

WEST CARROLL SPECIAL SCHOOL DISTRICT SCHOLASTIC ACTIVITIES RETURN TO ACTION PLAN

i. OUR GOALS

- Maintain safe and healthy communities
- Position our region for a return to normal scholastic activities in the fall
- Safely return our students and instructors to scholastic activities

ii. PLAN PRINCIPLES

- Prioritize student and instructor care
- Ensure effective community communication
- Provide consistent symptom assessments
- Enact standard record keeping
- Ensure safe student/instructor management
- Ensure effective facility management
- Ensure safe equipment management
- Maintain flexibility

iii. STUDENT AND INSTRUCTOR CARE

- No student or instructor will feel pressure to participate in any onsite, face to face activities
- No student or instructor will experience any repercussions for not attending onsite, face to face workouts
- Students with risk factors may not participate in activities
- Parent/guardian of the student must sign consent to participate in activity form
- Students and instructors must have pre-activity, basic symptom evaluation each day of attendance

iv. COMMUNITY COMMUNICATION

- Each student and family/guardian will be notified of the return to activities plan
 - Methods will vary with system – email, social media, etc.
- Each student must have a parent/guardian sign and turn in the COVID-19 consent to participate form
 - May be paper or electronic
 - Form includes health, travel, and personal COVID-19 contact questions
- Each instructor must sign a participation waiver
- Release return to action plan to media and share on social media
- Keep the plan available for review by the community
 - Methods will vary with system

v. SYMPTOM ASSESSMENTS

- All students and instructors will have their temperature taken each day
 - Procedure for thermometer use will be determined by each system
 - Any student or instructor with a fever of 100 degrees or greater will return home immediately – students unable to leave immediately will be kept separate from the group

- The student or instructor must be temperature free for 3 days before return to workouts
- A return to activities verification form must be completed by the parent/guardian – form includes daily temperature readings and the daily symptom questionnaire
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- Students and instructors must have pre-activity basic symptom evaluation each day of attendance – evaluation will be logged for each student/instructor each day
 - Do you have an unexplained cough?
 - Do you have shortness of breath or difficulty breathing?
 - Have you been out of the county in the last 14 days? If yes, when and where?
 - Have you been around anyone who has had COVID-19?
 - Have you had COVID-19?
 - Do you have or have you ever asthma, high blood pressure, chronic lung disease, diabetes, or any other vulnerable health issues? If yes explain: ***(This question is only required to be answered on the first screening)***

vi. COVID-19 EXPOSURE PROTOCOL

- Protocol if a student/instructor is known to have been in contact with someone who has or has had COVID-19
 - The student/instructor will not attend activities for 2 weeks after the last contact with the affected individual
 - The student/instructor must have been symptom free for the entirety of the 2 weeks
 - If the student/instructor develops symptoms, then the individual will follow the guidelines for a student/instructor that has been infected

vii. COVID-19 INFECTION W/ SYMPTOMS

- Protocol if a student/instructor has been diagnosed with COVID-19
- Symptom-based strategy
 - Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
 - At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
 - At least 10 days have passed *since symptoms first appeared*.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

viii. COVID-19 ASYMPTOMATIC INFECTION

- Protocol if a student/instructor has been diagnosed with COVID-19 but was asymptomatic
- Time-based strategy
 - Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
 - At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-

based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

ix. RECORD KEEPING

- Daily attendance and daily symptom assessments for students and instructors will be maintained on a standard form
- Records will be kept according to activity group
- Instructors will turn in an activities plan to the school appointed director for approval
- Weekly review of procedures for each group should take place

x. STUDENT/INSTRUCTOR MANAGEMENT

- Only school personnel and students will be allowed in facilities – no spectators
- Each activity group will consist of a maximum of 10 people (inside or outside)
- In most cases this will be 9 students and 1 instructor (Groups must stay same including the Coach)
- Smaller pods can be utilized for training with the same 5-10 students always working out together to ensure more limited exposure if someone develops an infection.
- Members of the activity group will remain the same each day to aid in contact tracing (if necessary)
- Social distancing of at least 6 feet will be maintained at all times
- No physical contact of any kind among activity participants
- Activity times could be staggered as needed to prevent mixing of groups before and after activities
- Students must arrive to activities dressed and immediately return home to shower at the end of workouts (no changing facilities will be provided)
- Some activities may require mask
- The instructors will notify students of these activities

xi. FACILITY MANAGEMENT

- Only school personnel and students will be allowed in facilities – no spectators
- Activity groups will be separated with sufficient buffer zones between groups if in the same areas
- No locker rooms will be available
- Activity groups should be assigned specific parking areas if possible
- Parking lots will be monitored to ensure no gathering of students
- A restroom plan will be in place limiting the number of students in the restroom at one time
- Indoor facilities that have been used will be cleaned and sanitized between group sessions
- All participants will be encouraged to use hand sanitizers and have access to areas for hand washing

xii. EQUIPMENT MANAGEMENT

- Students will not share un-sanitized equipment
- School equipment will be sanitized before use by different athletes

- Students will only use equipment that can be used safely without aid (spotter)
- Students will bring their own water bottles or will obtain a disposable bottle of water from their instructor
 - Water bottles left after activities will be disposed of

xiii. FLEXIBILITY

- Athletic directors, school personal, and health officials will continue to meet, plan, and discuss future changes to the current plan as conditions dictate

