

Pharr-San Juan-Alamo ISD Athletic Department

Risk Mitigation and Safety Plan



The information presented here is subject to change based on new information from the UIL or TEA. Information will be updated accordingly as new guidelines are released. Information is current as of March 26, 2021.

The health and safety of our staff and our student athletes and their families is our number one priority. The purpose of this mitigation plan is to identify risks and minimize exposure to and the spread of the COVID-19 virus in the athletic setting.

Key Objectives

- Limit cross contact between students and staff when practicable.
- Implement procedures to screen signs and symptoms for students, staff, and fans.
- Promote healthy hygiene practices including hand sanitizing, social distancing, and wearing a face covering when required.
- Ensure that cleaning, disinfection, and sanitizing is done properly and regularly in all athletic facilities.
- Continue to provide services for athletic injuries including prevention, treatment, and rehabilitation in a safe manner.

UIL Mitigation Guidelines

The UIL is constantly re-evaluating and updating required mitigation strategies for UIL activities. The PSJA ISD Athletic Department staff will implement these guidelines as they evolve. The most current UIL guidelines can be found here:

[Covid-19 Information & Updates — University Interscholastic League](#)

Health Screening Procedures

The Athletic Department will follow district screening procedures for campus access during the instructional day. If a student or staff has been cleared for the instructional day, they do not require a new screen for athletics if they have not left school.

Category	Mitigation Plan
Screening and Facility Access During a Regular In-Person Instructional Day	<ul style="list-style-type: none"> • Campus screening procedures will be followed when arriving for a regular school day. • All staff and students must complete the PSJA Health Screener and screenshot the green checkmark – https://covid.psjaisd.us • Temperature checks will be conducted according to district policy. • If students or staff are arriving very early for practice or to leave for games the athletic department screening procedure below should be followed.
Screening and Facility Access Outside a Regular In-Person Instructional Day	<ul style="list-style-type: none"> • Staff will complete the COVID-19 Entry with temperature on Rank One after logging on. • Students will complete the COVID-19 online screening form on Rank One. • All coaches will be trained to conduct screening when necessary for student athletes and other coaches. • Staff – https://www.rankonesport.com • Students – https://psjaisd.rankonesport.com • The Rank One Sport COVID screening tool follows TEA guidelines pertaining to student and staff privacy.
Fans/Visitors	<ul style="list-style-type: none"> • Fans will be required to complete the PSJA Health Screener online, screenshot the green check mark, and have a temperature check before entering a facility.

Students and staff should remember that there is the possibility that they have already contracted the virus and are an asymptomatic carrier who can spread the virus despite not showing symptoms. Everyone should conduct themselves as if this was the case. These policies and procedures are designed to minimize the risk to yourself and others.

It is vital to the health and safety of everyone that individuals take the responsibility of following these guidelines seriously.

Close Contact

For the purposes of this manual close contact is defined as:

- Being directly exposed to infectious secretions (e.g., being coughed or sneezed on); or
- Being within 6 feet for a largely uninterrupted or sustained extended contact period, throughout the course of a day, of approximately 15 minutes.

Additional factors such as proper masking, ventilation, dividers, vaccination status, prior infection status, and case symptomology may affect the final determination of close contact.

Action Plan for Positive Test or Suspected Contact

Category	Identified Risk	Mitigation Plan
Student	Affirmative response to COVID-19 screening questions or confirmed positive test result	<ul style="list-style-type: none"> • Student Health Services Department should be notified immediately • If already on campus, they will be removed from all contact and isolated until picked up by parents. • PSJA contact tracing protocols will be in place to determine who is isolated or quarantined and give a timeline for return. https://covistat.psjaisd.us • Return-to-school timeline will be determined by the Student Health Services Department.
Staff	Affirmative response to COVID-19 screening questions or confirmed positive test result	<ul style="list-style-type: none"> • Supervisor should be notified immediately, and COVID-19 intake form should be submitted. • If already on campus, they should be removed from all contact and sent home. • PSJA contact tracing protocols will be in place to determine who is isolated or quarantined and give a timeline for return. https://covistat.psjaisd.us • Return-to-work timeline will be determined by the Human Resources Department.

Once contact tracing is complete, affected individuals will be notified and given a timeline for return. Other individuals not identified in the contact tracing will be able to continue participating while following all precautions.

Return to Play Protocol After a COVID-19 Diagnosis

UIL Rules require a student with a positive COVID-19 diagnosis to be cleared by a doctor. In addition, due to the uncertainty of long-term effects a phased Return-to-Play protocol will be used.

Each phase must be completed without symptoms and without excessive fatigue or breathlessness.

Phase	Description
1	<ul style="list-style-type: none">Complete COVID-19 case protocols and provide a physician clearance.
2	<ul style="list-style-type: none">Complete 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <70% of MHR
3	<ul style="list-style-type: none">Complete 30-45 minutes of moderate activity (simple movement activities such as running drills or agilities) at <80% of MHR
4	<ul style="list-style-type: none">Complete 45-60 minutes of sport specific aerobic activity (including warm up) at <80% of MHR
5	<ul style="list-style-type: none">Return to play with no restrictions and ongoing monitoring

The timeline for completing all 5 phases may be affected by the severity of the infection. Each phase requires at least 24 hours to pass before moving to the next phase, however a severe case may require more time to return after the recovery period. Further evaluation by a physician may be necessary in the event of a prolonged recovery.

