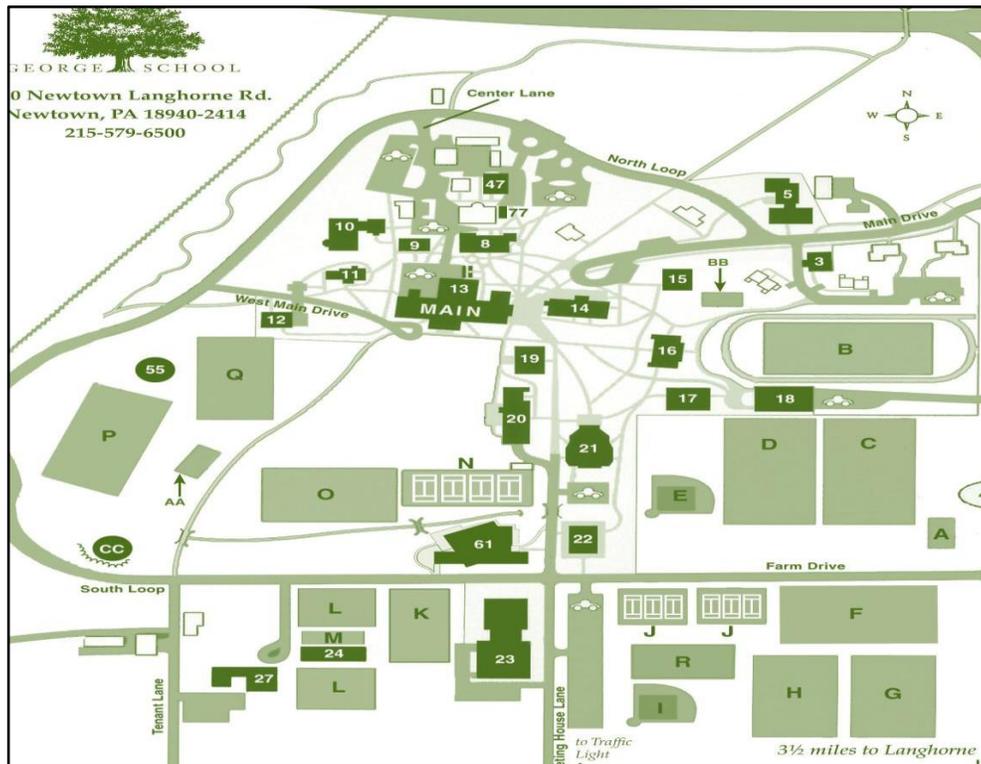
RingsGolf - Field O

Boys' and Girls' Track - Field B (track and turf
area)

Girls' Lacrosse - Field P and Q (if needed)

Softball - Field I and H-

[View the campus map here.](#)



Indoor Schedule

If there is bad weather or fields are closed, a schedule will be posted and shared with all coaches the day of, by noon. We have limited space available at this time.

The basement of Alumni Gym that has been used for baseball and softball batting cage is not open at this point due to ventilation issues.

Coaches should look for and plan for outdoor spaces if and when bad weather occurs.

Testing Procedures (per team):

Throughout the season teams (players and coaches) will be tested for COVID on a weekly basis. The test will be administered in the FAC by school personnel. The specific schedule for each team will be shared weekly through email. The basic plan is below:

Sports that will be tested twice a week: Baseball, Softball, Boys and Girls Lacrosse (this is due to the physical contact and the inability to maintain distance throughout the competitions).

Sports that will be tested once a week: Boys Tennis, Equestrian, Golf and the Track Program (Boys and Girls).

More information will follow for all testing procedures.

Coaches that cannot make scheduled team tests will need to be tested each week. They will need to schedule a test with the COVID testing team.

Sport by Sport PIAA Guidelines

Baseball Guidelines

Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020.

This information below is directly copied from the FAQ's from the PA Department of Health:
Outdoors: Coaches, athletes and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

BASEBALL RULE CONSIDERATIONS:

- Have hand sanitizer and wipes available at the field.

- Wash stations or sanitizer at each dugout.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout prior to competition.
- Stagger seating of fans.
- Each team may provide sanitized balls (bucket) while on defense.
 - Have a bucket of available for used balls so they can be sanitized after the game.

