
POWERS LAKE PUBLIC SCHOOL HEALTH & SAFETY SMART RESTART PLAN

Powers Lake School Board Special Meeting
August 5th, 2020

***The following guidelines and plan may be updated according to new information.
Powers Lake Administration may alter the plan to accommodate needed changes.***

Powers Lake School Families,

It has been a challenge for our entire community since March, but we hope you have found ways to cope and embrace this new normal. Thank you to the students, staff, parents, and community members who have helped us succeed in these difficult times. The 2019-2020 school year was challenging but we are proud of our students and thankful the district was able to celebrate our seniors' accomplishments with an outdoor graduation exercise at our football field.

The challenge now is planning for what school will look like during the 2020-2021 school year. This is a daunting task as we all realize how the impact and response to COVID-19 has changed rapidly over the past four months. This plan will try to address these challenges, while providing a flexible framework to guide our response over the next school year.

For academic, social-emotional, and economic reasons, we will return to an in-person model on Tuesday, August 18th. Yet, we cannot disregard that the health and safety concerns associated with the virus remain. The district must consider all practical steps to keep our schools from contributing to virus spread in our community.

This plan presents many hours of critical thinking, research, modeling, and work by our educators, staff, and school board. This group reviewed input gathered from our employees and parents.

We realize that reviewing this plan may not address every question you have. We recognize some concepts and actions may be polarizing, and there are strong opinions about what the school should or should not do. We must remain open to what is possible and consider all options so we can move forward.

Thank you for your time reviewing this plan. We encourage everyone to ask questions and communicate their concerns as we move forward. Together, our school can provide quality education to our children in a safe manner as we work together to solve problems.

Respectfully,

John Gruenberg
Superintendent

Jody Schroeder
School Board President

Assumptions & Assurances

Powers Lake Public School believes:

- Every student should have the opportunity to engage in learning, regardless of the spread of COVID-19 in our community.
- Schools have a vital role in providing safe environments for students, focusing on both social-emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members we can solve most challenges.
- Our district will make decisions based on the most current guidance from local, state, and national health care officials.
- The Powers Lake School Board will ensure our plan meets the needs of our students, educators, staff, and community.

Our Planning Team

Powers Lake Public School's Restart Plan was crafted and reviewed by a team consisting of the following:

- Educators
- Secretaries
- Custodial Staff
- School Board Members
- 1st District Health
- School Principals

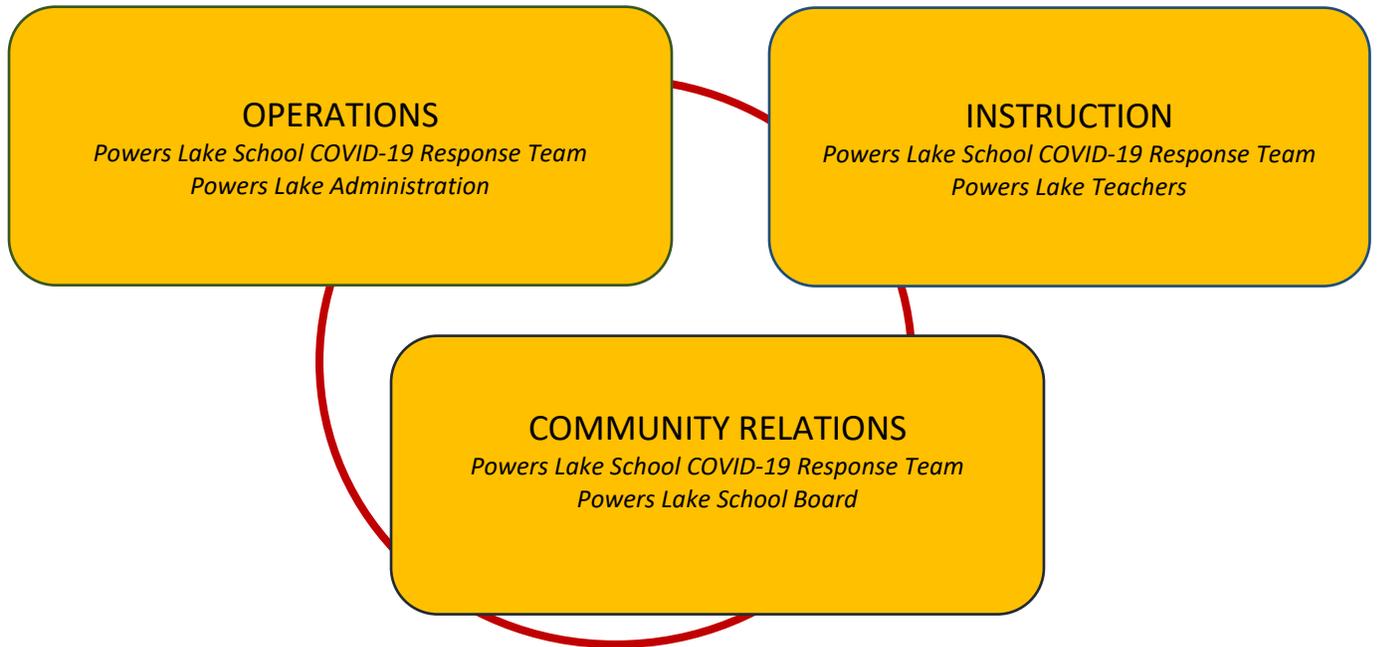
Input was gathered by various means to allow for a wide range of input, while maintaining social distancing.

