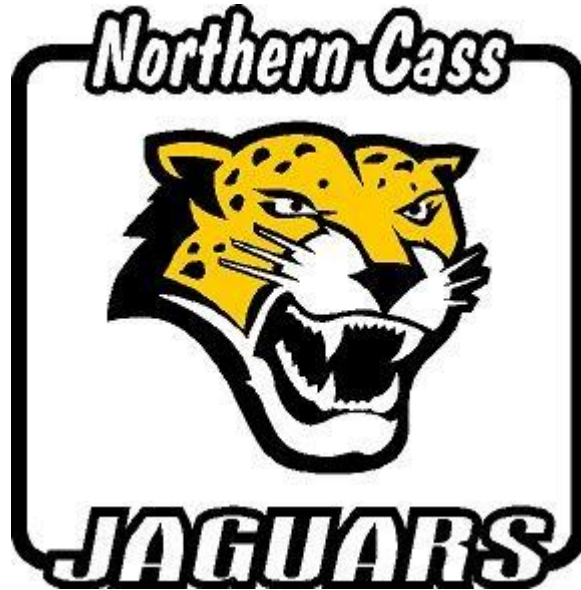


# Health & Safety Restart

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## **Northern Cass's Reopening Plan Guiding Principles**

**Accountability:** Ensuring safety & well-being of all learners, educators, and parents/guardians

**Communication:** Maintaining transparent & timely updates for all stakeholders

**Adaptability:** Creating a flexible system, providing multiple learning opportunities & emphasizing academic and social emotional needs

**Leadership:** Challenging learners, staff and parents to lead themselves and others through an unpredictable future

**Learner's Mindset:** Monitoring & self-reflecting to maintain our world class education standard

Draft Written/Revised: July 20th and 27th, 2020

School Board Approved: August 5, 2020

Updated/School Board Approved: October 8, 2020

Amended/School Board Approved: December 8, 2020

*The Board of Education reserves the right upon the recommendation from administration to change the academic plan when conditions dictate.*

# Northern Cass Reopening Committee Members

|  |   |
|--|---|
| <b>COVID-19 Coordinator</b>                      | Dr. Cory Steiner  |
| <b>Health &amp; Safety Committee</b>             | Cory Steiner, Pam Stirling, Ashley Krinke, Keira Oscarson, Lori Steffes   |
| <b>Facilities &amp; Transportation Committee</b> | Stan Dreckman, Steve Lerew, Paige Carlson, Patsy Holm   |
| <b>Activities Committee</b>                      | John O'Day, Bryce Laxdal, Wyatt Whitaker, Don Hollister, Mary Howatt, Tyler Ukestad   |
| <b>Secondary Committee</b>                       | Doug Margerum, Christian Thompson, Tom Klapp, Margo Walter, Ann Johnson, Darin Eller, Sam Johnson, Sarah Savrnoch, Sam Hopwood, Beth Podoll, Britt Breiland |
| <b>Elementary Committee</b>                      | Crysta Schenck, Jessica Stoen, Jessica Regner, Megan Margerum, Riley Thompson, Alyssa Danielson, Megan Engelke, Pam Ellenson, Stephanie Vetter              |
| <b>Food Service Committee</b>                    | Carrie Petersen, Beth Winterquist   |

## Meeting Dates

Thursday, July 16, 2020  
Monday, July 20, 2020  
Monday, July 27, 2020  
Tuesday, July 28, 2020  
Thursday, July 30, 2020  
Monday, August 3, 2020

## Location

Northern Cass Public School  
Northern Cass Public School  
Northern Cass Public School  
Zoom Meeting  
Zoom Meeting  
Northern Cass Public School

## Who

Steering Committee  
Committee Members  
Committee Members  
Northern Cass Staff  
Northern Cass Parents  
Steering Committee

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# North Dakota Smart Restart

The Northern Cass School District will follow the North Dakota Smart Restart Odometer (colors) in consultation with state and local government and health officials. The color is set by Governor Burgum and the district has no control over what color our state is in.. Northern Cass will use the same colors to represent the following:

|               |  |
|---------------|--|
| <b>Blue</b>   | Most normal activities can resume with standard precautions and awareness of guidelines.   |
| <b>Green</b>  | Low case counts are reported. Public health and private healthcare are able to diagnose, treat safely, and isolate cases and their contacts. |
| <b>Yellow</b> | Heightened exposure risk; transmission is controlled. Cases are reported as contained by rapid testing and robust contact tracing.           |
| <b>Orange</b> | Significant transmission; high risk for exposure due to widespread community spread of infections.   |
| <b>Red</b>    | Highest disease burden; significant and uncontrolled community spread.   |

## NORTHERN CASS ACADEMIC PLANS:

- **Plan 1(traditional day):** All learners on-site every day of the week with operational precautions 8:30-3:30.
- **Plan 2 (hybrid):** All learners on-site at some point during the week, but the building will only be at a limited capacity daily following ND Department of Health guidelines.
- **Plan 3 (distance learning for all):** No learners on-site and all engage in distance learning.
- **Plan 4 (current plan):** All learners on-site 4 days a week Monday through Thursday from 8:00-3:30.

| Instructional Model 1 | Learning Options for 2020-2021 School Year   |  |
|-----------------------|--|--|
|                       | <b>Building Face to Face/Hybrid Model</b><br><br><b>SCHOOL BOARD APPROVED 8/5/2020</b> | <p>This is a learning option where learners attend school on the Northern Cass campus a set number of days each week. All materials and instruction are provided by Northern Cass educators. Some learning will take place via distance/home.</p>  |
| Instructional Model 2 | <b>Virtual Academy for K-12</b>  | <p>This is a learning option for learners in which a family <u>opts out of any face-to-face instruction</u> on-site. This is a full curriculum including the four cores along with electives. <u>If you select this option, you will not participate in the Northern Cass curriculum led by Northern Cass educators.</u> Arizona State University will provide the curriculum and assign grades. Northern Cass will receive weekly updates from the provider. We will also assign a mentor to check-in with the learner on a weekly basis. The learner may also participate in activities and events at the school if the family chooses.</p> <p>This plan allows us to service families who choose to keep their learners at home while also providing the flexibility to <b>return to school after the end of the first semester (January 15th).</b></p> |
| Instructional Model 3 | <b>Distance Learning</b>   | <p>This is a learning option which applies to learners who can't attend school on a regular basis due to a medical condition (<b>medical note necessary</b>) which limits their ability to attend in another pathway. Northern Cass educators will provide the curriculum through Empower and also provide some direct instruction.</p> <p>This could be an option for all learners depending on the conditions of the district.</p>   |

The health and safety of our learners, educators, and families are a top priority for reopening. The following guidelines and procedures have been developed in consultation with our local public and private health care officials.

- Northern Cass utilized the following information to build their plan:
  - Building layout
  - Number of learners who attend
  - Number of learners who request busing
  - Number of learners who utilize hot lunch
  - Survey results
  - Guidelines from the North Dakota Department of Health

## What do you need to know about our academic plan for Levels PK-5?

|  |  |
|--|--|
| <p><b>Plan 1</b><br/>Traditional</p>   | <ul style="list-style-type: none"> <li>• All learners back 5 days a week 8:30-3:30.</li> <li>• Specials hold classes in their learning spaces (library, gym, music room).</li> <li>• Learners switching rooms for departmentalized classes in levels 4 and 5 and walk to read/walk to math resumes.</li> <li>• Visitors allowed.</li> <li>• Recess on the playground as normal.</li> </ul>   |
| <p><b>Plan 2</b><br/>Hybrid</p>  | <ul style="list-style-type: none"> <li>• All learners PK-5 face-to-face 4 days/week 8:00-3:30.               <ul style="list-style-type: none"> <li>◦ Distance learning for PK-5 learners on Fridays.                   <ul style="list-style-type: none"> <li>◦ Possibility for small groups or one-on-one instruction in the building.</li> </ul> </li> </ul> </li> <li>• Specials will push into learning centers (when able) to provide instruction.</li> <li>• Interventionists will provide instruction in specific locations/areas.</li> <li>• No learners switching rooms; departmentalized educators will travel to other rooms.</li> <li>• No community supplies; each learner uses only their own supplies.</li> <li>• No visitors allowed in the building; however, an exception will be made for meetings requested by the administration or required for special education.</li> <li>• Recess will be held with a limited number of learners and assigned areas. Recess equipment will be provided for individual learning centers.</li> </ul>   |
| <p><b>Plan 3</b><br/>Distance Learning</p>   | <ul style="list-style-type: none"> <li>• All instruction is distance learning 5 days per week.</li> <li>• Attendance will be required and monitored. Truancy laws will apply.</li> <li>• Campus restricted to essential personnel.</li> <li>• No visitors, parents/guardians, or learners allowed in the building.</li> <li>• Pre-K &amp; Kindergarten will be moving to 1:1 devices if we transition to distance learning</li> </ul>  |
| <p><b>Plan 4</b><br/>Current Plan</p> <p><b>SCHOOL BOARD<br/>APPROVED<br/>8/5/2020</b></p> | <ul style="list-style-type: none"> <li>• All learners back 4 days a week (Monday, Tuesday, Wednesday, and Thursday)               <ul style="list-style-type: none"> <li>◦ No learners on-site on Fridays.                   <ul style="list-style-type: none"> <li>■ School day runs from 8:00 a.m. to 3:30 p.m.</li> </ul> </li> </ul> </li> <li>• Elementary come in Wed/Thurs Sept 2nd &amp; 3rd (procedures &amp; routines covered) for their first days of school.</li> <li>• Specials push in to specific learning centers</li> <li>• Masks are required on the bus, commons areas, and bathrooms.</li> <li>• Learners will be able to transition to other learning centers during the school day if their personalized learning plan indicates it is a need. Educators will use their discretion along with assessment data when making these decisions. Transitions will be limited.</li> <li>• Learners will begin to eat in the commons while following social distancing guidelines. There will only be one level allowed in the commons at one time. Educators reserve the right to continue to eat in learning centers (lunches delivered to rooms).</li> <li>• Every effort will be made to keep sections of classes at 16 or less learners. Plexiglass dividers will be utilized for the learning centers.</li> <li>• PE and Music will be held.</li> <li>• Recess will be allowed by grade levels. Learners will be required to wear masks at recess which will allow them to mix with other sections of their level.</li> <li>• Dismiss learners who ride the bus first; dismiss learners being picked up second.</li> </ul> |

- No visitors, parents/guardians allowed in the building during the school day unless invited in by administrator for a meeting.

## What do you need to know about our academic plan for Level 6?

|                                    |   |
|------------------------------------|---|
| <b>Plan 1</b><br>Traditional       | <ul style="list-style-type: none"> <li>• All learners back 5 days a week 8:30-3:30.</li> <li>• Elective educators hold classes in their learning spaces (gym, music room).</li> <li>• Learners switching rooms for all classes.</li> <li>• Visitors allowed.</li> </ul>   |
| <b>Plan 2</b><br>Hybrid            | <ul style="list-style-type: none"> <li>• All learners back 4 days a week 8:00-3:30.</li> <li>• Distance learning for learners on Friday.             <ul style="list-style-type: none"> <li>◦ Possibility for small groups, one-on-one instruction, in the building.</li> </ul> </li> <li>• Elective educators hold classes in their learning spaces.</li> <li>• Interventionists will provide instruction in specific locations/areas.</li> <li>• No visitors allowed in the building; however, an exception will be made for meetings requested by the administration or required for special education.</li> </ul> |
| <b>Plan 3</b><br>Distance Learning | <ul style="list-style-type: none"> <li>• All instruction is distance learning 5 days per week.</li> <li>• Attendance will be required and monitored. Truancy laws will apply.</li> <li>• Campus restricted to essential personnel.</li> <li>• No visitors, parents/guardians, or learners allowed in the building.             <ul style="list-style-type: none"> <li>◦ In some instances, learners may be allowed on campus at the discretion of the administration.</li> </ul> </li> </ul>  |
| <b>Plan 4</b><br>Current Plan      | <p>See detailed plan on the next page with the 7-12 table. Plan 4 encompasses all levels 6-12 with the same protocols.</p>  |

# What do you need to know about our academic plan for Levels 7 - 12?

**NOTE: Plan 4 is for levels 6-12**

|   |  |
|---|--|
| <div style="text-align: center;"> <h2>Plan 1</h2> <p>Traditional</p> </div>   | <ul style="list-style-type: none"> <li>• All learners &amp; staff back 5 days a week 8:30-3:30.</li> <li>• Specials hold classes in their learning spaces (<del>library, gym, music room</del>).</li> <li>• Learners transitioning rooms for all classes.</li> <li>• Visitors allowed.</li> </ul>  |
| <div style="text-align: center;"> <h2>Plan 2</h2> <p>Hybrid</p> </div>  | <ul style="list-style-type: none"> <li>• Reduced capacity in-person instruction (Group A-Monday/Wednesday; Group B-Tuesday/Thursday) 8:00-3:30.               <ul style="list-style-type: none"> <li>◦ Group A: Last names A-K. (Distance Learning Tuesday/Thursday)</li> <li>◦ Group B: Last names L-Z. (Distance Learning Monday/Wednesday)</li> </ul> </li> <li>• Friday is a distance learning day.               <ul style="list-style-type: none"> <li>◦ Possibility for small group, one-on-one instruction for identified learners on days when secondary is not in session.</li> </ul> </li> <li>• No visitors allowed in the building; however, an exception will be made for meetings requested by the administration or required for special education.</li> </ul>   |
| <div style="text-align: center;"> <h2>Plan 3</h2> <p>Distance Learning</p> </div>   | <ul style="list-style-type: none"> <li>• All instruction is distance learning 5 days per week.</li> <li>• Attendance will be required and monitored. Truancy laws will apply.</li> <li>• Campus restricted to essential personnel.</li> <li>• No visitors, parents/guardians, or learners allowed in the building.               <ul style="list-style-type: none"> <li>◦ In some instances, learners may be allowed on campus at the discretion of the administration.</li> </ul> </li> </ul>   |
| <div style="text-align: center;"> <h2>Plan 4</h2> <p>Current Plan</p> </div> <p>NOTE: This plan includes level 6 learners.</p> <div style="background-color: yellow; padding: 5px; margin-top: 10px;"> <b>SCHOOL BOARD APPROVED 8/5/2020</b> </div> | <ul style="list-style-type: none"> <li>• All learners back 4 days a week (Monday, Tuesday, Wednesday, and Thursday)               <ul style="list-style-type: none"> <li>◦ Learners allowed on site Fridays when requested by administration.                   <ul style="list-style-type: none"> <li>■ School day runs from 8:00 a.m. to 3:30 p.m.</li> </ul> </li> </ul> </li> <li>• Secondary will return to school on the following schedule:               <ul style="list-style-type: none"> <li>◦ 9-12: August 31st</li> <li>◦ 6-8: September 1st</li> </ul> </li> <li>• High School learners park in the south lot and enter the main entrance. This is subject to change depending on the need for social distancing when the buses arrive.</li> <li>• Masks must be worn in congregate areas which include, but is not limited to: bus, commons areas, and bathrooms.               <ul style="list-style-type: none"> <li>◦ Educators have the right to require masks in learning centers when social distancing is not available.</li> </ul> </li> <li>• Educators will move rooms and limit learner transitions. There will be transitions for the 9-12 level.</li> <li>• Learners will eat in learning centers (learners will walk down to the commons and pick up their lunch. Learners will begin to eat in the commons while following social distancing guidelines. There will only be one level allowed in the commons at one time. Educators reserve the right to continue eating in their learning centers with their class.</li> <li>• All electives will be offered and held in an appropriate space.</li> </ul> |



|  |  |
|--|--|
|  | <ul style="list-style-type: none"> <li>Dismiss learners who ride the bus first; dismiss learners being picked up or who are driving second.</li> <li>No visitors, parents/guardians allowed in the building during the school day unless invited in by administrator for a meeting.</li> </ul> |
|--|--|

## What do you need to know about Special Education plan for learners?

|                          |  |
|--------------------------|--|
| <b>Homeschool</b>        | <ul style="list-style-type: none"> <li>Parents/guardians must create the service plan.</li> <li>District will work with the parent/guardian if assistance is requested.</li> <li>If a parent/guardian wants services on-site, the parents are responsible for transportation.</li> <li>Virtual services do not have to be provided by the district.</li> </ul> |
| <b>Distance Learning</b> | <ul style="list-style-type: none"> <li>The district will provide services. These can be either on-site or virtual. The IEP team will determine the necessary services to be provided.</li> <li>The district will assist with transportation.</li> <li>Learners may choose to be on-site for services.</li> </ul>   |
| <b>Other</b>             | <ul style="list-style-type: none"> <li>Special education learners may be required to attend daily as determined by the IEP team.</li> <li>Special education learners with 1:1 para educator: as they are in close proximity throughout the day, they are considered a close contact.</li> </ul>  |

Northern Cass School District will work in conjunction and collaboration with Rural Cass Special Education Unit to ensure that educational decisions for students with Individual Education Plans (IEPs) will be made on an individual basis and in compliance with the Individuals with Disabilities Education Act (IDEA) and ND Department of Instruction Office of Special Education guidelines. The learning environment, services, and accommodations for students with disabilities will be determined through the student's IEP team, including the student's parent or guardian, school administration and staff. The team will work together to develop plans that will ensure equitable and effective access to provide FAPE for students with special needs in ALL learning environments.


Special education case managers will communicate with student's parents/guardians and required IEP team members, and will monitor the continuation of services and accommodations, whether they are provided virtually, in-person or a combination model. The school district Restart Education Plan will focus on procedures for delivering education within the district, which will also apply to holding IEP team meetings and completing required special education procedures, while maintaining student and staff health and safety, according to the North Dakota K-12 Smart Restart guidelines.


Every learner with a disability is entitled to a free and appropriate public education (FAPE) and is entitled to special education services based on their individualized education program (IEP). Learners receiving special education services may be more negatively impacted by distance learning and may be disproportionately impacted by interruptions in regular education. It may not be feasible, depending on the individual needs of the learner, to adhere both to physical distancing guidelines and the specific criteria outlined on their IEP. Attempts to meet physical distancing guidelines should meet the needs of the individual learner and may require unique solutions on a case-by-case basis (American Academy of Pediatrics).

