

# COVID-19 Safety Protocols



The safety protocols listed below reflect the most up-to-date “best-practice” guidance recommended by the Centers for Disease Control and Prevention, the New York State Education Department, the New York State Department of Health, and the American Academy of Pediatrics. These practices include input from the COVID-19 District Advisory Committee, and are approved by the City School District of New Rochelle Interim Medical Director, Dr. Louis Corsaro.

The internal COVID team continues to monitor local infection and vaccination levels in New Rochelle and will revise protocols and practices on a monthly basis as health data change.

## **Contact Tracing** **and** **Exclusion from the School Environment vs. Quarantine vs. Isolation**

### **Why is contact tracing such a complex, often confusing issue?**

Contact tracing, which seeks to determine who was a direct contact of someone with COVID-19, can be confusing for school administrators, medical personnel, and parents alike. Typically, exceptions and scenarios may apply. Contact tracing parameters have been established by the New York State Department of Health and are regulated by local counties’ Departments of Health.

The basic metric is that 6 feet is considered the “golden rule” of safety, and therefore, is recognized as the standard for “social distancing.” This rule applies to all situations, whether individuals are or are not appropriately face-masked or vaccinated against COVID-19. Those at medical risk, such as unvaccinated individuals or those with underlying health conditions, should practice social distancing as much as possible in public spaces, whether it be in school, a supermarket or elsewhere. In addition, health experts strongly advocate that vaccinated individuals observe social distancing protocols and face mask usage when in certain public venues due to highly infectious variants of COVID-19, such as the Delta and Omicron strains.

### **Contact Tracing Within Schools**

The New York State Department of Health issued a statement on Aug. 2, 2021 requiring universal mask usage for students and staff. The department also updated its guidance for students regarding determining who would be a direct contact of COVID-19. It stipulated that a student must be within 3 feet of an infectious student in the classroom setting for 15 or more cumulative minutes. This guidance does not apply to adult staff or students in non-classroom spaces, such as a bus, where anyone within a 6-foot radius of an infectious individual for 15 cumulative minutes is deemed a direct contact. In both scenarios, the “close contact” individuals meet the City School District of New Rochelle’s requirement to be excluded from the school environment/setting. They also meet the Westchester County Department of Health’s requirement to quarantine for 10 days if not vaccinated against COVID-19.

Band, orchestra, and chorus venues must observe specific safety parameters. Singing or playing a wind instrument require 6-foot distancing, whereas playing a string instrument while wearing a

face mask requires 3-foot distancing. Outdoor physical activities are given latitude; a face mask is not required. This is because the potential to contract COVID-19 is minimal to non-existent in that setting, unless individuals are in close spaces. Indoor physical activities require face mask usage, modified activities, and social distancing where possible.

### **Information About Quarantines**

This section provides a broad-stroke explanation of what contact tracers must consider when deciding who might require being placed in quarantine by the Westchester County Department of Health.

The City School District of New Rochelle works in consultation with the Westchester County Department of Health regarding all COVID-19-related matters. The school district and its schools are not authorized to declare a quarantine. The District is authorized to remove students from the school environment for the purposes of maintaining a safe and healthy environment. Only the Westchester County Department of Health can declare a quarantine status.

Once an individual has been identified as a direct contact of an individual with COVID-19, the quarantine period to remain out of school or work is 10 days. The only two exceptions are if the individual has had a documented COVID-19 infection in the past 90 days where natural immunity still exists, or vaccination status against COVID-19 can be proven.

Within a household, if a family member is deemed a direct contact and remains asymptomatic, only that individual needs to quarantine. Other family members are considered "contacts of contacts" and do not need to quarantine. However, once that individual becomes symptomatic and tests positive for COVID-19 with PCR testing, all family members within the household must remain in quarantine for a minimum of 10 days from the onset of symptom development.

### **Exclusion, Quarantine, Isolation**

Contact tracing will prompt exclusion from the school environment by the school district, and potentially prompt an order to quarantine or isolate by the Westchester County Department of Health. What are the differences among the three?

#### *Exclusion from the School Environment*

This is a function of the City School District of New Rochelle. The school district, in contributing to a safe, secure, and healthy school environment, may remove a student or employee from the school building or environment for the safety and health of all other occupants. When there is a concern regarding a student's, visitor's, or an employee's health, the school nurse or administrator can require that a person leave the school premises, see a physician for a checkup, diagnosis, or to be cleared to return to school/work prior to the person returning to the school building. Board of Education Policy 5440 states,

“The building Principal shall send home any student who, in the school nurse's judgment, is not well enough to attend and benefit from academic instruction or whose continued attendance would jeopardize the student's health or the health of other students.”

As such, when a student, visitor, or employee demonstrates symptoms such as those related to a cold or flu, the school nurse or administrator can determine that the person may be sent home and directed to receive medical attention to be cleared to return to the school or building. This directive for medical review may include a Polymerase Chain Reaction (PCR) test for COVID-19.