Powers Lake Public School COVID-19 Response Team

John Gruenberg, Superintendent
Seth Wisthoff, High School Principal
Caren L. Hoiby, K-12 Dean of Students
Mona Christenson, Athletic Director
Liz Enget, School Counselor
Nicole Fraunfelter, HS Special Education Teacher

COVID-19 Response Team & Coordinators

This organizational structure was crafted to assist in the development and monitoring of the district return-to-learning plan. This structure identifies leaders and guiding team members that will serve as a voice in how the district responds to COVID-19 during the school year. This plan is designed to address the issues of reopening as well as provide a responsive process to issues that may not be recognized today.



The above three components have been identified as key operational teams that consist of multiple departments. Each operational team will work to implement the return-to-learn plan and address challenges as they arise.

COVID-19 Building Level Coordinators

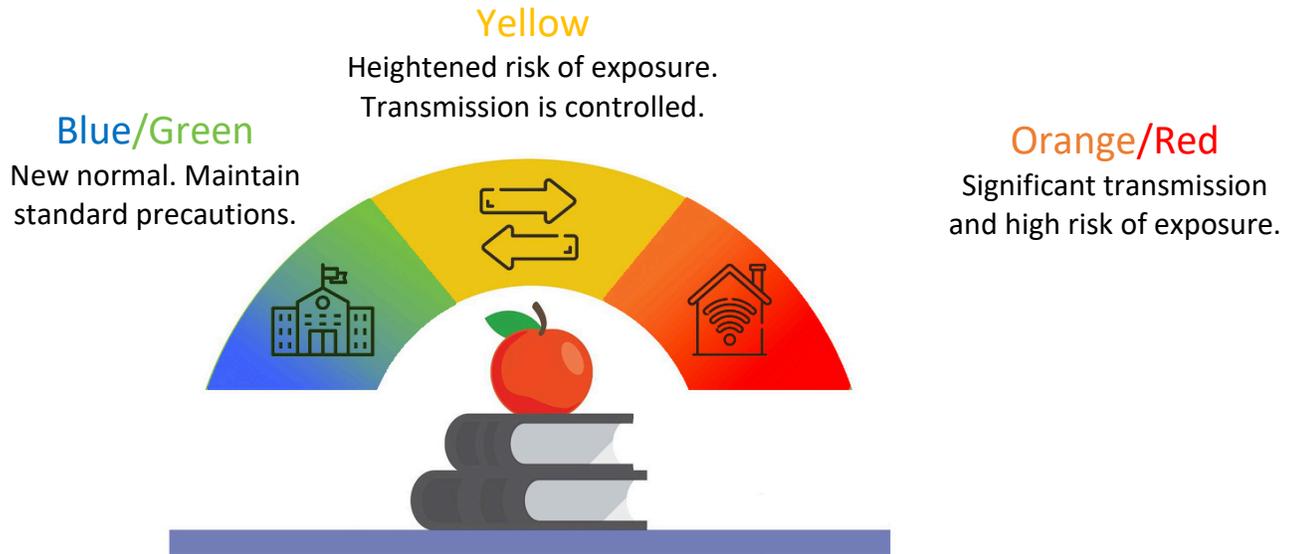
Each school building will have an identified COVID-19 Coordinator who will be responsible for the health and safety preparedness and response planning. Coordinators will make themselves available to the NDDoH 24 hours a day / 7 days a week to respond to phone calls from public health. This position will assist public health in identifying and notifying close contacts in the school setting. The coordinator will report cases of COVID-19 found in the school setting to health officials if so needed.



Caren L. Hoiby, K-12 Dean of Students, will assume the role of building level coordinator in all Powers Lake School buildings. If the coordinator is unable to be reached the secondary contacts will be either John Gruenberg, Superintendent or Seth Wisthoff, High School Principal.

Phases

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the ND Smart Restart Plan. Each level is reported to schools by the NDDoH after rigorous testing and assessment of cases in the community. [ND Smart Restart Plan](#)



Instructional Models

The instructional models used by the district will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This is a guide as instructional models could be altered based on other factors, such as occupancy levels, age of children, and abilities to move certain classes online.

-  **Traditional Learning (Blue/Green)**
All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.
-  **Blended Learning (Yellow)**
Students report to school on a modified schedule. Multiple hybrid models of instructional delivery may be appropriate to meet the educational needs through a variety of delivery models.
-  **Distance Learning (Orange/Red)**
Microsoft Office 365, Seesaw, Edmodo, Edgenuity
All instruction is provided off-campus with distance learning resources or suited to the unique needs of the student. The new distance learning plan will include more rigor than the prior distance learning from the Spring of 2020.

Health and Safety Guidance

The district strives to provide a healthy and safe environment for all who occupy Powers Lake Public School. The following guidelines are intended to provide a framework for the district's response to COVID-19.

Resources

ND Department of Public Instruction - <https://www.nd.gov/dpi/parentscommunity/nddpi-updates-and-guidance-covid-19>

ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>

Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Best Intentions

Despite taking every reasonable precaution, there is not a guarantee that our school will be without risk as it relates to COVID-19. The virus may be present on our buses, in our classrooms, and at our activities. In certain situations, social distancing is not possible in a school setting. Powers Lake Public Schools' actions, as outlined in this plan, will not prevent any student or staff member from being in contact with the virus.

