



## **The Roanoke County Public Schools Athletic/Extracurricular Activity Plan 2021-2022**

**UPDATED February 3, 2022**

**(Changes are in Red)**

On January 26, 2022 the VDH put out Revised Interim Guidance for the Prevention of COVID-19 in Virginia K-12 Schools. The changes are reflected in red.

### **Mandate:**

CDC's Federal Order that all passengers and drivers must wear a mask, even if fully vaccinated, while on all public transportation. School buses are not exempt from this order.

The Roanoke County School Board voted on January 27, 2022 to allow parents to opt their child out of wearing a mask while in school starting February 14, 2022 or sooner based on the outcome of the court ruling surrounding Executive Order 2.

Prevention is most effective when appropriate strategies are layered together, and especially in areas experiencing substantial to high levels of community transmission and severe illness. Data should be monitored closely and the need for layering specific strategies may vary.

VDH recommends the following key prevention strategies be considered after taking into account local and school data:

1. Vaccination – critical layer of prevention for all
2. Stay at home when sick and getting tested, contact the school nurse for isolation and quarantine guidance
3. Physical distancing – to the extent practicable
4. Prioritize disease investigations and/or notifications to school community
5. Test to Stay program
6. Ventilation
7. Hand Hygiene and Respiratory Etiquette
8. Clean and maintain healthy facilities
  1. Masks as prevention
    - The Virginia DOLI Standard states that school employees are required to wear masks in areas of substantial or high community transmission regardless of vaccination status.
    - Recommends that all persons two and older, regardless of vaccination status, wear masks indoors in public settings when community transmission is substantial or high
    - Recommends people who are not up to date on vaccines to wear a mask indoors in public setting regardless of the level of community transmission

During substantial and high community transmission rates, teams need to increase the number of mitigation strategies during these times.

1. Masks are **recommended** at all times during practices, but may be removed briefly when participating in high intensity workouts.
2. Students will not be required to wear face coverings during competitions, however, are **recommended** to wear them during pre-game activities, warm-up, and during time-outs, team huddles, or meetings.
3. **Athletes and coaches who have tested positive or have been identified as a close contact are required to wear a mask during days 6-10 at all time, even during competition.**
4. **Maintain at least 6 feet of distancing, to the extent practicable, during activity.**
5. Out-of-seasons sports should limit close contact during substantial and high community transmission rates since keeping students in school is the priority.
6. Put teams into pods to keep small groups separated to help limit transmission.
7. Increase cleaning and disinfecting of high touch areas and shared equipment.
8. Encourage students to bring individual water bottles.
9. Coaches need to keep track of grouping during activities to help with contact tracing as needed.
10. Ensure students do not attend activities when symptomatic.
11. Increase ventilation for indoor practice/contest locations.
12. **Report all health concerns to the school nurse immediately. The coach is required to report to the school nurse when they identify 2 or more members of the team who have tested positive or are showing symptoms of COVID-19.**

#### Band and Choir Guidance:

- Bell Covers will be used on all instruments for inside rehearsing only. The only exception is Flute. Flutes can slide underneath mask. No face shields for flutes. Masks and Bell Covers are not required outside.
- Instruments are not to be shared among students
- When providing mouthpieces for 6th graders to try, sanitize and allow at least 30 minutes between uses.
- Use paper towels on the ground for brass for water key drainage.
- Choir classes will maximize physical distancing between students to the extent possible.
- **Masks are recommended at all times while singing. Schools may consider other prevention strategies such as cohorting and moving performances outside where feasible.**

**The following RCPS Athletic Health Plan provides guidance from the CDC on how to implement strategies for reducing the exposure risk of COVID-19 during sports competition.**

- All parents/guardians of Roanoke County Public School (RCPS) student-athletes are expected to notify the school nurse if the athlete or anyone in the household is exhibiting any signs or symptoms of COVID-19, awaiting test results or tests positive, even if asymptomatic. These individuals will be held out of ALL practices and games until the recommended isolation or quarantine period has expired.

#### Pre-Workout Screening

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout.

## Symptoms

- Cough
- Fatigue
- Shortness of breath or difficulty breathing
- Fever (CDC defines this as 100.4F or greater, or when one feels warm to the touch, or gives a history of feeling feverish)
- Chills
- Muscle or body aches
- Headache
- Sore Throat
- Congestion or runny nose
- New loss of taste or smell

## **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)?
- New cold or allergy symptoms not attributed to another health condition?
- Have you been exposed to anyone who tested positive or suspected positive for Coronavirus (COVID-19) in the past 14 days? An exposure is defined as physical contact within 6 feet for 15 minutes or more during a 24 hour period.