If a person is sent home from school or work due to suspected COVID-19 symptoms, the school nurse will request in writing that a primary care or urgent care physician evaluate the student/employee and establish a baseline diagnosis. This diagnosis must be returned to the school nurse (for students)/tracking nurse (for employees) to be cleared to return to the school building. A sick student or employee with a temperature of 100.4 and other clinical symptoms consistent with known COVID symptoms must be seen by a primary care or urgent care physician. Multisymptomatic illness requires a physician to be consulted. If a firm alternative non-COVID-19 diagnosis is provided by a primary care or urgent care physician, the student/employee may return to school. Best practice at this time in our ever-evolving COVID pandemic is for a student or employee to seek the counsel of a primary care or urgent care provider when a student or staff member has shown signs of illness, whether vaccinated or not. Primary or urgent care providers will then make the appropriate decision as to whether a COVID PCR test is required if a NON-COVID diagnosis can be provided and treated. Best practice at this time in our ever-evolving COVID pandemic also requires a student or employee who, after being in contact with a COVID-19 positive person and has shown signs of illness, whether vaccinated or not, to provide a medical diagnosis and a negative COVID PCR test result. If a student or employee has only sniffles and is without fever or other symptoms, the District currently deems it is unnecessary to see a physician. The standard of being asymptomatic for 24 hours prevails. This function allows the school district to return a student/employee to the school environment at its discretion.

#### *Quarantine*

This is a function of the Department of Health and may not be overridden by the City School District of New Rochelle. The school district works in consultation with the Westchester County Department of Health regarding all COVID-19-related matters. The District and its schools are not authorized to declare a quarantine.

Upon the report of a positive COVID-19 test result, the school district will report the positive case(s) of COVID-19 to the Westchester County Department of Health. The school district will enact the "Contact Tracing Protocol" to determine any students/employees who potentially may have been in close contact with the positive person.

Currently, the Centers for Disease and Controls, the New York State Department of Health, and the Westchester County Department of Health define "close contact" as:

- An **adult or student** who is within **6 feet** of an infected **adult or student** for a cumulative total of 15 minutes or more **in a cafeteria, hallway, or on the school bus**, even if both the infected and the exposed persons correctly and consistently wear well-fitting masks the entire time.
- An **adult or student** who is within **6 feet** of an infected **adult** for a cumulative total of 15 minutes or more **in a cafeteria, hallway, on the school bus, or in the classroom setting**, even if both the infected and the exposed persons correctly and consistently wear well-fitting masks the entire time.
- An **adult** who is within **6 feet** of an infected **student** for a cumulative total of 15 minutes or more **in the classroom setting** even if both the infected and the exposed persons correctly and consistently wear well-fitting masks the entire time.
- A **student** who is within **3 feet** of an infected **student** for a cumulative total of 15 minutes or more **in the classroom setting** even if both the infected and the exposed persons correctly and consistently wear well-fitting masks the entire time.

Once the building/school district completes the Contact Tracing Protocol to determine which persons may be considered “close contacts,” the list is sent to the Westchester County Department of Health for its team to begin the quarantine protocol. Only the Westchester County Department of Health can declare a quarantine status for a person, or remove a person from quarantine status. Currently, the Westchester County Department of Health does not quarantine fully vaccinated adults or students if they are properly masked, asymptomatic and within the 6 feet of social distance for more than 15 minutes. Individuals are not allowed by the Westchester County Department of Health to “test out” of a quarantine by taking either a rapid or PCR COVID-19 test. Please see the Westchester County Department of Health’s Quarantine Protocol for 2019 - Novel Coronavirus [here](#).

#### *Isolation*

This is a function of the Department of Health and may not be overridden by the City School District of New Rochelle. The school district works in consultation with the Westchester County Department of Health regarding all COVID-19-related matters. The school district and its schools are not authorized to declare isolation.

Upon the report of a positive COVID-19 test result, the school district will report the positive case(s) of COVID-19 to the Westchester County Department of Health. The Westchester County Department of Health will contact the positive person(s) and place her/him/them in isolation. The school district will enact the “Contact Tracing Protocol” to determine any students/employees who potentially may have been in close contact with the positive person.

Only the Westchester County Department of Health can declare an isolation status for a person or remove a person from isolation status. Persons are not allowed by the Westchester County Department of Health to “test out” of isolation by taking either a rapid or PCR COVID-19 test. Please see the Westchester County Department of Health’s Isolation Protocol for 2019- Novel Coronavirus [here](#).

Category	Guidance from Centers for Disease Control and Prevention, NY State Education Department, New York State Department of Health and the American Academy of Pediatrics	City School District of New Rochelle District Plan  <i>Guidance Effective November 1, 2021</i>
<b>Daily Health Screening</b>	<b>Screening:</b> The Centers for Disease Control no longer requires daily health screenings in communities with “low to moderate” COVID-19 transmission rates.	<b>Screening:</b> Effective October 25, 2021, students and families are no longer required to participate in a daily health screening that includes a “symptoms, temperature, and COVID contact” checklist and daily temperature check in order to enter school district buildings.  The City School District of New Rochelle will reinstitute this practice upon being required to do so by the Centers for Disease Control and Prevention or the Westchester County Department of Health.