Protect Yourself and Others

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



- Keep physical distance from others, especially those people who are at a higher risk of getting sick or that have a household member who is at higher risk.
- Adjustments and/or modified schedules will be used for common areas to increase physical distancing. These common areas include the lunchroom, hallways, bathrooms, and gymnasium.
- The sharing of instructional materials will be limited as much as possible.
- Physical separation on busing, one student per seat, will be recommended but cannot be guaranteed.
- Visitors will have limited access and all visitors will be required to sign in, leave full name and phone number, and wear a face covering when inside the school building.

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 and/or students will clean and disinfect frequently touched surfaces daily.
- Shared materials will be cleaned and disinfected frequently.
- Classrooms will be cleaned nightly by custodial staff.

Cover your mouth and nose with a face covering when around others.



- The wearing of face coverings will be applied in phases based on the phases within the [ND Smart Restart Guidance](#).
- Educators need to teach students how to properly wear a face covering so they are prepared to use them on school buses or in other situations when in close proximity with others.
- If in the Blue / Green stage, face coverings are recommended for students and required for staff when in close contact with others.
- If in the Yellow stage, face coverings are required for all staff and students.
- If in the Orange / Red stage, face coverings are required for all staff and students.



Powers Lake School COVID-19 PPE Guidance

BLUE / GREEN	PPE
All staff (other than what is outlined)	Required to wear face coverings when in close contact with others. Required to wear face coverings on school transportation (bus)
All Students	Recommended to wear face coverings. Required to wear face coverings if using school transportation (bus)
Public facing staff (i.e. receptionists/clerical) unless plexiglass partition is in place.	Required to wear face coverings.
Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e. Nurse, SPED, EL, educator)	Building administrators in consultation with the educator will determine if face coverings or face shields are required . This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.
YELLOW	PPE
All staff	Required to wear face coverings.
All Students	Required to wear face coverings. Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
<i>All staff and students in school transportation</i>	Required to wear face coverings.

ORANGE / RED	PPE
All staff	Required to wear face coverings.
All Students	Required to wear face coverings. Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
<i>All staff and students in school transportation</i>	Required to wear face coverings.

Monitor your health daily



- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick should stay home.
- Temperatures of students and staff will be taken upon arrival at school or before getting on school transportation.
 - Symptomatic students will be isolated, and their guardians contacted.

Health & Safety Protocols

Student & Staff Health

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. Powers Lake School will take the following measures to ensure all students and staff are healthy while they are at school.

Identifying Students & Staff at Higher Risk

- Back to School and enrollment processes will include questions asking families to identify if their child is at-risk, based on a health professionals’ diagnosis. This information will be provided to the COVID-19 Coordinator who will contact the family and discuss instructional model options.
- The Powers Lake Administration will inquire of all employees if they are at-risk, based on a health professionals’ diagnosis. The central office will work in partnership with the COVID-19 Coordinator and the employee to coordinate adjustments to the work schedule or workplace.
- When the NDDoH or First District Health unit inform the district of a student or staff member that is COVID-19 positive that information will be passed on to the COVID-19 coordinator as allowable within district policy and law.

Isolation & Quarantine

- Definitions (see appendix for more information).

- Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
- Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.
- Powers Lake School will follow isolation and quarantine guidelines and directives as set by NDDoH and First District Health Unit.

If a student or staff member becomes sick at school (or school event)

- Student
 - Direct / escort the child to the office.
 - The child must wear a face covering and isolate in the west entry of the school.
 - Parent / guardian will be contacted to pick up their child.
- Staff
 - Inform your supervisor immediately and wear a face covering / shield until you can be replaced if supervising students at that time.
 - Leave the school building/grounds and consult with a health care professional.

Return to School

- When a student or staff member has been isolated or quarantined as directed by NDDoH they will be allowed to return to school after being cleared by NDDoH.

Guidance for Grade Level & School Building Level Closure

This is intended as guidance for COVID-19 Coordinators and school leaders on when to close classrooms, grades, and buildings.

- Close contact as defined as being within 6 ft. of another individual for 15 min or greater.
- If a school is closed for any length of time, the district will determine which mode of instruction will resume.
- NDDoH may close a school or district at their discretion.
- One active COVID-19 case in the school: **(Blue/Green)**
 - Work with NDDoH and COVID-19 Coordinator to contact trace.
 - Close contacts will leave the school that day to begin quarantine.
 - Clean and disinfect.
- Five or more active COVID-19 cases in the school **(Yellow)**
 - Begin blended learning
 - Work with NDDoH and COVID-19 Coordinator to contact trace.
 - Clean and disinfect.
- Outbreak (20+) of active COVID-19 cases in the school: **(Orange/Red)**
 - School moves to distance learning for 2 weeks
 - Work with NDDoH and COVID-19 Coordinator to contact trace.
 - Clean and disinfect.
 - Plan for re-opening in blended learning

