



## Holy Trinity Catholic School

# Athletic Department Health & Safety Plan 2020-2021

### Introduction

HTCS will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the PIAA. HTCS 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, students and spectators.

### Recommendations

Recommendations all ALL LEVELS for elementary and jr. high athletics

1. Athletes, coaches and staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. 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. The screenings could range from a verbal or written questionnaire to a temperature check. Temperatures at 100.4 or higher will be sent home.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warmer water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face coverings will not be used for athletes while practicing or competing.) Hand sanitizer will be available for team use.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate athletes, coaches and staff on health and safety protocols.
6. Anyone who is sick must stay home.
7. Plan in place if a student or employee gets sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and coaches must provide their own water bottle for hydration. Water bottles must not be shared.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments.

11. Identify staff and students who may be a higher risk of severe illness from COVID-19 due to underlying medical conditions.
12. No concession stands will be offered at any games/leagues on HTCS property.

## **Classification of Sports**

**High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Example: football, cheerleading, wrestling

**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball,

**Low Risk:** Sports that can be done with social distancing or individually with no sharing of equipment of the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

\*\* High / Moderate Risk Sports may move to a low risk category with non-contact modifications. Team activities should be limited to individual skill development drills that maintain social distancing.

## **Levels of Participation**

### **Level 1 (PA State Red)**

Team Activities: No In-person gatherings allowed, athletes and coaches may communicate via online meetings (zoom, google meet, etc.). Athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

### **Level 2 (PA State Yellow or Green – once permitted by the PIAA for jr high)**

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country and sideline cheer

See Policies & Procedures for All Levels of HTCS Athletics in the Appendix.

**Pre-workout Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings will include a questionnaire and a temperature check at the beginning of any practice or game. (See Appendix for the Guardian Screening Form)
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

**Limitations on Gatherings:**

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches per practice area.
- Controlled non-contact practices only, modified game rules
- Social Distancing should be applied during practices and in locker rooms, and gathering areas.

**Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often

**Physical Activity:**

- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow

**Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized

**Level 3 (PA State Green - once permitted by PIAA)**

Team activities may include: : basketball, volleyball, baseball, etc.

**Pre-workout/Contest Screening:**

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.

- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations) See sample Guardian Screening in the Appendix
- Team attendance should be recorded

### **Limitations on Gatherings:**

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when able

### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after and individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

### **Physical Activity and Athletic Equipment:**

- Low, Moderate, and High Risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

### **Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but MUST be cleaned after every practice/event.

#### **Level 4 (PA State Green - once**

Team Activities include: Low/No person to person contact and



Risk Sports (Football) may begin full

#### **Pre-workout/Contest Screenings:**

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded

#### **Limitations on Gatherings:**

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when able

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after and individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

#### **Physical Activity and Athletic Equipment:**

- All sports may resume normal practice and competition
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

#### **Hydration:**

- Students MUST bring their own water bottle. Water bottles must not be shared.

## OTHER RECOMMENDATIONS

### Social Distancing during Contests/Events/Activities

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

### Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-essential) – Spectators, vendors

- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.

- HTCS will following the guidelines of any leagues we join such as: HAYFA and CRBC

- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

## POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

### What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix).

Symptoms may include:

- Fever or chills (100.4 or High)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



### **What to do if you are sick?**

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is diagnosed contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.

### **What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?**

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- Contact the parent/guardian immediately to have the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

### **Return of student or staff to athletics following a COVID-19 diagnosis?**

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious,

Fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

### **EDUCATION**

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments.
- Limit indoor activities and the areas used.  
Locker room use is not permitted Facility showers cannot be used
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in training areas without the presence of a coach

# Appendix:

HTCS COVID-19 Screening Form for HTCS Families.

Date

Required weekly.

Stay at home if you answer "yes" to any question.

Email address\*

Last Name

Building Location

HTCS Altoona

HTCS Hollidaysburg

HTCS Middle School

1. Do you have any of the following symptoms: Sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, or loss of taste?

Yes or No

2. Do you have a fever over 100.4 degrees?

Yes or No

3. Have you or anyone in your household been in close proximity to someone who has tested positive for Covid-19 or have you tested positive within the last 14 days?