		<p>In lieu of the daily health screening questionnaire and temperature assessment, the District will send a daily text reminder to parents to do a symptoms check for their child. The District's Interim Medical Director suggests asking the following health-related questions:</p> <ul style="list-style-type: none"> <li>• "Are you feeling well today?"</li> <li>• "Do you feel well enough to go to school?"</li> <li>• "Do you have a fever?"</li> <li>• "Do you feel warm?"</li> </ul> <p>Please remember to keep your child home when he or she is sick. Always notify the school nurse about any illness.</p> <p>Individuals not employed by the District must complete a screening questionnaire to enter any District building, including the Board of Education.</p>
<b>Masks</b>	<p><b>Indoors:</b> Universal mask wearing for all students and staff regardless of vaccination status.</p> <p><b>Outdoors:</b> Mask wearing is optional. The Centers for Disease Control recommends persons who are not fully vaccinated to:</p> <ul style="list-style-type: none"> <li>• Wear a mask in crowded outdoor settings</li> <li>• During activities that involve prolonged close contact with other people.</li> </ul> <p>Per the guidance, schools requiring persons to wear a mask should consider:</p> <ul style="list-style-type: none"> <li>• The possibility of accommodation for individuals who are not fully vaccinated and/or who are unable to wear or have difficulty wearing masks because of a disability.</li> </ul> <p>From New York State Education Department: Effective immediately, in</p>	<p>Masking is one of six mitigation strategies used by the District to protect students and staff from COVID-19 infection in school. When we enforce the mask mandate, we remain in compliance with NYSDOH/SED guidance and regulations and we support our in-class program of seating students 3 feet apart as long as they are fully masked.</p> <p>The mask mandate becomes more powerful as each strategy becomes more powerful when used in conjunction with other safety protocols including weekly saliva testing, vaccination, physical distancing, daily cleaning and disinfection, natural and mechanical ventilation, and respiratory etiquette. Each protocol becomes a "value add" in the web of protection, each is important by itself, but most importantly, each works in tandem with all other strategies.</p> <p>Consistent and correct mask use will be modeled for school district students by the school nurse and reinforced throughout the day by teachers, building staff, and administrators.</p>

	<p>accordance with the Commissioner's Determination issued pursuant to 10 New York Commissioner's Regulations 2.60, any person over the age of 2 (including all students, personnel, teachers, administrators, contractors, and visitors) must wear masks at all times in all school buildings, regardless of vaccination status.</p> <p>People do not need to wear masks when:</p> <ul style="list-style-type: none"> <li>• Eating.</li> <li>• Drinking.</li> <li>• Singing.</li> <li>• Playing a wind instrument.</li> </ul> <p>Individuals <b>must</b> be spaced 6 feet apart. All mask requirements must be applied consistently with any state and federal law (e.g., Americans with Disabilities Act).</p>	<p>COVID-19 spreads more easily indoors than outdoors. Studies show that individuals are more likely to be exposed to COVID-19 when they are closer than 6 feet apart.</p> <p><b>Indoors:</b> Students and staff, regardless of vaccination status, are required to wear masks indoors with the exception of:</p> <ul style="list-style-type: none"> <li>• Lunch, where 6 feet of physical distancing must be maintained.</li> </ul> <p>The <b>indoor</b> masking mandate applies to visitors, parents, contractors, students and staff before, during and after school, during weekend and summer programs.</p> <p><b>Outdoors:</b></p> <ol style="list-style-type: none"> <li>1) Vaccinated: Mask-wearing is optional but encouraged for students/staff who are fully vaccinated.</li> <li>2) Unvaccinated: Individuals who are not fully vaccinated are highly encouraged to wear a mask especially in crowded outdoor settings, and during activities that involve prolonged close contact.</li> <li>3) When individuals, regardless of vaccination status, are in large gatherings with people from multiple households in an outdoor public space and can't stay at least 6 feet apart, they must be masked.</li> </ol>
<b>Mask Break</b>	<b>No Guidance Offered</b>	<p><b>Mask Breaks:</b> This District allowance has been discontinued as of December 13, 2021.</p> <p>The District will follow an "open window" policy, requiring that windows be kept open to promote natural ventilation unless there is a safety, security, privacy, health, or other significant reason for closing them.</p>
<b>Physical Distancing</b>	<b>Classroom, Lunch, Recess, Music and Physical Education:</b> Students maintain at least 3 feet of physical distance between students within classrooms, physical education. Music, not involving singing or	<b>Within Classrooms:</b> Schools will maintain 3 feet of physical separation between students and maintain 6 feet of physical separation between students and teachers/staff in classrooms, where feasible.