Facility Accommodations & Protocols

- Signage in hallways/restrooms/common areas reminding students about the following:
 - Proper hand-washing techniques
 - 6-ft physical distancing at all times
 - Cover your cough
 - Stay home when sick
- Visitor protocols
 - Pre-screening health questionnaire before entry into main office of the school.
 - Sign-in required with current phone number in case of contact tracing.
 - Face coverings are required and available
- Transitioning time / hallways
 - Exterior doors will be open if weather allows.
 - “Stay to the right”
 - Carpet markers in hallways to help with student/staff movement and spacing.
 - Staggered bell schedules and lunch schedules to help with reduced traffic flow and capacity.
 - Classroom doors will be kept open for all classrooms starting @ 8:00 am.
 - From 8:00 am to 8:30 am, students will have to be in the designated areas below. Students will not be allowed to congregate in the hallways as physical distancing cannot be achieved and the gymnasium will not be used in the morning or during homeroom.
 - Elementary
 - Classroom
 - Lunchroom
 - Recess
 - High School
 - 1st hour classroom
 - Lunchroom
- Classroom Procedures
 - Physical distance (6ft) wherever possible.
 - Face coverings **required** for staff when in close contact.
 - Students must wipe down or disinfect traffic areas before leaving room.
 - Encouragement of hand washing and hand sanitizer after cross contamination
 - Keep track of all students who are considered close contacts.
 - Seating charts will be utilized at all class and mealtimes

Transportation

- Buses will be sanitized at the end of the route each morning and afternoon.
- Assigned seating
- No in-town pickups
- Siblings can sit by each other
- Face coverings are required
- Temperature will be taken before getting on bus in the morning and before going to any school event.

Elementary / High School Lunch Schedule

Grade Level	Start Time	End Time
Kindergarten	10:55 am	11:18 am
1 st grade	11:00 am	11:20 am
2 nd grade	11:05 am	11:30 am
3 rd grade	11:20 am	11:40 am
4 th grade	11:25 am	11:45 am
5 th grade	11:30 am	11:50 am
10-12 th grade	12:00 pm	12:25 pm
6-7 th grade	12:27 pm	12:48 pm
8-9 th grade	12:50 pm	1:15 pm

- Hand sanitizer will be available, all students must wash their hands or sanitize before meals.
- All students will be required to remain in the seats that they are assigned.
- Trays and silverware will be distributed by kitchen staff.
- Salad bar will be served by kitchen staff.
- Office staff will enter in lunch numbers, seconds, etc.
- Teachers will sanitize tables after use.

Dismissal and Homeroom

- Homeroom students in grades 6-12 will not be allowed to use the gymnasium.
- Students will be dismissed in the following order:
 - Bus students and co-op athletes
 - 3:15 pm Face coverings required
 - All other students
 - 3:20 pm Face coverings recommended

Powers Lake School

Blended Learning Model

2020 – 2021

If we have 5 or more cases, we will move to blended learning to lessen the amount of people in the building at one time.

High School

- 2 days in house – 2 days virtual
- Friday's content is at teacher discretion (lecture, homework day, missing assignments etc.....)
- Students are expected to participate in class all 5 days
- Teachers will be available online on Teams or Zoom on Fridays

Elementary

- K-5 will be in-house M-Th
- All elementary grades will be virtual on Fridays
- If there is one case in an elementary class, the entire class quarantines and goes into distance learning for 2 weeks (unless tested on a Mon with no symptoms 2 days before being Sat & Sun and no class contacts)

Class Schedule

K – 5	Monday thru Thursday
6-7, 10	Monday and Wednesday
8-9, 11-12	Tuesday and Thursday

- Everyone is virtual on Fridays
- Teachers, unless in quarantine, are expected to be in the building except Friday
- Elementary are all gone only if in distance learning
- Case numbers coming down will always begin on a Monday
- Case numbers going up will change the next day

Blended Learning Attendance on Friday

Srs – Mrs. Bolen
Jrs – Mr. Rosin
Soph – Mrs. Wisthoff
Fresh – Mrs. Hove
8th – Mrs. Grubb
7th – Mrs. Helseth
6th – Miss Tinjum

Elementary

Friday distance learning packets will need to be turned in on Monday as they will be used as your Friday attendance.

The Blended Learning Model is current as of 8/17/20

Blue / Green

Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Implement reasonable accommodations to reduce school-wide and community spread.
Districtwide Practices:	<ul style="list-style-type: none"> • Social distancing where possible and reasonable. • Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas. • Handwashing integrated throughout the day. • Hand sanitizer available throughout the building. • Support parents on use of technology tools and online curricular resources. • Transportation provided by school.
Schools:	<ul style="list-style-type: none"> • Protective measures will be implemented in office spaces. • Some school events, assemblies and gatherings may be changed or cancelled. • Access to campus may be limited, with new protocols.
Classrooms:	<ul style="list-style-type: none"> • Students issued “technology” and trained on how to access online learning resources including LMS systems adopted by school. • Limited use of shared materials and supplies. • Desks arranged to allow for cohort groups and social distancing where possible and reasonable. • Staff working in close proximity to students will be advised to wear a face covering.
Common Areas:	<ul style="list-style-type: none"> • Students when moving around the building will move in cohort groups and reasonably try to limit exposure to other groups. • Schedules may be altered to reduce cohorts passing in common areas. • Lunch times and location may be altered to reduce the number of students in the cafeteria at any one time.
Extracurricular & Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.
Communications:	<ul style="list-style-type: none"> • Share information about how to stop the spread of COVID-19.

