



Outdoor Contact Sports Opt-In Form

Updated 2/16/2021

This form is to be used by a school located in a county designated as High Risk or Extreme Risk to notify of its intent to opt in to offer outdoor contact sports for the 2020-21 school year in accordance with the Governor’s February 10, 2021 update to [Outdoor Contact Sports Guidance](#). Once final, this form will be posted to a school or district website and a link to it will then be sent to ODE.

In Lower Risk and Moderate Risk counties, practices and games for outdoor contact sports, including high school football, can resume following health and safety guidance to be issued by the Oregon Health Authority.

In High Risk and Extreme Risk counties, where COVID-19 remains more widespread, schools and other sports organizations can opt-in to resuming outdoor full contact sports with additional protocols in place. In such counties, sports organizations must offer on-site responsive testing for symptomatic individuals and close contacts, contact information for contact tracing, and a waiver identifying health and safety risks and a commitment to isolation and quarantine if exposed to COVID-19. Schools in Extreme and High Risk counties must also have at least limited in-person instruction occurring, with the goal of achieving hybrid or full in-person instruction for students this school year. Schools must also be in compliance with state guidance for COVID-19 testing.

Please fill out the following information for your school, district or program:

Information Needed	Your Response
Name of School, District or Program	Imbler School District
Key Contact Person for this Plan	Mike Mills
Phone Number of this Person	541-534-5331 or cell 541-786-8502
Email Address of this person	mike.mills@imblersd.org
Specify Outdoor Contact Sports Included in this Plan	Football
Intended Starting Date for this Plan	February 18, 2021

School Instructional Model

OHA Requirements

- The school must Offer, at a minimum, Comprehensive Distance Learning *with* Limited In-Person Instruction (LIPI), with the goal of implementing Hybrid or full On-Site Instructional Models for students before the end of the 2020-21 school year.
- Detail your school's current instructional model and note the date it began.

Plan Details for School Instructional Model

Please enter the details of your plan that correspond to the requirements listed above:

In- person instructional model since August 24, 2020.

On-Site Testing for Symptomatic Individuals and Close Contacts

OHA Requirements

- The school must offer on-site responsive testing for symptomatic individuals and those with known exposures to individuals with COVID-19. This applies to athletes and support staff and volunteers. Schools must also be in compliance with state guidance for COVID-19 testing.
- Detail your school's specific plans to meet this requirement.
- Please review [COVID-19 Testing in Oregon's K-12 Schools](#) for additional information.

Plan Details for On-Site Testing for Symptomatic Individuals and Close Contacts

Imbler School District

COVID-19 Testing Plan

This program is intended to test symptomatic and exposed students and school staff only.

School Testing Administrator:

Angie Lakey-Campbell, Elementary Principal

Mike Mills, High School Principal

Deena Reed, School Nurse

School Testing Reporter

Angie Lakey-Campbell, Elementary Principal

Mike Mills, High School Principal

Deena Reed, School Nurse

Privacy

Student and staff test results, both positive and negative, shall be kept confidential. Student test results may be shared with the student and their legal guardian only. However, student and staff test results will be reported to public health, as required under ORS 433.004 and ORS 433.008. As outlined in the Ready Schools, Safe Learners guidance, schools must train staff on confidentiality requirements under FERPA, HIPAA, and local policy regarding student and staff health information, including a COVID-19 diagnosis.

Training

Identified testing administrators have completed all required modules of training.

Personal Protective Equipment (PPE) Use

Abbott BinaxNOW specimens are collected by nasal swab. For most students and staff, these swabs can be self-administered (i.e. the person being tested can place the swab into their own nose) under observation by the testing administrator at a distance of greater than 6 feet. Students and staff who are unable to self-collect the specimen under observation by the school testing administrator should be referred to their healthcare provider for COVID-19 testing.

Personal protective equipment (PPE) refers to equipment worn to minimize exposure and protect the wearer from infection. Because the Abbott BinaxNOW swabs can be self-administered, the PPE required for testing is minimal.

PPE Components

School testing administrators should wear the following components:

1. A disposable medical-grade surgical mask (an N95 respirator is not needed)
2. Reusable eye protection (goggles or face shield)
3. Disposable gloves.

A gown is not required. The single-use medical-grade mask and gloves should be discarded once testing is completed. The eye protection should be set aside for cleaning and disinfection.

Discarded PPE does not have to be treated as biohazardous waste and can be disposed of into a regular garbage can.

Putting on Personal Protective Equipment

Before collecting the specimen(s) for testing, personal protective equipment (PPE) should be put on in the following order:

1. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
2. Remove cloth face mask and put on medical-grade mask.
3. Put on face shield or goggles.
4. Put on disposable gloves.

Best practice recommendations for PPE use include:

- Medical-grade mask and eye protection should cover the eyes, nose, and mouth at all times.
- Staff must perform hand hygiene before and after touching, readjusting, or taking off mask or eye protection.

Extended Use of Eye Protection and Mask

When multiple people are being tested in one time period, the same medical-grade mask and eye protection can be worn during multiple specimen collection events (e.g., in the case of group testing).

