

**Bloomsburg Christian School Athletic Department**  
**Guidelines for Athletic Practices, Training, and Games**

- *Prior to a student-athlete being allowed to participate in any BCS athletic activity, the parents and students must sign a Participation Waiver for Communicable Diseases, including COVID-19. (Participation Waiver)*
- Coaches must be aware of the CDC guidance on youth sports and modify accordingly to reduce the potential spreading of the COVID-19 virus.  
Athletes and families should also know the recommendations of the state for COVID-19 found at <http://www.governor.pa.gov/covid-19/sports-guidance/>
- Limit close contact wherever possible.
- The primary point of contact for all COVID-19 questions will be Pastor Stouffer. Cell 570-231-9168
- If there are concerns of possibly having the virus, please stay away from any athletic activities until it is confirmed you are clear of the virus or have tested positive. If you do test positive, report to Pastor Stouffer immediately. Failure to do so will result in automatic removal from the team for the remainder of the season.
- If someone contracts the virus, we will notify the group through the remind system and all practices, training or games will be postponed until we can verify that we can resume without further spread of the virus.
- Coaches and athletes must maintain proper social distancing at all times as much as is possible.
- Hand sanitization should be used before and after each athletic activity (drill, water break, team meeting, etc.).
- Athletes and coaches will have a temperature screening before each practice. For the first 2 weeks we will use the temperature of 100 to classify a fever but we will record each person's temperature to establish their average. After the 2 weeks we will use each person's average temperatures. If the person's temperature is elevated more than 2 degrees or 100.4, whichever is lower, they will be sent home. If this is the case, athletes should call their head coach and let them know of the situation and that they will not be at practice. (Not being at practice for these health concerns will not count against student athletes.)
  - Students/athletes should not return to school or any school activity until they are fever free for 48 hours without the use of fever-reducing medications AND symptoms are waning or gone.
  - Because COVID-19 and the flu can cause a variety of symptoms, an athlete may not be ready for school or sports even if they are fever free. Parents should use their best judgement to determine if their child is close to being back to their normal level of activity before returning to school.
- All athletes, coaches and officials should bring their own water to practice, training sessions and games.
- Avoid shaking hands, fist pumps, high fives, or other physical contact before, during, and after practices, training sessions, and games.

- For soccer, all throw-ins will be started by a free kick for practices.
- Equipment will be disinfected after each practice, training session or game.
- Concessions are TBD.

**Bloomsburg Christian School (BCS) 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. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. Research from the Centers for Disease Control, among others, has found that while COVID-19 does infect children, relatively few children with COVID-19 are hospitalized. However, 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, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

**These recommendations include but may not be limited to:**

- Athletes and coaches will discuss COVID-19 symptoms and contact screening questions when applicable and may include a temperature check, as needed.
- Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, no handshakes/celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
- Intensify cleaning, disinfection, and ventilation in all facilities
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
- Educate Athletes, Coaches, and Staff on health and safety protocols
- Anyone who is sick must stay home
- Have a plan in place if a student or coach gets sick
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
- **Refill Stations and Water Fountains will NOT be AVAILABLE.**
- Coaches, athletes, and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, team meetings, etc. and anytime 6 feet of physical distancing is not possible.

I understand 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. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by BCS to limit the exposure and spread of COVID-19 and other communicable diseases.

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

Printed Name of Student Athlete: \_\_\_\_\_

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

Printed Name of Parent/Guardian: \_\_\_\_\_

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