Yellow

Priorities:	<ul style="list-style-type: none"> • Ensure students and staff who are symptomatic stay at home. • Maximize social distancing cohort where possible. • Support blended learning model.
Districtwide Practices:	<ul style="list-style-type: none"> • Based on identified COVID cases of students and staff targeted closures may be implemented (class, grade, department, etc.), while other schools remain open and meeting students in person. • Social distancing where possible and reasonable. • Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas. • Handwashing integrated throughout the day. • Hand sanitizer available throughout the building. • Support parents on use of technology tools and online curricular resources. • Transportation encouraged by parents to and from school.
Schools:	<ul style="list-style-type: none"> • Protective measures will be maintained in office spaces. • Some school events, assemblies and gatherings may be changed or cancelled. • Access to campus may be additionally limited, with new protocols.
Classrooms:	<ul style="list-style-type: none"> • Students may be attending school on a blended learning model. • Students will be expected to engage in learning opportunities online using district LMS system on days they are not in school. • Teachers are expected to make direct student/family contact at least once per week. • Limited use of shared materials and supplies when students are in school. • Desks arranged to allow for cohort groups and social distancing where possible and reasonable. • Staff and students working in close proximity will be required to wear a face covering.
Common Areas:	<ul style="list-style-type: none"> • Students when moving around the building will move in cohort groups and reasonably try to limit exposure to other groups. • Schedules may be altered to reduce cohorts passing in common areas. • Lunch times and location may be altered to reduce the number of students in the cafeteria at any one time.
Extracurricular& Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.
Communications:	<ul style="list-style-type: none"> • Share information about how to stop the spread of COVID-19. • Share technology support resources for parents.

Orange / Red

Priorities:	<ul style="list-style-type: none"> • Reduce the risk of community spread by closing schools.
Districtwide Practices:	<ul style="list-style-type: none"> • Distance instruction will be used district wide in all courses at all grade levels. • Instruction will focus on essential learning targets. • Attendance and academic progress will be expected. • Grading policies will not be suspended. • Implement internet access (Wi-Fi) hot spots around schools, to support distance learning for those that may not have it in their homes. • Local food distribution may be implemented by food service program.
Schools:	<ul style="list-style-type: none"> • Closed to the general public except by special arrangement with the district office. • Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.
Classrooms:	<ul style="list-style-type: none"> • Students will engage in learning at the home. • Students will be expected to engage in learning opportunities online. • Teachers are expected to make direct student/family contact at least twice per week.
Extracurricular & Activities:	<ul style="list-style-type: none"> • Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities. • Athletic and other extra/co-curricular activities likely suspended.
Communications:	<ul style="list-style-type: none"> • Clear communication about academic expectations and grading shared with students and families. • Share technology support resources for parents.

2020-2021 Powers Lake Athletic Guidelines

Daily Attendance Log: (Required by NDHSAA)

- *Coaches need to fill in the player log at the beginning of each practice.
- *Daily logs should indicate groups that were in close contact with each other for a period of 15 minutes or longer and if individuals were wearing a mask.
- *A NFHS form with each player's name on it will be provided to the coaching staff.

Mandatory Quarantine:

- *This will be decided by the State Department of Health.

General consensus:

- *A single case of COVID-19 would follow the Department of Health guidelines along with contact tracing.
- *No practice or contests during this quarantine period for the affected players/team.
- *Separate teams (Jr. High-Varsity) not affected would be allowed to continue to practice and play games.
- *Games cancelled because of COVID-19 NDDoH policies are considered a "no contest" and may be rescheduled. Contracted game officials would not need to be paid.
- *If a school decides on their own, without a school/district closure, not to play a conference contest, the contest will be declared a "forfeit".

Locker Rooms:

Football teams would dress in the locker rooms

Volleyball and Basketball:

- *The home team will dress in a classroom. After the game, athletes will change in the classroom and put their uniform in a tote to be laundered at school.
- *The visiting teams would dress in the two locker rooms. Jr. High in one and JV and V in the other.
- *Teams may shower at the school, but they will be encouraged to shower at home if that is feasible.
- *Locker rooms and classroom used to dress in will be disinfected after each contest/practice.

Transportation:

- *Buses and minibuses will be used to transport sports teams as much as possible. This will depend on the availability of buses and bus drivers. **Parents may be asked to transport their student(s) to a game, if school transportation is unavailable.**
- *Coaches will administer temperature checks before athletes get on the bus. Anyone with a temperature of 100.3 or higher will not be allowed on the bus and the coach will notify administration about that athlete. The administration will then contact the player's parents.
- ***Assigned seats.** Athletes will be assigned a seat on the bus for all away games. Family members may be seated together.
- *Everyone on the bus should wear a face covering to and from the game.
- *The bus will be sanitized after each trip.

Video Streaming:

- *We are looking at using HUDL where a camera would be mounted in the gym and the games would be live streamed. Fans can view the games on YouTube at no cost.

Ticket Taking:

- *It is suggested that ticket takers wear face coverings and gloves. Plexiglass will be installed at the ticket booth if possible.

Game Personnel: In the gym, all game personnel would be asked to wear a face covering. Hand sanitizer will be available at the scorer's table. At the football field, all game personnel would be encouraged to wear a face covering

Physicals: Athletes can use a Form B physical if they had a physical for the 2019-2020 school year and that physical is on record in the office.

Water: All athletes, coaches, and game personnel should have their own water bottles. All water fountains will be used only to fill water bottles.

Practice gear: For volleyball and basketball, practice gear should be taken home and laundered weekly.

Spectators: Green-75% of capacity Yellow-50% of capacity:

*Our gym capacity: **400 people Green: 300 Yellow: 200**

*We will use bleachers on the stage for fans.

*To get an event people count, we must count all personnel in the building: coaches, players, officials, scorekeeper, bookkeepers, fans, janitors, concession workers,....