# What do you need to know about our plan when there is a positive COVID-19 test?

|   |   |
|---|---|
| <b>One Person Tests Positive</b>                    | <ul style="list-style-type: none"> <li>If one person in the building tests positive for COVID-19, the NDDoH will notify the facility. The confirmed case of COVID-19 must be excluded (isolation period) from school for ten days after onset of symptoms (if no symptoms, then exclusion is ten days after collection date of test) <b>and</b> be fever free for 24 hours (without the use of fever reducing medications) <b>and</b> have improvement of symptoms, whichever is longer. <b>NDDPI Smart Restart requires the district to follow this guideline.</b></li> </ul>  |
| <b>More Than One Individual Positive Test</b>       | <ul style="list-style-type: none"> <li>If there are multiple positive tests, specific classrooms or grades may have to close if additional cases occur in a school. Public health (NDDoH or local public health) will provide guidance as to when a school should close. <b>NDDPI Smart Restart recommends the district to follow this guideline.</b></li> </ul>  |
| <b>Close Contacts</b>                               | <ul style="list-style-type: none"> <li>Close contacts is defined as individuals who have been within six feet of an infected person for a total of 15 minutes during a 24-hour period.</li> <li>Close contacts will need to be quarantined for 14 days from their last exposure unless both the infected person and close contact were wearing a mask at all times during the exposure, this would exempt the contact from being quarantined. <ul style="list-style-type: none"> <li>This guidance only applies to face masks and not face shields. Care must be taken that activities that require removing masks are done only when people can socially distance themselves appropriately.</li> </ul> </li> <li>Educators are identified as essential personnel and may continue working as long as they wear a mask the entire school day and self-assess for symptoms.</li> </ul>   |
| <b>A Staff Member or Learner Becomes/ Feels Ill</b> | <ul style="list-style-type: none"> <li>Social distancing (6 feet and 15 minutes) is the best mitigation factor to prevent exposure.</li> </ul> <p><b>For Learners:</b> (see Appendix A page 30 for a full sized decision tree)</p> <div data-bbox="505 1169 1360 1801"> <p><b>COVID-19 SCHOOL EXCLUSION GUIDANCE</b><br/>Decision Tree for Schools</p> <p>Send home or deny entry if <b>ANY</b> of the following symptoms are present:<br/>Fever (100.4°F or higher) <b>OR</b> loss of taste and/or smell <b>OR</b> two or more of the following symptoms: fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain. This is in addition to <a href="#">general infectious disease exclusion guidance</a>. Parents of children who are ill should contact their child's health care provider. <b>When there is more community transmission, the likelihood that individuals with symptoms actually have COVID-19 is higher. Therefore, symptom screenings may be more helpful when COVID-19 transmission in the community is high. Parents/caregivers should be encouraged to monitor their children for signs of infectious illness every day.</b></p> <p><b>Child is ill, but has seen a health care provider:</b></p> <ul style="list-style-type: none"> <li><b>Tested for COVID-19 <sup>a</sup>:</b> Stay home awaiting test results. If <b>positive</b>, stay home at least 10 calendar days from onset of symptoms (or collection date of test if no symptoms) <b>and</b> for 24 hours with no fever (without the use of medication) <b>and</b> improvement of symptoms – <b>whichever is longer</b>. If <b>negative</b>, stay home until fever-free for 24 hours (without the use of medication) and feeling better.</li> <li><b>Clinically diagnosed (not tested) with COVID-19 <sup>a</sup>:</b> Stay home at least 10 calendar days from onset of symptoms <b>and</b> for 24 hours with no fever <b>and</b> improvement of symptoms – <b>whichever is longer</b>.</li> <li><b>Child has a diagnosis from a health care provider of an illness besides COVID-19 (e.g., norovirus, strep throat) <sup>d</sup>:</b> Follow provider directions/ recommended treatment &amp; return guidance. Follow the <a href="#">Child Care and School Infectious Disease Guidance</a>.</li> </ul> <p><sup>a</sup> Siblings &amp; household members also stay home for 14 days from last time exposed to a positive COVID-19 case while contagious.<br/><sup>c</sup> (Teal Box) = COVID-19<br/><sup>d</sup> (Green box) = Other symptoms</p> <p><b>Child is ill, but has not seen a health care provider:</b></p> <ul style="list-style-type: none"> <li><b>Symptoms listed above <sup>c</sup>:</b> Stay home at least 10 calendar days from onset <b>and</b> for 24 hours with no fever and improvement of symptoms – <b>whichever is longer</b>.</li> <li><b>Other symptoms not consistent with COVID-19 <sup>c</sup>:</b> Follow the <a href="#">Child Care and School Infectious Disease Guidance</a>.</li> <li><b>Child was identified by public health as a close contact to someone with covid-19:</b> Regardless if symptoms present or not <sup>e</sup>: Stay home at least 14 calendar days from the last time exposed to a COVID-19 case. Contacts should be tested 7 -10 days after last exposure. 14-day quarantine must continue regardless of test results.</li> </ul> <p><sup>e</sup> (Blue Box) = Close Contact. Household contacts of confirmed cases need to stay home for case's 10-day isolation period plus the 14-day quarantine period. Students and staff who tested positive for COVID-19 in the past three months do not need to quarantine if identified as a close contact within 3 months of a positive test.</p> <p>Adapted from the Minnesota Department of Health 09/03/2020 <a href="http://www.health.nd.gov/coronavirus">www.health.nd.gov/coronavirus</a></p> </div> |

|   |  |
|---|--|
|   | <p><b>For Staff:</b></p> <ul style="list-style-type: none"> <li>Schools/employees should use a screening tool to determine exclusion. Employees should be excluded from work based on the following criteria: Fever (100.4°F or higher)/feeling feverish OR new or worsening symptom(s) of cough, sore throat, muscle/body aches, severe headache with fever, shortness of breath, vomiting, diarrhea, or loss of taste/smell. Employees should be referred to a health care provider. If tested for COVID-19, the individual should be excluded from work until test results are available. If not tested for COVID-19, the individual should be sent home until at least 24 hours have passed since recovery: defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms.</li> </ul>   |
| <p><b>Plan for When a Staff Member, Learner, or School Visitor Becomes Sick in School</b></p> | <p><b>Learner</b></p> <ul style="list-style-type: none"> <li>Educator calls the school nurse or main office for directions where to send the learner.</li> <li>The learner will be isolated in the building isolation room (office conference room).</li> <li>Parents/guardians will be contacted to pick up their learner.</li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>Inform your supervisor immediately until you can be replaced if supervising learners.</li> <li>Leave the school building/grounds and consult with a healthcare professional.</li> <li>Utilization of an isolation room to separate anyone who exhibits symptoms. <ul style="list-style-type: none"> <li>The isolation room will be cleaned and disinfected after ill learners/staff leave the isolation room.</li> </ul> </li> <li>Close off areas used by a sick person and do not use before cleaning and disinfection.</li> <li>Sick staff members may not return until they have met CDC criteria to discontinue home isolation.</li> <li>Inform those exposed to a person with COVID-19 to self-monitor for symptoms and follow CDC guidance if symptoms develop. In the event of a positive COVID-19 case in the school: <ul style="list-style-type: none"> <li>Close off areas contacted by a sick person and do not use the area until after cleaning and disinfecting.</li> </ul> </li> </ul> |
| <p><b>Communication of an Exposure</b></p>  | <ul style="list-style-type: none"> <li>If a learner is exposed to COVID-19 at the school, families will be communicated via email. This will be a general notification and will not include any identifying factors.</li> </ul>  |
| <p><b>Absences</b></p>  | <ul style="list-style-type: none"> <li>When parents/guardians call in for their learner to be absent, please notify the office if it is COVID-19 related. Parents will be asked to provide the following information: <ul style="list-style-type: none"> <li>Absenteeism related to COVID + illness/isolation</li> <li>Absenteeism related to COVID + exposure and quarantine</li> <li>Absenteeism related to COVID-like symptoms</li> </ul> </li> <li>Parents/guardians will complete an at-home survey (See Appendix 'A') if their learner(s) has any of the symptoms.</li> </ul>  |


|   |  |
|---|--|
| <br><b>Plan 1</b><br>Traditional | <h2 style="text-align: center;">What do you need to know about operational plans for maintaining health &amp; safety when learners are on-site?</h2>   |
| <b>General Conditions</b>   | <ul style="list-style-type: none"> <li>● Maintain awareness of health guidelines including:               <ul style="list-style-type: none"> <li>○ Routine washing of hands.</li> <li>○ Stay home when sick.</li> <li>○ Cover your cough.</li> <li>○ Continue education on staying healthy.</li> <li>○ Continue planning for outbreaks.</li> <li>○ Stockpile supplies in case of an outbreak.</li> <li>○ Monitor for illness and outbreaks.</li> <li>○ Anyone who is ill will self-isolate and contacts will be asked to remain home.</li> </ul> </li> </ul> <p><b>Note:</b> Visitors who are healthy are allowed in the building.</p> |
| <b>Protocol for Sanitizing the Building</b>   | <ul style="list-style-type: none"> <li>● All spaces in the building will be cleaned on a daily basis including the wiping down of all surfaces.</li> <li>● Classroom educators will be provided additional supplies to disinfect learning centers, gyms, cafeterias, weight rooms, and locker rooms daily</li> <li>● In the event of a positive COVID-19 case in the school               <ul style="list-style-type: none"> <li>○ Close off areas contacted by a sick person and do not use the area until after cleaning and disinfecting.</li> </ul> </li> <li>● Soft seating will be allowed.</li> </ul>                           |
| <b>Transportation information</b>   | <ul style="list-style-type: none"> <li>● Buses will be cleaned on a regular basis.</li> <li>● Hand sanitizer will be on-board all buses.</li> </ul>  |
| <b>Food Safety</b>  | <ul style="list-style-type: none"> <li>● Tables will be disinfected between shifts of learners in the lunchroom.</li> <li>● Sanitizing stations will be set up at the entrance of the kitchen. They will also be available when learners discard their tray.</li> <li>● Learners must follow all posted protocols to use microwaves.</li> </ul>  |
| <b>Food Service for Learners Who Are Not in The Building</b>  | <ul style="list-style-type: none"> <li>● Meals will be offered to learners not in the building. Families must sign up a week in advance. There will be set locations where food can be picked up. There will not be house-to-house delivery.</li> <li>● All meals are free of charge.</li> </ul>   |

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|  <p>Plan 2<br/>Hybrid</p> | <h2 style="text-align: center;">What do you need to know about operational plans for maintaining health &amp; safety when learners are on-site?</h2>  |
| <b>Social Distancing</b>   | <ul style="list-style-type: none"> <li>• Every effort will be made to ensure social distancing is maintained.</li> </ul>  |
| <b>Masks</b>   | <ul style="list-style-type: none"> <li>• Educators and learners are required to wear masks at all times.</li> <li>• Families must purchase their own masks, but the district will provide a mask in certain circumstances.             <ul style="list-style-type: none"> <li>○ Any form of shield is not effective without the use of a nose and mouth covering but will be allowed when wearing a mask is not a viable option.</li> </ul> </li> <li>• Learners who are not willing to wear the mask <b>will</b> be sent home or isolated. If they fail to wear it on the bus, they <b>will</b> lose busing privileges.</li> </ul>   |
| <b>Protocol for Entering The Building</b>  | <ul style="list-style-type: none"> <li>• The isolation room will be held in the conference room.</li> <li>• All learners will use the south parking lot and will enter through the main door. Staff will use the east parking lot and enter through door 12.</li> </ul>   |
| <b>Protocol for Sanitizing the Building</b>  | <ul style="list-style-type: none"> <li>• All spaces in the building will be cleaned on a daily basis including the fogging of rooms and the wiping down of all surfaces.</li> <li>• Classroom educators will be provided additional supplies to disinfect classrooms, gyms, cafeterias, weight rooms, and locker rooms daily</li> <li>• Learners are expected to wipe off their space before leaving.</li> <li>• In the event of a positive COVID-19 case in the school             <ul style="list-style-type: none"> <li>○ Close off areas contacted by a sick person and do not use the area until after cleaning and disinfecting.</li> </ul> </li> <li>• Soft seating not available.</li> </ul>  |
| <b>Other Safety Protocol/Conditions</b>  | <ul style="list-style-type: none"> <li>• Hand sanitizer bottles will be available throughout the building and in each individual learning center.</li> <li>• Drinking fountains will be placed out of service; bottle filling will only be allowed.</li> <li>• Personal water bottles are required for use. These water bottles need to go home each night to be washed and returned to school.</li> <li>• Elementary learners will attend recess with their social level. Every learner will be expected to be outside for recess (weather permitting) and masks will be worn.</li> <li>• Clean and disinfect frequently touched surfaces (e.g., door handles, sink handles, drinking fountains) within the school and on school buses at least daily or between use as much as possible. Use of shared objects (e.g., gym or physical education equipment, art supplies, toys, games) should be limited when possible, or cleaned between use.</li> </ul> <p><b>Note:</b> Visitors are not allowed in the building.</p> |
| <b>Social Distancing on the bus</b><br><b>Social Distancing on the bus continued...</b>                    | <ul style="list-style-type: none"> <li>• Due to the amount of learners who depend on transportation to and from school, we can't guarantee social distancing on the bus.</li> <li>• Families will sit together on the bus.</li> <li>• Assigned seats will be required for all age levels.</li> </ul>  |

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|   | <ul style="list-style-type: none"> <li>○ Seating charts will be available to allow for contact tracing.</li> <li>● Riding the bus is a privilege and families must decide if they feel this is a safe option or if they would rather transport.</li> </ul>   |
| <b>Masks on the bus</b>   | <ul style="list-style-type: none"> <li>● Drivers will wear masks for the entire route.</li> <li>● Masks are required before the learner gets on the bus and for the duration of the route.</li> </ul> <p><b>Note:</b> If a learner is not wearing their mask, one will be provided. This instance will be documented and parents will be notified via email and/or a phone call. Any form of shield is not effective without the use of a nose and mouth covering but will be allowed when wearing a mask is not a viable option.</p>  |
| <b>Parents/Guardians Dropping Off and Picking Up Learners Before, During and After School</b> | <ul style="list-style-type: none"> <li>● Drop off and pick up will be at the main door (Door #1 - South Entrance) . Morning drop off is from 7:45 to 8:00 and end of the day pick up is at 3:30. Parents/guardians will not be allowed to enter the building. They must stay in their vehicle. Educators will assist learners in getting to the pick-up areas.</li> <li>● There will be no visitors (including parents/guardians) allowed in the school. Parents/guardians who need to pick up their learner from school during the school day must call the office and the learner will be dismissed. The parent/guardian may come to the door to pick up their learner.</li> </ul> |
| <b>Procedures for Learners Entering and Exiting the Bus (at school)</b>                       | <ul style="list-style-type: none"> <li>● All buses are allowed to unload upon arrival. Learners are expected to keep their masks on leaving the bus and entering the building.</li> <li>● Dismissal for the bus will be done by following a set schedule for various grade levels of learners to avoid congregating in the hallways/locker bays.</li> </ul>  |
| <b>Other Bus Information</b>  | <ul style="list-style-type: none"> <li>● Hand sanitizer will be on-board all buses.</li> <li>● All buses will be returned to the school after each route and will be sprayed (fogged) with disinfectant after the morning and evening routes.</li> </ul>   |
| <b>Food Service Information</b>   | <ul style="list-style-type: none"> <li>● Meals will be offered to learners not in the building. Families must sign up a week in advance. There will be set locations where food can be picked up. There will not be house-to-house delivery.</li> <li>● All meals are free of charge.</li> </ul>   |

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| <b>Plan 3</b><br>Distance Learning          | <b>What do you need to know about operational plans for maintaining health &amp; safety when learners are on-site?</b>   |
| <b>Need to know information</b>             | <ul style="list-style-type: none"> <li>• Essential employees only allowed on site.</li> </ul>  |
| <b>Protocol for Entering The Building</b>   | <ul style="list-style-type: none"> <li>• Essential employees must sanitize hands immediately upon entering the building.</li> </ul>  |
| <b>Protocol for Sanitizing the Building</b> | <ul style="list-style-type: none"> <li>• All spaces in the building will undergo a deep cleaning.</li> </ul>   |
| <b>Other Safety Protocol/Conditions</b>     | <ul style="list-style-type: none"> <li>• Hand sanitizer bottles will be available throughout the building.</li> <li>• Clean and disinfect frequently touched surfaces (e.g., door handles, sink handles, drinking fountains) within the school.</li> </ul> <p><b>Note:</b> Visitors are not allowed in the building.</p> |
| <b>Bus information</b>                      | <ul style="list-style-type: none"> <li>• Buses will not run.</li> </ul>  |
| <b>Food Service Information</b>             | <ul style="list-style-type: none"> <li>• Meals will be offered to learners not in the building. Families must sign up a week in advance. There will be set locations where food can be picked up. There will not be house-to-house delivery.</li> <li>• All meals are free of charge.</li> </ul>                         |



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| <br>Current Plan | <h2 style="text-align: center;">What do you need to know about operational plans for maintaining health &amp; safety when learners are on-site?</h2>  |
| <b>Social Distancing</b>  | <ul style="list-style-type: none"> <li>• Every effort will be made to ensure social distancing is maintained.</li> <li>• Appropriate distance will be identified in each learning center as well as throughout the building.</li> <li>• Constant social distancing is not always feasible but we will take every precaution to make it a priority.</li> </ul>   |
| <b>Masks</b>  | <ul style="list-style-type: none"> <li>• Educators and learners are required to wear masks at all times.               <ul style="list-style-type: none"> <li>◦ Mask breaks will be provided and set locations will be identified in each learning center.</li> </ul> </li> <li>• Families must purchase their own masks, but the district will provide a mask in certain circumstances.               <ul style="list-style-type: none"> <li>◦ Any form of shield is not effective without the use of a nose and mouth covering but will be allowed when wearing a mask is not a viable option.</li> </ul> </li> <li>• Learners who are not willing to wear the mask <b>will</b> be sent home or isolated. If they fail to wear it on the bus, they <b>will</b> lose busing privileges.</li> </ul>   |
| <b>Protocol for Entering The Building</b>   | <ul style="list-style-type: none"> <li>• The isolation room will be held in the office conference room.</li> <li>• All learners will use the south parking lot and will enter through the main door. Staff will use the east parking lot and enter through door 12.</li> </ul>  |
| <b>Protocol for Sanitizing the Building</b>   | <ul style="list-style-type: none"> <li>• All spaces in the building will be cleaned on a daily basis including the fogging of rooms and the wiping down of all surfaces.</li> <li>• Classroom educators will be provided additional supplies to disinfect classrooms, gyms, cafeterias, weight rooms, and locker rooms daily</li> <li>• Learners are expected to wipe off their space before leaving.</li> <li>• In the event of a positive COVID-19 case in the school:               <ul style="list-style-type: none"> <li>◦ Close off areas contacted by a sick person and do not use the area until after cleaning and disinfecting.</li> </ul> </li> <li>• Limited soft seating will be allowed. However, it must be sanitized daily.</li> </ul>  |
| <b>Other Safety Protocol/Conditions</b>   | <ul style="list-style-type: none"> <li>• Hand sanitizer bottles will be available throughout the building and in each individual learning center.</li> <li>• Drinking fountains will be placed out of service; bottle filling will only be allowed.</li> <li>• Personal water bottles are required for use. These water bottles need to go home each night to be washed and returned to school.</li> <li>• Learners will attend recess with their social level. Every learner will be expected to be outside for recess (weather permitting) and masks will be required.</li> <li>• Clean and disinfect frequently touched surfaces (e.g., door handles, sink handles, drinking fountains) within the school and on school buses at least daily or between use as much as possible. Use of shared objects (e.g., gym or physical education equipment, art supplies, toys, games) should be limited when possible, or cleaned between use.</li> </ul> <p><b>Note:</b> Visitors are not allowed in the building unless requested by administration.</p> |



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| <b>Social Distancing on the bus</b>   | <ul style="list-style-type: none"> <li>• Due to the amount of learners who depend on transportation to and from school, we can't guarantee social distancing on the bus.</li> <li>• Families will sit together on the bus.</li> <li>• Assigned seats will be required for all age levels. <ul style="list-style-type: none"> <li>◦ Seating charts will be available to allow for contact tracing.</li> </ul> </li> <li>• Riding the bus is a privilege and families must decide if they feel this is a safe option or if they would rather transport.</li> </ul>   |
| <b>Masks on the bus</b>   | <ul style="list-style-type: none"> <li>• Drivers will wear masks for the entire route.</li> <li>• Masks are required before the learner gets on the bus and for the duration of the route.</li> </ul> <p><b>Note:</b> If a learner is not wearing their mask, one will be provided. This instance will be documented and parents will be notified via email and/or a phone call.</p>   |
| <b>Parents/Guardians Dropping Off and Picking Up Learners Before, During and After School</b> | <ul style="list-style-type: none"> <li>• Drop off and pick up will be at the main door (Door #1 - South Entrance) . Morning drop off is from 7:45 to 8:00 and end of the day pick up is at 3:30. Parents/guardians will not be allowed to enter the building. They must stay in their vehicle. Educators will assist learners in getting to the pick-up areas.</li> <li>• There will be no visitors (including parents/guardians) allowed in the school. Parents/guardians who need to pick up their learner from school during the school day must call the office and the learner will be dismissed. The parent/guardian may come to the door to pick up their learner.</li> </ul>   |
| <b>Procedures for Learners Entering and Exiting the Bus (at school)</b>                       | <ul style="list-style-type: none"> <li>• All buses are allowed to unload upon arrival. Learners are expected to keep their masks on leaving the bus and entering the building.</li> <li>• Dismissal for the bus will be done by following a set schedule for various grade levels of learners to avoid congregating in the hallways/locker bays.</li> </ul>  |
| <b>Other Bus Information</b>  | <ul style="list-style-type: none"> <li>• Hand sanitizer will be on-board all buses.</li> <li>• All buses will be sprayed (fogged) with disinfectant after the morning and evening routes.</li> </ul>   |
| <b>Food Safety</b>  | <ul style="list-style-type: none"> <li>• All food service staff will wear masks.</li> <li>• Silverware will be pre-packaged.</li> <li>• Meals will be served in disposable containers</li> <li>• No self-served items will be available.</li> <li>• Tables will be disinfected between shifts of learners in the lunchroom.</li> <li>• Serving times will be staggered. Learners are only allowed to eat at their scheduled time (secondary level). Campus is closed.</li> <li>• Tables in the commons will be spaced to the maximum extent feasible.</li> <li>• Spots will be identified for learner seating at each table.</li> <li>• Sanitizing stations will be set up at the entrance of the kitchen. They will also be available when learners discard their trays.</li> <li>• Learners will not have choices for meals.</li> <li>• Condiments will be provided in individual packets for secondary learners. Condiments will be served by staff for elementary learners.</li> <li>• Learners will <b>not</b> utilize the keypad to enter their lunch number. It will be entered manually by a staff member.</li> <li>• Breakfast will be provided as a 'grab and go' option.</li> </ul> |