	<p>wind instruments, will maintain 3 feet distance.</p> <p>Students in chorus or playing a wind instrument at least 6 feet of distance between students is recommended. In physical education, ensure any contact between activities is quick and not for extended periods of time. When outdoors, schools should encourage activities that allow for distancing and reduced contact. A distance of at least 6 feet is recommended between students and teachers/staff at all times, where feasible, and between teachers/staff who are not fully vaccinated.</p> <p>When outdoors, schools should encourage activities that allow for distancing and reduced contact. A distance of at least 6 feet is recommended between students and teachers/staff, and between teachers/staff who are not fully vaccinated.</p>	<p><b>Lunch:</b> During lunch, students will be seated 6 feet from each other.</p> <p><b>Recess:</b> During outdoor recess, students are not required to wear masks or maintain 6 feet of physical distance since:</p> <ul style="list-style-type: none"> <li>● Recess involves quick and fast- moving activities, preventing the concentration of virus particles.</li> <li>● Students engage with their known class cohort during play.</li> <li>● Students will be advised to avoid prolonged close contact during recess.</li> </ul> <p><b>Music:</b> Vocal music and wind instrument playing must occur at 6 feet of physical distance with masks. String playing can take place at 3 feet of physical distance, but masks are mandated.</p> <p><b>Physical Education</b></p> <p><b>Outdoor Physical Education:</b> Staff and students do not require 6 feet of physical distance or masks but face mask usage will be encouraged for unvaccinated students while physical education instruction will avoid prolonged close-contact activities.</p> <p><b>Indoor Physical Education:</b> Staff and students must wear face masks and maintain 6 feet of physical distance where feasible. Indoor Physical Education classes will emphasize:</p> <ul style="list-style-type: none"> <li>● Light activity</li> <li>● Have 6-foot floor markers</li> </ul>
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<p><b>Contact Tracing and Quarantine</b></p>	<p><b>Student Contact Tracing and Quarantine:</b> School districts must continue to report positive cases to the Department of Health portal. Only those who are required to quarantine must be reported. All individuals who test positive for COVID-19 must remain in isolation for 10 days from the date of symptom onset or test date.</p> <p>In the K-12 indoor classroom setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both students correctly and consistently wear well-fitting masks the entire time. This exemption does not apply to teachers, staff, or other adults in the indoor classroom setting.</p> <p>According to the Centers for Disease Control, staff and students who are fully vaccinated do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested three to five days after their exposure, even if they do not have symptoms, and wear a mask in doors in public for 14 days following exposure or until their test result is negative. It is recommended that schools continue to contact-trace and notify families of potential exposure to a monitor for symptoms closely 14 days from the date of the last exposure. Any students who begin to exhibit symptoms of COVID-19 should remain home and seek testing.</p>	<p><b>Student Contact Tracing and Quarantine:</b> “Close Contact” is defined by proximity and duration of exposure:</p> <ul style="list-style-type: none"> <li>● <b>Classroom Setting</b> <ul style="list-style-type: none"> <li>○ The student was within 3 feet of the infected person</li> <li>○ The student was in close contact for 15 or more cumulative minutes</li> </ul> </li> <li>● <b>Non-Classroom/Bus/Van Setting</b> <ul style="list-style-type: none"> <li>○ The student was within 6 feet of the infected person</li> <li>○ The student was in close contact for 15 or more cumulative minutes</li> </ul> </li> </ul> <p><b>Revised Westchester County Department of Health quarantine procedures for vaccinated <i>and</i> unvaccinated students:</b> A student will be quarantined by the Westchester County Department of Health <i>only</i> if s/he is unvaccinated and fewer than 3 feet from a COVID-positive person for 15 or more cumulative minutes in the classroom setting, even if masked.</p> <p>Students who maintain 3 feet of physical separation and wear a well-fitting mask <i>will not need to be quarantined by the</i> Westchester County Department of Health and can remain in school.</p> <p>Vaccinated students who, after being in contact with a COVID-19 positive person and has shown signs of illness, must provide a medical diagnosis <b>and</b> a negative COVID PCR test result prior to being returned to the school environment.</p> <p>Unvaccinated students who are riding a bus and are less than 6 feet from a COVID-positive person for 15 or more cumulative minutes, even if masked, will be quarantined by the Westchester County Department of Health.</p> <p>In all cases, students should be PCR saliva-tested in the school district’s weekly screening program within three to five days following exposure.</p>
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	<p><b>Employee Contact Tracing and Quarantine:</b> School districts must continue to report positive cases to the Department of Health portal. Only those who are required to quarantine must be reported. All individuals who test positive for COVID-19 must remain in isolation for 10 days from the date of symptom onset or test date.</p> <p>In the K-12 indoor classroom setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both students correctly and consistently wear well-fitting masks the entire time. This exemption does not apply to teachers, staff, or other adults in the indoor classroom setting.</p> <p>According to the Centers for Disease Control, staff and students who are fully vaccinated do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested three to five days after their exposure, even if they do not have symptoms, and wear a mask in doors in public for 14 days following exposure or until their test result is negative. It is recommended that schools continue to</p>	<p>The close-contact exception does not apply to teachers, staff, and other adults who must maintain 6 feet of physical separation.</p> <p>According to the Westchester County Department of Health, COVID-positive persons must remain in quarantine for <b>at least</b> 10 days from the date of symptoms' onset or test date of asymptomatic individuals.</p> <p>In compliance with tracking protocol, the school district will report positive cases of COVID-19 to the Westchester County Department of Health. The school district will notify families of potential exposure following the guidelines of the Westchester County Department of Health and Centers for Disease Control and Prevention.</p> <p><b>Employee Contact Tracing and Quarantine:</b> "Close Contact" is defined through proximity and duration of exposure:</p> <p><b>Classroom/Non-Classroom/Bus/Van Setting:</b></p> <ul style="list-style-type: none"> <li>• The unvaccinated adult was within 6 feet of the infected person</li> <li>• The unvaccinated adult was in close contact for 15 or more cumulative minutes</li> </ul> <p><b>Revised Westchester County Department of Health quarantine procedures for vaccinated and unvaccinated adults:</b> An adult will be quarantined by the Westchester County Department of Health only if s/he is unvaccinated and is less than 6 feet from a COVID-positive person for 15 or more cumulative minutes in the classroom setting, even if masked.</p> <p>Adults who maintain 6 feet of physical separation and wear a well-fitting mask will not need to be quarantined by the Westchester County Department of Health and can remain in school.</p> <p>Vaccinated adults who, after being in contact with a COVID-19 positive person and has shown signs of illness, must provide a medical</p>
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	<p>contact-trace and notify families of potential exposure to a monitor for symptoms closely 14 days from the date of the last exposure. Any students who begin to exhibit symptoms of COVID-19 should remain home and seek testing.</p>	<p>diagnosis <b>and</b> a negative COVID PCR test result prior to being returned to the school environment.</p> <p>Unvaccinated adults who are riding a bus and are less than 6 feet from a COVID-positive person for 15 or more cumulative minutes, even if masked, will be quarantined by the Westchester County Department of Health.</p> <p>In all cases, adults should be PCR saliva-tested in the school district's weekly screening program or within three to five days following exposure.</p> <p>The close-contact exception does not apply to teachers, staff, and other adults who must maintain 6 feet of physical separation.</p> <p>According to the Westchester County Department of Health, COVID-positive persons must remain in quarantine for at least 10 days from the date of symptoms onset or test date of asymptomatic individuals.</p> <p>In compliance with tracking protocol, the school district will report positive cases of COVID-19 to the Westchester County Department of Health. The school district will notify employees of potential exposure following the guidelines of the Westchester County Department of Health and Centers for Disease Control and Prevention.</p>
<b>Vaccinations</b>	<p>No Westchester County Department of Health requirement for vaccinations. Vaccination requirements for staff may be decided by the individual school districts. Centers for Disease Control recommends encouraging COVID-19 vaccination among all eligible students as well as teachers, staff, and household members as the most critical strategy to help schools safely resume full operations.</p> <p>The New York State Education Department recommends that the protocol to collect, secure, use, and further disclose this information should comply with relevant and statutory and regulatory requirements, including Family Educational Rights and Privacy Act (FERPA)</p>	<p><b>Vaccinations:</b> The school district, the Federation of United School Employees &amp; the Administrative &amp; Supervisors Union have agreed to require proof of vaccinations for all school personnel with an option for those employees who are not vaccinated to COVID-test weekly.</p> <p>The District will continue to partner with Westchester County Department of Health to establish vaccination clinics for eligible students and staff. Staff and students have regularly been provided information on where they can obtain a vaccine.</p> <p>The school district Human Resources Department will request staff to provide COVID-19 status in compliance with relevant school district agreements and regulatory requirements,</p>