*Powers Lake players will be given 2 tickets each. The Visiting team will also get 2 tickets for each player. These tickets must be paid for by the users before they can enter the game venue. Additional tickets may be available for home and away fans depending on which COVIC phase we are in: blue/green yellow orange/red

*Fans need to social distance or wear face coverings.

Football:

Field capacity: 500 Green: 375 Yellow: 250

*Must count all personnel (You don't have to count people in their cars unless they get out to use the bathrooms or get concessions)

*Face coverings will be used by all game personnel.

*Face coverings and/or social distancing will be suggested for fans.

Concessions:

All food and pop would be served out of the concessions room. Students would be working at the concessions. They would need to be wearing a face covering and gloves.

MENU:

Prepackaged popcorn

Candy

Pop

The Lunchroom will not be used.

Food will be taken back to the gym and eaten there.

Staggered start for 2020 season

Volleyball:

JV/V will start on August 17

Jr. High will start on August 24.

Elementary will start on September 8.

Coaches' Responsibilities

1. Take temperatures at the beginning of practice. Any player with a fever is reported to administration and sent home. Forms will be on a google document accessible on the coaches cell phone.
2. At practice try to have the players stay in the same groups as much as possible so that if someone test positive the close contacts will be easier to figure out.
3. A roster of all game personnel traveling to the game will be sent to the host school ahead of time.
(Players, coaches, stats, bus driver, ...)
4. All players will have assigned seats. One person will sit in a seat. Family members may be put together if room is needed. A diagram of the assigned seats will be given to the office for their records.
5. Before a player gets on the bus, their temperature will be checked. If they register any temperature at all, they will not be allowed to go to ride the bus or go to the game. The coach will notify the administration of the name(s) of the student(s) so administration can notify the parent.
6. Everyone on the bus will need to wear a face covering while on the bus.
7. The coaches will decide whether the team will be stopping to get food before and after the game. The coach will let the team know ahead of time.
8. Water bottles need to be kept separate from each other.
9. Try to keep social distancing between players as much as possible.
10. The AD will try to let the coaches know the guidelines for competition at the school they are traveling to.

NOVEL CORONAVIRUS (COVID-19) RECOMMENDATIONS FOR SPORTS

This document provides basic guidance to be used by schools, coaches and athletic directors to help reduce the transmission of COVID-19 during sporting activities. With the virus that causes COVID-19 continuing to circulate in North Dakota, activities where people, including athletes, come together poses a risk for virus transmission. Athletic competition, with the physical exertion, deep breathing, physical closeness and increased time spent together, further increases that risk of transmission. The following guidance, even if fully implemented, likely will not stop all transmission but it may reduce transmission and may minimize the impacts of isolation and quarantine, depending on the situation.

REDUCE THE RISK OF TRANSMISSION

- Designate one person or a small team to plan and implement COVID-19 prevention measures
 - Include a communications plan in the overall plan
 - Notify administration
 - Assist public health official to rapidly notify athletes, parents and coaches of exposures
 - Notification of fans of possible exposures, if warranted
- Protect those that are at [greatest risk for complications or death](#) if they become ill with COVID-19
 - Athletes or coaches with underlying health conditions should avoid close contact with others and avoid large crowds
 - Athletes or coaches that have a household contact or other frequent contact with a person at high risk should also avoid close contact with other people and large crowds
 - Consider options and alternatives for these people to participate
- Monitor and check the health of athletes before every practice and game.
- Make a plan for how you will handle a sick athlete or coach
 - People with [symptoms](#) should consult with their health care provider to determine the need for testing and not be allowed to participate.
- Increase ventilation to indoor arenas and gymnasiums, to the extent possible, by opening doors, windows and increasing the amount of outside air circulating through the HVAC system.
- If possible, physical distancing of at least six feet should be maintained. Modify the game

or the competition to increase distance between competitors, if possible. At practice and during games, athletes should try to remain separated from each other. Maintain at least six feet between people on the bench or sidelines.

- Discontinue handshakes before and after games
- Hand sanitizer should be readily available
- Coaches should avoid face to face coaching
- If possible, wear cloth face coverings or masks while competing and practicing
 - Masks that become saturated with sweat, saliva or water will likely be less effective
- Athletes should have their own water bottle, clearly marked with their names
- Cohort as much as possible. During practice, cohort athletes into small groups and keep groups separated from each other.
- Use skill building drills that do not require or that minimize close contact
- Keep drills that require close or physical contact to a minimum and as short as possible
- In between activities requiring close contact, keep players separated by at least six feet
- Stagger schedules for practice and locker rooms to avoid crowding
- Weight room policies should reflect those used by gyms and [fitness centers](#) in the North Dakota Smart Restart.
- Practice outdoors, if possible. Outdoor events appear to be a much lower risk for virus transmission than indoor events.
- Avoid crowding in locker rooms and athletes are encouraged to shower at home after practices or games.
 - Staggering schedules
 - Using multiple locker rooms
- Hygiene and cleaning will remain important. Gear, equipment and locker rooms should be cleaned after every practice.
- If possible, compete only with teams in the general geographic area.
- Bus rides pose a risk because of the potential crowding into a small indoor area.
 - 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 to more easily identify contacts and to limit contacts
 - Consider using multiple vehicles
 - Wear masks
- If a school needs to close due to COVID-19, practices and games should be suspended until school can resume.
- Be sure athletes are up to date with immunizations to prevent the spread of other illnesses.

