

**Cumberland Valley School District
Clubs and Activities
2020-21 Return to Activity Guidelines**

This guidance is preliminary; as more public health information is available, the administration may work with impacted groups to release further guidance which could impact the ability to continue the activity. This guidance governs activities considered both co-curricular and extra-curricular with an approved start date of September 8, 2020.

INTRODUCTION

The COVID-19 pandemic has presented activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. 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.

The CVSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The CVSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

REQUIREMENTS

Requirements for Middle School and High School Clubs/Activities:

1. Club and activity advisors and coaches as well as student participants must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Student participants are not required to wear face coverings while actively engaged in physical workouts and/or competition (if applicable) that prevent the wearing of face coverings, but must wear face coverings when inside in the classroom, etc., and at all outside venues anytime 6 feet of social distancing is not possible.
2. On weekends or weekdays with no school, prior to attending meetings, rehearsals, practices, and/or competitions, student participants, coaches, and staff will complete a COVID-19 health screening as a written questionnaire (recommended in the form of a Google document). For club/activity meetings, rehearsals, practices, and/or competitions taking place during the week, the daily health screening completed for school attendance will apply (questionnaire, temperature check)

RECOMMENDATIONS

Recommendations for Middle School and High School Clubs/Activities:

1. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap)
2. Intensify cleaning, disinfection, and ventilation in all facilities
3. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
4. Educate student participants, coaches, and staff on health and safety protocols
5. Develop plan if a student or employee shows symptoms of illness during meetings, rehearsals, practices, and/or competitions.
6. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
7. If applicable, student participants and coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
8. If applicable, use PPE (gloves, masks, eye protection) as needed and when situations warrant as determined by local/state governments.
9. Provide information to staff and students so they can identify if they may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC "People who are at a Higher Risk for Severe Illness").

PARTICIPATION GUIDELINES:

Pre-workout Health Questionnaire:

- Student participants, coaches and staff will complete the COVID-19 written health questionnaire (recommended in the form of a Google document) prior to meetings, rehearsals, practices, and/or competitions when applicable.
- Responses to health questionnaire for each person should be recorded and stored as a record of everyone present should contact tracing become necessary.
- Any person reporting symptoms shall not participate in the meeting, rehearsal, practice, and/or competition, to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return.

Limitations on Gatherings:

- During the Green phase as determined by the Governor, gatherings shall be limited to no more than 25 indoors and 250 outdoors). This total includes all persons present.
- If applicable, rehearsals and/or practices should be non-contact. Social distancing expectations apply during practices and/or rehearsals, in locker rooms, athletic training rooms, and any common gathering area.
- All meetings, rehearsals, and/or practices will be closed to the public including parents, family members and media.

Facilities Cleaning:

- Adequate cleaning schedules shall be created and implemented for all facilities to mitigate any communicable disease
- If applicable, facilities should be cleaned prior to arrival and post rehearsal and/or practices.
- Weight Room Equipment should be wiped down after an individual's use

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity:

- Students should refrain from sharing clothing/towels.
- Equipment that may be used by multiple individuals should be cleaned intermittently during as deemed necessary
- District provided hand sanitizer should be used periodically as resources allow

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.

OTHER RECOMMENDATIONS:

Transportation guidelines will be based on Department of Education recommendations for busing.

POSITIVE CASES AND/OR STUDENT PARTICIPANTS, COACHES, OR STAFF SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Cough
- Shortness of breath
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste and smell
 - Gastrointestinal problems (nausea, diarrhea, vomiting)
 - Headache

What to do if you are sick and experiencing Covid-19 symptoms?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (coach/advisor, supervisor, principal, etc.)
 - Within the first 24 hours the areas visited by the student/coach/staff will be closed to clean and ventilate
 - After 24 hours the area will be deep cleaned and disinfected
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms for 72 hours.
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. Those exposed to an athlete/coach will be required to self-quarantine for 14 days.

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction
- Within the first 24 hours the areas visited by the athlete/coach will be closed to clean and ventilated
- After 24 hours the area will be deep cleaned and disinfected
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms for 72 hours
- If a positive case of COVID-19 is diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. Those exposed to an athlete/coach will be required to self-quarantine for 14 days

Return of student or staff to clubs/activities following a COVID-19 diagnosis

- Student participants, coaches, and/or staff must stay home for a minimum of 14 days and have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

EDUCATION:

Staff, Coaches, Parents and Athletes will be educated on the following (through posters, flyers, meetings, emails, phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA.
- students should come dressed for activity
- Limit indoor activities and the areas used. Locker room use is not permitted Facility showers cannot be used
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- No students allowed in athletic training rooms without the presence of an athletic trainer

APPENDIX

Appendix A

Cumberland Valley Clubs/Activities Student Participant and Staff COVID-19 Screening

Name: _____ Date: _____

Grade: _____ Activity: _____

Students/Coaches should self-report as deemed necessary prior to each practice/event. Temperature may be taken from a designated trained individual as needed. Other symptoms should be marked as “N” – NO or “Y” Yes answers.

Close Contact is defined as within 6 feet for more than 15 consecutive minutes. The answer should reflect whether or not the student or staff member has had close contact with someone who is currently sick with suspected or confirmed COVID-19.

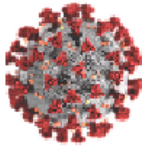
If any responses are “YES”, student will NOT be allowed to participate, practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

DATE	TEMP	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***

Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC “People who are at a Higher Risk for Severe Illness”).

Appendix B

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS170521 04/10/2020

cdc.gov/coronavirus

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.

- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

NFHS: Guidance for Opening High School Athletics and Activities

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,

“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing?”

“Phased Reopening Plan by Governor Wolf”