

Interim Plan for Summer Extracurricular Activities

Deer Lakes School District - Marching Band

Effective July 27 to August 19, 2020

INTRODUCTION

The COVID-19 pandemic has presented students and educators 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, have found that while children do get infected by COVID-19, 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, current science suggests there are many steps schools can take to reduce the risks to students, instructors and their families.

The Deer Lakes School District (DLSD) will take the necessary precautions and recommendations from the federal, state and local governments; Centers for Disease Control and Prevention (CDC) and the Allegheny County Health Department. The DLSD 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 students and staff.

Participating in extra-curricular activities is a privilege and it is of the utmost importance that students work with instructors and staff to help adhere to the following safety guidelines. Doing so is a responsibility of participating in extracurricular activities. Failure to adhere to the safety guidelines jeopardizes a student's ability to participate.

The protection of all students and staff with regard to COVID 19 and other communicable diseases is first and foremost in any plan for extracurricular participation. Students, sponsors and staff should be aware of the following symptoms resulting from a possible COVID-19 infection:

During out-of-season activities, sponsors will screen and monitor students for symptoms/signs prior to workouts and practices, including daily temperature checks (as needed) coupled with a number of screening questions for the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Have you been exposed to anyone who has tested positive for COVID-19?
- Have you traveled internationally in the past two weeks?

A daily log will be kept with the aforementioned information. If individuals participating in band show symptoms, has a temperature of 100.4 degrees or higher or are sick, they will be sent home. (Please refer to the below section *Positive Cases and Sponsors, Staff or Student Showing COVID-19 Symptoms* for further detail regarding protocol of sick athlete.)

These symptoms may appear 2-14 days after exposure to the virus and can range from mild to severe. If you are experiencing these symptoms, you are encouraged to seek medical advice from your primary care physician or an appropriate healthcare provider.

(Please visit the PA Department of Health Website at the following link for more information regarding COVID 19:
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Symptoms-Testing.aspx>

REGULATIONS FOR RETURNING TO EXTRACURRICULAR ACTIVITIES

The following regulations are meant for all levels, grades 7-12, for students participating in extracurricular activities in the Deer Lakes School District:

1. DLSD staff will review and consider the CDC guidance on consideration for youth sports to modify practices and competitions to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact among students.
2. The DLSD will designate a primary point of contact for all questions related to COVID-19, and all parents, students, officials, and staff must be provided that person's contact information.
3. The DLSD will develop a plan of action in the event a student, staff, or official falls ill, make the plan publicly available, and explain it to the entire community.
4. The DLSD will educate all students, staff and families about the symptoms of COVID-19 and when to stay home. Students will also be educated on proper hand washing and sanitizing.
5. The DLSD staff and other adult personnel are required to wear face coverings (masks or face shields) at all times, unless  doing so jeopardizes their health.
6. The DLSD staff and students will maintain appropriate physical distancing at all times possible, including in the field of competition, locker rooms, benches, and workout areas. During down time, staff and students will not congregate.
7. The DLSD staff must screen and monitor students for symptoms prior to and during competitions and practices. If individuals participating in extracurricular activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
8. All students, staff, and officials must bring their own water and drinks to practices. Water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
9. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
10. Staff and students will avoid shaking hands, fist bumps, or high fives before, during or after competitions and practices. Limit unnecessary physical contact with other students, staff, officials, and spectators.
11. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
12. If multiple competitions are to be held at the same facility, adequate time shall be scheduled between contests to allow facilities to be cleaned and disinfected, and to minimize interaction between students. Each individual competition or practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

13. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

PHASES OF RETURN TO PARTICIPATION – SIZE OF GROUPS/ USE OF FACILITIES

For several years, the Deer Lakes School District has contracted with UPMC for the service of our athletic trainers. UPMC has provided guidelines for return to extracurricular activities which employs a phase approach to resuming. We will employ the phased approach to resuming extracurricular activities as stated below:

Phase One:

- This would be a two-week period.
- The group should be broken into groups of no more than 10-12 students.
- If a practice were held in a gym or building, there would be no more than 10 people in the gym or room at a time. If the workout is outside, there would be no more than 10-12 people in a group in a specific area of a field.
- These groups should remain constant for two weeks.
- During this period, the students would be permitted to participate in non-contact workouts in their small groups while maintaining recommended physical distancing. This period of time will be devoted to conditioning and individual skill development.
- Staff will be responsible for maintaining records of which students are in each group.
- There will be no locker room use in this first phase.
- Restrooms will be available at the stadium and in the lobby of the high school gym.