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| <b>Food Safety continued</b>                                 | <ul style="list-style-type: none"> <li>• Learners will rotate between eating in the commons and the learning centers per educator decision. Learners eating in their learning center will have meals delivered (elementary level); secondary learners will go to the commons and pick up their meal.</li> <li>• Learners must follow all posted protocols to use microwaves.</li> <li>• Learners will be allowed to bring their own food, but it may not be shared.</li> </ul> |
| <b>Snack, Milk, and/or Juice Break</b>                       | <ul style="list-style-type: none"> <li>• Elementary milk break (PK-3) and snacks with milk or juice will be delivered by kitchen staff</li> <li>• Milk break slips will still be utilized by learning centers and will be manually entered into the meal tracking system.</li> </ul>   |
| <b>Food Service for Learners Who Are Not in The Building</b> | <ul style="list-style-type: none"> <li>• Meals will be offered to learners not in the building. Families must sign up a week in advance. There will be set locations where food can be picked up. There will not be house-to-house delivery.</li> <li>• All meals are free of charge.</li> </ul>   |
| <b>Tracking Meals/Snacks</b>                                 | <ul style="list-style-type: none"> <li>• Every educator will take a lunch count at the start of the day. Every learner will indicate if they will be eating lunch that day. Seconds must be requested at this time.</li> <li>• If a learner arrives late, they will complete a sign in form indicating if they are eating lunch (this is set up next to the sign-in area).</li> </ul>  |

## What other pertinent information do you need to know about general operations?

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| <b>Office</b>  | <ul style="list-style-type: none"> <li>• Learners are not permitted to enter the office without permission. Office staff will wear a mask only when a learners/visitor enters the office.</li> <li>• A learner may not visit Nurse Pam Stirling's office without permission.</li> <li>• <b>Daily Medication Administration:</b> Daily medications will be brought to the learning center or delivered outside the office per the trained medication staff.</li> </ul>  |
| <b>Visitors in Schools</b>   | <ul style="list-style-type: none"> <li>• There will be no parents allowed in the building from 8:00 to 4:00, however, an exception will be made for meetings requested by the administration or required for special education.</li> <li>• Essential personnel may be allowed in the building. Essential personnel must be identified by the administration/office staff. They must wear a mask the entire time they are in the building. Guest speakers are only allowed virtually.</li> <li>• If a visitor is approved to be in the building, office personnel will be notified. The visitor must sign-in, take their temperature, and complete the registration process as required by board policy.</li> </ul> |
| <b>Bathroom Breaks</b>   | <ul style="list-style-type: none"> <li>• All learners must have permission to utilize the bathroom.</li> <li>• Learners and educators should use hand sanitizer or wash their hands with soap and water after using the bathroom.</li> </ul>   |
| <b>Family Trips</b>  | <ul style="list-style-type: none"> <li>• We strongly encourage families to follow the current guidelines by the Center for Disease Control and the North Dakota Department of Health. Families may have to quarantine depending on guidance from the CDC.</li> <li>• Families planning a trip are encouraged to notify the administration prior to leaving.</li> <li>• Learners would need to continue their learning through distance education.</li> </ul>   |
| <b>Educator Information</b>  | <ul style="list-style-type: none"> <li>• If an educator is exposed to a positive COVID-19 case outside of the building, they may return to work with a mask on throughout the day as long as they are identified as an essential employee. If they choose not to attend school, they may take leave. They will not have to take leave if they are able to teach remotely.</li> <li>• Educators must have a doctor's note and medical release in order to be approved for leave beyond their contract.</li> </ul>   |
| <b>Learner Options</b> (see page 5 for more information)                 | <ul style="list-style-type: none"> <li>• Learners who are medically fragile as determined by a medical professional can be placed 'homebound' and be provided educational services via distance learning*.</li> </ul>  |
| <b>Families Choosing to Not Return</b> (see page 5 for more information) | <ul style="list-style-type: none"> <li>• If a family makes the choice to not return due to COVID-19, the district will provide a Virtual Academy* instructional option. Learners can't return during the first semester. If a learner returns, it is an expectation they remain in classes (if current level risk level continues) for the rest of the year.</li> </ul>  |

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| <b>Face Shields CDC Recommendation</b> | <ul style="list-style-type: none"> <li>It is not known if face shields provide any benefit as source control to protect others from the spray of respiratory particles. CDC does not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings. If face shields are used without a mask, they should wrap around the sides of the wearer's face and extend to below the chin.</li> </ul> |
| <b>Other</b>                           | <ul style="list-style-type: none"> <li>No learners are able to remain in the building for any activities not sponsored and supervised by Northern Cass. If a learner is remaining in the school for an activity, they must report directly to their activity.</li> </ul>  |

## What do you need to know about training that will be offered for maintaining health & safety?

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| <b>Training</b>               | <ul style="list-style-type: none"> <li>Nurse Pam Stirling will provide ongoing training <ul style="list-style-type: none"> <li>On facial coverings and gloves for educators and learners</li> <li>On safety and hygiene for Northern Cass stakeholders</li> </ul> </li> <li>Educators will teach and reinforce washing hands and covering coughs and sneezes with learners.</li> <li>Signs are posted on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering.</li> <li>Weekly communications will be sent out by administrators and the school nurse including information and videos.</li> </ul> |
| <b>Resources</b>              | <ul style="list-style-type: none"> <li><a href="#">DPI Resources</a></li> <li><a href="#">NDDoH Resources</a></li> <li><a href="#">Fargo Cass Public Health</a></li> <li><a href="#">CDC Resources</a></li> <li><a href="#">CDC Cloth Face Coverings</a></li> </ul>  |
| <b>Food Service Resources</b> | <ul style="list-style-type: none"> <li><a href="#">Sanitation Quick Tips</a></li> <li><a href="#">Child Nutrition</a></li> <li><a href="#">School Nutrition</a></li> </ul>   |

# What do you need to know about activity plans for maintaining health & safety?

**Northern Cass event protocols will follow the color of Cass County for attendance at home events**

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| <b>Participation</b> | <ul style="list-style-type: none"> <li>Northern Cass activity offerings will mirror the instructional plan designation for Northern Cass. For example, if Northern Cass moves to an instructional model #3, there would be no learners permitted on campus, thus activities would halt during that time. If Northern Cass would move to an instructional model other than #3, activities would resume as normal.</li> <li>All participants and their parent/guardian must sign a participation waiver prior to the start of their season acknowledging the risks of competition and releasing the school of any liability due to a positive test.</li> <li>All forms traditionally used will continue to be required.</li> </ul> |
| <b>Practices</b>     | <ul style="list-style-type: none"> <li>Precautions will be taken to ensure minimal sharing of equipment.</li> <li>Mask protocols will follow the guidance set forth by the NDHSAA, CDC and the ND Department of Health.</li> <li>Attendance will be taken at all practices.</li> </ul>   |
| <b>Contests</b>      | <ul style="list-style-type: none"> <li>County color designation, along with procedures/protocols recommended by the NDHSAA, the CDC and the ND Department of Health will be followed for the administration of all home co-curricular activities. This includes attendance limitation, PPE requirements, and event contact tracing procedures.</li> </ul>  |
| <b>Facilities</b>    | <ul style="list-style-type: none"> <li>Locker rooms will be available prior to school to store items only. All equipment and belongings will be removed at the end of the day and the locker room will be disinfected.</li> <li>The locker rooms will be available during the school day only for classes.</li> <li>No outside groups may use the facilities after hours.</li> </ul>   |
| <b>Other</b>         | <ul style="list-style-type: none"> <li>No outside food will be allowed that is not pre-packaged.</li> <li>Participants must bring their own water bottles.</li> <li>No post game meals will be served.</li> <li>Return to competitions information from the NDHSAA can be found in Appendix E.</li> <li>Sport specific rule modifications from the NDHSAA can be found in Appendix F.</li> </ul>   |

## APPENDIX A: Resources

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Parents are asked to review this daily health checklist by answering these questions before sending their child to school. (Parents should not send the questionnaire back to school)

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Has your child had close contact with a confirmed case of COVID-19 in the past 14 days?

Yes\_\_\_\_ No\_\_\_\_

Does your child have a new or worsening shortness of breath?

Yes\_\_\_\_ No\_\_\_\_

Does your child have a new or worsening cough?

Yes\_\_\_\_ No\_\_\_\_

Does your child have a fever of 100 or greater?

Yes\_\_\_\_ No\_\_\_\_

Does your child have chills?

Yes\_\_\_\_ No\_\_\_\_

Does your child have a sore throat?

Yes\_\_\_\_ No\_\_\_\_

Does your child have a new loss of taste or smell?

Yes\_\_\_\_ No\_\_\_\_



If **YES** to any of the questions **STOP!**

Do not send your child to school. Contact your healthcare provider. Contact your child's school to inform them of your child's absence.



If you are able to answer **NO** to all questions, go to school.

# Protect Yourself and Others

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## *Wash your hands often*



- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students are encouraged to wash their hands often throughout the day.

## *Avoid close contact*



- We will maximize the space in our building/room to allow for social distancing.
- Alternate or modified schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation may be considered.
- The sharing of instructional materials will be limited as much as possible.
- Physical separation on busing, one student per seat, one family per seat will be recommended but cannot be guaranteed.
- Visitors to the building will be limited. All visitors to the school must check-in at the office.

## *Cover coughs and sneezes*



- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw tissues away and wash hands or use hand sanitizer to prevent spread.

## *Clean and disinfect*



- School staff will clean and disinfect frequently touched surfaces daily.
- Shared materials (not recommended) should be cleaned.
- Classrooms will be cleaned nightly by custodial staff.

## *Cover your mouth and nose with a cloth face cover when around others.*



- The wearing of masks will be applied in phases based on the Northern Cass restart plan.
- Educators need to teach students how to properly wear a face covering so they are prepared to use them on school buses or other situations in close proximity with others.
  - Resources from NDDPI and NCPS will be provided to teachers.



## COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

|   | <b>PHYSICAL DISTANCING</b>  | <b>QUARANTINE</b>   | <b>ISOLATION</b>  |
|---|---|---|---|
| <b>Who is it for?</b>                         | People who haven't been exposed to the virus or are not aware of exposure to the virus.   | People who don't currently have symptoms of the virus but were exposed to the virus.  | People who are already sick from the virus.   |
| <b>What is it?</b>                            | A precautionary measure used to help prevent the spread of the virus.   | A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.  | A prevention strategy used to separate people who are sick with the virus from healthy people.  |
| <b>Where does it take place?</b>              | Takes place outside the home in public places like grocery stores and work environments.  | Takes place in a home setting.  | Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.   |
| <b>When do I use it?</b>                      | At all times until further directed by the ND Department of Health.   | If you have recently traveled internationally or have known exposure to the virus.  | If you have tested positive or have symptoms and have not yet obtained a test.  |
| <b>How long is it for?</b>                    | At all times until further directed by the ND Department of Health.   | 14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.  | A minimum of 10 days from the beginning of symptoms and 24 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.  |
| <b>What does this mean for my daily life?</b> | <ul style="list-style-type: none"> <li>• Avoid large gatherings.</li> <li>• Stay 6-feet away from people.</li> <li>• If you are unable to stay 6-feet away from other people, wear a cloth face covering.</li> <li>• Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</li> <li>• If possible, work from home.</li> <li>• Practice good hygiene and avoid shaking hands or touching your face.</li> <li>• If you become ill and need medical attention, call your health care provider.</li> </ul> | <ul style="list-style-type: none"> <li>• Stay at home and avoid close contact with others.</li> <li>• Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people.</li> <li>• Call or video-chat loved ones.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• Monitor your symptoms. If you become ill and need medical attention, call your health care provider.</li> </ul> | <ul style="list-style-type: none"> <li>• Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom.</li> <li>• If you have a pet and live with others, do not touch your pet.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom.</li> <li>• Contact your health care provider immediately if you experience severe symptoms.</li> </ul> |



# COVID-19 SCHOOL EXCLUSION GUIDANCE

## Decision Tree for Schools

Send home or deny entry if **ANY** of the following symptoms are present:

Fever (100.4°F or higher) **OR** loss of taste and/or smell **OR** two or more of the following symptoms: fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain. This is in addition to general infectious disease exclusion guidance. Parents of children who are ill should contact their child's health care provider. **When there is more community transmission, the likelihood that individuals with symptoms actually have COVID-19 is higher. Therefore, symptom screenings may be more helpful when COVID-19 transmission in the community is high. Parents/caregivers should be encouraged to monitor their children for signs of infectious illness every day.**

**Child is ill, but has seen a health care provider:**

**Tested for COVID-19 <sup>a</sup>**

Stay home awaiting test results. If **positive**, stay home at least 10 calendar days from onset of symptoms (or collection date of test if no symptoms) **and** for 24 hours with no fever (without the use of medication) **and** improvement of symptoms – **whichever is longer**. If **negative**, stay home until fever-free for 24 hours (without the use of medication) and feeling better.

**Clinically diagnosed (not tested) with COVID-19 <sup>a</sup>**

Stay home at least 10 calendar days from onset of symptoms **and** for 24 hours with no fever **and** improvement of symptoms – **whichever is longer**.

**Child has a diagnosis from a health care provider of an illness besides COVID-19 (e.g., norovirus, strep throat) <sup>d</sup>**

Follow provider directions/ recommended treatment & return guidance. Follow the Child Care and School Infectious Disease Guidance.

<sup>a</sup> Siblings & household members also stay home for 14 days from last time exposed to a positive COVID-19 case while contagious.

<sup>c</sup> (Teal Box) = COVID-19

<sup>d</sup> (Green box) = Other symptoms

**Child is ill, but has not seen a health care provider:**

**Symptoms listed above <sup>c</sup>**

Stay home at least 10 calendar days from onset **and** for 24 hours with no fever **and** improvement of symptoms – **whichever is longer**.

**Other symptoms not consistent with COVID-19 <sup>d</sup>**

Follow the Child Care and School Infectious Disease Guidance.

**Child was identified by public health as a close contact to someone with covid-19:**

**Regardless if symptoms present or not <sup>a</sup>**

Stay home at least 14 calendar days from the last time exposed to a COVID-19 case. Contacts should be tested 7 - 10 days after last exposure. 14-day quarantine must continue regardless of test results.

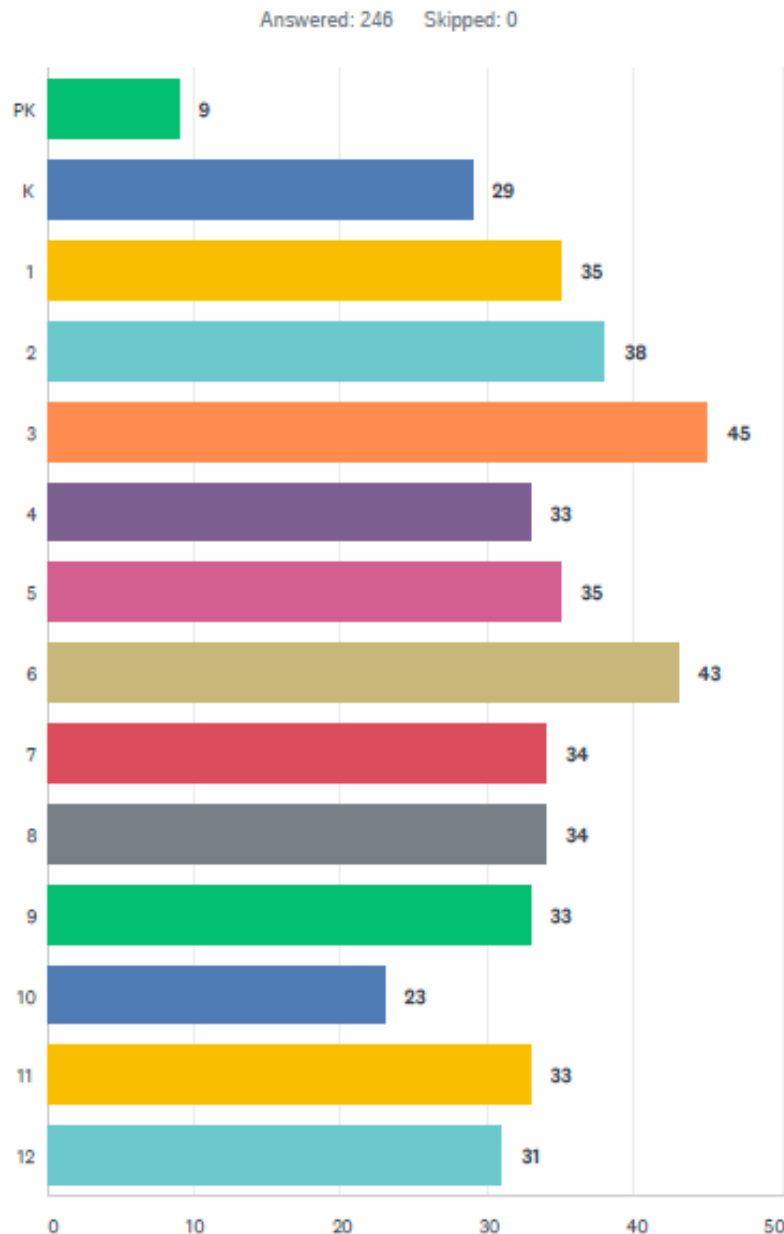
<sup>a</sup> (Blue Box) = Close Contact. Household contacts of confirmed cases need to stay home for case's 10-day isolation period plus the 14-day quarantine period. Students and staff who tested positive for COVID-19 in the past three months do not need to quarantine if identified as a close contact within 3 months of a positive test.

## APPENDIX B: Summary of Feedback from Stakeholders

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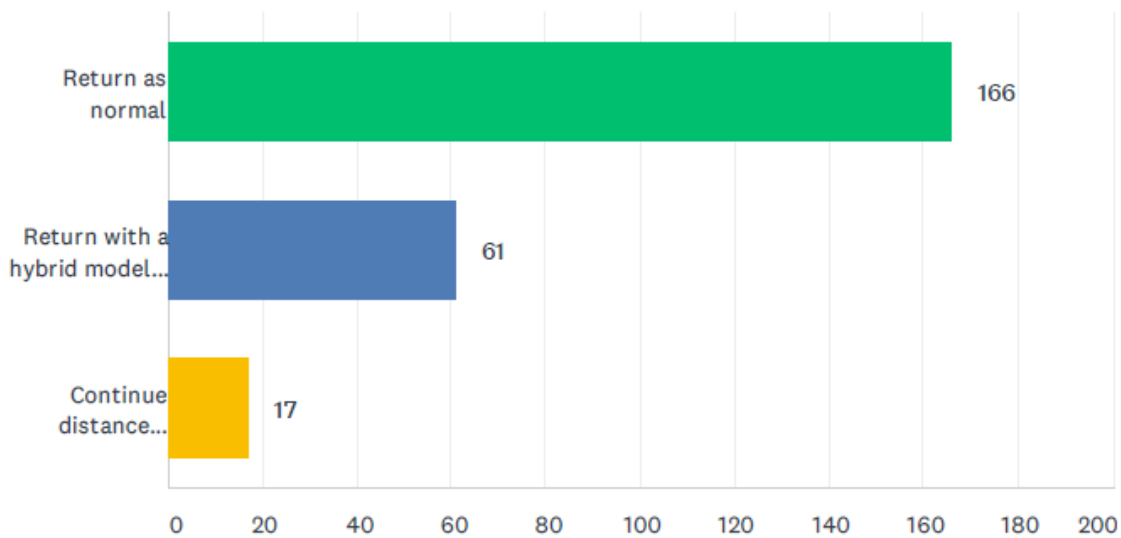
Parents/guardians were surveyed the last week of June, 2020. Below is a summary of the results from those surveys which informed the work of the committee.