BinaxNOW COVID Rapid Testing

All high school and middle school student athletes and staff participating in-person will undergo a weekly Covid-19 test. Tests will be conducted by coaches trained by the health services staff.

- Tests will be done on Mondays. If an individual is absent on Monday, they will be tested on the day they return.
- School district contact tracing policy will be followed in the event of a positive result.

Variations of layout and design will determine how these plans are executed at each facility. The goal is to provide for the safety of students, staff, and fans.

The following items apply to all facilities and will be implemented according to the needs of the facility:

- Separate entry (screening) and exit points will be clearly marked.
- Hand sanitizer, soap, and other hygiene products will be readily available at entry/exit points and throughout the facility.
- Signs reinforcing COVID-19 precautions including hand washing, face covering, and social distancing will be visible in all areas.
- Staff, students who are not actively participating, and fans must wear a face covering while in the facility and observe social distancing guidelines.
- Access to the contest area will be restricted to essential personnel.
- All seating and bleacher areas will be clearly marked to facilitate distancing.
- Routine disinfection may be done throughout the day by athletic staff.
- Facilities may be closed, and enhanced disinfection may be done by the Operations Division in the event of an infectious student or staff contact.
- All facilities will be disinfected at the end of the day according to school district operational procedures.

In addition, the following applies to specific facilities:

Facility	Mitigation Plan
Locker Rooms	<ul style="list-style-type: none"> • Lockers will be assigned every other locker to allow for spacing. • Restrooms and showers available to use will be marked. • Access times may be staggered to minimize close contact.
Weight Rooms	<ul style="list-style-type: none"> • Equipment will be spaced to allow for social distancing. • All bars, weights, and touch points will be sanitized between each use.
Aquatics	<ul style="list-style-type: none"> • District certified pool operator will ensure pool sanitizing levels are maintained. • USA Swimming recommendations for social distancing in the water will be followed.

The mitigation plan for practice and games are similar. Plans for practice will be implemented based on the needs of each campus.

Game preparation will include communication with other district departments including Operations, Transportation, Police, and Security.

Category	Mitigation Plan
Before Practice/Games	<ul style="list-style-type: none"> • Facility drop off and entry point should be determined and used by staff and students for screening. • For away games PSJA ISD Transportation Department plans for bus capacity will be followed when requesting buses.
During Practice/Games	<ul style="list-style-type: none"> • When possible, outdoor workouts should be encouraged. • Workouts should be in small groups as much as possible to minimize cross contact. • There will be no shared athletic towels, clothing, personal equipment, or shoes. • All equipment (balls, clubs, racquets, etc.) will be sanitized often. • All students must bring their own water container. Hydration systems with a touchless control will be available to refill, fountains will be available only if they have a touchless refill station. • Coaches and athletic trainers will monitor all activities and make corrections as needed to ensure all distancing and disinfection procedures are being followed.
After Practice/Games	<ul style="list-style-type: none"> • Students will not be allowed to congregate once the practice/game is finished • After the practice/game students must leave immediately if they drove or walked. • If waiting for a ride, they must stay in the designated pick-up area at least 6 feet apart from others who are waiting and wear a face covering. • Laundry will only be done for game gear by coaches wearing gloves and face covering. Practice gear should be taken home and washed.
Visiting Teams	<ul style="list-style-type: none"> • Visiting teams should provide documentation that all their students and staff have been screened according to UIL guidelines before travelling to a PSJA facility. • Hydration systems, ice chests, or water coolers will not be provided. • Visiting athletes will not have access to the athletic training room unless there is an urgent or emergent illness or injury.
Officials and Game Workers	<ul style="list-style-type: none"> • Officials and game workers will be screened when arriving to a game.

PSJA ISD Athletic Training staff will continue to provide services to injured student athletes throughout this pandemic. Proper screening procedures and documentation to ensure the safety of all staff and students will become part of the daily routine.

Student athletes will not be allowed to come and go as they please, in mass, or without a purpose for being in the athletic training room. PSJA ISD Athletic Training Rooms will be treated as a healthcare facility and visits not directly related to athlete health and safety will be eliminated.

Category	Mitigation Plan
Infection Control	<ul style="list-style-type: none"> • The athletic training staff will ensure that all coaches and athletic staff are properly trained in infection mitigation and control policies and procedures. • Routine disinfection will be done throughout the day by coaches and athletic trainers. • Strict hand hygiene will be practiced by the staff athletic trainers. • Treatment, first aid, and rehabilitation areas will be disinfected between each use. • Equipment used for treatment will be disinfected between each use. • Enclosed clean areas will be maintained for towels, treatment, and rehab equipment and supplies to avoid exposure to respiratory droplets. • Reusable medical devices and instruments must be disinfected after each use. • Custodial services staff clean following PSJA ISD operational procedures and standards.
Athletic Training Room	<ul style="list-style-type: none"> • Access will be limited and documented on Rank One Sport. • Treatment, first aid, and rehab areas will be arranged to account for proper social distancing. • Students will not be allowed to wait to get treatment or rehab inside the athletic training room.
Patient Care & Services	<ul style="list-style-type: none"> • No student will be denied services. • All staff and students are to use appropriate PPE • Treatment and rehab times will be structured to minimize cross contact. • Home exercise programs will be utilized when appropriate. • Staff will ensure adequate social distancing for athletes doing treatments or rehab. • Athletes must leave the facility as soon as all treatment or rehab is complete.