Phase Two:

- After two weeks of small groups (10 or less), the extracurricular activity of 10 may be merged into groups of no more than 50 students while maintaining physical distancing.
- Physical distancing will be maintained at all times.
- There will be no locker room use during this phase.
- Restrooms will be available in the stadium and in the lobby of the high school gym.

PLAN OF ACTION FOR STUDENTS OR STAFF WHO BECOME ILL

Students or staff who are sick with COVID-19 or think they are infected with the virus will STAY AT HOME. It is essential that students and parents 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. Students or staff should notify the school immediately by calling the principal or school staff.

If a student or staff member is screened and determined to have symptoms related to COVID 19, the following course of action will be taken:

1. A staff member will be removed from the contest or practice. If the person is a student, they will be isolated from the remainder of the group.
2. The staff member will contact the parents/ guardians to arrange for pickup of the student.
3. The student's parents must make arrangements to pick the student up immediately or as soon as possible.
4. The student or staff member will be encouraged to seek medical advice from their family physician. Students or staff who become ill will not be allowed to return to activities until cleared by a physician or appropriate healthcare professional.

SPECTATORS

The Deer Lakes School District and District Administration reserve the right to limit the attendance of spectators at any event given the circumstances at the time of the event and based on the guidelines provided by the PA Dept. of Health. The governor's office and the PA Department of Health have stipulated the following guidelines with regards to gathering for events:

Red Phase – no activities and district buildings remain closed.

Yellow Phase – no more than a group of 25 in attendance. Facility may not exceed 50% of total occupancy otherwise permitted by law.

Green Phase – no more than a group of 250 in attendance. Facility may not exceed 50% of total occupancy otherwise permitted by law.

Preliminary guidance during the yellow and green phases, states that sports related activities at the PK-12 level are limited to student athletes, sponsors, officials, and staff only. There are to be no spectators at this time for any practices or team activities.

TRANSPORTATION

Transportation may present the largest challenges for all extracurricular activities considering the guidelines of physical distancing. The following are some thoughts to consider when determining the best action for transporting student athletes effectively:

1. Physical distancing must take place on the bus. Therefore, consideration should be given to increasing the number of buses or limiting the number of students travelling to a competition.
2. If elimination of contests need to take place due to budget or transportation constraints, then this should be the priority.
3. District administration reserves the right to impose travel rosters to control for physical distancing on buses for away contests.

OTHER RECOMMENDATIONS

Facilities Cleaning/Sanitation

- Hand sanitizing prior to, during and after practices/workouts.
- Facilities should be cleaned prior to arrival and after practices and gatherings. High-touch areas should be cleaned often throughout the day.
- Students must wear shirts with sleeves (no sleeveless shirts or tank tops allowed) and shoes at all times.

WHO SHOULD BE ALLOWED AT OUT-OF-SEASON WORKOUTS/CONDITIONING?

The DLSD will continue to monitor and evaluate guidance provided as it relates to spectators attending events and functions. As it stands, the following people are accordingly grouped into tiers from essential to non-essential, and this will determine who will be allowed at an event until further notice:

1. Tier 1 (Essential) – Students, staff, sponsors, officials, event staff, medical staff, security

- Only Tier 1 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT 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 (principal, staff member) if you have symptoms of COVID-19, test positive for COVID-19 or were exposed to someone with COVID-19 within the last 14 days.
- It will be determined if others who may have been exposed (students, sponsors, staff) need to be notified, isolated, and/or monitored for symptoms.

What to do if a student or staff become ill with COVID-19 symptoms during practice?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the practice. Areas used by the sick individual will be closed off and not used, until cleaned and disinfected.
- If it is a student a parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- 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.

What is the procedure for notification if there is a confirmed case of COVID-19?