Taking Off Personal Protective Equipment, Hand Hygiene, and Disinfecting Eye Protection

After all specimens have been collected and all tests have been completed, PPE should be taken off in the following order:

1. Remove gloves and discard into a trash can.
2. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
3. Remove face shield or goggles by carefully grabbing the strap and pulling upwards and away from the head without touching the front of the face shield or goggles.
4. Put on a new pair of disposable gloves.
5. Clean and disinfect eye protection disinfection, following manufacturer labeling directions.

For more details, see below “Cleaning face shield or goggles.”

6. Remove gloves and discard into a trash can.
7. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
8. Put away clean eye protection in a bag or container labeled with your name.
9. Remove medical-grade mask by carefully untying or unhooking and pulling away from the face without touching the front of the mask.
10. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
11. Put on your personal non-medical face covering.

Cleaning Face Shield or Goggles

When manufacturer instructions for cleaning and disinfection are unavailable, consider the following steps according to the CDC:

1. Cleaning: while wearing gloves, carefully wipe the inside, followed by the outside of the face shield or goggles using a clean cloth saturated with neutral detergent solution or cleaner wipe.
2. Disinfection: carefully wipe the outside of the face shield or goggles using a wipe or clean cloth saturated with EPA-registered hospital disinfectant solution. Leave wet for the amount of time specified on the disinfectant label.
3. Final wipe down: wipe the outside of face shield or goggles with clean water or alcohol to remove residue.
4. Drying: air dry or use clean absorbent towels until fully dry.
5. Remove gloves and perform hand hygiene.

Storage of Face Shield or Goggles

After cleaning, disinfecting and drying, eye protection can be stored in a clean bag or container. Eye protection and storage bag/container should be labeled with staff name to prevent sharing and should not be stored with other belongings or other PPE.

Testing

The school testing administrator must follow the instructions provided in the Abbott BinaxNOW package insert regarding test storage, quality control, specimen collection and handling, and specimen disposal as detailed here. The Abbott BinaxNOW testing instructions detailed in this section must be followed exactly to ensure an accurate result.

When to Test

Abbott BinaxNOW tests should only be used to test students with consent on file or staff who agree to testing in the following two scenarios:

1. When a student or staff member develops symptoms consistent with COVID-19 while at school, testing may be used to inform their care and return to school. Symptoms include cough, fever (temperature of 100.4 degrees or higher) or chills, shortness of breath, difficulty breathing, or a new loss of taste or smell. Note that muscle pain, headache, sore throat, diarrhea, nausea, vomiting, new nasal congestion, and runny nose are also symptoms often associated with COVID-19. Any symptomatic student who is tested (even if they test negative) must leave school immediately and not return until allowed by the RSSL guidance. Students or staff with symptoms consistent with COVID-19 should not be asked to come to school for COVID-19 testing if symptoms develop while not at school. Under no circumstances should an individual with symptoms consistent with COVID-19 be asked to return to school specifically for testing alone.
2. When a school cohort has been exposed to a case of COVID-19 and quarantined; testing on day 5 through 7 following exposure may be used to facilitate early release from quarantine after day 7 when recommended by the local public health authority. For example, if a cohort is exposed on January 1, that cohort could be tested between January 6th and 8th, and released from quarantine on January 9th if all tests are negative and exposed students are symptom-free.

Test Storage

Test kits (test cards and reagent) must be stored at room temperature (between 59 and 86°F).

Quality Control

The Abbott BinaxNOW tests have a built-in quality control system which must be verified each

time a test is run. In addition, quality control testing using a positive and negative control swab should be performed once as training for each new school testing administrator, and upon receipt of each new shipment of BinaxNOW tests.

Built-in Quality Control

Each time an Abbott BinaxNOW test is performed, the school testing administrator must verify that the built-in quality controls are functional. There are two built-in quality controls.

1. Each card test has a blue line present at the control line position which should be visible when the test package is opened.
2. If this blue line is not present, the test card should be discarded.
3. During each test, the blue line should change its color to pink/purple.
4. If the blue quality control has not changed to pink/purple at the time the test result is read, the test card should be discarded and the result recorded as inconclusive.

Positive and Negative Control Swabs

Each BinaxNOW test kit includes 40 tests plus a positive control swab. A blank sterile swab can be used as a negative control swab. Each of these control swabs (i.e. both a positive and negative swab) should be run once with each new shipment of test kits and once for each new test administrator in order to confirm that the test is working as anticipated and to demonstrate school testing administrator competency. The blue control line must be present prior to performing the quality control swabs. If the blue line is not present, discard the test and contact schooltesting.covid@dhsosha.state.or.us for OHA BinaxNOW testing support. The positive control swab should result as positive. The negative control swab should result as negative. If the positive or negative control swabs do not result as anticipated, contact schooltesting.covid@dhsosha.state.or.us for OHA BinaxNOW testing support. You may also contact the Abbott BinaxNOW Technical Support Advice Line at 1-800-257-9525 between 8 a.m. and 8 p.m. EST or by emailing ts.scr@abbott.com.