		including the Family Educational Rights and Privacy Act.
<b>Testing</b>	Screening testing is a prevention strategy recommended by the Centers for Disease Control.	<b>Polymerase Chain Reaction (PCR) Saliva Testing:</b> The school district, in partnership with Westchester County Department of Health and Mount Sinai Hospital, will provide weekly Polymerase Chain Reaction (PCR) saliva testing for students and staff who volunteer and give consent.
<b>Remote Instruction</b>	<p><b>Remote Instruction:</b> According to the State Education Department, as long as it is followed by public health officials, school should be open for in-person teaching and learning, and students should be in school. In cases of school closures due to a declared a public health emergency, schools should be prepared to provide remote instruction.</p> <p>The State Education Department does not require schools that are open for full-time in-person instruction to provide online or remote instruction, districts may work with students and families to offer remote options if it is deemed to be in the best educational interest of the student.</p>	<p><b>Remote Instruction:</b> The school district will provide full five-day a week, in-person instruction. The school district continues to be fully prepared to pivot to a remote-instruction model if needed for quarantine or a public health emergency.</p> <p>The school district will not be offering a remote learning option during the 2021-2022 school year, absent a public health emergency. Students with doctor-documented medical needs, reviewed by the school physician, that precludes in-person school attendance, will be provided tutoring as per the school district home-instruction policy. Parents who wish to homeschool should contact the Home School Office.</p>