STANDARD PUBLIC HEALTH MEASURES

discontinue isolation under the following conditions:

- At least 10 days have passed *since symptoms first appeared* **and**
- At least 24 hours have passed *since last fever* without the use of fever-reducing medications **and**
- Symptoms (e.g., cough, shortness of breath) have improved
- If asymptomatic, then the person can discontinue isolation 10 days from the day of diagnosis.

Close contacts are defined as those people who were within six feet of a person confirmed to have COVID-19 for a period of 15 minutes or longer. During routine sporting events and practices, all participants would generally fall into the category of a close contact. Likewise, on a bus ride, those people seated within six feet of the infected person would be considered close contacts. Measures that reduce contact among athletes may lessen the number of people exposed. However, athletes may not only be exposed during practice or competition, but also through social and family contacts.

Close contacts are asked to quarantine at home for 14 days from their last exposure. If a household member has been diagnosed, the household contacts would not finish their quarantine until 14 days after the infected person is considered no longer infectious.

Thus, quarantine periods of 24 days or more are possible.

GAMES, FANS AND ATTENDANCE GUIDANCE

Currently, North Dakota is in the green phase of the ND Smart Restart. In this phase, facilities can allow occupancy up to 75% of their rated capacity, but not to exceed 500. It is advised that if physical distancing is not possible at 75% capacity level, that facilities further limit occupancy and attendance. Staggering rows for seating and otherwise marking areas where fans can sit can help reduce crowding and maintain physical distancing. Efforts should be made to carefully control entrance and egress to and from facilities to avoid crowding. Social distancing applies to outdoor events as well. Attendees should be told to stay home if they have any symptoms of COVID-19 and encouraged to wear masks, practice physical distancing, use good respiratory etiquette and practice good hygiene. Ventilation in the arena or gymnasium should be adjusted to allow for high rates of air exchanges, bringing in more fresh air from the outside.

Foodservice at games should comply with [restaurant](#) and universal standard protocols.

MORE RESOURCES

North Dakota Department of Health <https://www.health.nd.gov/diseases-conditions/coronavirus/protect-yourself-and-others>

North Dakota High School Activities Association <https://ndhsaa.com/>

North Dakota Smart Restart <https://www.ndresponse.gov/covid-19-resources/covid-19-business-and-employer-resources/nd-smart-restart/nd-smart-restart-protocols/fitness-centers>

Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

NFHS <https://www.nfhs.org/>

Checklist of Considerations Prior to First Contest

- Transportation - see above
- Video streaming: Powers Lake School will offer live streaming of home games/contests that have restricted attendance.
- Ticket takers and other event workers will be required to wear protective equipment such as masks and gloves.
- Concession stands: Should comply with [ND Smart Restart Restaurant](#) and Universal Standard Protocols.
- 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). Fan attendance may require masks as well as following physical distancing as per [ND Smart Restart Large Gathering Protocols](#).
- [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.

A decorative header featuring several green, stylized virus icons of varying sizes scattered around the central text.

BEFORE SCHOOL!

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

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 new or worsening cough?
Yes ___ No ___

Does your child have a fever of 100.4 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.

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

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
Who is it for?	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.
What is it?	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.
Where does it take place?	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.
When do I use it?	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.
How long is it for?	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 72 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
What does this mean for my daily life?	<ul style="list-style-type: none"> • Avoid large gatherings. • Stay 6-feet away from people. • If you are unable to stay 6-feet away from other people, wear a cloth face covering. • 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. • If possible, work from home. • Practice good hygiene and avoid shaking hands or touching your face. • If you become ill and need medical attention, call your health care provider. 	<ul style="list-style-type: none"> • Stay at home and avoid close contact with others. • Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people. • Call or video-chat loved ones. • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. • Monitor your symptoms. If you become ill and need medical attention, call your health care provider. 	<ul style="list-style-type: none"> • 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. • If you have a pet and live with others, do not touch your pet. • 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. • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. • 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. • Contact your health care provider immediately if you experience severe symptoms.

Last updated 05/07/2020

NOVEL CORONAVIRUS (COVID-19) RECOMMENDATIONS FOR SCHOOLS

SITUATION: There are COVID-19 cases in North Dakota, but not in your community

The North Dakota Department of Health (NDDoH) does not recommend school closures if cases are not occurring in your community. Schools should follow [CDC guidance](#) regarding preparing for COVID-19. The guidance includes monitoring absenteeism, keeping sick children out, ensuring handwashing, environmental cleaning, communicating with parents, etc. Districts should consult with their local public health unit to determine if cases are occurring in their community.

SITUATION: There are COVID-19 cases in your community, but there are no cases in your school

The NDDoH does not recommend school closures if the ongoing spread is not identified in your school. Schools should follow [CDC guidance](#) regarding preparing for COVID-19. The guidance includes monitoring absenteeism, keeping sick children out, ensuring handwashing, environmental cleaning, communicating with parents, etc.

SITUATION: There is one case of COVID-19 in your school

If there is a COVID-19 case in your school, the NDDoH will notify the facility. If a school is made aware of a COVID-19 case before being contacted by the NDDoH, please report

the case to the NDDoH at 1-800-472-2180 or 701-328-2378.

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) **and** be fever free for 24 hours (without the use of fever reducing medications) **and** have improvement of symptoms, whichever is longer. The NDDoH will provide guidance to the school and the case or case's parents/guardians.