- Should an employee or student be confirmed with COVID-19, the employee (principal, staff member, and/or sponsor) will notify the DLSD Communications Director. The employee will share a list of students and employees that may have come in contact with the confirmed case.
- The district will issue communication via email to the parents/guardians and staff that may have been exposed.

Return of student or staff to extracurricular following a COVID-19 diagnosis?

- Students or staff should 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.

SUMMARY

Custodial Actions:

- Utilized facilities should be cleaned prior to arrival and after practices and gatherings. High-touch areas should be cleaned often throughout the day. This includes, but is not limited to, the band room, stage, all restrooms at the fieldhouse, training room, weight rooms, stadium restrooms and water fountains.
- Provide informational signage at all restrooms, locker rooms and training rooms on how to prevent the spread of COVID-19.
- Ensure weekend (Saturday) and weekday (evenings) custodial coverage to clean all areas.
- Provide additional hand sanitizer in the band room, stage, gymnasiums and fieldhouse.
- Provide additional cleaning supplies in the band room and stage and also have some available for staff to take on the field to sanitize equipment before, during and after workouts.

Students Actions:

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME.
- Masks are required to be worn when not participating in an extracurricular practice or conditioning.
- Practice physical distancing.
- During out-of-season practices/workouts, no student will be permitted to maintain a locker at any area.
- Avoid touching your face as much as possible.
- Wash clothes often.
- Do not share towels, razors, and other personal hygiene items.
- Follow good hygiene practices, such as washing hands frequently, the use of hand sanitizer when available and showering and washing workout clothing immediately upon returning home.
- Bring a large personal water bottle (labeled with your name), as no bottles will be permitted to be shared. It is recommended that all students bring multiple water bottles to practices/workouts.
- Work with staff to assist in disinfecting equipment that is used during practices/workouts.
- Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If not cleared, to participate in groups, a home workout will be provided.

We ask that our students assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all.

Staff Actions:

- Staff will screen and monitor students for symptoms prior to and during competitions and practices, including daily temperature checks (as needed) coupled with a number of screening questions. Results will be sent to the Principals office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings.
- Practice physical distancing with students and other staff members.
- Wear protective masks directed by the CDC and other state/federal governmental mandates when working in close proximity to others. If a medical condition exists and a mask cannot be worn, all staff must maintain recommended physical distancing practice.
- It is recommended for staff to create waves/pods/sections for students to attend during the out-of-season workouts. If a full team workout occurs, it is preferred that the teams work in small, consistent groups with proper physical distancing measures.
- With the use of each piece of shared equipment all items will be disinfected at the conclusion of use in conjunction with the student's assistance.
- Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 (proper hand washing).
- Provide proper guidance to students on proper handwashing techniques.
- Staff should discuss any concerns regarding underlying health issues regarding COVID-19 with the Athletic Trainers and Athletics Director.

Parent/Guardian Actions:

- Ensure that your student's temperature is taken each morning, before practice/workout. If the temperature is greater than 100.4, your child is not permitted to attend practice/workout. THEY MUST STAY HOME. If, at any time, your child is not able to attend out-of-season practice/workout due to fever, please email the staff member/sponsor and building administrators.
- Please make sure your student brings a large water bottle labeled with their name for every practice/workout. Sharing water bottles is prohibited.
- When dropping off or picking up students please stay in your car at all times. If it is necessary to enter the facility, you must have a mask on at all times and adhere to the physical distancing guidelines.
- Parents/Guardians are not permitted to attend workout/practice sessions.
- Parents/Guardians are requested to pick up their student at the designated practice end time to reduce congregation.
- Please be sure to practice proper hand washing at home. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 (proper hand washing).
- Parents/Guardians should assess their student's level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact a medical professional to discuss any concerns you have in reintroducing your child to activities.

