

The Roanoke County Public Schools Phase Three Guidance for Return to Play
(UPDATED September 9, 2020)

RCPS Sports teams/activities can begin out-of-season workouts September 28, 2020

The health and safety of all Roanoke County Public School children and staff is our priority. RCPS will continue to follow mandates from the public health experts at the Virginia Department of Health, recommendations from the Centers for Disease Control and Prevention, directives of the governor, Virginia High School League, National Federation of State High School Association, Sports Medicine Advisory Committee, and guidance from the Virginia Department of Education in our planning and decision making. The following measures taken by the schools can prevent the entry and spread of COVID-19 by students and staff who may have been exposed to the virus, while minimizing the disruption and protecting students and staff from discrimination.

The following guidelines documents were used to develop the RCP Return to Play Health Plan:

- Virginia Department of Health (VDH)
- Centers for Disease Control and Prevention (CDC)
- Virginia High School League (VHSL)
- National Federation of High Schools (NFHS)
- Sports Medicine Advisory Committee (SMAC)
- Forward Virginia Blueprint and phases
- Virginia Phased Guidance for Schools
- May 2020 CDC Guidance for Schools
- Recover, Redesign, Restart from Virginia Department of Education (VDOE)

RCPS athletic programs may begin to open school athletics and activities beginning September 28th as long as the following guidelines are followed:

- Students MUST have a valid VHSL physical form completed and on file with the school PRIOR to participating in any activity. The current physical forms on file expire June 30th, so students will need to have an updated physical form beginning July 1, 2021 to participate after July 1st.

Pre-Workout Screening

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Upon arrival, all staff and students will be given a temperature check.
 - ✓ If students were screened at school in the morning, additional screening is not necessary.
 - ✓ Any coach or student who answers yes to any of these questions on any given day will be asked to return home immediately and not return until cleared by a medical provider.
 - ✓ Coaches will check the temperature of each staff member and student upon arrival, unless checked at school.
 - ✓ Coaches MUST keep a daily attendance log for COVID-19 contact tracing if needed.
 - ✓ If any coach or student answers yes to the daily health screening questions, the coach must immediately inform the school nurse.

- ✓ See the Student/Athlete Daily Health Screening below.

RCPS Student/Athlete Daily Health Screening

The health and safety of all Roanoke County Public School children and staff is our priority. RCPS will continue to follow mandates from the public health experts at the Virginia Department of Health, recommendations from the Center for Disease Control and Prevention, directives from the Governor and guidance from the Virginia Department of Education in our planning and decision making. You can view the complete RCPS Phase III Health Plan that has been submitted to the Virginia Department of Education and is posted on the RCPS website.

Health Screening and Monitoring During COVID-19

Screening, monitoring and testing are essential components of limiting the spread of COVID-19. An important part of keeping schools safe is actively encouraging sick staff and students to stay home if they are ill and emphasizing to all the importance of knowing the symptoms of COVID-19.

In an effort to do so, students must undergo a symptom check at home prior to coming to school or participating in an event.

COVID-19 Screening Questions

Students and staff should assess themselves for symptoms of COVID-19 before reporting to school; and/or may be asked the following by school personnel upon arrival:

YES or NO since my last day in the building, have I had any of the following:

- A new fever (100.4F or higher) or a sense of having a fever since you were last in school?
- A new cough or breathing difficulty that cannot be attributed to another health condition?
- Chills that cannot be attributed to another health condition?
- A new sore throat that cannot be attributed to another health condition?
- New muscle aches (myalgia) that cannot be attributed to another health condition or specific activity (such as physical exercise)?
- Have you been exposed to anyone who tested positive or suspective positive for Coronavirus (COVID-19) in the past 14 days? An exposure is defined as physical contact within 6 feet for 15 minutes.

If an individual answers YES to any of the screening questions before arriving, they should stay home and not enter the building. The staff member will contact the designated administrator and the parent will call and notify the school. The school nurse will call both the staff member and the parent back to walk the parent through an additional assessment and will provide guidance based on VDH guidance. If an individual reports COVID-19 symptoms upon arrival, the school should activate the emergency protocol for COVID-19.