Close contacts to a confirmed case of COVID-19 will be [quarantined](#) (must stay home) for 14 days from their last exposure to a case. A close contact is defined as someone who is within six feet of a confirmed case for 15 minutes or greater. It may also be someone who is directly coughed on or exposed to a case's secretions. Close contacts will be identified by the NDDoH during the investigation. In a school setting, close contacts to a case are often friends, teammates, classmates sitting next to, in front of, or behind the case, and potentially children in the same room as a case. This may mean that certain classrooms in a school have to be closed for 14 calendar days. If a case occurs in staff or children who are in multiple classrooms, then this may mean a higher number of close contacts have to be excluded from school for 14 calendar days.

SITUATION: There are two or more cases of COVID-19 in your school within 14 calendar days

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. Schools may also make this determination based on the availability of staffing or level of absenteeism.

SITUATION: There is/are a close contact(s) in your school

Children or staff who are identified as close contacts to a confirmed case of COVID-19 must be excluded from the school ([quarantine](#)) until 14 calendar days after their last known exposure to the case. Close contacts will be identified by the NDDoH and informed to stay home. Even if a close contact tests negative during their 14-day quarantine period, the contact must complete the 14-day quarantine period. It can take up to 14 days to develop COVID-19.

If a parent or other household member tests positive, the child must stay out of school for the case's [isolation period](#) (10 calendar days from onset) plus the child's [quarantine period](#) (14 calendar days). Public health authorities will advise the parent as to how long the child will need to be removed from school.

If a parent is a contact to someone confirmed to be positive for COVID-19 (case), then

the child may still attend school if the child did not have direct contact to a case.

SITUATION: Ill employees or children in your school

In addition to [general infectious disease exclusion criteria](#), schools should exclude ill employees or children who meet the following criteria:

Fever of 100.4° F **OR** two or more symptoms of fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain **OR** loss of taste and/or smell.

Employees and children need to be excluded until either (1) tested negative for COVID- 19 **OR** (2) diagnosed by a health care provider with another illness that does not require [exclusion](#) **OR** (3) for 10 days from onset **AND** fever-free for 24 hours (without the use of fever-reducing medications) **AND** symptoms are improving, whichever is longer.

COVID-19 Close Contacts in Child Care/School Settings

CDC Definition of a close contact: A [close contact](#) is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

Close contacts must be quarantined for 14 days from their last exposure to a confirmed case of COVID-19. Symptomatic close contacts should be referred to a health care provider for testing. Asymptomatic close contacts should be tested, ideally 7 – 10 days after last exposure to a confirmed case of COVID-19.

The following list of potential close contacts to a confirmed case of COVID-19 is not all inclusive. Additional individuals may be considered close contacts depending on the setting, type of contact, or situation.

Child Care:

- Children/staff in the same room/cohort as a confirmed case of COVID-19.
- If a case in a staff member or child “floats” between rooms, then children/staff in each room will be considered close contacts unless the investigation indicates contact is less than 15 minutes or greater than six feet.

Elementary School:

- Children sitting in desks in front of, behind, or next to the confirmed case.
- Children sitting at the same table as the confirmed case.
- If children are cohorted or in pods, then the entire cohort or pod.
- Children eating lunch at the same table as the confirmed case.
- Children participating in extracurricular activities with the confirmed case.
- Children participating in close contact sports or physical education with the confirmed case.
- Children participating in choir or band with the confirmed case.
- Staff who are in close contact, as defined by CDC, with a confirmed case.
- If children routinely mix/interact with each other in the classroom setting, then the entire classroom will be considered close contacts.
- Children sitting next to, in front of, or behind a case on a bus.
- Children carpooling to school with a case.
- Family members living in the same household as a case.
- If unable to identify close contacts of a case in a classroom or other (gym, dining hall,

sporting venues, etc.) setting, the school should send out alerts to others in the same classroom to watch for symptoms and contact a health care provider if symptoms develop.

Middle/High School:

- Children sitting in desks in front of, behind, or next to the confirmed case.
- Children sitting at the same table as the confirmed case.
- Children eating lunch at the same table as the confirmed case.
- Children participating in extracurricular activities with the confirmed case.
- Children participating in close contact sports or physical education with the confirmed case.
- Children participating in choir or band with the confirmed case.
- Staff who are in close contact, as defined by CDC, with a confirmed case.
- Close friends of a confirmed case.
- Children sitting next to, in front of or behind a case on a bus.
- Children carpooling to school with a case.
- Family members living in the same household as a case.
- If unable to identify close contacts of a case in a classroom or other (gym, dining hall, sporting venues, etc.) setting, the school should send out alerts to others in the same classroom to watch for symptoms and contact a health care provider if symptoms develop.

University:

- Roommates of a confirmed case.
- Students sitting within six feet of a case in a classroom or other setting.
- Students participating in extracurricular activities with the confirmed case.
- Students participating in close contact sports or physical education with the confirmed case.
- Students participating in choir or band with the confirmed case.
- Staff who are in close contact, as defined by CDC, with a confirmed case.
- Close friends of a confirmed case.
- Co-workers who are in close contact, as defined by CDC, with a confirmed case.
- Family members living in the same household as a case.
- If unable to identify close contacts of a case in a classroom or other (gym, dining hall, sporting venues, etc.) setting, University should send out alerts to others in the same classroom to watch for symptoms and contact a health care provider if symptoms develop.