Specimen Collection and Handling

Specimens must be collected by the person being tested, under observation by the school testing administrator. The person being tested should be instructed to insert the swab gently into the

nostril until resistance is encountered and not more than one inch deep. The person being tested should then be instructed to rotate the swab 5 times around the outer edge of the nostril. Using the same swab, this process should be repeated in the other nostril. While many students and staff will be able to self-collect specimens using this method, not all students or staff will feel comfortable doing so. While students may be encouraged through this process, they should never be forced or coerced. It should be recognized that age, certain medical conditions (e.g., anxiety, ADHD) or disabilities may prevent swabs from being collected safely. If there is any doubt as to whether a specimen may be safely self-collected by an individual, the individual should be referred to their healthcare provider for COVID-19 testing. Specimens should be tested as soon as possible after collection. The specimen should not be returned to its paper wrapper, but may be stored in a clean, unused plastic tube labeled with the student or staff member's name and date of birth for up to one hour. If the specimen cannot be tested within one hour of collection, it cannot be tested and should be discarded. Tests should be administered in a private setting, such as a designated health or isolation room. Abbott BinaxNOW test kits should not be stored in the same room as tests are performed to avoid the possibility of contamination of test materials. Surfaces of testing rooms should be regularly cleaned and disinfected, including between persons being tested.

Specimen Testing

To perform the test, the following steps should be observed:

1. Open kit and lay it flat—do not use if the pouch is damaged or open
2. Verify presence of blue line at control line position
3. Hold the extraction reagent bottle $\frac{1}{2}$ inch above the top hole—do not allow the bottle to touch the test card
4. Slowly add 6 drops of reagent to the topmost hole of the swab well
5. Insert specimen swab into the bottom hole and firmly push upwards so that the swab tip is visible in the top hole
6. Rotate the swab clockwise 3 times in the reagent liquid

7. Peel off adhesive liner and close and seal the test card

The test should be read promptly at 15 minutes. A dedicated stopwatch or timer should be available for testing. In order to ensure proper test performance, it is important to read the result promptly at 15 minutes and not before. Results should not be read after 30 minutes.

Result Interpretation

Test card window How to interpret

One pink/purple colored line in the top half of the window, in the Control Line position

Test is negative.

Two pink/purple colored lines in both the Control &

Sample Line positions

Test is positive.

If no lines are seen, or if just the sample line is seen, the test is invalid. Invalid tests should be repeated on a new test card.

Test is inconclusive.

Specimen Disposal

All components of the test kit may be discarded into a trash can. Additional information about the proper disposal of medical waste exposed to COVID-19 may be found here:

<https://www.oregon.gov/deq/FilterDocs/COVID19MedicalWasteFS.pdf> please enter the details of your plan that correspond to the requirements listed above:

Contact Information for Contact Tracing

OHA Requirements

- The school must commit to collecting contact information for the purpose of contact tracing for each participant, coach, official, staff member, spectator, etc. for each outdoor contact sports practice and contest.
- Detail your school's specific plans to meet this requirement.
- Sample contact tracing forms:
 - [COVID Monitoring Form: Excel](#)
 - [COVID Monitoring Form: PDF](#)

Plan Details for Contact Information for Contact Tracing

Please enter the details of your plan that correspond to the requirements listed above:

Using a QR Code Reader/Scanner, all participants will have to sign in filling out all the information required on the COVID Monitoring Form for each event happening at Imbler School District.

Student-Athlete Waiver

OHA Requirements

- The school must have a waiver completed for each student-athlete prior to outdoor contact sports participation identifying health and safety risks and a commitment to isolation and quarantine if exposed to COVID-19.
- Waivers must be kept on file at the school. Detail your school's specific plans to meet this requirement.
- [Sample Student Waiver Form](#)

Plan Details for Student-Athlete Waiver

Please enter the details of your plan that correspond to the requirements listed above:

WAIVER OF LIABILITY AND HOLD HARMLESS FOR COMMUNICABLE DISEASES INCLUDING COVID-19

Student Name: _____

Grade: _____ Home Phone: _____

Address: _____

Parent(s)/Guardian(s) Names: _____

Parent/ Guardian phone: Work: _____ Home: _____
Other: _____

The novel coronavirus (“COVID-19”), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. The Imbler School District cannot completely mitigate the transfer of communicable diseases like COVID-19 especially when involved in football. Participation in football includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.

In consideration for providing my child the opportunity to participate in football and any related transportation to and from football events, both my child and I voluntarily agree to waive and discharge any and all claims against District and release it from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of the District or its employees or agents, to the fullest extent allowed by law, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, and our successors.

I also agree to release, exonerate, discharge and hold harmless the District, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from an infectious disease including COVID-19, which may result from or in connection with my child’s participation in football

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the above-named student.

I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in football, the above-named student and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release the District from all liability for any loss regardless of cause, and claims arising from the student's participation in football.

Student Signature _____ Date _____

Parent/Legal Guardian Signature _____ Date _____