Note: If a school is required to provide game balls for their half-inning as the visiting team, this is to be communicated in advance of the contest.
- Sanitize bases after each contest.
- Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

CONSIDERATIONS FOR COACHES:

- Eliminate handshakes post-game.
- Maintain 6' distance between players and umpires.
- No seeds, gum or spitting.

CONSIDERATIONS FOR PLAYERS:

- No seeds, gum or spitting.
- Players must clean and sanitize equipment after each game.
- Social distancing on the bench and/or dugout.
- No sharing of water bottles.
- The use of personal equipment is preferred. However, if equipment is shared, it is recommended to sanitize equipment between use by players.
- Sanitize all equipment after each game.
- Eliminate handshakes post game.
- Eliminate handshakes with coaches/umpires pre-game.
- Pitchers are encouraged not to put their hands to their mouth.
- If the pitcher is wearing a face covering in the field, it must be a solid dark color.

CONSIDERATIONS FOR UMPIRES:

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- The umpire-in-chief is required to wear a face covering behind the plate.
- The field umpires shall follow the universal masking order. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.
- Clean equipment after each game.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meetings.

- Do not shake hands and follow pre- and post-game ceremony guidelines.

CONSIDERATIONS FOR PARENTS: (A family’s role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your students’ personal equipment after each game or practice.

Softball Rules Considerations:

Individuals are required to wear face coverings in accordance with the Secretary of Health’s Order effective November 18th, 2020.

The information below is directly copied from the FAQ’s from the PA Department of Health: Outdoors: Coaches, athletes, and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

SOFTBALL RULE CONSIDERATIONS:

Face Shields (1-7-1, 1-8-4): Per guidance from the NFHS Sports Medicine Advisory Committee, Plastic shields covering the entire face (unless clear and integrated into the face mask and attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

Additional Equipment (1-8): Pitchers cannot wear optic yellow cloth facial coverings.

Pregame Conference (2-14-2): Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter’s box at home plate, maintaining 6 feet of distance between each person.

Substitutions: (3-3-3): The verbal exchange should occur 6 feet from the coach to scorer and opposing team when making lineup changes.

Coaching (3-5-1 NOTE): Umpires should not handle equipment on the field during play. Contact with the game balls should be as limited as possible.

Coaching (3-5-3, 3-6-14): Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.

Bench and Field Conduct (3-6-6): The number of individuals in the dugout is dependent on the size of the dugout. Players and coaches should maintain 6 feet of social distance. NFHS rules

allow for dugouts/designated warm up areas to be extended toward the outfield to provide for social distancing; extension must be outside the field of play and away from spectators and general public. (Safety precautions should be taken).

Exchange of Lineup Cards (4-2-1b): Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup.

Infractions by the Pitcher (6-2-2): Pitchers are encouraged not to lick fingers or blow into their hands prior to pitching the ball.

Plate Umpire (10-2-1): The plate umpire is required to wear a face covering behind the plate. The field umpires shall follow the universal masking order. (Plate umpires will follow mechanics as listed in the NFHS rules book.)

SOFTBALL UMPIRES MANUAL MODIFICATIONS:

Mechanics Sections 3, 4b and c Base umpires should maintain 6 feet from any player as a starting position when rotated and/or counter rotated.

Section 2E Keep the catcher and batter at a 6-foot distance when dusting off the plate.

Boys Lacrosse Guidelines

Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020.

The information below is directly copied from the FAQ's from the PA Department of Health: Outdoors: Coaches, athletes, and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc.

BOYS' LACROSSE RULES CONSIDERATIONS:

- Boys Lacrosse Rules Book Modifications (The Field (1-2-7)):
 - The Scorer's Table.
 - Provide adequate spacing for 6-foot social distancing between individuals.
 - Boys Lacrosse Rules Book Modifications (The Field (1-2-8)): Players' and Coaches' box.
 - Extend the players' box to the end line to ensure proper social distancing.
- Boys Lacrosse Rules Book Modifications (Player Equipment (1-9-2)):
 - Optional Equipment, Face Shields and Masks – Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed.
- Boys Lacrosse Rules Book Modifications Players, Coaches, and Other Game Personal:
 - Coaches and officials should attempt to maintain social distancing whenever possible during a game including stick checks, official's meetings, etc.