<p><b>Sports and Extra-Curricular Activities</b></p>	<p>Both the Centers for Disease Control and the State Education Department recognize that school-sponsored Sports and extracurricular activities provide students with enrichment opportunities that can help them learn and achieve and support their social, emotional, and mental health.</p> <p>To ensure the health and safety of the students during these activities, the Centers for Disease Control recommends the following:</p> <p>Due to increased exhalation that occurs during physical activity, some sports can put players, coaches, trainers and others at increased risk for getting and spreading Covid-19. Close contact sports and indoor sports are particularly risky. The New York State Education Department recommends vaccinations for high risk sports in high spread areas. Similar risks might exist for these extracurricular activities such as band, choir, and school clubs that meet indoors. Prevention strategies during these activities remain important. At minimum, students and adults should follow the same school day policies and procedures during athletic and extracurricular activities.</p> <p>Students should refrain from these activities when they have symptoms consistent with COVID-19 and should be tested. Schools are strongly encouraged to use COVID-19 screening testing for student-athletes, students participating in extracurricular activities or other activities with elevated risk (such as activities that involve singing, shouting, band, and exercise lead to increase exhalation and pressure, and in adults, (for coaches, teachers, advisers) who are not fully vaccinated and participate in or support these activities to facilitate safe participation and reduce risk of transmission – and avoid jeopardizing in-person education due to outbreaks.</p>	<p><b>Athletics, Interscholastic Sports, Extracurriculars:</b> The school district concurs about the value of athletics and extracurricular activities and has implemented the following safety protocols to reduce the risk of COVID-19 transmission:</p> <ul style="list-style-type: none"> <li>• Visiting and Home Team students will not be allowed use of locker rooms.</li> <li>• Students must be masked and maintain 6 feet physical distance when not participating in an activity.</li> <li>• Indoor facilities must have enhanced ventilation including open doors, windows, cross ventilation, HVAC fresh-air exchange four times per hour.</li> <li>• Athletics and extra-curricular activities must be Polymerase Chain Reaction-tested weekly.</li> <li>• Students in high contact sports or in extracurricular activities when indoors (choir, band, theater, competitive cheerleading or dance) who are less than 6 feet of physical distance from a COVID-positive individual must follow District contact tracing protocol with potential quarantine by the Westchester County Department of Health.</li> <li>• According to the Westchester County Department of Health, persons who are fully vaccinated can refrain from quarantine following a known exposure if they are asymptomatic and have been Polymerase Chain Reaction-tested within three to five days after the exposure, facilitating continued participation in in-person learning, sports, and extracurricular activities.</li> <li>• Protocols for Overnight Trips Recommended for Teams Traveling: <ul style="list-style-type: none"> <li>○ All team members, managers, coaches, and all traveling persons must be fully vaccinated. The second dose (depending upon the vaccine) must have been taken at least two weeks prior to the date the team is departing. (These trips are voluntary and refusal to be fully vaccinated will exclude athletes</li> </ul> </li> </ul>
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<b>Sports and Extra-curricular Activities continued</b>		<p>and/or personnel from participating.)</p> <ul style="list-style-type: none"> <li>○ All members of the traveling party must be take a PCR COVID test 48-72 hours prior to departure and proof of a negative test result must be provided to the Head Coach prior to departure.</li> <li>○ Universal mask wearing is required for all students and staff regardless of the mask policy in the particular city or state where they are staying.</li> <li>○ No more than 2 individuals are to share a hotel room. Team members shall not congregate or 'hang out' in other people's rooms.</li> <li>○ Should a member of the traveling party become symptomatic, they will be excluded and given a separate hotel room. A coach will remain at the hotel while the team member is excluded. The parents/guardians will be notified and it will be their responsibility to make arrangements to get their child home. A coach will stay at the hotel, separate from the child, until the parents arrive.</li> <li>○ When outdoors, universal mask wearing is optional but highly recommended.</li> <li>○ When teams arrive home, every member of the traveling party is required to take a PCR COVID test 48-72 hours upon arrival and the test result must be provided to the Health Office.</li> </ul>
<b>Spectators</b>	<p>The New York State Department of Health Sports &amp; Recreation Guidance has provided "social gathering limits for indoor and outdoor sports and recreation as follows: The outdoor sports and recreation limit is 500 persons, the indoor limit is 250 persons.</p>	<p><b>Spectators:</b> The school district will permit spectators at both indoor and outdoor competitions. Spectators attending indoor competitions will be required to wear a mask, maintain 3 to 6 feet of physical distance, while the event is limited to 250 attendees. At outdoor sports and recreation events, the school district will encourage a distance of 6 feet and reduced</p>