Please tell us which level/s your learner/s WILL attend in 2020-21  
(click all that apply)?



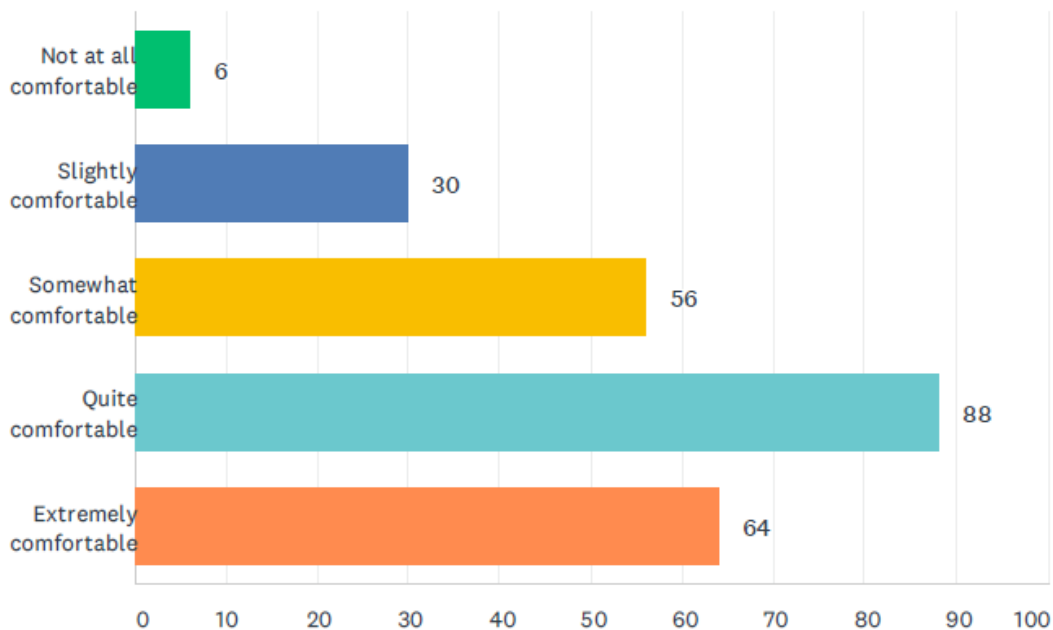
## What would be your preference for the start of the school year?

Answered: 244 Skipped: 2

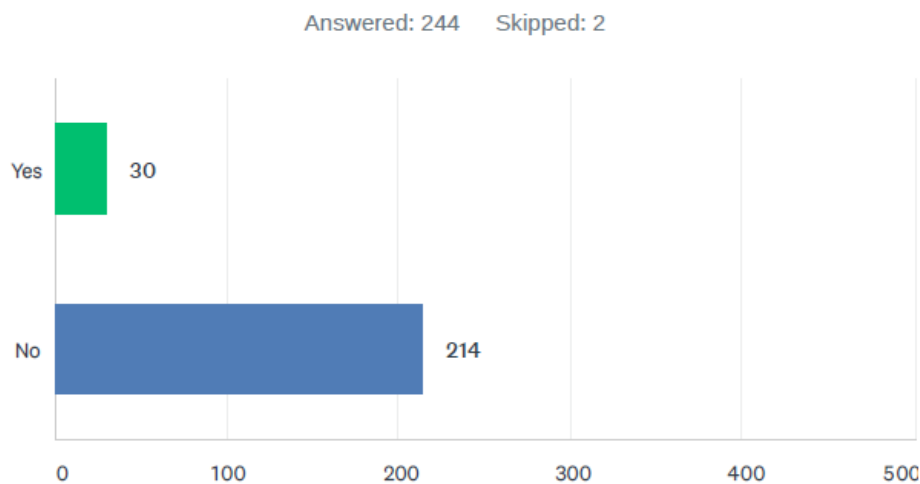


## If in-person learning resumes in the fall, how comfortable are you having your learner return to the school building?

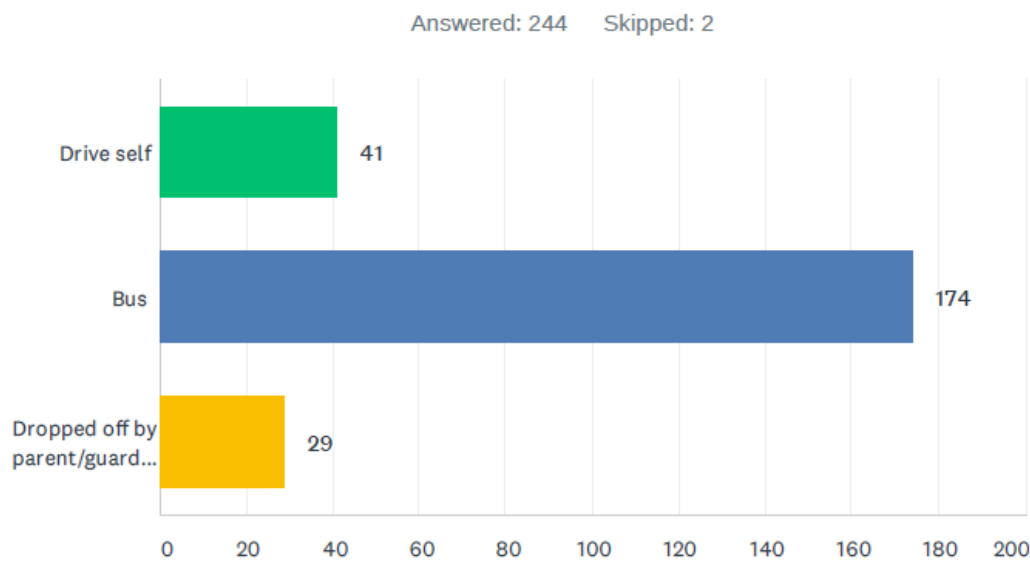
Answered: 244 Skipped: 2



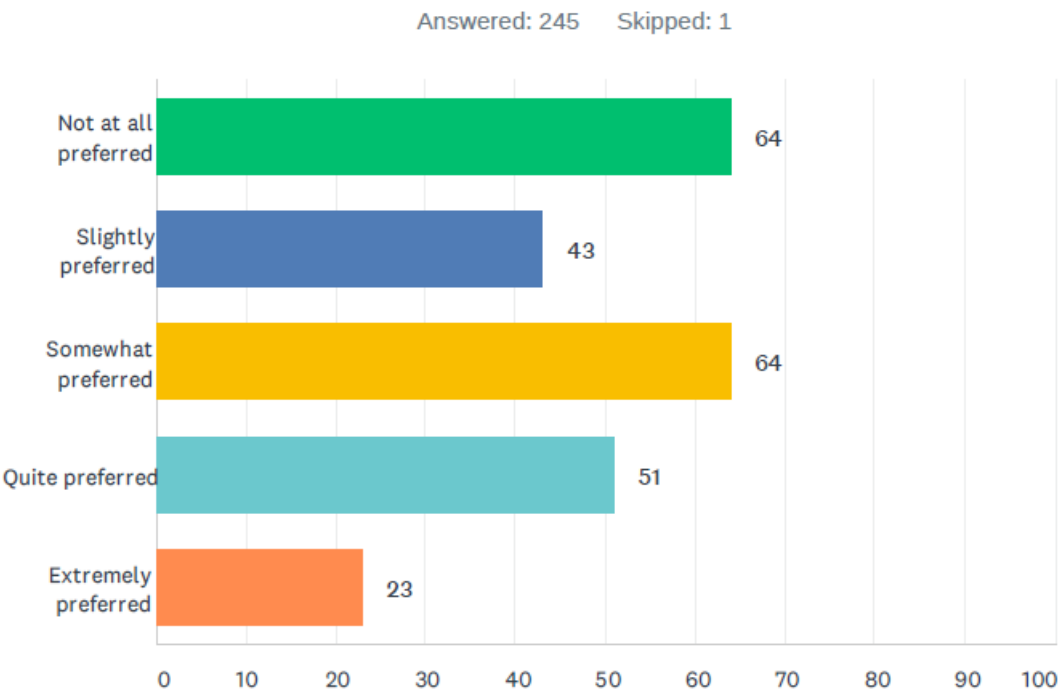
Does your learner or anyone in your household have health concerns that would prevent your child from returning to in-person learning?



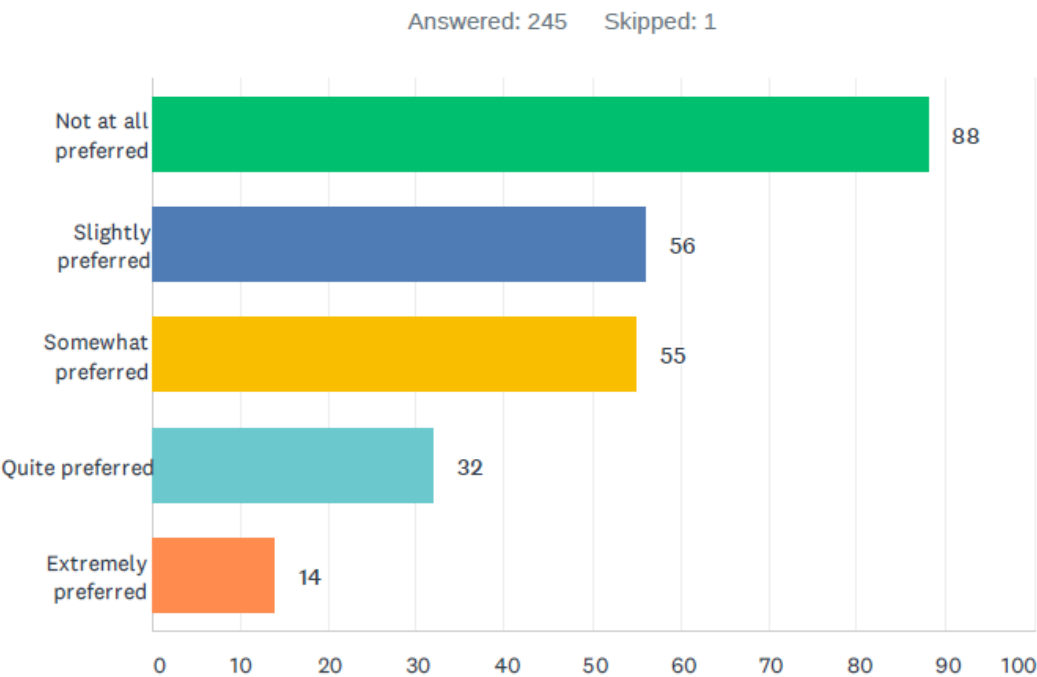
How will your child get to school this year (if you have more than one learner, mark each way your learner/s will get to school)?



Would you prefer alternating days between in-person learning and distance learning (if we can't return to 'normal')?

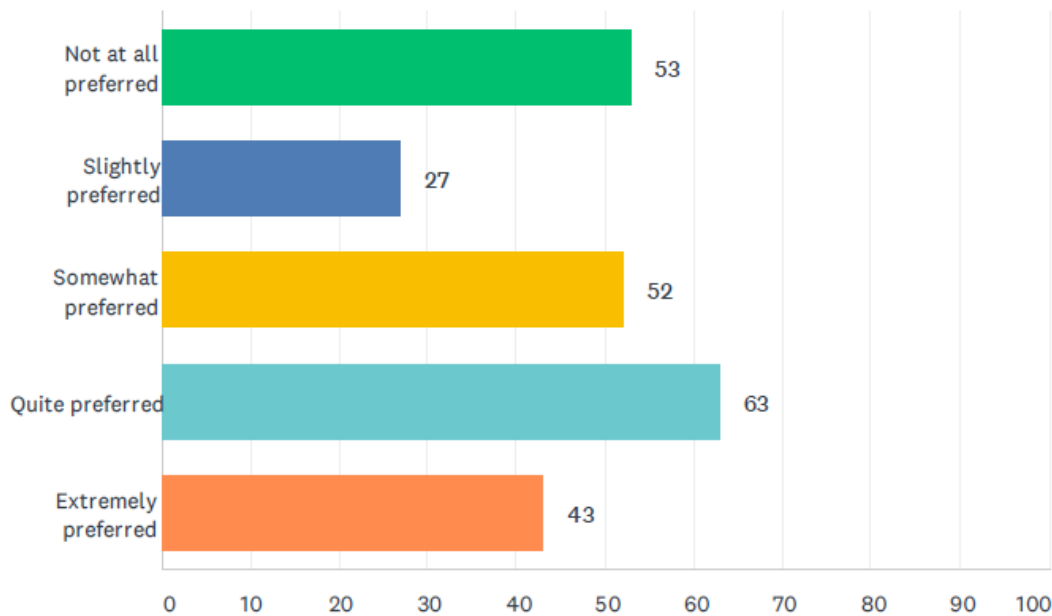


Would you prefer alternating weeks between in-person learning and distance learning ?



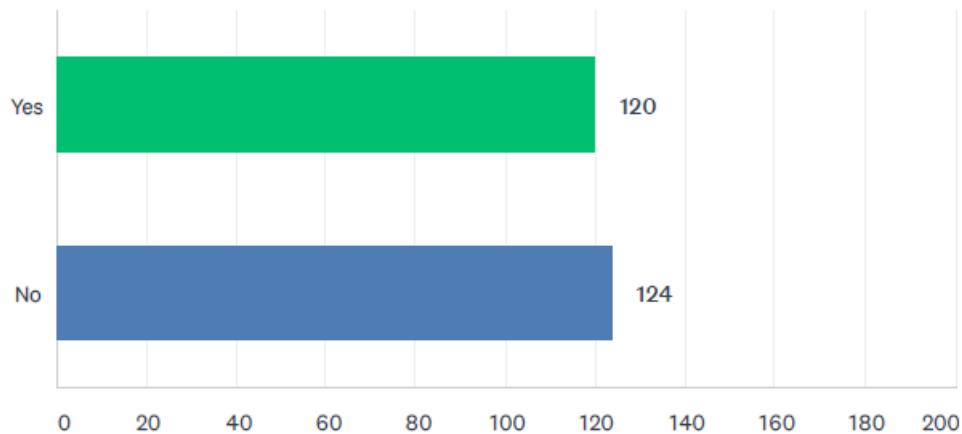
## Would you prefer more in-person learning for younger grade levels over older grade levels ?

Answered: 238 Skipped: 8



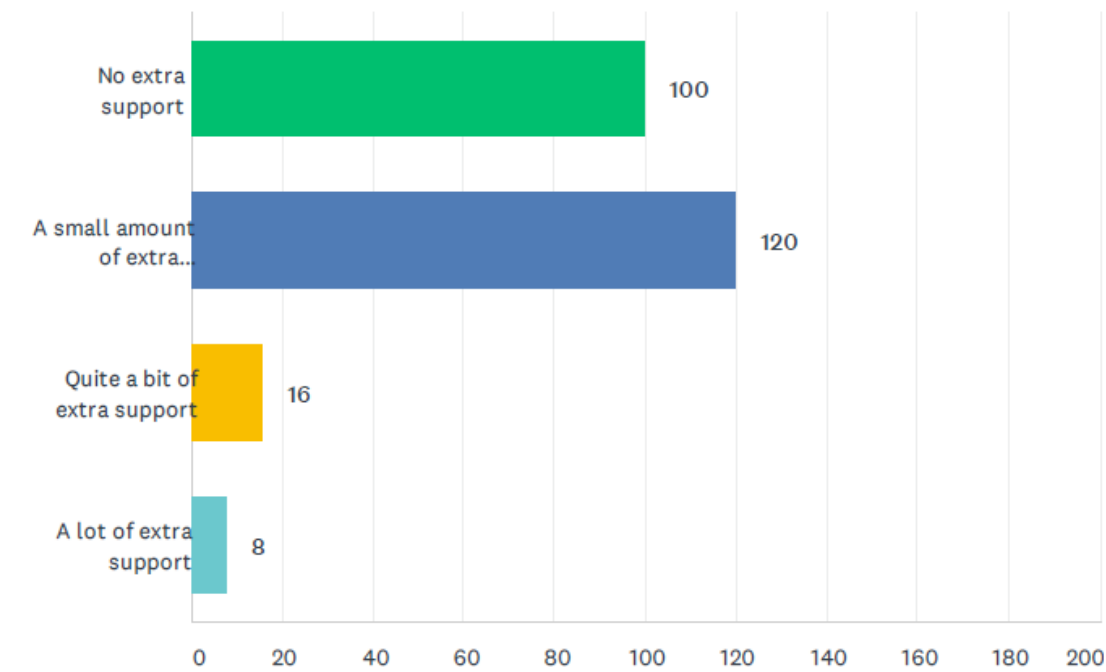
## Would you be comfortable with your learner keeping a mask on all day?

Answered: 244 Skipped: 2



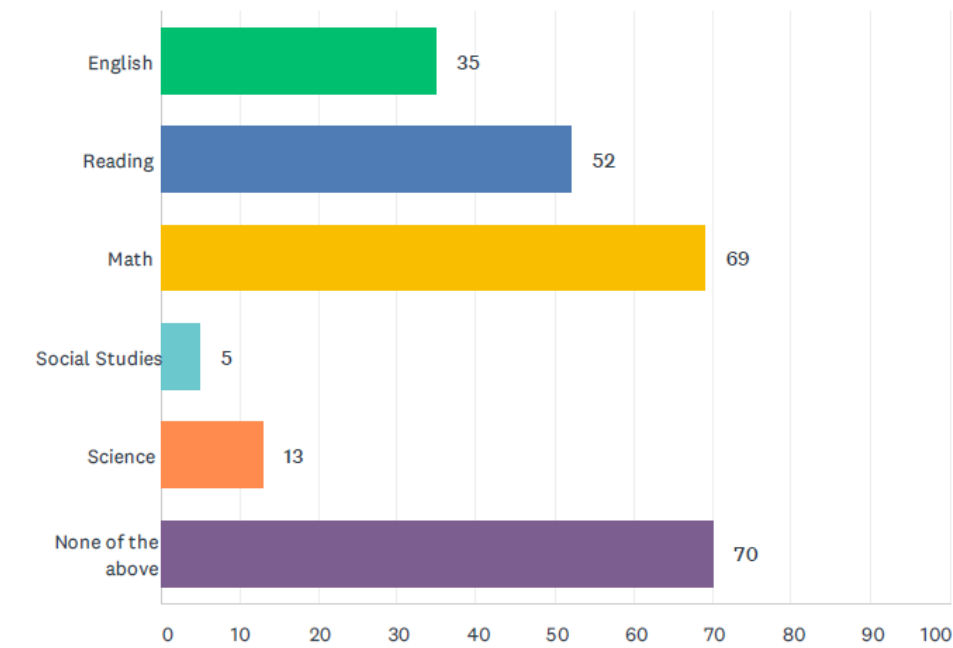
# How much extra support will your learner need upon returning to school in the fall?

