

In the summer of 2020, North Allegheny outlined safety steps for activities which include:

Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:

- Age 65 or older
- Lung disease, moderate-severe asthma
- Serious heart conditions
- May be immunocompromised
- Obesity
- Diabetes
- Kidney or liver disease

Mandates for K-12 programs

- All student-athletes, coaches, and staff undergo health screening prior to the workout, event, or team meeting
- Promote healthy hygiene
 - Hand washing (20 seconds)
 - Face coverings (mask or shields) for adults and students
- Use hand sanitizer
- Custodial Staff will intensify cleaning
- Spectators, guests, family members, etc. are prohibited
- If Pennsylvania moves into the blue phase, this will change

Screening Process

- All adults and students must have their temperatures taken prior to each rehearsal. This must be administered by the directors.
- All adults and students must answer the screening questions below on a daily basis. All information will be placed on a Google/Excel Form. These forms will be submitted on a weekly basis.

The questions are as follows:

- Have you tested positive for Covid-19?
- If yes, do you have a medical clearance with you now?
- Have you had a new-onset cough or shortness of breath?

- In the last 14 days, have you had any known exposure to an individual with a Covid-19 positive diagnosis or has shown symptoms of the illness?

Daily Log Sheet adhere to the following:

- Questions are asked before each rehearsal
- Daily Temperature Reading before each rehearsal
- They are stored electronically in the music office.

Positive Screening

- If an adult or student has a temperature of 100.0 degrees Fahrenheit or higher, they must be sent home immediately.
- If an adult or student has symptoms for Covid-19, they must be sent home immediately.
- In both cases listed above, district officials must be contacted immediately.

Director Responsibilities

- Educate on hand washing/sanitizing
- Wear masks/face coverings (unless it jeopardizes health)
- Appropriate social distancing in all places
- Take temperature with no-touch thermometer- dated, recorded, stored in music office
- Covid-19 Questionnaire - dated, recorded, stored in music office
- Monitor signs and symptoms of Covid-19 during rehearsals/performances.
- Review responsibilities with all students and adults via email first then at the beginning of your first rehearsal.
- Bring personal, labeled water bottles.
- Activities that increase the risk of exposure should be avoided. This includes shaking hands, fist bumps, or high fives.
- Modify rehearsals and activities to mitigate the risk of spreading the virus.
- Back-up staffing plans
- Monitor student drop-off/pick-up (parents are NOT to enter facilities or practices)
- Directors are responsible to conduct rehearsals in groups of students not to exceed 14 with the same students always working out together.
- Virtual meetings when possible (if in person- social distancing rules apply)
- Only approved adults/students are permitted to attend practices

- Directors are to enforce mask rules- covering both nose and mouth- can be taken off during active participation.
- Directors must clean equipment between individual uses.
- Directors alone shall be permitted to touch equipment.
- Activities that increase the risk of exposure to saliva are prohibited, including chewing gum, spitting, licking fingers, and eating food.

Water Bottles

- At no time should any student be refilling water bottles.
- Fixed water fountains should not be used.

What are the symptoms for Covid-19?

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

What to do if you are ill...

- STAY HOME
- Call your healthcare provider
- Notify the music department, should someone have a temperature of 100.0 F or higher and/or symptoms
 - If a student/staff member is diagnosed with a positive result, please contact the music department immediately.
- Be prepared to identify the individuals who have worked out within the same group as the affected individual (students, staff). The district will

notify all members & families in the group of the positive diagnosis. As per HIPAA rules, do not discuss individual names with others.

- If a Positive case of COVID-19 is diagnosed, contact tracing will be implemented. This may include health professionals, the CDC, and DOH.

What is a positive screen for Covid-19?

- Positive-Screen Definition:
 - Temperature of 100.0 degrees Fahrenheit or higher
 - New- onset of cough/shortness of breath
 - Known exposure to Covid-19 positive individuals within the last 14 days.

Appropriate Actions for Positive Screen

- Directors with a temperature of 100.0 F or higher or with additional symptoms will be required to leave the facility immediately. Directors must wait 24 hours and be symptom free without medication before returning to district property, or have a signed permission slip from a physician stating the individual is cleared to return.
- Any coach with known exposure to a Positive Covid-19 individual, will be required to be seen by an appropriate medical provider for evaluation and
- will require medical documentation to return to participation.

What to do if a student and/or staff member becomes ill with COVID-19 symptoms during rehearsal or event...

- Make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event.
- The student's 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 and must contact the music department.
- All affected facilities will need to be disinfected immediately.

Return of Student or Staff to Athletics following a COVID-19 Diagnosis

- Students and/or staff members must provide written clearance from their licensed medical physician or CRNP before being allowed back to practice/conditioning.

