

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

UPDATED August 6, 2021

(Changes are 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 August 6, 2021 to implement indoor masking for students PK-12 (age 2 and older), staff, teachers, and visitors regardless of vaccination status. This will go into effect August 12, 2021.

The items below are key takeaways from the CDC guidance:

- Priority is to get all students back into the classrooms for in-person instruction.
- Promoting vaccination can help schools return safely to in-person learning as well as extracurricular activities and sports.
- Due to the impact of the Delta variant, CDC recommends universal indoor masking by all students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status.
- In additions to universal indoor masking, CDC recommends schools maintain at least 3 feet of physical distancing between students within classrooms to reduce transmission risk. When it is not possible to maintain 3 feet of distancing, it is important to layer multiple other prevention strategies.
- Continue layered prevention strategies already in place such as screening, ventilation, handwashing, staying home when sick, contact tracing with quarantine protocols, and cleaning and disinfection
- Students, teachers, and staff should stay home when they have signs of any infectious illness and see a health care professional.
- Continue to monitor community transmission, vaccination coverage, screening testing, and occurrence of outbreaks to guide decisions on the level of layered prevention strategies.
- Added recommendation for fully vaccinated people who have a known exposure to be tested 3-5 days after exposure, regardless of whether they have symptoms. With mandatory masking, this becomes an option for staff and students and is not a requirement for return to school.

RCPS Guidance Updates:

- Masks will not be required for outdoor activities like recess, physical education classes, outdoor sports and extracurricular activities.
- Athletics and extracurricular activities will begin following the new RCPS Athletic Plan immediately.

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

1. Masks are required 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, must wear them during pre-game activities, warm-up, and during time-outs, team huddles, or meetings.

3. Increase distancing to at least 6 feet when possible during activity.
4. Out-of-seasons sports should limit close contact during substantial and high community transmission rates since keeping students in school is the priority.
5. Put teams into pods to keep small groups separated to help limit transmission.
6. Increase cleaning and disinfecting of high touch areas and shared equipment.
7. Encourage students to bring individual water bottles.
8. Coaches need to keep track of grouping during activities to help with contact tracing as needed.
9. Ensure students do not attend activities when symptomatic.
10. Increase ventilation for indoor practice/contest locations.
11. Report all health concerns to the school nurse immediately.

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.
- Student-athletes who have tested positive for COVID-19 during the sports season should not exercise until they are cleared by a physician. Documentation from the physician releasing the student-athlete will be provided to the school athletic director, as it will be attached to the current VHSL physical form on file with the school. *Guidance provided by the American Academy of Pediatric COVID-19 Interim Guidance: Return to Sports December 2, 2020

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

- **All students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status, are require to wear a mask indoors.**
- **Masks should be made of tightly woven fabric, completely cover your nose and mouth, fit snugly against the sides of your face, and not have slits.**
- **Gaiters should have two layers or can be folded to make two layers.**
- **Face shields are not recommended without facemasks worn under the shield.**
- **Masks are required 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, must wear them during pre-game activities, warm-up, and during time-outs, team huddles, or meetings.**

Physical Distancing

- **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.
- **Visitors will be allowed to attend contests at this time and face coverings will be optional.**

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

- Coaches need to keep track of grouping during activities to help with contact tracing as needed.
- 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.
- Each student or staff with a COVID-19 case will be tracked by the school nurse including timeline and protocol for returning to school.
- A student-athlete who tests positive for COVID-19 will need to provide a note from a medical professional before returning back to play. The student will then follow the 7 day graduated return to play protocols as established by the American Academy of Pediatrics Interim Guidance.

Preparing for When Someone Gets Sick - Current VDH Recommendations

- If a student/staff is exhibiting symptoms and meets the criteria for possible 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 virus. Confidentiality is of the utmost importance and the school nurse will only notify the school principal.
- Students/staff who test positive for Covid-19 will need to isolate at home for 10 days from onset of symptoms or test date if asymptomatic.
- Household contact: Persons who have not been vaccinated will need to self-quarantine for 7-14 days per VDH guidelines after the person who is positive for Covid-19 has completed their isolation time or from the last contact with the person who is positive for Covid-19
- Non-household contacts: Persons who have not been vaccinated will need to self-quarantine and monitor for symptoms for 7-14 days after last known exposure to person positive for Covid-19 per VDH guidelines
- Persons who have had an exposure to Covid and have been vaccinated will not need to quarantine. These persons should watch for symptoms of Covid and will need to stay home if they become symptomatic. If a known case is in the school, 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. There is the possibility of a 2-5 day closure of a classroom or a school to allow VDH 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 and size of an outbreak. 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.
- Contact tracing takes place when a student or staff member tests positive for COVID-19. The VDH and the school nurse will work together tracing all individuals who were less than 6 feet for more

than 15 minutes to the positive person. The school nurse will ask questions regarding vaccination status, mask wearing, distancing and time of close contact to determine if anyone has had a potential exposure during the time period defined by the VDH. The time period is based on two days prior to the positive case exhibiting symptoms or two days prior to the test date which resulted in a positive test result. Anyone whose medical provider sends for testing is asked to stay home until test results are back. If the student or staff member was quarantined prior to the designated tracing time period, then no tracing would be needed. The VDH tracer works on the potential exposure outside of the school. The school nurse will determine if there are siblings or family (staff) within the school district and will initiate contact tracing with the nurse from the affected schools. It is also very important to know that students and staff members are quarantined based on a variety of reasons and most never test positive for COVID-19. Confidentiality will be maintained at all times during contact tracing.