Answered: 244 Skipped: 2



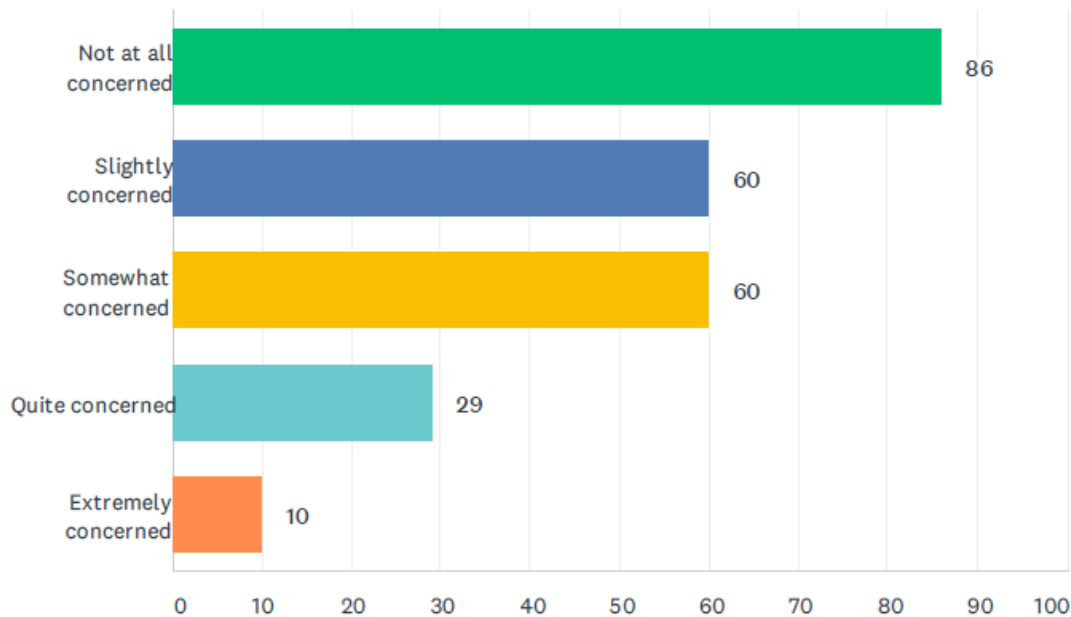
# What subject will your child need the most academic support in?

Answered: 244 Skipped: 2



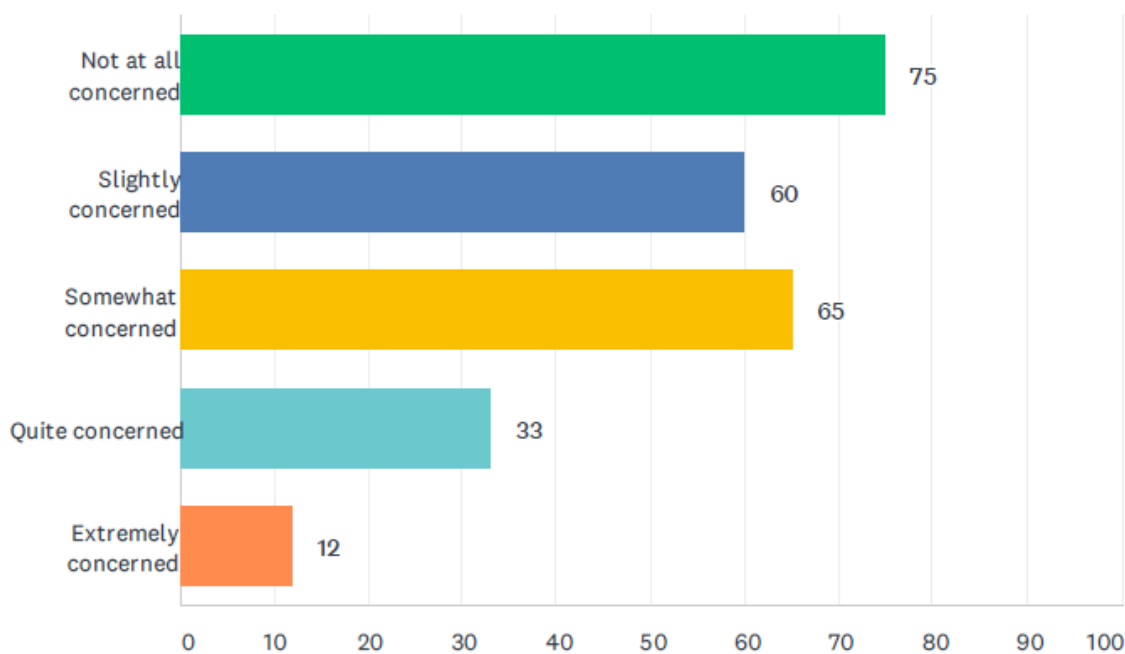
## How concerned are you about your learner's social-emotional well-being?

Answered: 245 Skipped: 1



## How concerned are you about your learner's peer relationships because of social distancing/COVID-19?

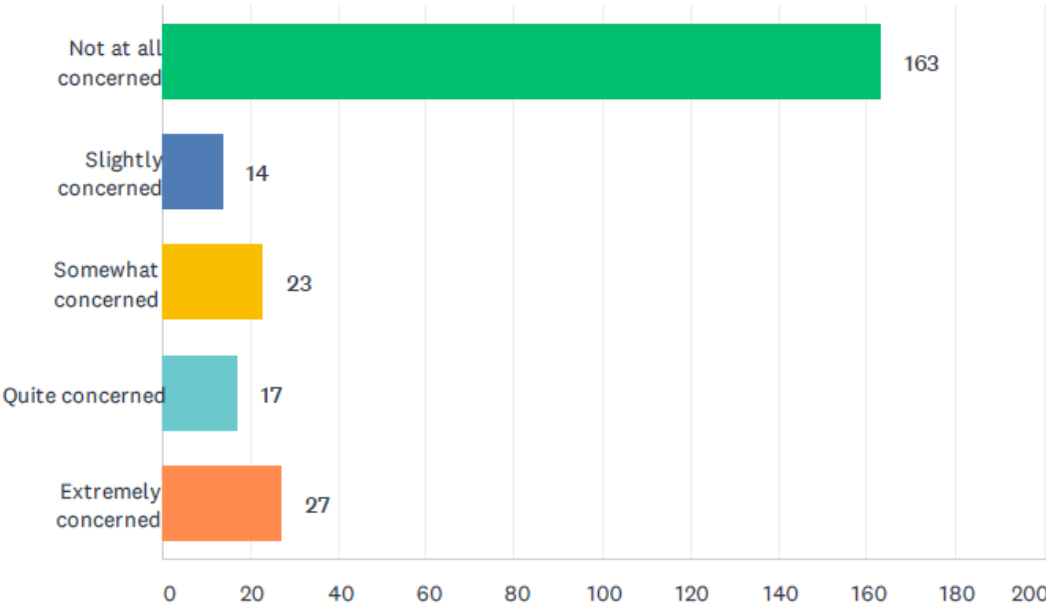
Answered: 245 Skipped: 1





# How concerned are you about finding childcare if a form of distance learning continues in the fall?

Answered: 244 Skipped: 2

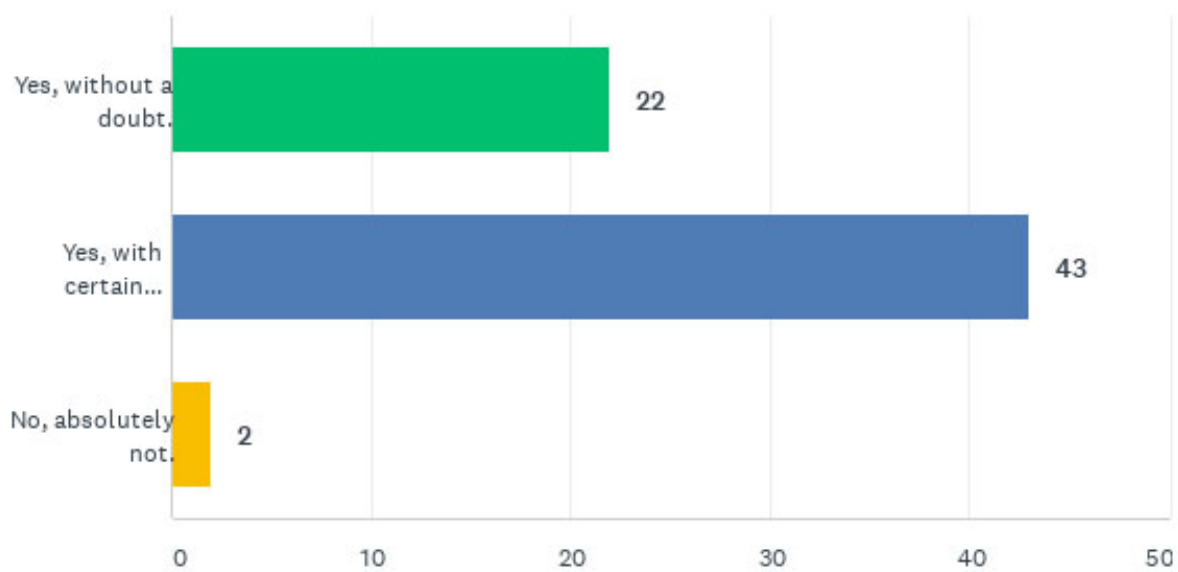


## APPENDIX C: Summary of Feedback from Educators

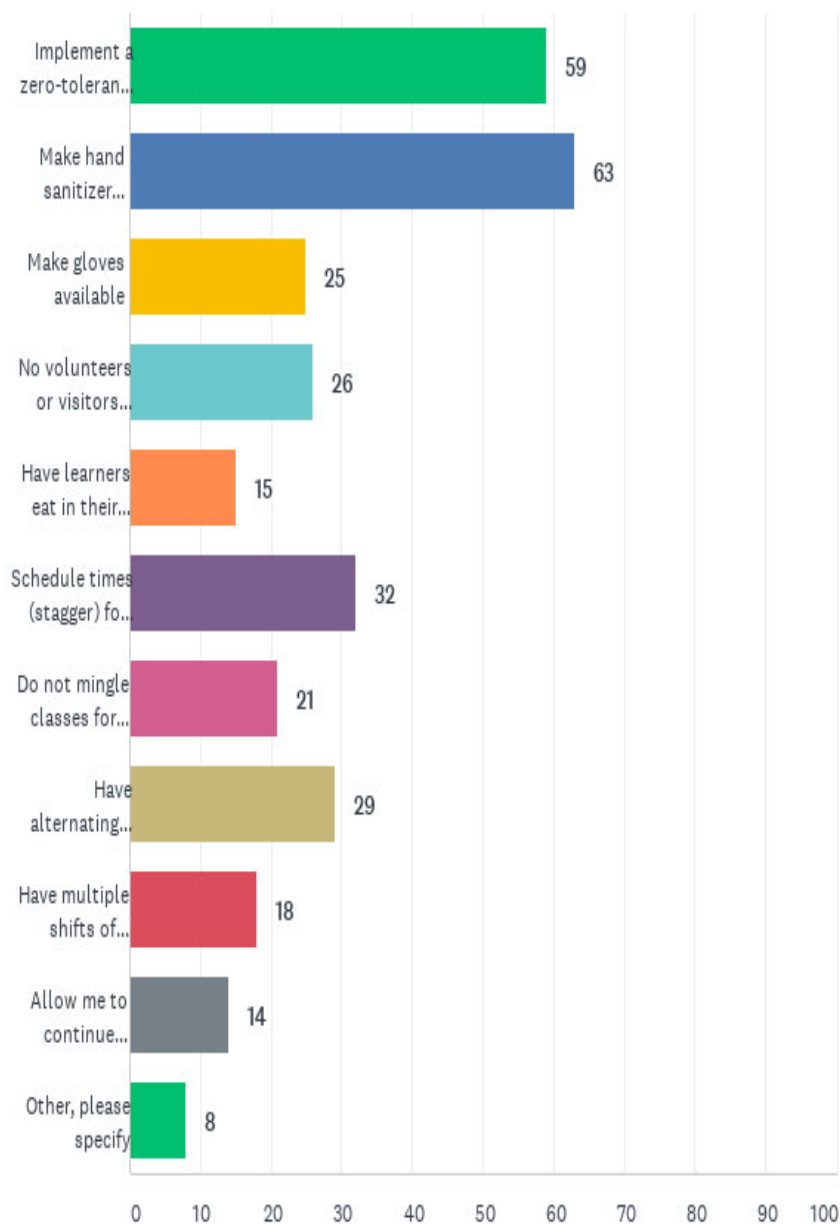
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Staff was surveyed the first week of July, 2020. Below is a summary of the results from those surveys which informed the work of the committee.

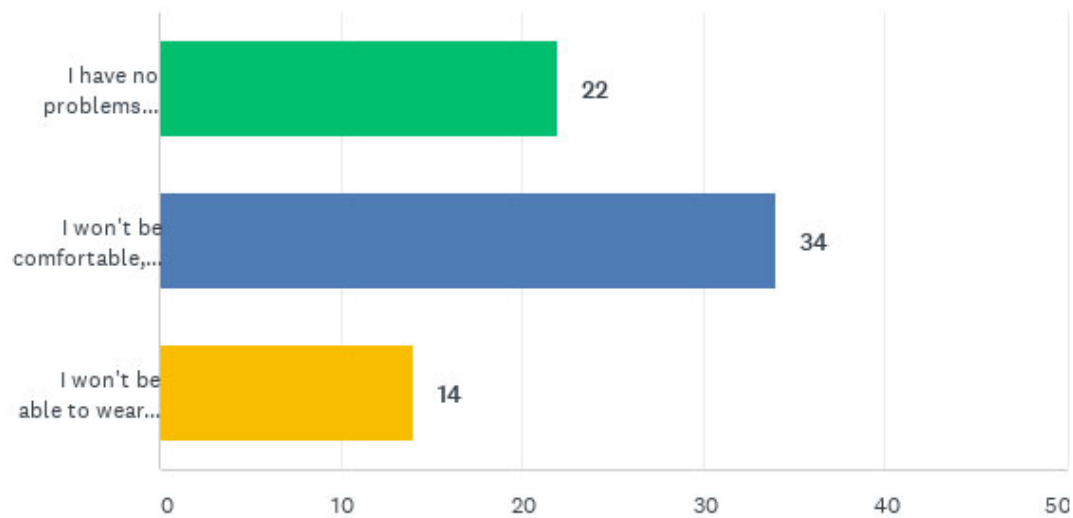
### Q4 Will you be comfortable returning to work in August?



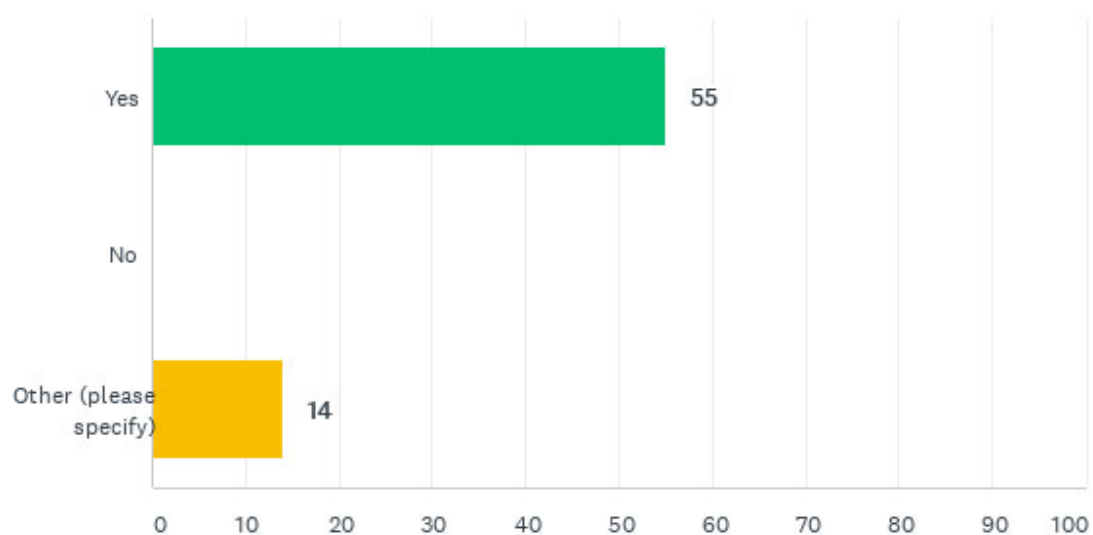
Q5 We recognize that just because school closure restrictions will be lifted at some point, that does not mean that everything can or will go back to exactly the way it was. Therefore, if there are precautions you would like to see the district take for you to feel safe returning to work, please let us know. Check all that apply or share additional thoughts in the comment box at the end.



Q6 Please select the statement which best identifies you.



Q7 I intend to return to school full time in August.



## APPENDIX C: Summary of Feedback from Educators Nov

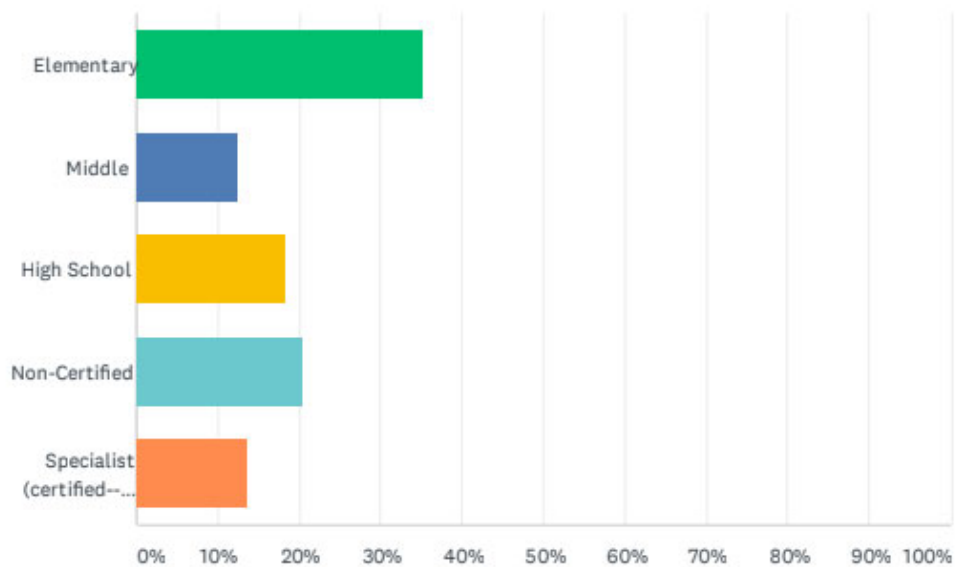
Staff was surveyed in November 2020. Below is a summary of the results from those surveys which continues to inform the committee and school board.

### Educator Feedback Survey on COVID-19 (November)

SurveyMonkey

#### Q1 What level do you educate (or role you play) at (primarily)?

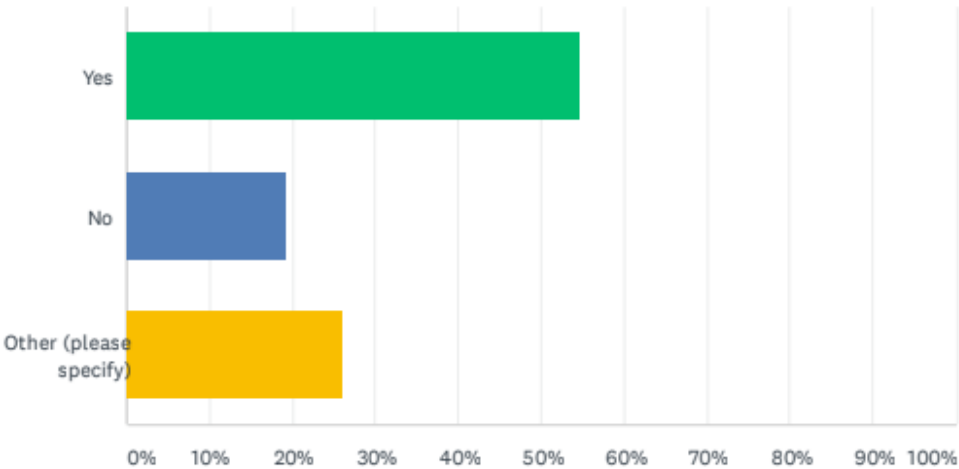
Answered: 88 Skipped: 0



| ANSWER CHOICES  | RESPONSES |    |
|---|-----------|----|
| Elementary  | 35.23%    | 31 |
| Middle  | 12.50%    | 11 |
| High School   | 18.18%    | 16 |
| Non-Certified   | 20.45%    | 18 |
| Specialist (certified--coaches, counselors, and administrators) | 13.64%    | 12 |
| TOTAL   |           | 88 |

Q2 Do you feel safe coming to work?