- Boys Lacrosse Rules Book Modifications (Facing Off (4-3-1, 2, and 3)): Starting Play with Facing Off.
 - The mechanic for faceoffs will be:
 - Place the ball on the ground with players 6+ feet away from each other and the official.
 - The official instructs both players to get into position by saying “Down”.
 - When players are positioned, the FO and Lead left officials will check the player's alignment (FO official checks neutral zone and "top to stop" alignment, Lead Left checks verticality by looking down midfield line) after both officials have backed away, FO official says “Set” (players may not move after "Set")
 - The whistle shall be blown quickly with the expectation that the ball is moved quickly into play by the players.
- After a goal, the goalkeeper shall throw or roll the ball out to the official.

POINTS OF EMPHASIS AND PRE/POST GAME CONSIDERATIONS

- Optional pre-game checks shall occur at or near the wing line opposite the scorer's table.
- Players requesting a stick check shall remain socially distanced at all times while waiting. When the official is ready, the player will place their stick on the ground for the official. An official will check the stick and place it back on the ground for the player to retrieve it.

PREGAME:

- Limit attendees to head coach and one captain from each team and lead official.
- Make sure athletes are socially distant during the lineup, no handshakes.
- Officials should wear a mask when instructing table personnel. Table personnel should wear a mask.
- Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team bench and not at the table. Extend the table if needed.

SUBSTITUTION/SIDELINE:

- Team bench areas should be more clearly marked to remind players of proper location.
- Players should remain in their half of the substitution box until their substitution is imminent (within 5 seconds).
- Players serving a penalty should sit in the back of each team’s side of the substitution box to allow for social distancing from others – until the final 10 seconds of penalty time.

POSTGAME:

- Eliminate post-game handshakes.

Girls Lacrosse Guidelines

Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020. (FAQ's on Order)

The information below is directly copied from the FAQ's from the PA Department of Health:
Outdoors: Coaches, athletes, and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc.

GIRLS' LACROSSE RULES CONSIDERATIONS:

Pre-Game Meeting (3-5-3)

- Limit attendees to head coach and one captain from each team and lead official.
- Ensure the pre-game meeting is away from the sideline and all individuals maintain a social distance of 6 feet.
- Eliminate handshakes following the pre-game meeting and at the conclusion of the game.

Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)

- Players and officials may wear gloves and long undergarments.
- Stick Checks:
 - All players will put their sticks on the ground, in a line (not a pile) and players step back to their bench.
 - Officials will then come through and conduct the stick checks without interaction or proximity to the players, and the players will not be in prolonged proximity to one another.

Table Personnel (3-6-1, 3-7-1)

- Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

The Draw (5-2) N

- No change from traditional draw mechanics.
- The goalie should roll or throw the ball to the official after a goal.

Substitution and Sideline Protocol (1-1-4h thru l, 4-7-3, 4-7-4)

- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.

- Split substitution box with a cone so that each team substitutes in from their own half of the substitution box.
- Players serving a penalty should sit in the back of each team's side of the substitution box to allow for social distancing from others.

Boys Tennis Guidelines

Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020.

The information below is directly copied from the FAQ's from the PA Department of Health: Outdoors: Coaches, athletes, and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

TENNIS MATCH CONSIDERATIONS:

PRE-MATCH CONFERENCE:

- Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.
- Instead of shaking hands, tap racquets.

TEAM AREAS:

- Make sure team personnel observe social distancing of 6 ft.

DURING MATCHES:

- While there is no evidence that COVID-19 can be transmitted by touching tennis balls, sanitary precautions, such as hand-washing, should still be utilized.
- Maintain physical distancing if changing ends of the court.
- Avoid touching your face after handling a ball, racquet, or other equipment.
- Wash your hands promptly if you have touched your eyes, nose, or mouth.
- When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
- Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
- Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
- Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

Boys and Girls Track Guidelines

Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020.

The information below is directly copied from the FAQ's from the PA Department of Health:
Outdoors: Coaches, athletes, and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

TRACK & FIELD CONSIDERATIONS:

SP, DT, JT should enforce social distancing for all athletes and officials.