POINTS OF CONTACT

Deer Lakes School District – Band Director 
Chris Snyder
Email: csnyder@deerlakes.net
Office: 724-265-5300 ext. 2707

Deer Lakes School District – High School  Principal
Patrick Baughman
Email: pbaughman@deerlakes.net
Office: 724-265-5300 ext. 2621

Deer Lakes School District – High School Assistant Principal
Ryan Aleski
Email: raleski@deerlakes.net

Deer Lakes School District – Athletic Director
Charles Bellisario
Email: cbellisario@deerlakes.net
Office: 724-265-5300 ext. 2634

UPMC Athletic Trainer
Matt Deavers
Email: deaversm@upmc.edu
Office: 724-265-5300 ext. 2667

Health and Safety Plan Summary: Deer Lakes School District

Anticipated Launch Date: Interim Plan for Summer Extra-curricular Activities (High School Marching Band)

This plan will be implemented from July 27 to August 19

Facilities Cleaning, Sanitizing, Disinfecting and Ventilation	
Requirement(s)	Strategies, Policies and Procedures
Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, hallways, and transportation)	<ul style="list-style-type: none">• Students will have limited access to the band room and restrooms.• Hand sanitizing will be encouraged prior to, during and after practices.• The band room and restrooms will be cleaned prior to arrival and after departure.• Provide additional hand sanitizer to staff and volunteers.

Social Distancing and Other Safety Protocols	
Requirement(s)	Strategies, Policies and Procedures
Classroom/learning space occupancy that allows for 6 feet of separation among students and staff throughout the day, to the maximum extent feasible	<p>Staff, volunteers, and band members must maintain appropriate social distancing at all times possible, including on the field, band room, rest rooms, and break areas. Band members and staff members should not congregate without leaving six feet of space between each person.</p> <p>Practices will be held outside on practice field. If inclement weather persists, students will be put into small groups and moved indoors to designated areas.</p> <p>Students will have designated spaces to leave personal items that provide them with at least six feet apart. Such designated spaces will be disinfected and cleaned prior to and after departure.</p>
Restricting the use of cafeterias and other congregate settings, and serving meals in alternate settings such as classrooms	<p>The band boosters will provide individualized pre-packaged lunches. Students will have a designated area to eat outdoors. If inclement weather persists, students will be split into small groups and moved indoors to designated areas. Students will</p>

provide their own water bottles with a clearly marked label. Water coolers for sharing with disposable cups will not be used. Fixed water fountains should not be used.

Requirement(s)

Strategies, Policies and Procedures

Hygiene practices for students and staff including the manner and frequency of hand-washing and other best practices

Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs

Identifying and restricting non-essential visitors and volunteers

Handling sporting activities consistent with the [CDC Considerations for Youth Sports](#) for recess and physical education classes

Limiting the sharing of materials among students

Staggering the use of communal spaces and hallways

Adjusting transportation schedules and practices to create social distance between students

Restrooms have handwashing stations. Additionally, hand sanitizer will be provided on tables for students to use. Proper handwashing procedures will be shared with students. This is one of the best ways to mitigate the spread of communicable diseases such as COVID-19 ([proper hand washing](#)). This is expected to be reinforced by parent/guardian and staff members.

Signage about proper handwashing techniques, symptoms of COVID19, and how to prevent the spread of COVID-19, will be placed in restrooms, the band room, and the doors leading into the school.

Parents/Guardians will not be permitted to attend practice and camp sessions. When dropping off or picking up students, parents/guardians will be advised to stay in their vehicles at all times. If it is necessary to enter a facility, masks must be worn at all times and social distancing guidelines must be adhered to.

Not applicable

All students will be assigned an instrument, case, dance equipment, or guard equipment, and be solely responsible for that equipment throughout the duration of the season (no sharing). Students will be encouraged to regularly sanitize assigned equipment.

Students will be encouraged to keep their instruments in their car. Students who need a larger instrument (e.g. tuba, xylophone, etc.) will have a designated time to retrieve their instrument from the band room to limit the number of students in the space at one time.

Students will be responsible for their own transportation to practice. Parents/Guardians will be requested to pick up and students at the designated practice end time to reduce congregation. When dropping off or picking up students, parents/guardians will be advised to stay in their cars at all times. If it is necessary to enter a facility, masks must be worn and social distancing guidelines must be adhered to.

