

East Stroudsburg Area School District Athletics
Covid-19 Informational Session for Parents
2020-2021

I. Philosophy of the “Return to Activity Plan”:

- A. The E.S.A.S.D Athletic Departments have devised the “Return to Activity Plan” as a guide toward the safest possible framework for our student-athletes to begin their journey back to interscholastic activity. This plan was developed utilizing a variety of resources provided by the CDC, PDE, PIAA and UPMC among others. This pre-season plan has been devised solely for the intent of physical conditioning only. We believe in the promotion of strong minds and bodies and therefore, have afforded our student-athletes with this voluntary opportunity.

II. Procedures:

- A. **Arrival** - Each school will have designated arrival and parking areas
- B. **Documentation** - Upon arrival all student-athletes will be required to complete the Covid Questionnaire grid. After completion of the Covid Questionnaire each student-athlete will submit to a temporal scan by a member of the ESASD staff. This information will be collected each day the student is in attendance and maintained by the athletic staff.

C. **Temporal Scanning - What if’s:**

1. What if an individual is detected to have a fever (100 or above)?

Answer: Any individual presenting a temperature of 100 or above will not be permitted to participate that day. Additionally, the coach will contact the parent or guardian to arrange for pick up and transportation home. The individual will also be isolated until they are able to secure transport home. If they do not develop further symptoms they may return the following day and repeat the screening process. (it is recommended that parents monitor the individual closely to determine if further symptoms develop.

**Please note - if an individual with a temperature of 100 or higher arrived in a vehicle with other athletes ALL of those athletes will not be permitted to participate that day.

2. What should I do if my child develops additional symptoms?

Answer: In observation of your child, should you notice that he/she has developed additional symptoms it is recommended to seek the advice of your personal doctor or other health care agency.

3. What if my child has a positive Covid-19 diagnosis?

Answer: In the event of a positive Covid-19 diagnosis your doctor’s office or the Health care agency will initiate “Contact Tracing”. We ask that you provide this information to the Athletic Director as soon as possible.

North - Chuck Dailey 570-588-4420 ext. 19500 or email at charles-dailey@esasd.net

South - Denise Rogers 570-424-8500 ext. or email at denise-rogers@esasd.net

Your child would then begin an isolation period as outlined by your doctor or health care provider. **RETURN TO ACTIVITY CAN ONLY OCCUR WITH A DOCTOR’S NOTE.**

4. What if my child has been exposed to an infected person?

Answer: If you are aware that your child has been exposed to an infected person please DO NOT SEND THEM TO WORKOUTS. Keep them home and contact your doctor or health care provider. We also ask that the information be shared with the Athletic Director as soon as possible.

III. Mitigation Efforts:

- A. All adults will wear masks at all times during these sessions.
- B. Social Distancing principles will be applied and adhered to.
- C. The “Pod” approach will be utilized at all times. This approach means that the student-athletes will be placed in groups of 10 or less (pods). They will remain in these set pods throughout the duration of the summer conditioning time frame. This drastically limits contact.
- D. All activities will be for conditioning purposes and therefore there will be zero physical contact.
- E. All utilized equipment will be wiped down and sanitized frequently (minimally every 30 minutes). Weight room equipment will be wiped down after every use.
- F. Hydration - All athletes will need to bring their own hydration (water). A 1 gallon jug of water with their name written on it is recommended.
- G. There will be no locker room access during this period of time. Students will utilize the stadium restrooms and porta-potties.
- H. All facilities will be cleaned and sanitized by the custodial staff on a regular, scheduled basis.
- I. Hand sanitizer will be provided.

IV. Resources:

- A. CDC - Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
“What you should know about Covid-19 to protect yourself and others”
“School Decision Tree”
- B. PA Department of Health - Website: [health.pa.gov](https://www.health.pa.gov)
“Corona Virus Symptoms”, “What is Contact Tracing”
“Phased Reopening Plan by Governor Wolf”
- C. UPMC Sports Medicine Playbook: Return to Sports During Covid-19 Minimum Standards.
<https://www.upmc.com/-/media/upmc/services/sports-medicine/documents/return-to-play/high-school-athlete-guidelines-pdf.pdf?la=en>

V. Testing Locations:

- A. Lehigh Valley Health Network - Stroudsburg
1655 West Main St, Stroudsburg, PA (272)762-2800
- B. Lehigh Valley Health Network - Bartonsville
292 Frantz Road, Suite 102, Stroudsburg, PA (888)402-5846
- C. Dingman’s Medical Center
1592 PA 739 Dingman’s Ferry, PA (570)828-8000
- D. St. Luke’s Hospital - Monroe Campus
100 St. Lukes Lane, Stroudsburg, PA (866)785-8537