Yes or No

4. Have you traveled to an area experiencing community spread of Covid-19 within the last 14 days?

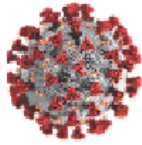
Yes or No

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This link will be closed by noon Monday.



# 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.



CE710521 04/10/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

### BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

### WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

### WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.



**Policies & Procedures**  
**for ALL LEVELS of HTCS Athletics**

1. Educate Athletes, Coaches, and Staff on health and safety protocols. Anyone who is sick MUST stay home. Constant Reminder to students and staff. If sick STAY HOME!!!!
2. Everyone MUST go through a verbal or written screening (could include taking temperature-anything above 100.4 should be sent home) prior to any practice, event, workout, team meeting, etc. to check for signs of COVID. This will be performed by the coaches. Use the COVID-19 Screen Forms provided by the school. 1.) make sure it is dated, will also be used for contact tracing if needed 2.) make sure you have a valid phone number for each athlete. 3.) If (+) for any symptom, close contact, or fever (100.4 or higher), student must immediately be sent home
3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 Face Coverings will not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow. PPE (gloves, masks, eye protection) will be used as needed and situations warrant.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, do the best you can.
5. Entrances to the gym lobby and gym will be limited to one doorway. Stay in the designated area.
6. Athletes will take ALL of their equipment home daily and have it washed before returning to practice, open gyms, etc.
7. EVERYONE (Students/Coaches) MUST bring their own water bottle already filled. No Use of water fountains.
8. Equipment uses at practices, open gyms, etc., must be disinfected after each session by the Coaches. Maintenance will be responsible for cleaning facilities overnight.
9. No Handshakes, celebrations, high fives, fist/elbow bumps, chest bumps, hugging, etc. Provide continual reminders of ways to limit exposure to COVID-19 (hand washing, coughing in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
10. Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
11. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions.

## CLASSIFICATION OF SPORTS

**High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, cheerleading

**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball

**Low Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, sideline cheer

\*\* High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. Team Activities should be limited to individual skill development drills that maintain social distancing.

## LEVELS OF PARTICIPATION

### Level 1 (PA State Red)

Team Activities: No In-person gatherings allowed, Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning.

### Level 2 (PA State Yellow or Green)

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.

#### Limitations on Gatherings:

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches per practice area.
- Controlled non-contact practices only, modified game rules

#### Physical Activity:

- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable, activity should focus on individual skill development)

### Level 3 (PA State Green)

Team activities may include: basketball, volleyball, baseball

#### Physical Activity and Athletic Equipment:

- Low, Moderate, and High Risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)

### Level 4 (PA State Green)

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.

#### Physical Activity and Athletic Equipment:

- All sports may resume normal practice and competitio



## Holy Trinity Catholic School Athletic Department

### Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, HTCS will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the PIAA for our jr. high, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, HTCS reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the HTCS Resocialization of Sports Recommendations include but may not be limited to:

- Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
- Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
- Intensify cleaning, disinfection, and ventilation in all facilities.
- Educate Athletes, Coaches, and Staff on health and safety protocols.
- Require Athletes and Coaches to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the student named below, against HTCS, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the student or the undersigned relating to or as a result of the student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and

COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the HTCS to limit the exposure and spread of COVID-19 and other communicable diseases.

We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.



Sport: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

\*Parents/Guardians can find a full copy of the HTCS Resocialization of Sports Recommendations on the school website.

Questions or Concerns:

Contact our athletic director: Kraig Kiesewetter at [kiesewetter.kraig@holytrinitycatholic.school](mailto:kiesewetter.kraig@holytrinitycatholic.school)

**RESOURCES:**

**Centers for Disease Control and Prevention**

**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”,

“Schools Decision Tree”

**PA Department of Health**

**Website: [health.pa.gov](https://www.health.pa.gov)**

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

**Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>