



Swarthmore Recreation Association

Swarthmore Soccer Club

Nether-Swarthmore Basketball

Health and Safety Plan

MASKS: All Athletes and program attendees of SRA activities will comply with masking and capacity guidelines set by federal, state, and county health officials, as well as WSSD guidelines during this pandemic.

HEALTH SCREENING: All participants will have their temperature checked and we will use the COVID-19 Symptom Checklist which has been published by the CDC and the Chester County Department of Health

EXPECTATIONS FOR PRACTICES, COMPETITIONS AND EVENTS

EXPECTATIONS OF SRA:

- The Director will monitor PA Department of Health Travel Guidelines and update coaches and volunteers when changes are made to the restricted travel list.
- Follow state, local and WSSD regulations on spectators and venue capacity.
- Communicate with participants and families on any changes.

EXPECTATIONS OF PARENTS:

- Keep athlete(s) home if they exhibit symptoms of illness or a family member / close contact tests positive for COVID-19.
- Monitor and follow any PA Department of Health travel warnings and quarantine expectations related to travel.
- Notify coaches if any participant who previously participated in an activity has become ill or remains home due to COVID-19 related issues.
- Make transportation arrangements to limit carpooling with participants.
- Practice social distancing during pick-up and drop-off of participants and at all times while activities are going on.

EXPECTATIONS OF COACHES:

- Ensure that athletes while on sidelines are masked, masking not required during outdoor vigorous activity.
- Arrange for an assistant coach to lead the workout or cancel workout if the coach exhibits symptoms of COVID-19 related illness or has come in close contact with someone confirmed sick with COVID-19.
- Coaches set specific places for pick up and drop offs to ensure distancing with other teams or groups. Participants should be informed that they cannot arrive more than ten minutes early.
- Assess each participant using the COVID-19 Symptom Checklist which has been published by the CDC and the Chester County Department of Health.
- Contact the parent of any participant who exhibits symptoms of illness to arrange for their immediate transportation home.
- Notify the SRA Director and Program director if a student is sent home from a practice or has become ill and remains home for exhibiting symptoms of illness.
- Provide their own face mask/shield, beverages and food items for each workout and that these items will not be shared with others.
- Plan practice drills which maintain 6 feet of distance between athletes when possible.
- Refrain from activities that increase the risk of exposure to saliva are not allowed (spitting, use of chewing gum, use sunflower seeds, etc.).
- Maintain 6 foot separation at all times including rest breaks. During down time, participants and coaches should not congregate.
- Clean all equipment after each practice.
- Monitor arrival and departure of athletes to ensure social distancing.
- Any away competitions must follow the guidelines set forth for on-campus activities, as well as any requirements of the host facility.

EXPECTATIONS OF PARTICIPANTS:

- Only attend if the participant has no symptoms of illness or has not been in close contact with any individual confirmed sick with COVID-19. If the participant is sick or has been in close contact with any individual confirmed sick with COVID-19, they must not attend practices and/or games.
- Participants must not arrive more than ten minutes early.
- Provide their own face masks/shields, beverages and food items for each workout and that these items will not be shared with others.
- Wear face masks that securely cover both the nose and mouth, and maintain at least a 6 foot separation when not engaged directly in physical activity, unless doing so jeopardizes their health. If doing so jeopardizes their health, at least a 6 foot separation must be maintained at all times.
- Maintain appropriate social distancing at all times possible, including restrooms, sidelines, dugouts, benches, and workout areas.
- Clean/disinfect all clothing, personal items and personal sports equipment after each workout.

PROCEDURES IF PARTICIPANT ARRIVES OR BECOMES ILL:

- Isolate participant when symptoms of illness are reported.
- Coach will contact parent/guardian to arrange for their pickup.
- If the workout has begun, remove any equipment used by the participant who has fallen ill until it has been disinfected.
- Coach will report the name of the athlete to the SRA Director and Program Director.

PROCEDURES IF ATHLETE/COACH TESTS POSITIVE FOR COVID-19 OR HAS BEEN IN CLOSE CONTACT WITH SOMEONE WITH COVID-19:

In the event a player and/or coach tests positive or has been in close contact with someone who tested positive for COVID-19, SRA will follow the protocols established by the Chester County Health Department.

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Track Director:

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