- To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
- If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.

LJ, TJ, HJ, PV should enforce social distancing for all athletes and officials.

- To limit contact: athletes should not share vaulting poles.

Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.

- Blocks should be disinfected after each heat / race.
- Recommend not using baskets at the start line for apparel.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities. To minimize contact, events are recommended to be run in alleys or minimally one turn staggers.

RULE CHANGE CONSIDERATIONS: (States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)

Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.

- The use of disposable gloves for the 2021 season by relay participants is permitted.
- Schools can bring their own batons, or they should be disinfected after each heat/race.

Rules 6-4-11 and 6-5-24: Schools may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, schools may wish to jump each athlete to completion.

Point of Emphasis:

Rule 4-2-4a. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.

- This permits additional sections to be run to maximize participation in the event. Schools should communicate the anticipated number of additional sections with their opponent and officials in advance of the meet for planning purposes.

Team Meals for Away Games:

Any time a team is traveling and will not be able to return for a meal at school, the school will provide a meal as in the past. The following procedures will be in place:

- The coach must work with Nancy or Kurt to arrange for the meal.
- Lunch Orders (if ever needed) will be prewrapped, individual lunch bags/boxes with individual drinks.
- Dinner Orders will be served in the FAC dining area (Performance Gym). The meal will be ordered and served when the team returns for the event.
- Coaches will not be able to stop after a game or event to feed the students. After an away game please get back to campus without any stops.
- Coaches should not provide snacks or any types of food for their teams.
- Athletes cannot eat on the bus!

Transportation Plan:

Bus Procedures

- Players/coaches will board from back to front each time and exit front to back.
- All players/coaches will wear masks the entire time.
- Players/coaches will clean hands before boarding the bus each time.
- No food or drink on the bus.
- First row of seats should be left unoccupied
- Coaches should sit in next row of seats
- 24 seats total - one person per seat
- Bus driver may pull their mask down while driving for safety reasons
- Windows and vents should be used as much as possible (weather permitting)

Game Day and Practice Plan for Bathroom Use:

Baseball - Field E

- Home Team will use the FAC
- Visiting Teams will use Port-a-Potties that will be located near the upper tennis courts.

Boys' Lacrosse - Fields F and G

- Home Team will use the FAC
- Visiting Teams will use Port-a-Potties that will be located near the upper tennis courts.

Boys' Tennis - Court N and J

- Home Team will use the FAC
- Visiting Teams will use Port-a-Potties that will be located near the upper tennis courts.

Equestrian - Barn and Riding Rings

- Use the facilities inside the Barn
- If there is an event, a plan will be designed at that time.

Golf - Field O

- Team can use the FAC when practicing on campus.

Boys' and Girls' Track - Field B (track and turf area)

- Home team will use Bancroft or Science Building.
- Visiting Team will use Alumni Gym

Girls' Lacrosse - Field P and Q (if needed)

- Home Team will use Main
- Visiting Teams will use Port-a-Potties that will be located near the field..

Softball - Field I -

- Home Team will use the FAC
- Visiting Teams will use Port-a-Potties that will be located near the upper tennis courts.

For all practices - It is recommended that George School teams should not use the port-a-potties

Quarantine Procedures:

If an athlete or member of a team tests positive following a Pool Test:

- Until the specific team member is figured out the entire team will be shut down from competitions and training.
- The Health Center will complete all contact tracing.
- The Health Center will clear a student or team to return to training or competitions.
- All Dorm or Day Students Quarantine Procedures will be followed if a student tests positive.

Important Guidelines to Know:

- **Masks** – students and coaches are expected to wear their mask at all times during their session. The mask can be removed to drink fluids, dry face and when replacing their mask.
 - It is recommended that students bring multiple (4) masks to change during their training sessions.
- **Bathroom use** – We hope most students will take care of any need before a session begins. In the chance an emergency or need comes up coaches should limit the number of students that leave the gym for a bathroom break. Please see the plan and map above for further details.
- **Whistles** – Coaches cannot use a whistle that is blown from their mouth. Please look for alternative ways to stop or control a practice.