Hygiene Practices

- Individuals should wash their hand for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.
- Sneeze or cough into a tissue, or the inside of our elbow and avoid touching your face. Throw the tissue into the trash immediately.
- Avoid touching your face
- Use hand sanitizer often
- Hand sanitizer should be plentiful at all athletic facilities or activities both indoor and outdoor.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home. Shower use will not be allowed at the school facility.
- Coaches will encourage and provide time for students to wash their hands upon arrival, prior to dismissal, before eating snack/lunch, after bathroom use and at regular intervals throughout the day.
- Signs and messages will be posed in highly visible locations that promote everyday protective measures, describe how to stop the spread of germs, washing hand properly, and properly wearing a cloth face covering.

Physical Distancing

- **Avoid a close contact with someone who may have COVID-19 by staying at least 6 feet apart, 10 feet apart while exercising, at all times.**
- **Close contact is defined as being within 6 feet (or within 10 feet while exercising) of a person with COVID-19 for at least 15 minutes or having exposure to the person's respiratory secretions (for example, coughed or sneezed on; shared a drinking glass or utensils; kissing) while they were contagious. The defined time starts two days prior to the person becoming symptomatic or testing positive.**

Limitations on Gatherings

- If socially distancing competitions are taking place, the following conditions must also be met:
 - ✓ Indoor practices/activities may occur if at least **10 feet of physical distance can be maintained by all persons** (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the room in which the activity is being held or 250 persons No spectators allowed during practices.
 - ✓ Outdoor practices/activities are allowable if at least **10 feet of physical distance can be maintained by all persons** (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 250 persons. No spectators allowed during practices.

Facilities Cleaning

- Coaches must ensure cleaning and disinfection of shared equipment after each use.
- Adequate cleaning schedules will be created and implemented for all athletic facilities by the athletic director and provided to the custodial staff.
- Cleaning and disinfect frequently touched surfaces (e.g., equipment, door handles, sink handle) within the school at least daily or between each use.

- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected. If equipment cannot be thoroughly disinfected it should not be used.
- Support healthy hygiene behaviors by providing adequate supplies, including soap, hand sanitizer, paper towels, tissues, disinfectant wipes, replacement cloth face coverings and no-touch trash cans.

Face Coverings

- Coaches will teach and reinforce use of cloth face coverings for both students and other coaches as they are most essential in times when physical distancing is difficult.
- **Face coverings are required at all times unless 10 feet of physical distancing can be maintained.** Face covering will be required of all students and coaches while in transit to and from the workout location, while on a school bus, and while meeting in a group receiving direction.
- Coaches, officials and other contest personnel **will** wear cloth face coverings at all times whenever 10 feet of physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)
- Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment **as long as 10 feet of physical distancing is maintained.**
- One piece plastic face 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 others.
- Face coverings should be laundered daily and hands should be washed after touching/adjusting face coverings.

Pods

- **Teams will arrange athletes into pods or small groups who will remain together during workouts. The pods will not change as it is important to keep the same group of students together. This is designed to help reduce the potential of COVID-19 spread.**

Entrance/Exit Strategies

- Staggered starting and ending times are recommended to avoid crossover and contact between individuals and groups.

Hydration/Food

- All students should bring their own water bottle. Water bottles must not be shared.
- Hydration stations may be used for refilling of personal bottles but must be cleaned after each practice or contest.

Travel

- Overnight services of summer camps, as defined in § 35.1-1 of the *Code of Virginia*, must remain closed.
- Any team travel must be approved by central office by having your athletic director call Dr. Stegall prior to planning.

Locker Rooms and Athletic Training Room

- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Shower use will not be allowed at school. Athletes are encouraged to shower and change clothes immediately upon returning home.

- Athletic training facilities must adhere to the cleaning, occupancy limits, and physical distancing.
- Ventilation systems will increase circulation of outdoor air as much as possible

Weight Rooms

- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.

Physical Activity and Athletic Equipment

- There should be no shared athletic towels, clothing or shoes between students.
- Use disposable towels and linens when possible.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage.
- Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after practices. Other equipment, such as wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Physical contact such as high-fives, fist bumps, and hugs should not be allowed.
- Each student's belonging will be kept separate from others'.