		<p>contact among spectators; spectators may be masked or unmasked; the outdoor spectator limit is 500 persons.</p> <ul style="list-style-type: none"> <li>• High School Winter Sports: <ul style="list-style-type: none"> <li>○ Visiting teams limited to 2 spectators per player and a list of names of each spectator must be sent to the CSDNR Athletic Department by 1:00 pm on the day of the game.</li> <li>○ Home teams limited to 5 spectators per player. and a list of names of each spectator must be sent to the CSDNR Athletic Department by 1:00 pm on the day of the game.</li> </ul> </li> <li>• Middle School Winter Sports: <ul style="list-style-type: none"> <li>○ Visiting team spectators will not be allowed.</li> <li>○ Home team limited to 2 spectators per player and a list of names of each spectator must be sent to the CSDNR Athletic Department by 1:00 pm on the day of the game.</li> </ul> </li> </ul>
<b>Outside Visitors</b>	No guidance has been provided.	<p><b>CSDNR Outside Visitor Guidance:</b></p> <ul style="list-style-type: none"> <li>• A "No Visitor" Policy will be in place during school hours, with only employees, workers and volunteers allowed. All volunteers follow the same protocols as school district staff.</li> <li>• All buildings require visitors to sign in, and a log will be maintained by security with the date, time, contact information, and places visited to help with contact tracing.</li> <li>• All contractors and visitors are required to complete a COVID-19 questionnaire before gaining entry to any building, including City Hall.</li> <li>• No permitted facilities usage for groups not associated with or serving the City School District of New Rochelle students in an approved school district program.</li> <li>• School events and Parent Teacher Association (PTA) meetings may take</li> </ul>

		<p>place virtually.</p> <ul style="list-style-type: none"> <li>• Principals can schedule appointments during the school day at their discretion.</li> </ul>
<b>School Field Trips</b>	No guidance has been provided.	<b>Field Trips:</b> The school district will permit field trips provided the location to be visited is open to the public and does not require disclosing vaccination status. Universal mask wearing is required for all students and staff during all field trips while indoors at all times, regardless of vaccination status and regardless of the masking protocols and practices of the field trip destination. Universal mask wearing during all field trips is optional but highly recommended for all students and staff while occupying outdoor spaces when at the field trip destination.
<b>Use of School Building</b>	No guidance has been provided.	<b>Building Use:</b> Use of facilities is limited to groups serving District students in approved after-school partnership programs. School district health and safety protocols must be diligently followed.
<b>International Travel</b>	<p>New York State Department of Health recommend persons returning from international travel who are:</p> <p><b>Unvaccinated:</b> Subscribe to an automatic 7-10 day quarantine. (PCR test on day 3-5 after returning to the U.S. PLUS even if you test negative, stay home and self-quarantine for the full 7 days; If you don't get tested, stay home and self-quarantine for 10 days after travel)</p> <p><b>Vaccinated:</b> Get tested with a viral test 3-5 days after travel. Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.</p>	<p>The City School District of New Rochelle will enforce any persons returning from international travel who are:</p> <p><b>Unvaccinated:</b> Must subscribe to an automatic 7-10 day quarantine. (PCR test on day 3 to 5 after returning to the United States. In addition, even if the person tests negative, he/she/they must stay home and self-quarantine for the full seven days. If the person does not get tested, stay home and self-quarantine for 10 days after travel).</p> <p><b>Vaccinated:</b> Get tested with a viral test 3-5 days after travel. Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.</p>
<b>Cleaning and Disinfection</b>	The New York State Education Department and the Centers for Disease Control recommend cleaning school buildings and school buses at least once a day to sufficiently remove any germs that may be on surfaces. The New York State Education	<p>The City School District of New Rochelle will comply with these recommendations.</p> <p>In addition to the cleaning protocols in place including use of high MERV-16 air filters, cleaning air ducts, using surface-cleaning</p>

	<p>Department and the Centers for Disease Control state that if a school building has someone who tested positive for COVID-19 within the last 24 hours, it is important to clean and disinfect the space as soon as possible.</p>	<p>products, the school district is completing installation of indoor air purification technology that will provide active and continuous disinfection of the air within each school.</p> <p>Cleaning, inspection, and servicing of ventilation systems (HVAC, air ducts, etc.) will take place on a scheduled basis in all District buildings.</p>
<b>Ventilation</b>	<p>State Education Department Guidance: Improved ventilation inside schools can reduce the number of virus particles in the air. Some ventilation strategies that schools can consider:</p> <ul style="list-style-type: none"> <li>• Bringing in fresh air into the building by opening multiple doors and windows.</li> <li>• Retrofitting HVAC systems to improve air filtration.</li> <li>• Using child-safe fans to increase the effectiveness of open windows.</li> <li>• During transportation, open windows on buses and other forms of transportation, if doing so does not pose a safety risk.</li> </ul>	<p>The City School District of New Rochelle believes ventilation is an essential health and safety protocol that supports all school activities in the school district. In classrooms, music areas, gyms and auditoriums, enhanced HVAC systems exchange fresh air four times per hour, ensuring indoor air quality that meets or exceeds State Education Department and ASHRAE standards. These systems are supplemented, where appropriate, by natural ventilation provided by open windows.</p> <p>*The school district will institute an “open-window” policy, requiring that windows be kept open in naturally ventilated indoor spaces, unless there is a safety, security, privacy, health, or other significant reason for closing them.</p>