General Guidelines for Use Of the Fitness and Athletics Center (FAC)

Do not enter the FAC if experiencing any [COVID-19 symptoms](#) or if you have been exposed to someone else with COVID-19. All community members will be asked to answer daily exposure screening questions and record them within a confidential system that will be monitored.

Any activities that can be conducted outdoors are strongly encouraged.

Student-athletes, faculty, staff, and community members should limit personal items brought to the FAC. If needed, bring a small bag, and place it in a designated cubby. Do not place keys, bags, or personal items on the floor. Do not share towels or other personal items with others.

- Use of main boys' and girls' locker rooms will be by assignment only. Day students will be assigned a locker where they may change. Boarders should come dressed to work out and return to their dormitory to shower. Proper hand hygiene must be practiced whenever using bathrooms or locker rooms.

- Implementation of a reservation system for use of the Fitness and Athletics Center, specifically the pool and the Hayden Family Fitness Center, to limit the number of people in the facility at the same time.
- Treadmills use will not be permitted since physical distancing may not be able to be kept and heavy breathing could increase the likelihood of transmission occurring. Running outdoors is encouraged.
- Limit the time spent in the FAC by reviewing facility information, planning workouts, and signing up for time ahead of arrival.
- Wear a face covering whenever not actively exercising, and whenever entering, exiting, or moving around the FAC.
- Requesting that coaches, staff, officials, parents, and spectators wear a cloth face covering during practices and games. Players wear a cloth face covering on the sidelines and the dugouts, and during play if preferred. But, athletes in baseball, softball, tennis, track, golf and equestrian can opt out of wearing a mask while performing or playing a live game. Boys and Girls lacrosse will wear masks at all times during a practice or game.
- Follow markings denoting physical distancing and flow pattern guides throughout the FAC and campus.
- Student-athletes should bring their own drinking water in bottles. Do not use drinking water fountains, except for the bottle-filling, contactless option of a combination unit.
- Practice proper hand hygiene:
- Wash hands with soap and water for 20 seconds before and after activities, or
- Use alcohol-based hand sanitizer containing at least 60% alcohol before and after activities.
- If cleaning supplies or hand sanitizer supplies are not sufficiently stocked, notify a member of the Athletic Department as soon as possible.
- Minimize use of vending machines and food concessions. Student-athletes, faculty, staff, and community members should clean their hands after use of vending machines or when in contact with high-touch surfaces at concessions.
- Keep a face covering and personal bottle of hand sanitizer in the gym bag to ensure ready supply is always available. Easy access is best practice.
- Use contact-free check-in methods whenever possible. If contact is needed clean hands immediately with hand sanitizer.
- Avoid use of areas where other student-athletes, faculty, staff, and community members are in close contact.

Training Thoughts

- First week or opening Practices - Conditioning and individual non-contact drills only with focus on individual skill building versus competition.
- No group huddles.

- Instruction should be given in a way that maintains appropriate social distancing.
- Stretching, warmups, and cool-downs should be done in a way that maintains appropriate social distancing.
- Restrooms should be used one at a time if needed.
- Any time you move indoors due to weather a coach should consider doing conditioning and individual drills outside.
- Face coverings required for all adults unless doing so jeopardizes his/her health.
- Face coverings required when athletes arrive/leave and during down time (i.e. during instruction) unless doing so jeopardizes his/her health.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Team meetings should take place on a virtual platform

Game Seating and Dugout Areas

- Team areas will not have a bench for sitting. Coaches will need to design a seating space, that is separated and spaced out following all guidelines and protocols. Coaches can pick up a spray can of paint from the athletic office.
- Team Water -

Athletic Training Suite

The health and wellbeing of those involved in athletics are of the utmost importance to us during the COVID-19 pandemic so we are taking measures to keep our Athletic Training Suite (ATS) a safe environment. **Therefore, all treatments will be conducted by appointment only!** Please contact Juana Moody at jmoody@georgeschool.org, (215) 579-6682 or Rosey Rosetty-Wagner at rrosettywag@georgeschool.org, (215) 579-6690 to schedule an appointment.

Scholar-athletes receiving treatment in the Athletic Training Suite (ATS) will be required to wear a mask, sanitize hands, sign in, complete a COVID-19 screening questionnaire, and have their temperature checked.