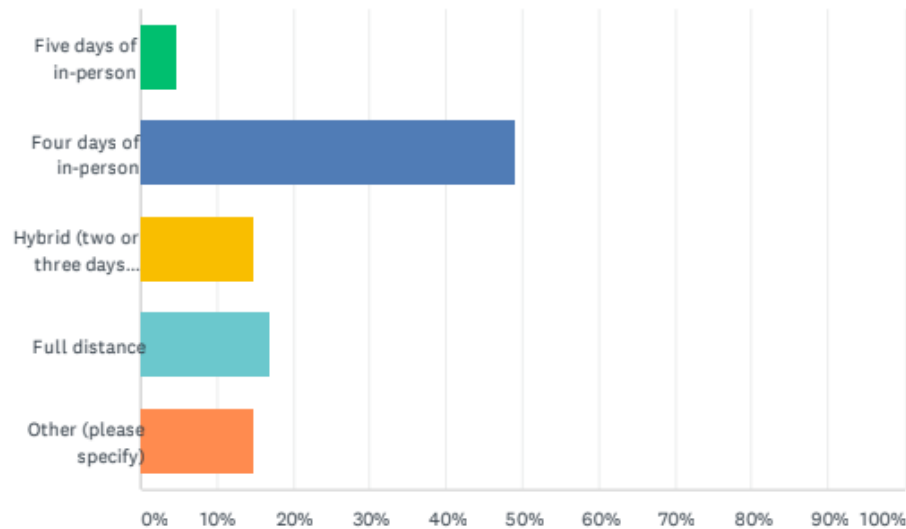
Answered: 88 Skipped: 0



| ANSWER CHOICES         | RESPONSES |    |
|------------------------|-----------|----|
| Yes                    | 54.55%    | 48 |
| No                     | 19.32%    | 17 |
| Other (please specify) | 26.14%    | 23 |
| TOTAL                  |           | 88 |

### Q3 Which instructional model do you believe is appropriate for the social level you currently teach (or role you play) considering the current conditions at Northern Cass?

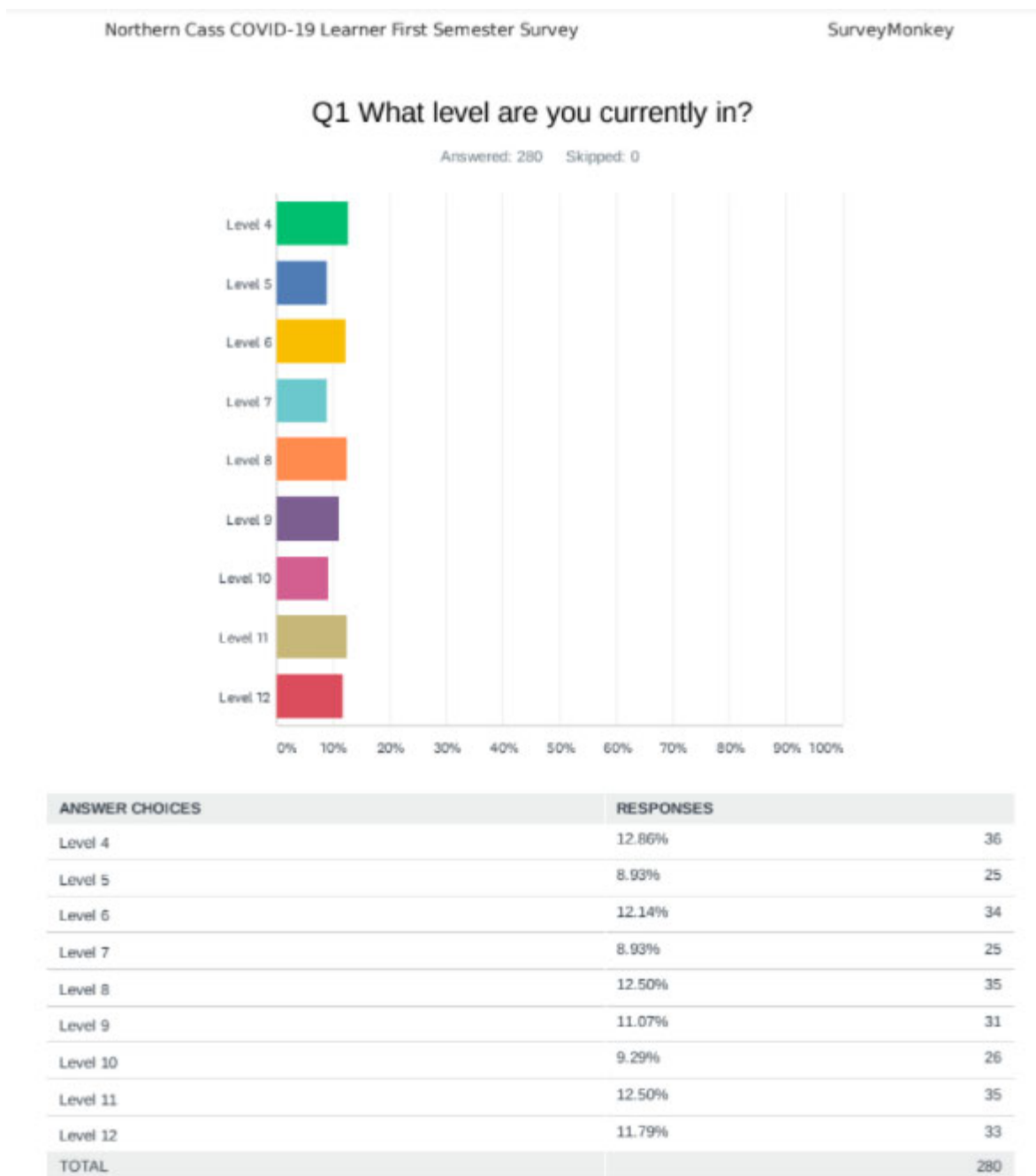
Answered: 88 Skipped: 0



| ANSWER CHOICES  | RESPONSES |    |
|---|-----------|----|
| Five days of in-person                                      | 4.55%     | 4  |
| Four days of in-person                                      | 48.86%    | 43 |
| Hybrid (two or three days in-person and remaining distance) | 14.77%    | 13 |
| Full distance   | 17.05%    | 15 |
| Other (please specify)                                      | 14.77%    | 13 |
| TOTAL   |           | 88 |

## APPENDIX C: Summary of Feedback from Learners Nov

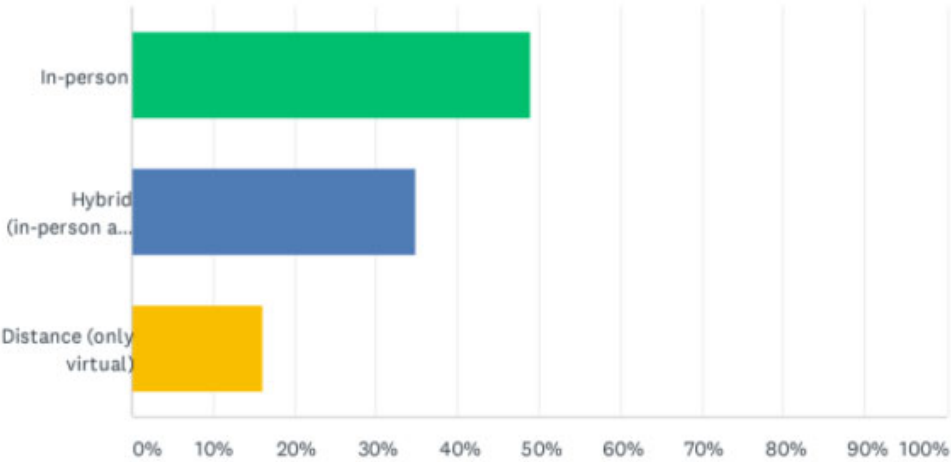
Learners were surveyed in November 2020. Below is a summary of the results from those surveys which continues to inform the committee and school board.





Q2 Which instructional model would you prefer?

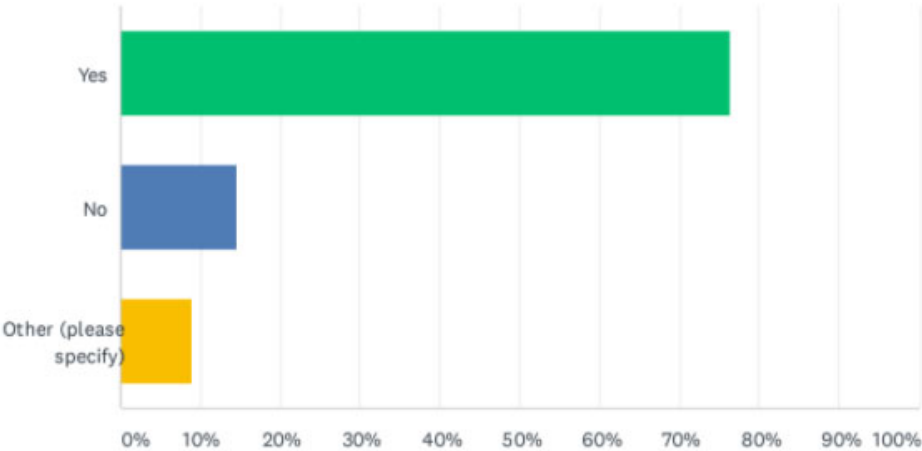
Answered: 280 Skipped: 0



| ANSWER CHOICES                 |  | RESPONSES |     |
|--------------------------------|--|-----------|-----|
| In-person                      |  | 48.93%    | 137 |
| Hybrid (in-person and virtual) |  | 35.00%    | 98  |
| Distance (only virtual)        |  | 16.07%    | 45  |
| TOTAL                          |  |           | 280 |

Q3 Do you feel safe with the precautions set in place?

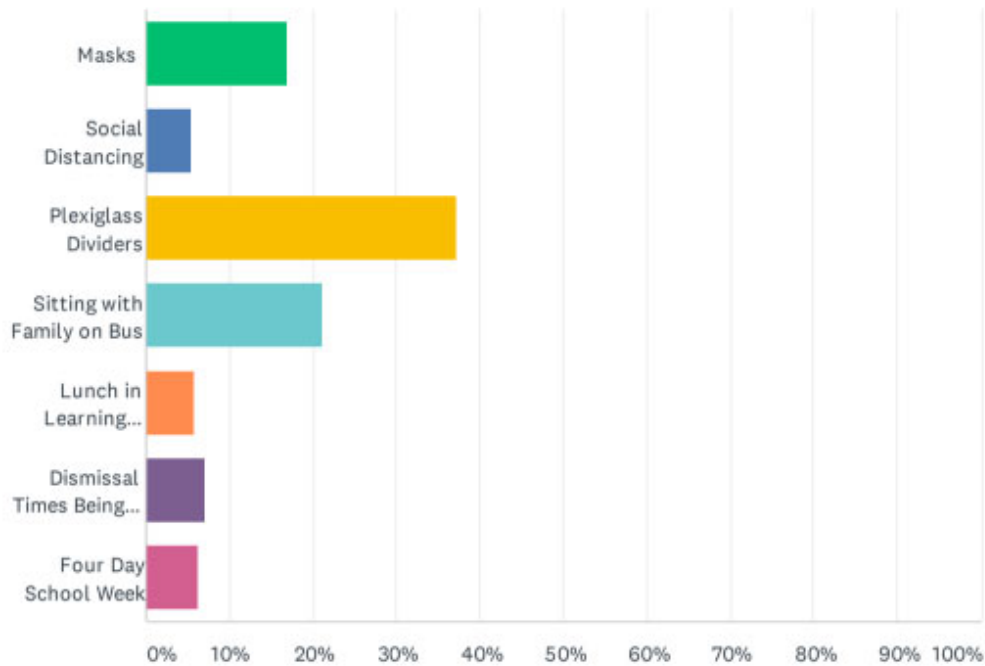
Answered: 280 Skipped: 0



| ANSWER CHOICES         | RESPONSES |     |
|------------------------|-----------|-----|
| Yes                    | 76.43%    | 214 |
| No                     | 14.64%    | 41  |
| Other (please specify) | 8.93%     | 25  |
| TOTAL                  |           | 280 |

## Q4 Are there precautions you feel should be lifted?

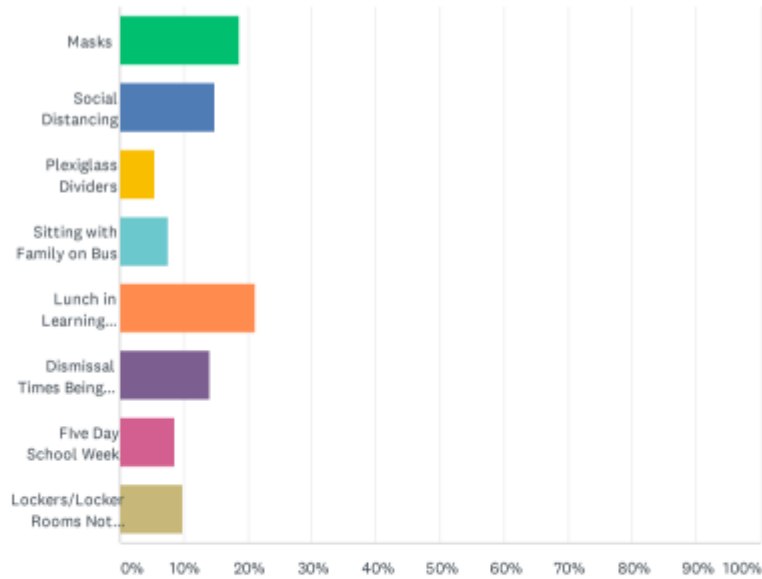
Answered: 255 Skipped: 25



| ANSWER CHOICES                  | RESPONSES |            |
|---------------------------------|-----------|------------|
| Masks                           | 16.86%    | 43         |
| Social Distancing               | 5.49%     | 14         |
| Plexiglass Dividers             | 37.25%    | 95         |
| Sitting with Family on Bus      | 21.18%    | 54         |
| Lunch in Learning Centers       | 5.88%     | 15         |
| Dismissal Times Being Different | 7.06%     | 18         |
| Four Day School Week            | 6.27%     | 16         |
| <b>TOTAL</b>                    |           | <b>255</b> |

## Q5 Are there precautions you feel should be increased?

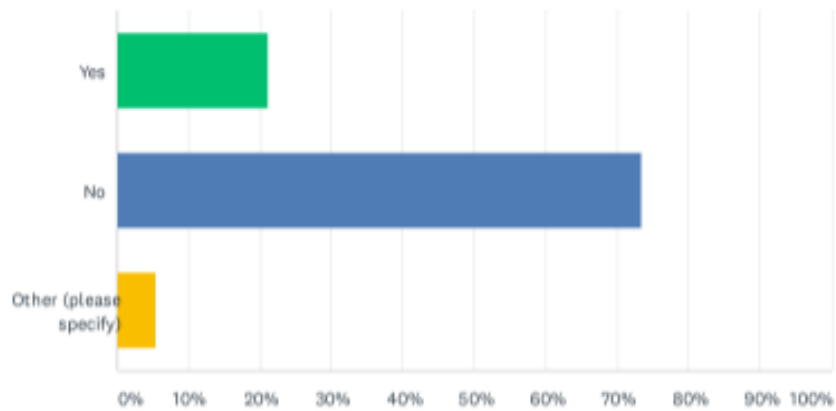
Answered: 236 Skipped: 44



| ANSWER CHOICES                     | RESPONSES |     |
|------------------------------------|-----------|-----|
| Masks                              | 18.64%    | 44  |
| Social Distancing                  | 14.83%    | 35  |
| Plexiglass Dividers                | 5.51%     | 13  |
| Sitting with Family on Bus         | 7.63%     | 18  |
| Lunch in Learning Centers          | 21.19%    | 50  |
| Dismissal Times Being Different    | 13.98%    | 33  |
| Five Day School Week               | 8.47%     | 20  |
| Lockers/Locker Rooms Not Available | 9.75%     | 23  |
| TOTAL                              |           | 236 |

### Q6 Would you like to return to school now as normal (five days per week with no precautions)?

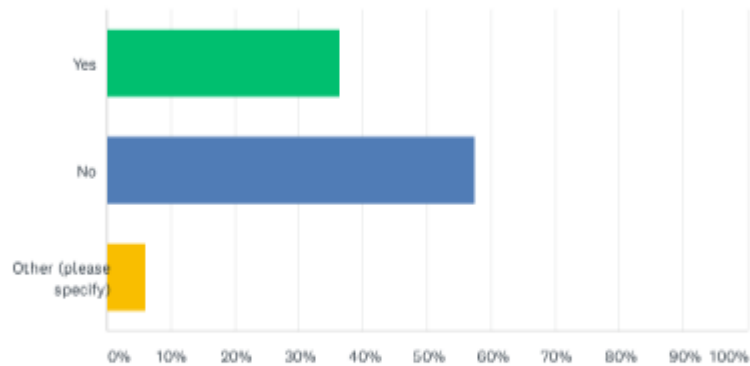
Answered: 278 Skipped: 2



| ANSWER CHOICES         |  | RESPONSES |     |
|------------------------|--|-----------|-----|
| Yes                    |  | 21.22%    | 59  |
| No                     |  | 73.38%    | 204 |
| Other (please specify) |  | 5.40%     | 15  |
| TOTAL                  |  |           | 278 |

### Q7 Do you notice a change in your educators' behavior this year?

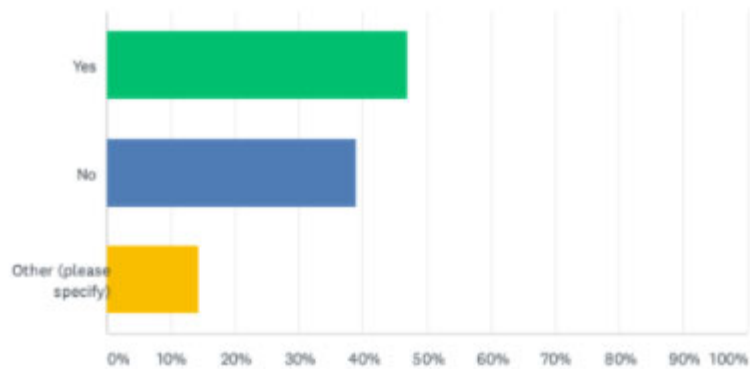
Answered: 280 Skipped: 0



| ANSWER CHOICES         | RESPONSES  |
|------------------------|------------|
| Yes                    | 36.43% 102 |
| No                     | 57.50% 161 |
| Other (please specify) | 6.07% 17   |
| TOTAL                  | 280        |

### Q8 Do you feel excited to come to school?

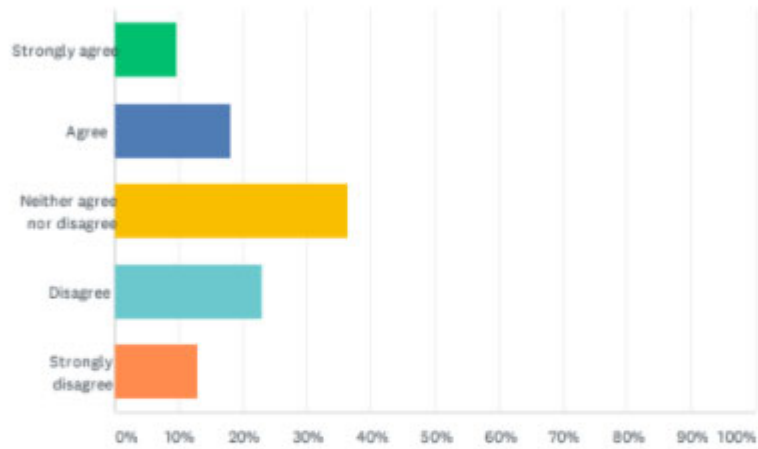
Answered: 278 Skipped: 2



| ANSWER CHOICES         | RESPONSES  |
|------------------------|------------|
| Yes                    | 46.76% 130 |
| No                     | 38.85% 108 |
| Other (please specify) | 14.39% 40  |
| TOTAL                  | 278        |

