

Summer Guidance for Extracurricular Activities

Objective	To provide guidance for schools in return-to-activity protocols for extracurricular activities. Middle School and High School athletic activities should refer to and adhere to the North Carolina High School Athletic Associations (NCHSAA) document: NCHSAA Reopening Sports/Activities: Summer Guidance.
Points of Emphasis	<p>Key Strategies: Frequent, effective hand hygiene; social distancing of at least 6 feet; disinfecting of high touch areas; avoid touching of the face; symptomatic individuals or individuals with exposure to COVID-19 within the past 14 days must not participate; development of plans specific to each school’s venues and facilities.</p> <p>Administrators and staff must emphasize the need for all participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission, as they may transmit the virus to <i>vulnerable individuals</i>. Vulnerable individuals are defined as, but not limited to: people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system may be compromised by treatment such as by chemotherapy for cancer, certain medication for rheumatoid arthritis and other conditions requiring immune suppression.</p> <p>The health and safety measures outlined in this plan were formed utilizing the Centers for Disease Control and Prevention (CDC), North Carolina Department of Health and Human Services (NCDHHS), Randolph County Public Health (RCPH), North Carolina High School Athletic Association (NCHSAA), and the Superintendent’s Office. It is recognized, however, that the information and circumstances concerning COVID-19 remain fluid and variable. Therefore, these guidelines are subject to change in conjunction with new knowledge of COVID-19 or changing social condition.</p> <p>In order to move from one phase to the next, further criteria will be established, will be in accordance with the Governor and NC DHHS, and will be strictly followed.</p>
Pre-Participation Evaluation	Please utilize the “Initial Screening Questions for Students to Participate in an Extracurricular Activity During COVID-19” form to screen all participants prior to their first day of participation.

	Extracurricular Phase One	Extracurricular Phase Two	Extracurricular Phase Three
Facilities Cleaning	<p>Adequate cleaning schedules must be created and implemented for all facilities being utilized. Bathrooms, if opened, must be disinfected after use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, equipment, bathrooms, etc.).</p> <p>Hand sanitizer (containing >60% ethanol or >70% isopropanol) must be plentiful and available to individuals as they move from place to place.</p> <p>Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment having holes with exposed foam must be covered.</p> <p>Students must be encouraged to shower and wash their clothing immediately upon returning to home.</p> <p><u>Once facilities are cleaned</u> - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in extracurricular activities.</p>	<p>Phases Two and Three will be developed and shared according to the Governor’s continuing reopening guidelines, NC DHHS guidance, and CDC guidance.</p>	
Entrance/Exit Strategies	<p>Must work with administration to develop a plan to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>		

<p>Limitations on Gatherings</p>	<p>Practices/Workouts limited to no more than 90 minutes in Phase One.</p> <p>Gatherings in outside venues are limited to no more than 25 people.</p> <p>Gatherings in gymnasiums are limited to no more than 10 people.</p> <p>The gathering numbers, as mentioned above, include coaches, managers, trainers, teachers, etc.</p> <p>Activities should be conducted in “pods” of students with the same 5-10 students interacting together weekly (same grouping each day) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required.</p> <p>There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>		
<p>Pre-Participation Monitoring</p>	<p>All adults and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.</p> <p>Anyone with a temperature of 100.4° F or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.</p> <p>Responses to screening questions for each person must be recorded and stored (see Monitoring Form attached).</p> <p>The sponsor/teacher is responsible for collection of the data from each day’s screening. Ideally this would be the same individual each day for consistency.</p> <p>Students or adults who have a positive pre-activity screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.</p> <p>Students and staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate in any activity during Phase One.</p>		
<p>Exposure of a Student or Staff Member to a Person Who Tests Positive for COVID-19</p>	<p>If a person that has participated in an extracurricular activity tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:</p> <ol style="list-style-type: none"> 1. Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test. 2. Check your temperature twice a day and watch for developing symptoms of COVID-19. 3. If possible stay away from people who are at higher-risk for getting very sick and/or contracting COVID-19. 		
<p>Student or Staff Who Tests Positive for COVID-19</p>	<p>The local public health authority must be notified by the adult responsible for maintaining the monitoring form to help with contact tracing.</p> <p>TO RESUME ACTIVITY, the individual must meet <u>each</u> of the following criteria:</p> <ol style="list-style-type: none"> 1. No fever for 72 hours without fever reducing medications, since recovery 2. Resolution of respiratory symptoms 3. At least 10 days have passed since symptoms first appeared 4. A note of clearance from a licensed medical provider (MD, DO, NP, PA) 		

<p>Face Coverings</p>	<p>State, local or school district guidelines for acceptable cloth face coverings must be strictly followed. There is no need to require or recommend “medical grade” masks for physic activity.</p> <p>Staff are strongly recommended to wear cloth face coverings at all times and maintain 6-feet physical distancing.</p> <p>Students are strongly recommended to wear a cloth face covering when not actively engaged in physical activity and maintain 6-feet physical distancing. Face masks should not be worn during activities that inhibit breathing,</p> <p>Face masks must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or to others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p>		
<p>Hygiene Practices</p>	<p>Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently-used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.</p> <p>Disinfect frequently-used items and surfaces between use.</p> <p>No spitting! - e.g. sunflower seeds, tobacco, phlegm.</p>		
<p>Hydration/Food</p>	<p>No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.</p> <p>Hydration stations (water fountains, etc.) must not be utilized by individuals. Designate one person to refill water bottles when needed.</p>		
<p>Travel</p>	<p>No travel permitted during Phase One.</p>		
<p>Spectators</p>	<p>Spectators are not allowed during Phase One. Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.</p>		
<p>Physical Activity and Equipment</p>	<p>There must be no sharing of equipment --towels, clothing, shoes, instruments, or other specific equipment-- between students.</p> <p>Students must wear their own appropriate activity clothing (do not share clothing); Individual clothing/towels must be washed and cleaned daily.</p> <p>All equipment/instruments must be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of equipment are permissible, but the equipment must be cleaned prior to use by the next individual.</p> <p>Physical contact such as high-fives, fist/elbow bumps, and hugs are not be allowed.</p>		

Resources	
Signage / Posters	CDC Print Resources
Additional Links	White House Guidelines for Opening Up America Again Spanish CDC Considerations for Youth Sports CDC Recommendations Regarding the Use of Cloth Face Coverings NFHS Guidance for Opening Up High School Athletic and Activities NCAA Core Principles of Resocialization of Collegiate Sport U.S. Olympics and Paralympics Committee: Return to Training Considerations Swiss Rugby Union Protection Concept for Resumption of Sports Activities https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2#filter_col1 https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html