- If an individual responds ‘YES’ to any of the questions on the screening questionnaire, they will not be allowed into the facility.
- Isolation procedures will be followed, and the Director of Student Health and Wellness Center, Joellen Gillon, will be contacted at (215) 579-6717.

Those allowed in the Athletic Training Suite will be asked to do the following:

1. Sanitize hands upon entering and exiting the space.
2. Always keep their mask on while in the ATS and the Fitness and Athletics Center (FAC).

3. Practice social distancing throughout their appointment.
4. Follow the directional flow of the ATS and FAC.
5. Avoid personal contact (shaking hands, high fives, hugs, etc.) and no sharing personal items which includes food and drinks.

In addition to the procedures above and for the health and safety of all who visit the ATS, the Training Staff are also taking the following measures:

- One athletic trainer will remain in the ATS during hours of operation. The other athletic trainer will respond to medical emergencies as well as assist with treatments.
- To promote best social distancing practices within our area, 8 scholar-athletes will be allowed in the facility at a time.
- COVID-19 transmission and prevention information will be posted for all who visit to review.
- There will be one entrance and one exit.
- An entrance door will remain open during operations to promote good ventilation within the space.
- Hand sanitizer will be available at the entrance, ice machine, and exit areas of the ATS.
- EPA registered disinfectants and/or cleaning agents will be used to treat surfaces between usage.
- The facility will be deep cleaned daily and regularly.
- Telemedicine, Microsoft Teams, will be used to aid scholar-athletes with preventative exercise programs.
- Exercise programs will be sent electronically.
- A virtual appointment will be scheduled.
- Any equipment needed to perform activities, i.e. resistive band, can be picked up from an assigned cubicle outside of the ATS. The item(s) will be packaged with the name of the scholar-athlete as well as the cubicle number.
- Portable heating packs will be available upon request.
- Use of the hot tub as a modality will be discontinued in the Athletic Training Suite.
- Bracing will be used in lieu of routine taping and wrapping needs.
- Radios will be assigned by sport and available for pickup on the counter outside of the ATS. Radios can be dropped off in their pickup locations. Sanitization with an EPA approved cleaner will occur daily.

Although it is strongly encouraged that those who need to see an athletic trainer have an appointment, the scholar-athlete without an appointment can wait in the social distancing waiting area unless it is full. If the social distancing waiting area is full, the scholar-athlete without an

appointment must leave and schedule time for treatment either by calling or sending an email to an athletic trainer.

Considerations for Coaches

- **CDC** - <https://youtu.be/LMBzjaVRChY>.
- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from athletic trainers on educational strategies for student-athletes.
- Coaches should work with the Director of Athletics, Athletics Coordinator, and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Breaks will be staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
 - Every 15 minutes coaches should schedule breaks to allow players to hydrate, clean equipment, and sanitize hands.
- Coaches must stay at their session until all members of their team have left the practice site.
- Submit a Training Schedule plan with specific plans for "Covid-19 Training" to the Athletic Department.
- Attendance should be taken each workout.
- Design specific areas for students to have individual, socially distanced stations.
 - Spaces will be designed next to the field and assigned to the student to use each session.
- Adults must always wear face covering, unless doing so jeopardizes their health.
- Plan activities that focus on individual skill development.
- No group huddles.
- All athletes and coaches must bring their own water.
- Coaches and athletes must disinfect equipment after each workout.
- Parents must stay in their car.
- Do not allow congregation before, during, or after workout.
- Only allow bathroom breaks of 1 athlete at a time.
- Locker rooms can be used by day students only.
- Encourage social distancing and proper handwashing.
- Stay on the field, court, or gym until the last player has left.
- Immediately report any possible exposure to the athletic department or human resources administrator.

Saturday Practice Plans

- Please notify the athletic department if you plan or schedule a Saturday practice.
- There will be "NO" ATC on duty. Any and all injuries need to be reported and directed to the Student Health and Wellness Center.
- Coaches will be responsible to collect all health screenings for their players.
 - Students must complete their screen before 12:30.

- Students that do not complete their screening, cannot practice or play if they do not complete their screening.