## Q9 The mask mandate has had a negative effect on my learning.

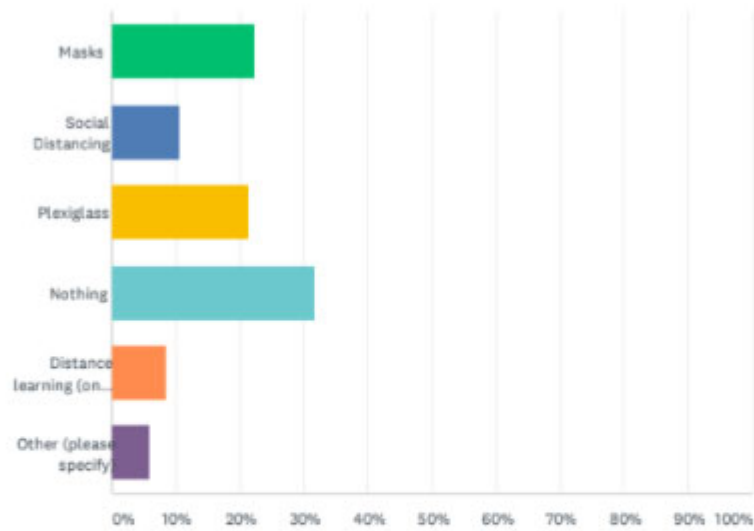
Answered: 278 Skipped: 2



| ANSWER CHOICES             | RESPONSES |     |
|----------------------------|-----------|-----|
| Strongly agree             | 9.71%     | 27  |
| Agree                      | 17.99%    | 50  |
| Neither agree nor disagree | 36.33%    | 101 |
| Disagree                   | 23.02%    | 64  |
| Strongly disagree          | 12.95%    | 36  |
| TOTAL                      |           | 278 |

## Q11 What most negatively impacts your learning?

Answered: 276 Skipped: 4

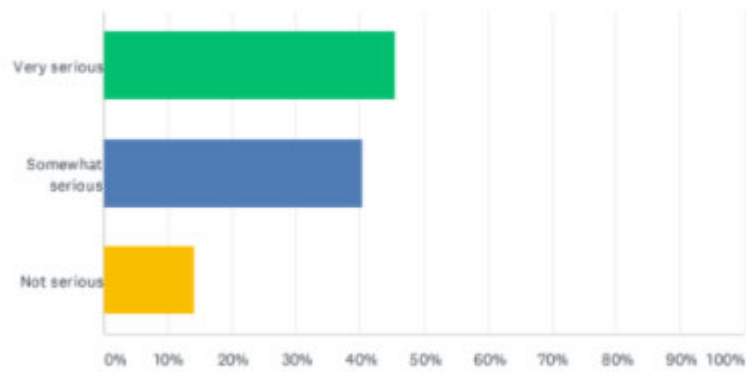


| ANSWER CHOICES                 | RESPONSES |     |
|--------------------------------|-----------|-----|
| Masks                          | 22.46%    | 62  |
| Social Distancing              | 10.51%    | 29  |
| Plexiglass                     | 21.38%    | 59  |
| Nothing                        | 31.52%    | 87  |
| Distance learning (on Fridays) | 8.33%     | 23  |
| Other (please specify)         | 5.80%     | 16  |
| TOTAL                          |           | 276 |



## Q12 How serious do you feel COVID-19 is?

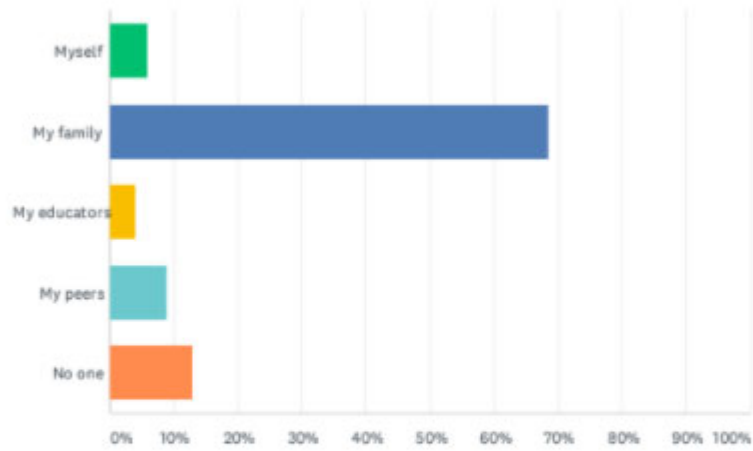
Answered: 278 Skipped: 2



| ANSWER CHOICES   | RESPONSES |     |
|------------------|-----------|-----|
| Very serious     | 45.68%    | 127 |
| Somewhat serious | 40.29%    | 112 |
| Not serious      | 14.03%    | 39  |
| TOTAL            |           | 278 |

## Q13 Who do you worry COVID-19 will affect?

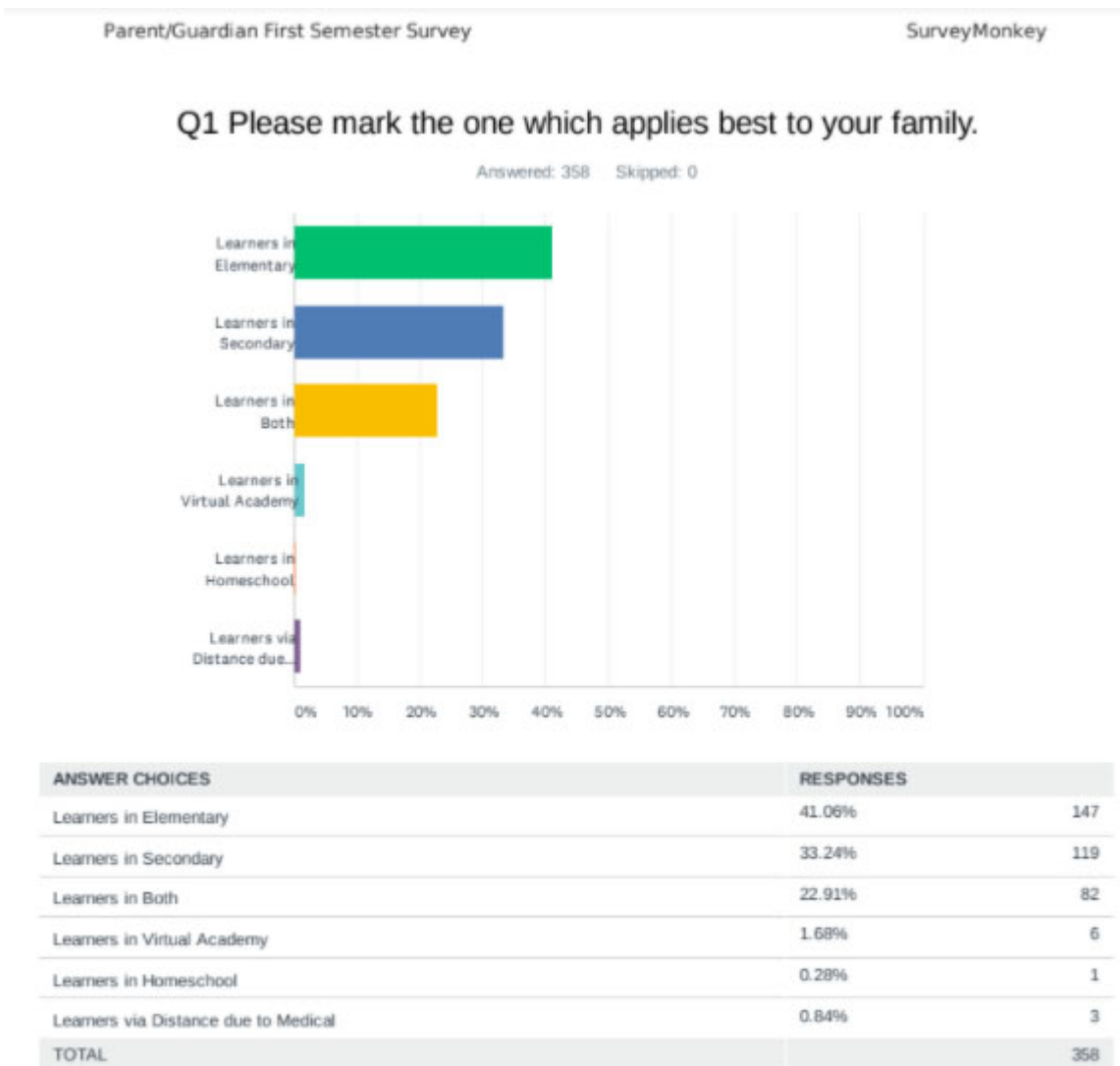
Answered: 278 Skipped: 2



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Myself         | 5.76%     | 16  |
| My family      | 68.35%    | 190 |
| My educators   | 3.96%     | 11  |
| My peers       | 8.99%     | 25  |
| No one         | 12.95%    | 36  |
| TOTAL          |           | 278 |

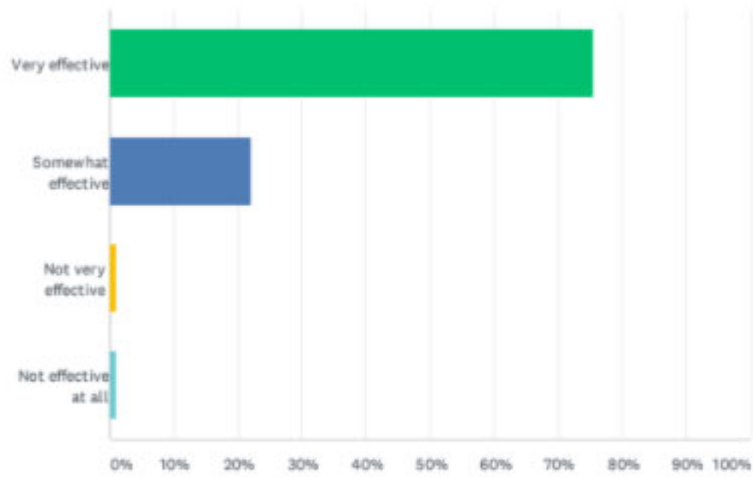
## APPENDIX C: Summary of Feedback from Parents Nov

Parent/Guardians were surveyed in November 2020. Below is a summary of the results from those surveys which continues to inform the committee and school board.



Q2 Please indicate how you feel the current academic model is working  
(8:00-3:30 four day per week) for your learner/s.

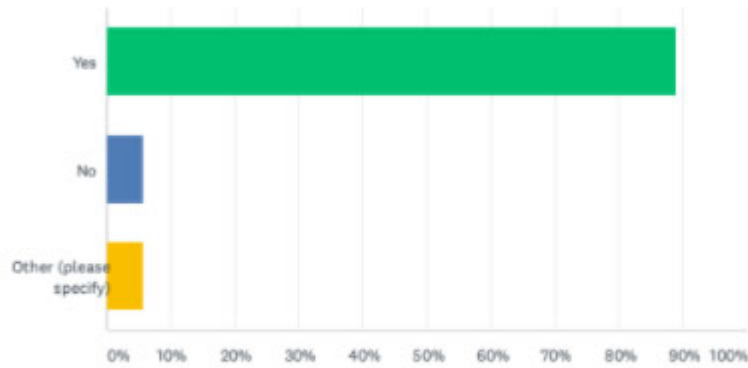
Answered: 356 Skipped: 2



| ANSWER CHOICES       | RESPONSES |     |
|----------------------|-----------|-----|
| Very effective       | 75.56%    | 269 |
| Somewhat effective   | 22.19%    | 79  |
| Not very effective   | 1.12%     | 4   |
| Not effective at all | 1.12%     | 4   |
| TOTAL                |           | 356 |

## Q3 Do you support the current academic plan?

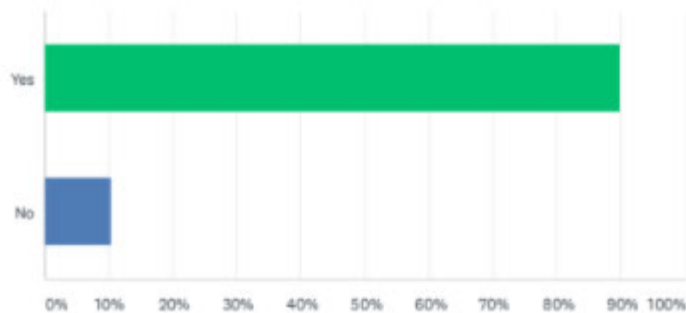
Answered: 358 Skipped: 0



| ANSWER CHOICES         | RESPONSES |     |
|------------------------|-----------|-----|
| Yes                    | 88.83%    | 318 |
| No                     | 5.59%     | 20  |
| Other (please specify) | 5.59%     | 20  |
| TOTAL                  |           | 358 |

## Q4 Do you feel your learner is safe attending school with our current precautions?

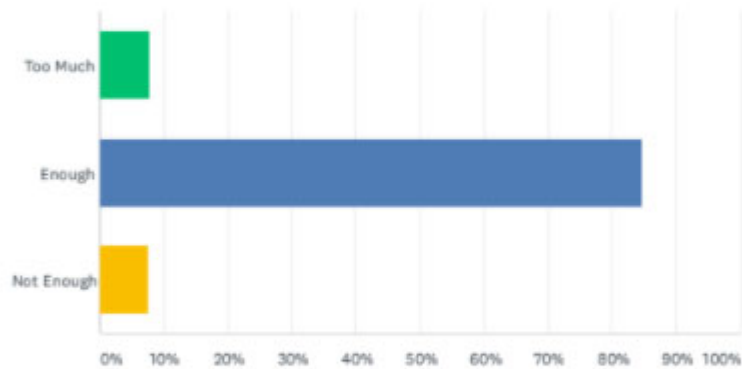
Answered: 358 Skipped: 0



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Yes            | 89.66%    | 321 |
| No             | 10.34%    | 37  |
| TOTAL          |           | 358 |

**Q5 Please complete the following sentence: The school is doing  
to prevent the spread of COVID-19.**

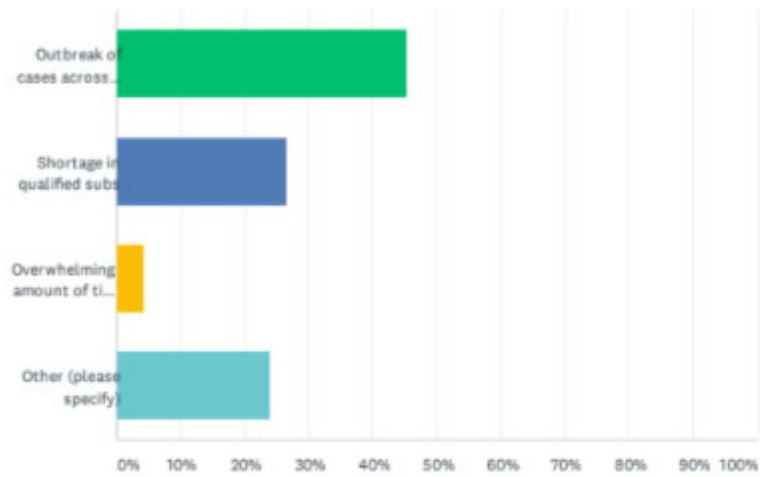
Answered: 358 Skipped: 0



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Too Much       | 7.82%     | 28  |
| Enough         | 84.64%    | 303 |
| Not Enough     | 7.54%     | 27  |
| TOTAL          |           | 358 |

## Q6 What reason/s would you support for a short-term closure?

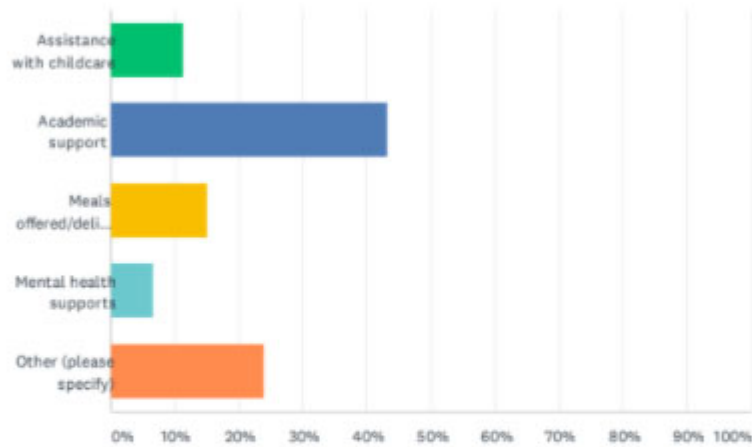
Answered: 357 Skipped: 1



| ANSWER CHOICES   | RESPONSES |     |
|--|-----------|-----|
| Outbreak of cases across the school                          | 45.10%    | 161 |
| Shortage in qualified subs                                   | 26.61%    | 95  |
| Overwhelming amount of time spent on COVID-19 related issues | 4.20%     | 15  |
| Other (please specify)                                       | 24.09%    | 86  |
| TOTAL  |           | 357 |

Q7 In the event the district needed to reduce the number of days of contact, what support/s would your family need? Mark all that apply.

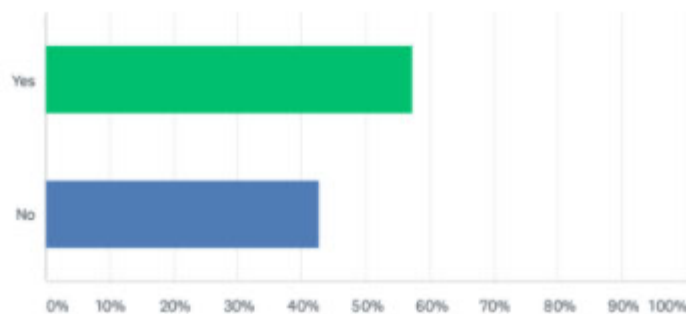
Answered: 327 Skipped: 31



| ANSWER CHOICES            | RESPONSES |     |
|---------------------------|-----------|-----|
| Assistance with childcare | 11.31%    | 37  |
| Academic support          | 43.12%    | 141 |
| Meals offered/delivered   | 14.98%    | 49  |
| Mental health supports    | 6.42%     | 21  |
| Other (please specify)    | 24.16%    | 79  |
| TOTAL                     |           | 327 |

Q8 Did you like the on-line model utilized for distance learning last spring?

Answered: 304 Skipped: 54

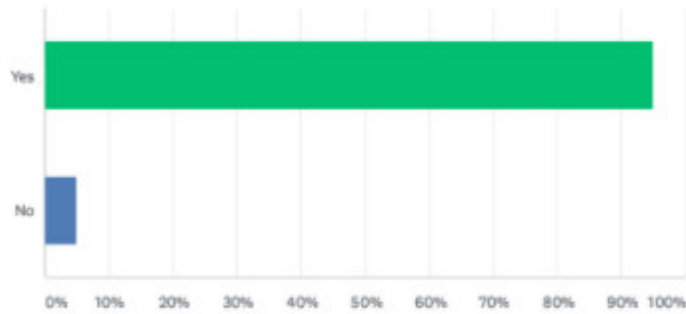


| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Yes            | 57.24%    | 174 |
| No             | 42.76%    | 130 |
| TOTAL          |           | 304 |



### Q10 Do you have reliable internet connectivity (high speed) at home?

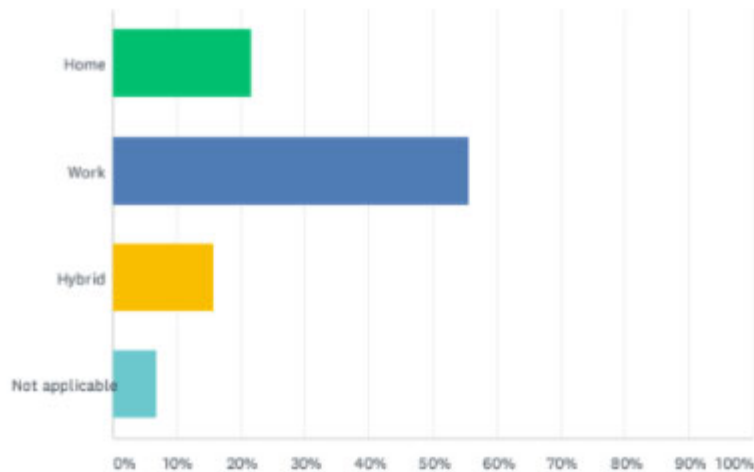
Answered: 357 Skipped: 1



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Yes            | 94.96%    | 339 |
| No             | 5.04%     | 18  |
| TOTAL          |           | 357 |

### Q11 Are you working from home or going into work?

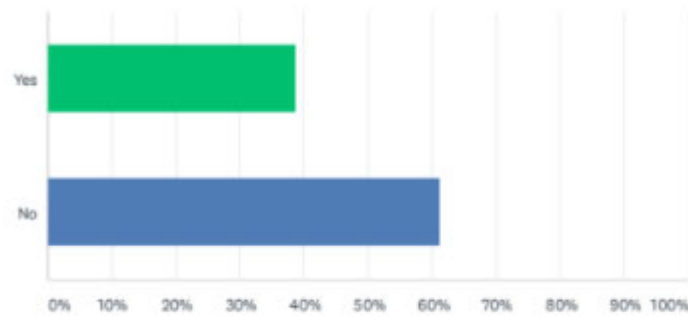
Answered: 357 Skipped: 1



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Home           | 21.57%    | 77  |
| Work           | 55.74%    | 199 |
| Hybrid         | 15.69%    | 56  |
| Not applicable | 7.00%     | 25  |
| TOTAL          |           | 357 |

### Q12 Do you believe the district should reopen school five days per week (8:30-3:30)?

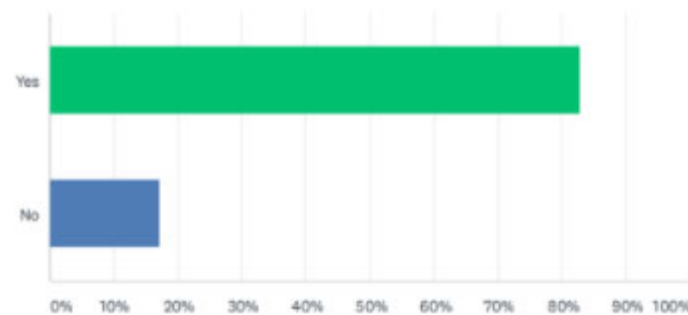
Answered: 356 Skipped: 2



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Yes            | 38.76%    | 138 |
| No             | 61.24%    | 218 |
| TOTAL          |           | 356 |

### Q13 Does the district have the right to make decisions about your child's health and safety while they are at school?