<b>CSDNR Virtual Learning Plan</b>	<b>Eligible for CSDNR Virtual Learning</b>	<b>Not Eligible for CSDNR Virtual Learning</b>
		<p><b>X</b> Student is taken or kept home from school by parents’/guardians’ choice that is not at the requirement of a CSDNR School Nurse due to the observation of displaying COVID-like symptoms</p>



		<b>X</b> Student is taken or kept out of school by parents/guardians for planned or unplanned trip while school is in session
	✓ Student is exposed to a COVID-positive person and must quarantine as discovered by documented CSDNR school contact tracing or a local New York State Department of Health	
	✓ Student is diagnosed as COVID-positive via a PCR test or Medical Physician	
	✓ Student is part of a CSDNR class or school that must pivot to virtual learning due to a COVID event	

<b>Visual &amp; Performing Arts Content Area</b>	<b>In-Person Plan</b>	<b>Virtual Learning Plan</b>
<b>ART: K-5 Visual Art</b>	Social distance at 3 feet with masks, shared materials should be wiped down between uses or students should have their own set of materials.	Visual Arts instruction will mirror in-person instruction. Students will be provided art kits to execute all projects.

<b>MUSIC: Elementary Instrumental Music</b>	String Instruments: 3 feet of social distance, Wind Instruments: 6 feet of social distance. All students should remain masked. Instrument specific PPE will be provided by the Department of Performing & Visual Arts.	Instrumental teachers will provide instruments to students. Instruction will mirror in-person instruction. Assessments can be done using Smart Music software.
<b>MUSIC: PK-5 General Music</b>	Social distance at 3 feet with masks, singing can only take place outdoors or if the room can accommodate 6 feet of social distancing.	General Music instruction will mirror in-person instruction. The curriculum will be supported by Quaver Education programs and will be facilitated by the teacher.
<b>ART: Middle School Visual Art</b>	Social distance at 3 feet with masks, shared materials should be wiped down between uses or students should have their own set of materials.	Visual Arts instruction will mirror in-person instruction. Students will be provided art kits to execute all projects.
<b>MUSIC: Middle School General Music</b>	Social distance at 3 feet with masks, singing can only take place outdoors or if the room can accommodate 6 feet of social distancing.	General Music instruction will mirror in-person instruction. Students will be provided digital resources as necessary.
<b>MUSIC: Middle School Instrumental Music</b>	String Instruments: 3 feet of social distance, Wind Instruments: 6 feet of social distance. All students should remain masked. Instrument specific PPE will be provided by the Department of Performing & Visual Arts.	Instrumental teachers will provide instruments to students. Instruction will mirror in-person instruction. Assessments can be done using Smart Music software.
<b>MUSIC: Middle School Vocal Music</b>	Social distance at 6 feet with masks.	Vocal Music curriculum will mirror in-person instruction. Student assessment can be virtual and/or recorded.
<b>ACTING: High School Acting</b>	Social distance at 3 feet with masks.	Acting instruction will mirror in-person instruction with a focus on the filmmaking portion of the acting program.
<b>ART: High School Clay/Sculpture</b>	Social distance at 3 feet with masks, shared materials should be wiped down between uses or students should have their own set of materials.	Continue with Clay/Sculpture curriculum mirroring in-person instruction.
<b>ART: High School Graphic Design</b>	Social distance at 3 feet with masks, computer keyboards should be wiped down between uses.	Continue with Graphic Design curriculum mirroring in-person instruction.
<b>ART: High School Studio Art</b>	Social distance at 3 feet with masks, shared materials should be wiped down between uses or students should have their own set of materials.	Continue with Studio Art curriculum mirroring in-person instruction.

<b>DANCE: High School Dance</b>	Social distance at 6 feet with masks.	Maintain Dance curriculum mirroring in-person instruction.
<b>MUSIC: High School Instrumental Music</b>	String Instruments: 3 feet of social distance, Wind Instruments: 6 feet of social distance. All students should remain masked. Instrument specific PPE will be provided by the Department of Performing & Visual Arts.	Instrumental teachers will provide instruments to students. Instruction will mirror in-person instruction. Assessments can be done using Smart Music software.

### **Acronyms Used:**

AAP: American Academy of Pediatricians

ASHRAE: American Society of Heating, Refrigerating, and Air-Conditioning Engineers.

CDC: Centers for Disease Control and Prevention

CSDNR: City School District of New Rochelle

HVAC: Heating, Ventilation, and Air Conditioning

NYSED: New York State Department of Education

NYSDOH: New York State Department of Health

WCDOH: Westchester County Department of Health