Considerations for Athletes and Families

- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared for activity and avoid congregating before the workout. Athletes should leave immediately following the workout.
 - Locker room usage will be limited to day students only. All boarding students should come to the practice site wearing their training attire.
- Athletes must bring a hydration supply that is adequate for the anticipated workout. Coolers, shared water bottles, and use of water fountains will not be allowed.
- Athletes must wear a mask at all times while participating in their sport.
- Athletes must leave the field, court, or gym immediately after the workout is over (no congregating on campus).
- Athletes must bring their own source of hydration to each workout.
- Athletes may not spit, chew gum, lick fingers, or eat sunflower seeds.
- Must social distance as much as possible.
- Must limit unnecessary contact.
- No handshakes, high fives, fist/elbow bumps, etc.
- Parents/guardians may not stay at the workout and must remain in their car upon pickup and drop-off.
- If out of the car, Parents/guardians are always expected to wear masks.

FAC Movement Plan

1. Approaching the FAC

- Entrance to the FAC will be directed to the northern brick walkway or ramp (right side – as you look at the building).
- Signage posted to direct students/families to the entrance.
- Signage posted to explain what is expected to enter the FAC.
- Arrows and spacing marks placed on the ground.

2. Entrance (facing FAC from the parking lot)

- Enter through the far-right door.
 - The doors will need to be propped open.
- Signage
 - Entrance only; One way
 - Exit only; One way
 - Floor arrows and spacing marks on the ground
 - Directions for flow and rules

3. Inside the FAC entryway

- a. Dividers repurposed from summer camp and physical plant separating the main hallway into Entrance and Exit sections.
 - i. At the end of the Entrance divider, the Attendance Supervisor will record building guests.
 1. Need Plexi-glass built for safety of recorder
 2. Flow arrows on ground
- b. All chairs and benches should be removed from the sitting area and stored upstairs.
- c. Signage at the steps
 - i. Describe what is upstairs and what is ahead in the gym.
 - ii. No hands or touching railings.

4. Stanchions

- a. Use to keep flow to the right and not allow people to head directly toward the Locker Rooms (see map).
- b. Flow will be kept closed to the Cougar Den.

5. Gymnasium

- a. Both gyms will be marked for entrance and exit.
- b. Doors will be propped open and marked with flow arrows.

6. Hallway to bathrooms

- a. Signage telling people to stay to the right side of the hallway.
- b. Cart storage room will be closed to students.

7. Bathrooms

- a. Every other sink should be turned off or marked to keep separation.
- b. Doors propped open.
- c. Add paper towels and contactless trash receptacles.

8. Locker Rooms Hallway

- a. Coaches Locker Rooms
 - i. Limit to 3-4 coaches at a time in the room – how to police that needs to be finalized.
- b. Student Locker Rooms
 - i. Doors will be propped open and travel through will be permitted
 - ii. One way in and exit through the back door to the exterior.
 - iii. No storage at this point in the rooms
- c. The Athletic Training Door (in this hallway) will be for exit only
 - i. The Athletic Training Suite entrance is from the exterior door near the rain basin.
- d. Hallway to Athletic Suite
 - i. Make left to enter athletic office (glass door); exit through wooden door
 - ii. Or exit through front door

- iii. Make right to classrooms
 - 1. Door at the end of the hallway is exit only
- iv. Classrooms
 - 1. Desks removed – chairs only
 - 2. 1 Pod per classroom
- v. Day students may change at their assigned locker.
- vi. Boarding students need to dress in their rooms.

9. Stairs Heading to 2nd Floor

- a. One way up
- b. Top of stairs
 - i. Go straight to Hayden Family Fitness Center – walkway is one way
 - ii. Make left to wrestling/movement studio – ramp walkway is one way
- c. East Lounge Sitting area (2nd Floor) heading towards wrestling/dance studio – cleared out of chairs.
 - i. Space will be used for team meetings/chalk talks
- d. Back staircases will be used to exit the building from the 2nd floor.