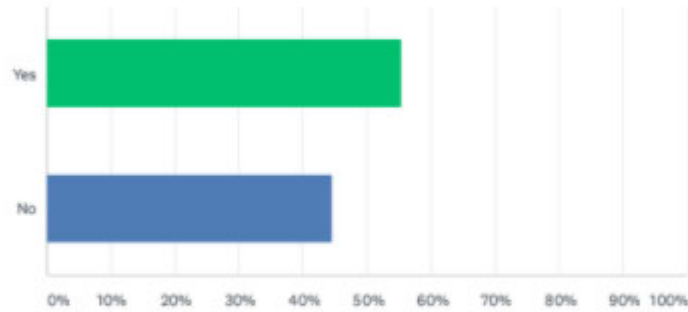
Answered: 354 Skipped: 4



| ANSWER CHOICES | RESPONSES |     |
|----------------|-----------|-----|
| Yes            | 82.77%    | 293 |
| No             | 17.23%    | 61  |
| TOTAL          |           | 354 |

### Q14 Should the district engage in contact tracing?

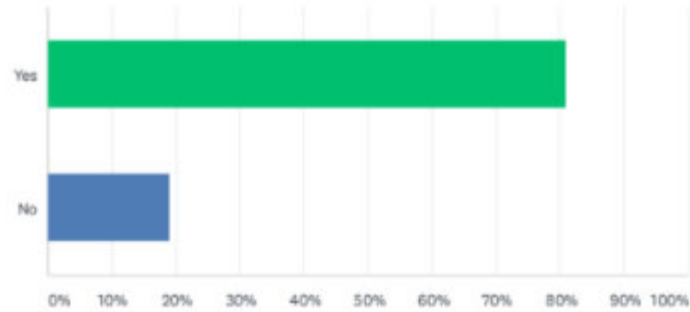
Answered: 353 Skipped: 5



| ANSWER CHOICES |  | RESPONSES  |
|----------------|--|------------|
| Yes            |  | 55.52% 196 |
| No             |  | 44.48% 157 |
| TOTAL          |  | 353        |

### Q15 Should the district continue to limit attendance at activities (based on the county color)?

Answered: 356 Skipped: 2



| ANSWER CHOICES |  | RESPONSES  |
|----------------|--|------------|
| Yes            |  | 80.90% 288 |
| No             |  | 19.10% 68  |
| TOTAL          |  | 356        |

# Northern Cass School Calendar 2020-2021

| Back to School Week  | August 25, 26, 27                              |
|--|--|
| Start Dates  | August 31 & January 4                          |
| End Dates  | December 22 and May 26                         |
| Holidays/Breaks for Learners                                   |  |
| Labor Day  | September 7                                    |
| NDCCEL Conference  | October 21, 22, 23                             |
| Veterans Day   | November 11                                    |
| Thanksgiving   | November 25, 26, 27                            |
| Christmas/New Years  | December 23, 24, 25, 26, 27, 28, 29, 30, 31, 1 |
| Winter Breaks  | February 19, 22 and March 18*, 19              |
| Spring Break   | April 1, 2, 5*                                 |
| <b>Northern Cass Graduation</b>                                | <b>May 30th at 2pm</b>                         |
| Parent/Educator Conference                                     | October 20 & March 16 from 2:00-8:30pm         |
| End of Semester  | January 15 (86 days) & May 26 (86 days)        |
| <b>STORM DAYS* (2)</b>   | March 18 and April 5                           |
| Total Learner Contact Days = 172                               |  |
| NC Total Learner Hours=1065                                    |  |
| State requirement= 962.5 for elementary and 1050 for secondary |  |
| Educator Professional Development Days                         |  |
| PD-New Staff   | August 11, 12, 13                              |
| PD-All Staff   | August 18, 19, 24 January 18                   |
| EDUCATOR COMP DAYS   | November 25 and March 19                       |

The logo for Northern Cass Jaguars features a detailed illustration of a jaguar in a pouncing pose, wearing a letterman-style cap. To the left of the jaguar, the words "NORTHERN CASS" are written vertically in a bold, sans-serif font. Below this, the word "JAGUARS" is prominently displayed in very large, bold, black capital letters with a thick white outline and a slight shadow effect.

updated 7/28/2020

# APPENDIX E: NDHSAA Return to Competition Guidelines

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**Purpose:** The COVID-19 pandemic presents state high school associations with a myriad of challenges. The NDHSAA Board of Directors offers this document as guidance on how member schools can consider approaching the many components of “opening up” sports and activities in preparation for the fall seasons, and beyond.

**Benefit of Sports/Activities:** The physical and psychosocial benefits of education-based activity participation are numerous. Students who participate in school activities learn life lessons in an environment that cannot be duplicated. The academic achievements, social and leadership skills, as well as overall mental health are known to be greatly enhanced in students who participate in a school activity compared to those who do not. The COVID-19 pandemic has resulted in thousands of North Dakota students missing out on these life-shaping educational experiences over the past several months.

**Acknowledgement of Infection Risks:** The risk of COVID-19 transmission will still be present as school activities begin in August and likely through the 2020-2021 school year. Students and their families, along with school personnel must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of activity participation. Those immunocompromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate. The primary means of COVID-19 transmission is through respiratory droplets and potentially through aerosolization. Risk mitigation strategies should be aimed at reducing the likelihood of a person’s respiratory droplets coming into contact with another person. Every school is different and every activity is different. Certain mitigation strategies may be feasible in one school or for one activity, but not another.

**Guidance may be rescinded, modified, or made mandatory at any time, based on current conditions.**

**Local school districts may choose to implement specific mitigation protocols that are more stringent than what is included in these guidelines.**

**As indicated in [North Dakota’s K-12 Smart Restart Plan](#) member schools shall designate one person or a small team to plan and implement COVID-19 prevention measures.**

**Students/coaches/directors that test positive for COVID-19 or are considered a close contact will be reported to the member school’s COVID-19 designee. Isolation of the infected individual should begin immediately. The North Dakota Department of Health (NDDoH) process for [isolation](#) and [quarantine](#) will be followed.**

## **Checklist of Considerations Prior to First Practice**

- Daily Attendance Logs - REQUIRED

- The North Dakota Department of Health (NDDoH) recommends monitoring and checking the health of athletes before every practice and game.
- Daily attendance logs at practice/contests/other gatherings for each team (varsity, junior varsity, junior high, etc.) are required. This requirement is an effort to prevent spread of COVID-19 and to aid in contact tracing in the event of any positive tests within the team.
- Daily logs should indicate groups that were in close contact (within six feet of each other for a period of 15 minutes or longer) and if individuals were masked.
- Locker Room Guidelines
  - Recommendations from the NDDoH include:
    - Stagger schedules for locker rooms to avoid crowding.
    - Encourage athletes to shower at home after practices and games.
- Transportation, if applicable (cooperative sponsorships)
  - Recommendations from the NDDoH include:
    - Space seating so people are 6 feet apart.
      - If not possible, cohort into small groups and keep groups separated.
    - If possible, practical or feasible, keep windows open.
    - Assign seating and ensure that people stay in their assigned seats.
    - Consider using multiple vehicles.

### **Checklist of Considerations Prior to First Contest**

- Transportation - see above
- Video streaming: Member schools are encouraged to offer live streaming of games/contests that have restricted attendance.
- Digital ticketing: Member schools are encouraged to consider cashless transactions at admission entrances. Ticket takers and other event workers should be offered protective equipment such as masks and gloves.
- Concession stands: Should comply with [ND Smart Restart Restaurant](#) and Universal Standard Protocols.
- Policy for overnight trips/hotel rooms.
- Crowd limitations: [ND Smart Restart Large Gathering Protocols](#) shall be followed.
  - The NDHSAA encourages conferences, districts, and/or regions of schools to consider agreeing to similar attendance policies across the conference/district/region to avoid confusion from fans.
- The NDHSAA Board of Directors has approved [playing rule modifications](#) for 2020 Fall Sports.
- Masks or face coverings are recommended for all table/sideline personnel during contests (and may be required by the local school district or local health unit).
- [Media Guidance](#)
  - Members of the media wishing to provide coverage of regular season contests involving NDHSAA member schools are encouraged to contact local school administrators in advance of any event to get full details on what may be required of them in order to attend the contest.



## NDHSAA Board of Directors Requirements for Sport and Activity

- Daily attendance logs at practice/contests/other gatherings for each team (varsity, junior varsity, junior high, etc.) are required. This requirement is an effort to prevent spread of COVID-19 and to aid in contact tracing in the event of any positive tests within the team.
- [Playing rule modifications](#).
- Cancellation process for regular season games.
  - The NDDoH recommends suspending all practices and games if a school closes due to COVID-19. If a school is forced to cancel a contest due to NDDoH policies, the contest will be declared a “no contest” for both teams.
  - If a school decides on their own, without a school/district closure, to not play a conference contest, the contest will be declared a “forfeit”. The term “non-conference” refers to the district or region level, depending on the sport or activity.
  - Any postseason contests that are unable to be played will be considered a forfeit with the non-forfeiting team receiving a bye.
- NDHSAA By-Law and Board Regulation Adjustments - 2020-21 School Year
  - [Article XII, Section I: Pre-participation Physical Evaluations \(PPE\) \(Physicals\)](#)
    - Preparticipation Physical Evaluations (PPE) completed for the 2019-20 school year may be accepted during the 2020-21 school year upon submission of a parent and athlete signed waiver (previously known as Form B). Students who did not have a PPE completed for the 2019-20 school year and all first-time seventh graders must complete a PPE for the 2020-21 school year. **Member schools may choose to make PPEs mandatory for their student-athletes.**
  - Article XIV, Section I
    - Attendance rules regarding eligibility will be determined at the local school level.
  - Article XIV, Section IV, Q. 11
    - Member schools may determine instructional delivery. Students who are enrolled, attend per school policy, and are eligible in all regards, may participate in sponsored athletics and activities.
    - Home educated students may continue to participate according to [Century Code](#) and [2014 Attorney General Opinion](#).
  - Article III, Section XI
    - Any current cooperative agreements that include out-of-state schools may be reviewed by the NDHSAA Board of Directors at any time on a case-by-case basis.
  - Article III, Section I
    - The NDDoH recommends competing only with teams in the general geographic area, if possible. Member schools will not be penalized for the cancellation of any non-conference contests. The term “non-conference” refers to the district or region level, depending on the sport or activity.
    - Member schools will not be required to reimburse game officials for any contracted contests canceled due to the COVID-19 pandemic.
  - Schools may accept online AED/CPR and First Aid courses to be used toward coach permit certification.

## **Recommendations for Return to Sport and Activity Due To COVID-19**

- Member schools should consider limiting the number of participating schools at regular season events. All events in moderate or higher risk sports as defined by the NFHS (lower risk sports in the Fall include cross country, golf, swimming & diving, and tennis) involving more than two member schools should receive prior approval from the host school's local health unit. [ND Local Health Unit Map](#)
- Masks or face coverings are recommended for participants, coaches/directors and officials/adjudicators any time they are not doing strenuous activity.
- Member schools are encouraged to offer live streaming of games/contests that have restricted attendance.
- Member schools are encouraged to consider cashless transactions at admission entrances. Ticket takers and other event workers should be offered protective equipment such as masks and gloves.
- Awards ceremonies during regular season tournaments should be canceled.

## **NDHSAA Postseason Tournaments**

- Traditional tournament formats and sites may be altered by the NDHSAA Board of Directors.
- The NDHSAA Board of Directors, through cooperation with [local health units](#), will determine which tiers will be allowed to attend postseason tournaments:
  - Tier I (Essential): Participants, Coaches/Directors, Officials/Adjudicators, Event Staff, Medical Staff, Security, School Administrators
  - Tier IIa (Preferred): Media partners
  - Tier IIb (Preferred): Non-contracted media professionals
  - Tier IIIa (Non-essential): Parents
  - Tier IIIb (Non-essential): Spectators, vendors
- Unless allowed in sport specific regulations, teams/individuals that are unable to participate in postseason tournaments due to COVID-19 will not be replaced and their next opponent will receive a bye.
- NDHSAA awards ceremony procedures will be adjusted.
- NDHSAA will sponsor the traditional schedule of fine arts contests and determine declaration timelines for possible COVID-19 format changes should they be needed.

## **Cleaning**

CDC guidance for cleaning and disinfecting should be followed.

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

## **References**

### **North Dakota K-12 Smart Restart Guidance:**

<https://www.nd.gov/dpi/sites/www/files/documents/Covid-19/NDK12restartguide.pdf>

### **NFHS Guidance for Opening Up High School Athletics and Activities:**

[https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)



**CDC Resources:**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

**NDHSAA Guidelines and Recommendations**

These NDHSAA Guidelines and Recommendations are provided to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. These NDHSAA Guidelines and Recommendations should be considered in conjunction with other pertinent materials when taking action or planning care.

# APPENDIX F: NDHSAA Sport Specific Rule Modifications

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## Cross Country

1. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
2. Cross country meets should consider using staggered, wave or interval starts.
3. Possible Rule Modifications:
  - a. 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point
  - b. Finish:
    - i. Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
    - ii. With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
    - iii. Consider using image-based equipment at the finish to assist with picking a place to avoid congestion.
4. Clean and disinfect frequently touched surfaces and exercise equipment.
5. ***Pre and Post Game Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

## Golf

The guidelines have been created with the knowledge and information from the CDC and the USGA guidelines.

1. All golfers should keep a minimum of 6 feet between them.
2. Ball washers, bunker rakes, and drinking fountain/coolers should be removed.
3. Flagsticks are not to be touched or removed. Cups should be adjusted for safe ball retrieval. The USGA has a temporary measure in place to accept scores played under these conditions.
4. Please smooth out bunkers with foot or golf club after play.
5. Clubhouse access at courses may be limited.

## Football Rules Considerations

### 1. TEAM BOX (Rule 1-2-3g)

- a. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- b. Maintain social distancing of 6 feet at all times while in the team box.
- c. Do not share uniforms, towels and other apparel and equipment.

### 2. BALL (Rule 1-3-2)

- a. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- b. The ball holders should maintain social distancing of 6 feet at all times during the contest.

### 3. FACE MASKS [Rules 1-5-1a, 1-5-3c(4)]

- a. Cloth face coverings are permissible.
- b. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.

### 4. TOOTH AND MOUTH PROTECTORS [Rule 1-5-1d(5)]

- a. *\*\*Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*

### 5. GLOVES (Rule 1-5-2b)

- a. Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

### 6. CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)

- a. A single charged time-out may be extended to a maximum of two minutes in length.
- b. The authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
- c. Each game official and player should have their own beverage container brought out to them on the field.

### 7. INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Rule 3-5-7l)

- a. The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

## FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS

### 1. GAME OFFICIALS UNIFORM AND EQUIPMENT

- a. Electronic whistles are permissible (supplies are limited).
  - i. Choose a whistle whose tone will carry outside.
  - ii. Fox 40 Mini –
  - iii. Fox 40 Unisex Electronic – (3 tone) –
  - iv. Ergo-Guard - (3 tone) - orange
  - v. Windsor - (3 tone)
  - vi. Check the market for other choices
- b. Cloth face coverings are permissible.
- c. Gloves are permissible.
- d. Do not share uniforms, towels and other apparel and equipment.

## 2. **PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES**

- a. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- b. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- c. No handshakes prior to and following the coin toss.
- d. Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- e. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

## 3. **PRE AND POST GAME CONSIDERATIONS**

- a. Suspend pregame protocol of shaking hands during introductions.
- b. Suspend postgame protocol of shaking hands.

## **Volleyball**

1. Limit number of participants to a pre-match meeting (one coach, one captain). No handshakes will be allowed and physical distancing rules will be enforced. Pre-match meetings should take place away from the scorer's table if possible.
2. No switching of team benches unless it has been determined there is a clear disadvantage on one side of the court.
3. Eliminate the option of choice of side during the deciding set coin toss. Maintain physical distance during the conference.
4. R2 will maintain physical distancing during the substitution procedure.
5. Coach/official and player/official conferences will be allowed but all physical distancing guidelines will be enforced.
6. Only essential personnel at the scorers table. Visiting team's bookkeeper will not be allowed unless it is to be the official libero tracker.
7. No handshakes prior to or after the match.
8. Face covering will be permitted by players, coaches, bench personnel and officials.
9. Electronic whistles will be allowed.

## **Rule Considerations**

### a. *Pregame Conference*

- i. Limit attendees to one official, the head coach from each team, and a single captain from each team; or speak with the team representatives in a separate meeting.
  1. Use of headsets with other crew members (if applicable).
  2. Script the conference to ensure consistency with both teams.
- ii. Coin Toss – Head Referee and 2 captains.
- iii. Move the location of the pregame conference to the center of the court/field. All individuals maintain a social distance of 3 to 6 feet.
- iv. Suspend handshakes prior to and following the pregame conference.
- v. Maintain social distancing while performing all pregame responsibilities.
- vi. Encourage bench personnel to observe social distancing of 3 to 6 feet.

- vii. Maintain social distancing of 3 to 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the area designated for substituting.

b. *Officials Table*

- i. Limit to essential personnel which includes home team scorer and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space available at the table is a variable in determining the number allowed at the officials table.

10. Pregame and Postgame Ceremony

- a. Suspend pregame protocol of shaking during introductions.
- b. Suspend postgame protocol of shaking hands.

11. Personal Responsibilities

a. *Training*

- i. Attend online meetings to review the rules for the coming year.
- ii. Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.

b. *Competition*

- i. If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, your assigner and stay at home.
  - 1. Take temperature in the morning and then again prior to leaving home/work for a contest.
    - a. Notify the site administrator immediately if temperature is elevated above 100.3 or a level recommended by your local or state health department.
- ii. “Vulnerable individuals” are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
- iii. Communicate with the school athletic administrator about school/corporation contest expectations.
- iv. Upon arrival at site and throughout the contest, wash and sanitize your hands frequently.
- v. Travel – considerations should be given to travel policies.
- vi. Do not share uniforms, towels, apparel and equipment.
- vii. Maintain social distancing of 3 to 6 feet while in the locker room and/or on the court/field.
- viii. Bring your own beverages.