Requirement(s)

Strategies, Policies and Procedures

Limiting the number of individuals in classrooms and other learning spaces, and interactions between groups of students

We will place marks that are 6 feet apart off the field in the grass and parking lot so students can spread out and safely leave their belongings. All practices will take place outside (weather permitting). Applicable gathering occupancy limits will be adhered to (maximum of 25 people if in yellow phase, and 250 people if in green phase)

Coordinating with local childcare regarding on site care, transportation protocol changes and, when possible, revised hours of operation or modified school-year calendars

N/A

Other social distancing and safety practices

Avoid shaking hands, fist bumps or high fives before, during or after practices. Limit unnecessary physical contact with bandmates, staff, and volunteers. Activities that increase the risk of exposure to saliva must not be allowed, including but not limited to chewing gum, spitting, licking fingers and eating sunflower seeds

Monitoring Student and Staff Health

Requirement(s)

Strategies, Policies and Procedures

Monitoring students and staff for symptoms and history of exposure

Students and staff will be responsible for monitoring the following symptoms at home:

1. Cough
2. Shortness of breath
3. Chills
4. Muscle pain
5. Headache
6. Sore Throat
7. Loss of taste or smell
8. Diarrhea
9. Feeling feverish or a measured temperature greater to or equal to 100.4 degrees
10. Known close contact with a person with a lab confirmed case of COVID-19

If students have **any** of the symptoms or meet any of the criteria, they must stay home. Please let the band director know if your child is absent due to these symptoms.

During practice, staff members will screen and monitor band members for symptoms, which may include a daily temperature check (as needed) coupled with a number of screening questions. Results will be sent to the principal's office daily. This will be a daily routine until such time that the government, CDC or other health organization determine it is not necessary to conduct such screenings. Students who show symptoms, have a temperature of 100.4 degrees or higher, or are sick, will be sent home.

Every effort will be made to isolate a student who begins to exhibit symptoms during practice. The parent(s)/guardian(s) of the student will be immediately contacted to transport the student home. The ill individual will be asked to contact their physician or appropriate healthcare professional for direction. Areas used by the sick individual will be closed off and not used, until cleaned and disinfected. 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.

Band members or staff should 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. Student and staff may return to band practice if "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. (CDC guidelines)

Cancellations of practice will be communicated through Mr. Snyder.

Isolating or quarantining students, staff, or visitors if they become sick or demonstrate a history of exposure

Returning isolated or quarantined staff, students, or visitors to school

Notifying staff, families, and the public of school closure and within-school year changes in safety protocols

Other Considerations for Students and Staff

Requirement(s)

Strategies, Policies and Procedures

Protecting students and staff at higher risk for severe illness

Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in group band practices. If not cleared, to participate in groups, an alternative method of practice will be shared with the student. Parents/Guardians should assess their child's level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Trainer to discuss any concerns you have in reintroducing your child to organized, in-person band practice.

Use of face coverings (masks or face shields) by all staff

All band teachers and supporting adults will wear a face mask or face shield while working with students and while in the facilities, unless doing so jeopardizes their health.

Use of face coverings (masks or face shields) by older students (as appropriate)

Students will wear masks upon arrival to camp and while moving to their instrument groups or placement on the field to begin a performance and while in the facilities, unless doing so jeopardizes their health.

Unique safety protocols for students with complex needs or other vulnerable individuals

Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in group band practices. If not cleared, to participate in groups, an alternative method of practice will be shared with the student.

Parents/Guardians should assess their child's level of risk for illness. Students with underlying conditions that may make them more vulnerable for illness should contact the Athletic Trainer to discuss any concerns you have in reintroducing your child to organized, in-person band practice.

Strategic deployment of staff

We ask that our students assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all. Failure to adhere to the guidelines provided by the District, administration, and band staff may result in an inability to participate in band practices.

Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for the **Deer Lakes School District** reviewed and approved the Phased School Reopening Health and Safety Plan on:???

The plan was approved by a vote of:

_____ Yes

_____ No

Affirmed on: ???

By:

(*Signature of Board President)

(Print Name of Board President)

*Electronic signatures on this document are acceptable using one of the two methods detailed below.

Option A - The use of actual signatures is encouraged whenever possible. This method requires that the document be printed, signed, scanned, and then submitted.

Option B - If printing and scanning are not possible, add an electronic signature using the resident Microsoft Office product signature option, which is free to everyone, no installation or purchase needed.