10. Movement Studio

- a. One way in – back door out

11. Sutton Wrestling Room

- a. One way in – back door out
- b. All wrestling mats need to be rolled up and stored

12. Hayden Family Fitness Center

- a. One way in – back door out and down steps
- b. Two Pods in there at one time

COVID-19 Probable or Suspected Case

- If a student, parent, or staff member does not show [COVID-19 symptoms](#) but notifies the Athletic Department that they have been in close contact with a person who is a confirmed case of COVID-19, the individual should be directed to stay home and monitor for COVID-19 symptoms. The individual will be instructed to follow state and [CDC guidance](#) if symptoms appear.
- If a student, parent, or staff member shows [COVID-19 symptoms](#) or is confirmed as having COVID-19, follow the procedures below:
 - Immediately separate staff and patrons with COVID-19 symptoms (for example, fever, cough, or shortness of breath).
 - If the individual is a student, immediately contact Joellen Gillon, Director of Student Health and Wellness Services at (215) 579-6717.
 - If the individual is a faculty, staff, or community member, immediately contact Danette Crockett, Human Resources Director at (215) 579-6505.

- George School will notify local health authorities, staff, and patrons of any case of COVID-19 while maintaining confidentiality in accordance with applicable regulations.
- Any day student that falls ill will be picked up by parents/guardians as soon as possible. A boarding student who falls ill will be transported to the Student Health and Wellness Center.
- Areas used by a sick person will be closed off until after cleaning and disinfection.

Preventing Spread

A critical control is to avoid having a person with symptoms or who has tested positive for coronavirus to enter the Fitness and Athletics Center. Additionally, wearing face coverings as much as possible, maintaining physical distance, and practicing good hygiene practices are key controls for controlling potential spread in the FAC.

How to Wash Hands

1. **Wet** your hands with clean, running water. Turn off the tap and apply soap.
2. **Lather** your hands by running them together with the soap. Make sure to lather the back of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds (about the time it takes to sing the “Happy Birthday” song twice.)
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

You may use paper towels to turn off the faucet and/or open doors of the bathrooms.

How to Use Alcohol-Based Hand Sanitizer

Hand sanitizers should contain greater than 60% ethanol or greater than 70% isopropanol.

1. Apply the product to the palm of one hand.
2. Rub your hands together. Make sure the product contacts the back of your hands, palms, between your fingers, and fingertips.
3. Continue to rub your hands together until your hands are dry (about 20 seconds).

Facilities and Operations

Ventilation

After talking with Facilities, the air system that is currently in place in the FAC will be adjusted and will supply a safe level of outside air flow for FAC users. The two gymnasiums will have doors propped open (when weather permits) and will also have exhaust fans on throughout the day or use. Doors will be propped open throughout the FAC to decrease the number of touch points while also supplying air flow throughout the rooms/building.

- Open windows and/or doors when possible to increase outdoor air supply.
- Increase supply air flows to the gym and group exercise rooms, if possible.
- Ensure restrooms and locker rooms have fans venting outdoors and operating to create negative pressure.
- For group exercise rooms consider use of a portable HEPA filtration unit sized appropriately to the space.
- Use of fans that focus airflow directly onto gym occupants are not recommended as they can direct airflow from one person to another and resuspend particles from the floor.

Restrooms/Showers/Locker Rooms

Limit use of locker room areas. When possible, encourage individuals to come dressed to work out and return to dorms to shower.

- Locker rooms and showers should have dividers between users or markings to note appropriate distancing. If not possible to properly distance users, locker rooms and/or showers should be closed.
- Encourage good hand hygiene for all staff and gym users.
- Post signage and inform gym users that hand washing, or sanitizing is required for all individuals before and after workouts, before and after using a new piece of equipment, as well as before and after the use of restrooms and/or locker rooms.
- Sufficient supplies must be provided and replaced regularly throughout the day. These include soap, hand sanitizer, paper towels, and tissues. Hand sanitizing stations should be readily available in multiple places, particularly at entryways/exits.
- Make trash cans readily available. Trash cans should be a type that does not require touching by the user. A no-touch trash can should be placed by all doors with pull handles, to ensure clean paper towels used to open the door can be disposed of properly.
- Toilet lids, if available, should be closed when flushed. Notices educating users should be placed in stalls.
- Restrooms and locker rooms should be cleaned and disinfected multiple times per day.

Locker Room Use

Boarding Students: Will continue to use their dorm rooms for their changing needs

Day Students: Main Locker Rooms will be used for all Day Students (All Sports) that need to change before a workout.