- Return can begin once the individual is cleared by a licensed medical physician or CRNP and is determined to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

Components and Responsibilities Overview

- Pre-Rehearsal
 - Health screening
 - Social distancing
 - Face coverings of coaches, staff, and student-athletes
- Rehearsal
 - Groups of 14 or less depending on the activity
 - Social distancing
 - Face masks
- Rehearsal
 - Students to leave immediately
 - No congregating while awaiting ride
 - Face masks to be worn by all

Parent/Guardian Responsibilities

- Review the Student Responsibilities and expectations document with your child(ren).
- Student Waiver Form must be submitted prior to the first practice session.
- Take your child's temperature- if 100.0 degrees Fahrenheit or higher- student is not allowed to attend practice/conditioning (contact music department)
- Label/send water bottle (>32 ounces) to rehearsal with your child
- Stay in your car during drop off/pick up. Masks need to be worn outside of the car.
- Parents/Guardians are not permitted in facilities and not permitted to attend rehearsals.
- Pick up students on time- this will help to eliminate students congregating
- If a child has an underlying condition- parent/guardian should contact the music department.
- Post-rehearsal snacks/drinks- prohibited on the property.
- Proper handwashing- very important in mitigating spread of communicable diseases

- We discourage carpooling. If necessary- please wear masks.
- Notify the music department of positive Covid-19 diagnosis. If your child has come into contact with someone who has Covid-19, has a temperature of 100.0 degrees Fahrenheit or higher or is simply ill at practice, contact the music department.

Student Responsibilities (Pre-Rehearsal)

- All students and parents/guardians must review the material, sign the acknowledgement form, and return it to the music department prior to the first rehearsal. Students will not be permitted to participate in the first rehearsal until this acknowledgment form is on file.
- All students must have the following information completed on a daily basis before being admitted to any practice venue. The following information will be dated, recorded, and stored in the music office:
 - On-site temperature check (No Touch Thermometer)
 - Covid-19 Screening Questionnaire
- A positive screening that would warrant further investigation include:
 - Positive Screen is defined as:
 - Temperature of 100.0 F or higher
 - New onset of cough or shortness of breath?
 - Known exposure to a Covid-19 positive individual in the last 14 days
 - Actions:
 - students with a temperature of 100.0 F or higher or new symptoms will be sent home after the parents/guardians have been contacted. Students must wait 24 hours to return to district property/summer workouts or have a signed permission slip from a physician stating the individual is cleared to return.
 - Any student with known exposure to a Positive Covid-19 individual will be required to be seen by an appropriate medical provider for evaluation and will require medical documentation to return to participation.
- All participants shall bring their own water bottle(s) with their names on the bottle. Water bottles must not be shared.
- Participants should wear appropriate clothing and shoes to the rehearsal venue. Sharing of clothes and shoes is prohibited.

- Students should arrive no earlier than 15 minutes before a scheduled rehearsal to give time to complete the screening process.

Student Responsibilities (During Rehearsal)

- Minimum distance of 6 feet between each individual should be observed whenever possible. Appropriate social distancing will need to be maintained when the student is not actively engaged in the rehearsal. Students should stand six feet apart when not participating in an activity that requires closer contact.
- Masks are to be worn at all times (inside and outside). Directors will direct you when masks can be removed. Exceptions may include high intensity activity. In these activities cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction when physical activity is not being performed.
- It is mandatory that you take your temperature every morning.
 - If your temperature is 100.0 F or higher, you are not permitted to attend any practices/activities that day.
 - If you are feeling ill without a temperature, it is recommended that you do not attend practice.
- Handshakes, high fives, fist bumps or elbow bumps and any unnecessary contact should be avoided at practices or competitions unless the contact is for the purpose of safety.

Student-Athlete Responsibilities (After Rehearsal)

- Students are encouraged to shower immediately upon returning home.
- Individual clothing should be washed and cleaned after every rehearsal. All non-washable items (i.e. dance shoes) should be disinfected daily.

General Student-Athlete Responsibilities

- Students are not to congregate in lobbies or outside before, during or after a session.
- Should you test positive for Covid-19 virus at any time, you are responsible to contact the music department.
- Participants are encouraged to use the following hygiene protocols:
 - Wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. Avoid touching your face.

- Sneeze or cough into a tissue, or the inside of your elbow
- Bring and use hand sanitizer to every rehearsal.
- Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group rehearsals. If a student is not recommended to participate in groups, they will be provided rehearsal materials to use at home. If any additional arrangements are needed, please contact the music department.

Custodial Responsibilities

- Wipe down/sanitize hard surfaces
- Adequate cleaning schedules created/implemented
- Provide supplies to support healthy hygiene
- Place signs in high-traffic areas for proper hand washing/social distancing
- Schedule for routine cleaning/disinfecting
- Ensure ventilation systems/fans operating properly
- If Covid-19 positive individual uses facilities-clean/disinfect equipment, restrooms, common surfaces affected
- Hand sanitizer available as people transfer from one place to another

Final thoughts...

- The health/wellness of our students and staff is our number one priority!
- Staff will need to enforce these rules throughout the activity.
- Following CDC guidelines is IMPERATIVE.
- The students will follow the lead of the directors who will lead by example.
- Cleaning/hand washing/sanitizing- frequently!
- Taking temperatures, recording, and turning in records to the music office is mandatory- after every rehearsal/performance.
- Meetings using Zoom is encouraged. If in person- Social Distance!