Health Protocol

- The school nurse will serve as the designated COVID-19 point of contact for all parents with concerns. All concerns will then be shared with Charlene Vail, RCPS School Nurse Coordinator.
- Coaches and students who are at higher risk for severe illness from COVID-19 should not supervise or participate in any workouts during Phase 3.
- A YES answer to the coach or student daily health screen will immediately be reported to the school nurse for guidance.
- Coaches will need to participate in safety protocol training prior to opening up athletic activities.
- CDC/VDH guidelines will be followed in determining who should go home, be quarantined, how long, and when they can return. These guidelines also will assist in determining a reduction in school or school closures.
- Each student or staff with a COVID-19 case will be tracked by the school nurse including timeline and protocol for returning to school.

Preparing for When Someone Gets Sick - Current VDH Recommendations

- Responding to evolving needs of students, staff and their families during this pandemic will be a priority. As school communities' members get sick, need to care for sick family members, and/or face significant disruption in their personal lives, the school will work with each individual to support to the extent possible.
- If a student is exhibiting symptoms and meets the criteria for COVID-19, the school nurse or other designee will immediately place a mask on the student, contact the

parent/guardian to come pick the student up, and will have the student wait in an area designated as an isolation area to help contain the germs. Confidentiality is of the utmost importance and the school nurse will only notify the school principal and the VDH.

- Household contact: Self-quarantine at home and monitor for symptoms for 14 days. After the sick person within the household has been released from 10-day isolation, the family must self-quarantine an additional 14 days because the exposure is considered ongoing within the home.
- Non-household contacts: Self-quarantine and monitor for symptoms for 14 days from the date of last contact with the case.
- If a known case is in the school, the VDH will be contacted for recommendations. Notification will be sent out within 24 hours to staff and parents of students who were potentially exposed. Contact tracing would need to be completed. Most likely, there will be a 2-5-day closure of a classroom or a school per VDH to allow local health officials to trace and determine appropriate next steps. Once the extent of the outbreak is determined, additional days of closure may be recommended up to 14 days. A letter will be sent home to families impacted by a classroom or school closure based on the recommendation and guidance provided by the VDH.
- Closures will be based on advice from VDH and may include quarantine of some students, a class of students and teacher, multiple classes of students and teachers, or the entire school depending on exposure. Efforts will be made to cohort students as much as possible. If an entire school is shut down this would include all activities associated with the school.

Sports Considerations

Lower Infection Risk Activities

- Golf – Maintain appropriate physical distancing 10 feet apart.
- Swimming – Relays must maintain social distancing.
- Tennis - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
- Forensics/Debate – Follow the RCPS established protocols for social distancing and mitigation in classroom and performance spaces.
- Scholastic Bowl - Follow the RCPS established protocols for social distancing and mitigation in classroom and performance spaces.
- E-sports - Follow the RCPS established protocols for social distancing and mitigation in classroom and performance spaces.

Moderate Infection Risk Activities

- Baseball - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
- Cross Country - Runners should maintain at least 10 feet of distancing between individuals, no grouping (i.e. starts and finishes).
- Softball - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.

- Track & Field - Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e. starts and finishes). All athlete, team, and padded equipment should be disinfected frequently before, during, and after practices.
- Theatre - Follow the RCPS established protocols for social distancing and mitigation in classroom and performance spaces.

Higher Infection Risk Activities

- Basketball - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. **Shooting guns can be used as long as cleaned during and after use.**
- Competition Cheerleading - Conditioning, individual or team based skill development allowed. All team equipment should be disinfected frequently before, during, and after practices.
- Football – Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. Protective equipment prohibited.
- Lacrosse (Boy's and Girl's) - Conditioning, individual or team based skill development allowed. All team and goalie equipment should be disinfected frequently before, during, and after practices. The only protective equipment that can be worn is for boys' lacrosse they can wear helmets and gloves only while girls' lacrosse can wear eye goggles.
- Soccer - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
- Volleyball - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
- Wrestling - Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.

Coach Training

Mandatory training lead by the school athletic director and athletic trainer prior to beginning any out-of-season workouts.

Training only for coaches who did not complete this with RCPS TalentEd documents for the start of school. Optional NFHS COVID-19 training for coaches

- <https://member.vacorp.org/VACoRP/RiskControl/Training%20Presentations/DOLI%20COVID-19%20Training.mp4>

Optional NFHS COVID-19 course for coaches

- <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>