



BERLIN BROTHERSVALLEY SCHOOL DISTRICT

1025 MAIN STREET

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"HOME OF THE MOUNTAINEERS"

Dr. David F. Reeder
Superintendent

Lori Gindlesperger
Business Manager

Health and Safety Guidelines for Athletic Facilities

- 1) No more than 25 athletes will be allowed to be in the weight room or gym at one time.
- 2) No more than 50 athletes will be allowed to be on the field at one time.
- 3) Athletes should avoid congregating in groups before or after practice.
- 4) Athletes will be encouraged to wash hands and/or use hand sanitizer before and after workouts.
- 5) Athletes will be encouraged to avoid touching their eyes, nose and mouth.
- 6) Weight room and sports equipment will be sanitized before and after workouts.
- 7) Water fountains will not be available. Athletes should bring their own water bottles and avoid sharing.
- 8) Restrooms will be used only in emergency. Locker rooms will be closed.
- 9) Masks or face coverings are recommended when the health and safety of individuals would not be compromised by wearing a mask or face covering.
- 10) Athletes should stay home when feeling ill. Coaches should monitor athletes and if an athlete shows any signs of being ill they should be sent home.
- 11) Workouts and other summer athletic activities are limited to coaches, student athletes, officials, and essential personnel until further guidance is provided by the PA Department of Health, Pennsylvania Department of Education, or the Pennsylvania Interscholastic Athletic Association.