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.

## **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.
- Encourage students to bring individual water bottles.

## Masking

- It is recommended that all students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status, wear a mask indoors.
- Masks are **recommended** at all times during practices, but may be removed briefly when participating in high intensity workouts.
- Students will not be required to wear face coverings during competitions, however, are **recommended to** wear them during pre-game activities, warm-up, and during time-outs, team huddles, or meetings.
- **Students who return from a 5-day isolation or quarantine period will be required to wear a mask for days 6-10. It is also a requirement for students to wear a mask during recess and during athletics or extracurricular activities for days 6-10.**
- Masks must be made of tightly woven fabric, completely cover your nose and mouth, fit snugly against the sides of your face, and not have slits. The school administration will make the determination if a mask does not meet the specifications recommended by the CDC. In those cases, the school will provide the student with a mask.
- Face coverings are required at all times while riding on school buses, even those who are fully vaccinated. This is based on the CDC's Federal Order that applies to all public transportation including school buses. Disposable face coverings will be available on each school bus and in the front office of each school for those who lose or misplace theirs.
- **The Virginia DOLI Standard states that school employees are required to wear masks in areas of substantial or high community transmission regardless of vaccination status.**
- Masks are not recommended for outdoor activities like recess, physical education classes, outdoor sports and extracurricular activities.
- Face shields are not recommended without facemasks worn under the shield.

## Physical Distancing

- **There is no medical reason for a vaccinated and/or masked school staff to treat an otherwise health unmasked student any differently than a healthy masked student. School staff may **not** require students to wear a mask to engage in any classroom activity, small group activities, or one-on-one instruction.**
- Recommends at least 3 feet of physical distancing to the extent possible during activity and consider a minimum of 6 feet of distancing during high transmission.
- Continue to use pods to separate groups of athletes limiting the potential of widespread transmission.

## Out-of-Season Sports

- Out-of-seasons sports should limit close contact during substantial and high community transmission rates since keeping students in school is the priority.

## Facilities Cleaning

- Daily 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.

- Support healthy hygiene behaviors by providing adequate supplies, including soap, hand sanitizer, paper towels, tissues, disinfectant wipes, and replacement cloth face coverings.
- Increase cleaning and disinfecting of high touch areas and shared equipment during times of substantial and high community transmission.
- Increase ventilation for indoor practice/contest locations.

### Transportation

- **Face coverings required for all students and staff on school buses.**
- Designated windows will be slightly lowered to increase air flow
- Disinfectant cleaning products used daily or as needed

### Weight Rooms

- Weight equipment will be wiped down daily or as often as needed.

### Competition Protocol

- Visiting schools must follow the host school's mask policy. Refusal to do so will result in a forfeit.

### **The information provided below is based on the CDC guidance for individuals who are NOT fully vaccinated and who are participating in a sport.**

- Stay home if you have tested positive for COVID-19 or are waiting on test results, are showing COVID-19 symptoms, or have had a close contact with a person who has tested positive for or who has symptoms of COVID-19. Notify the school nurse for further advise regarding return to school and play.
- Bring your own equipment, like gloves, head gear, helmets, water bottles, and bats, if possible, to limit shared equipment
- Stay at least 6 feet from other players when possible. Avoid a close contact with someone who may have COVID-19 by staying at least 6 feet apart, 10 feet apart while exercising.
- 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 cumulative minutes over a 24 hour timeline 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.
- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Clean or sanitize your hands before and after practices, games, and sharing equipment.
- Tell a coach or staff member if you don't feel well.

### Health Protocol

- **Report all health concerns to the school nurse immediately. The coach is required to report to the school nurse when they identify 2 or more members of the team who have tested positive or are showing symptoms of COVID-19.**
- Coaches need to keep track of grouping during activities to help with contact tracing as needed, **this includes bus transportation seating charts.**
- Ensure students do not attend activities when symptomatic.

- 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.
- Athletes and coaches who have tested positive or have been identified as a close contact are required to wear a mask during days 6-10 at all time, even during competition.

**Refer to the RCPS Health Plan for the most updated information related to isolation and quarantine guidance.**

<https://www.rcps.us/Page/4249>