Student Return to School

- The school nurse will have a conversation with student's parent and will evaluate circumstances to determine if a pre-existing condition could be the cause of the symptoms.
- If the symptoms are not related to a pre-existing condition, the nurse will recommend the parent speak to a health care provider.
- If an alternative diagnosis is determined by the health care provider, the student can return based on usual guidance related to the diagnosis. The student/parent should provide a note to return to school.
- If a parent does not contact a health care provider and symptoms improve, the student can return after being symptom free for 72 hours. If symptoms continue beyond 72 hours, it is recommended to follow-up with a health care provider. The student/parent will need to send a note about the absence upon return to school.
- If the health care provider recommends the student be tested and quarantine. Then the student will need to stay at home until test results have returned.
- If the test returns as negative, the student may return to school with a note from a health care provider stating they can return or a copy of the negative COVID-19 test results. Rapid COVID-19 test results will not be accepted for a negative test per VDH unless it is a rapid PCR test. A positive COVID-19 result on a rapid test will be accepted and treated as a positive case for isolation.
- If the student's test is positive, we will follow VDH guidelines for isolation. The school nurse will assist VDH with contact tracing in the school setting. The nurse will follow up with a parent prior to the student returning to school. Student may return to school once isolation requirements are met. If the student continues to be symptomatic on day 10, they should not return to school until fever free without fever-reducing medication and improved symptoms for at least 24 hours. Note: loss of taste and smell might persist for weeks or months and this should NOT delay the end of isolation. Parents of the siblings who attend school or other family members who work in the district will be advised on quarantine based on the situation.
- If someone is considered to have had a close contact to a person suspected of having or testing positive for Covid-19, then we will follow the VDH guidelines for quarantining (either household or non-household contact). VDH recommends that you quarantine, if unvaccinated, (stay home) for 14 days after the date of last close contact with the person infected with COVID-19. If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

After 10 days without testing;

or After 7 days with a negative PCR test performed on or after Day 5 (antigen tests are not accepted).

It is very important to continue monitoring for symptoms for 14 days and follow all recommendations (e.g., wear a mask, stay at least 6 feet away from others, avoid crowds,

and wash hands often) during the quarantine time. See the [VDH When to End Home Isolation and Quarantine Infographic](#) for more information.

- Close contact is defined as being within 6 feet of a person with COVID-19 for 15 minutes or more in a 24 hour period 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.
- Anyone who is fully vaccinated will not need to quarantine if exposed to a positive person but will need to monitor for symptoms and stay home if any symptoms arise. **Fully vaccinated people who have a known exposure are encouraged to be tested 3-5 days after exposure, regardless of whether they have symptoms. With mandatory masking, this becomes an option for staff and students and is not a requirement for return to school. VDH recommends that a fully vaccinated person, who is identified as a close contact of a positive case, wear a mask which would apply to outside of school as well. The school nurses will advise on testing and mask wearing.**
- If the person who is positive and students at 3 feet to 6 feet away are wearing a mask, then the exposed student will not need to quarantine. (This does not apply to staff members.) If either person is not wearing a mask or are closer than 3 feet, then the exposed person would need to quarantine if not vaccinated. If the positive person is not wearing a mask, then all close contacts as defined above will need to quarantine if not vaccinated.
- Parents must report any exposure or positive case in a student/household to the school of attendance.
- The principal or school nurse will notify Charlene Vail of any positive cases. Rhonda Stegall will be notified by the building administrator.

Who is Not Required to Quarantine After Exposure

People who:

- Have had COVID-19 within the last 3 months as long as they do not develop new symptoms.
- Have been fully vaccinated for COVID-19 as long as they have no symptoms and are not inpatients or residents in a healthcare setting.
 - Fully vaccinated means 2 weeks or more have passed since receipt of the second dose in a 2- dose series, or 2 weeks or more have passed since receipt of one dose of a single-dose vaccine. Proof of vaccination date(s) may be required to determine if a student or staff member meets these criteria. School nurses will make the determination.
 - Healthcare settings include hospitals and long-term care facilities (e.g., nursing homes, assisted living facilities).
- If a person who is positive for Covid-19 and those at 3 to 6 feet away are both wearing a mask, then the exposed student will not need to quarantine. Refer to guidelines above for any time spent without a mask on greater and equal to 15 minutes. (This does not apply to staff members.) **Anyone who is beyond six feet is not considered a close contact.**
- People who are not required to quarantine after exposure must still watch for symptoms of COVID-19 for 14 days and continue to wear a mask, attempt to stay at least 6 feet away from others, avoid crowds, and wash hands often