



return to **PLAY**

The goal of the Sacramento City Unified School District's (SCUSD) Return to Play Athletics Plan is to implement a safe, comprehensive and cohesive plan for student athletes and coaches to return to campus. Participation in athletics benefits students physically, academically, and socially.

At the foundation of SCUSD's Return to Play Athletics Plan is each family's individual determination about what is best for their own student(s). Bringing our teams together during this pandemic provides students with the motivation and structure to excel in their education. Although our ability to compete athletically remains uncertain, we value the positive social and emotional benefits our athletic teams provide to so many young people.

During Phase 1 and Phase 2 of the plan, SCUSD coaches will be instructed to "hold students harmless" if families determine their student/athlete is not yet ready to participate in athletics. Parents/families must accept that the school district, school, coaches/staff cannot eliminate all the risk of exposure to COVID-19.

ATHLETICS PLAN DURING COVID-19

11.30.2020

Guiding Principles

Health, Safety and Mitigation — The health and safety of all student-athletes and coaching staff are paramount in our recommendations, as well as mitigating the spread of COVID-19.

Provide Opportunity — We believe that athletics is important to the physical, mental, and social well-being of students. We aim to provide opportunities to our student athletes under the guidance of public health recommendations.

Recognition of Uncertainty — We will continue to utilize all available information to adapt our plan. Due to the fluctuating public health crisis, we understand that our plan needs to be flexible and will be revisited as needed to maintain safety.

Informed Decision-Making — This plan adheres to the policies, protocols, and procedures provided by federal, state, and local county officials. Guidance was also utilized from regional athletic associations.



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ADMINISTRATION OF THE PLAN

District administration and local public health officials will continue collaborating to ensure a safe Return to Play plan. All guidance should be implemented with local health officer approval following their review of local epidemiological data including cases per 100,000 population, rate of test positivity, and local preparedness to support a health care surge, vulnerable populations, contact tracing, and testing. All phases of our plan are guided by the California Department of Public Health, Sacramento County Public Health Officer and the [June 10, 2020 CIF guidelines](#).

The District's Risk and Disability Management team will take the lead to be a bridge between each high school and to ensure adherence and planning consistent with the district's health and safety requirements, supported by the District's Athletic Director and Student Support and Health Services.

PHASE ONE OF THE RETURN TO PLAY PLAN

In Phase 1, student athletes will participate in outdoor physical conditioning and practice activities in small groups under the guidance of their coaches. All teams must complete a full five (5) days of only conditioning and practicing public health measures before using any equipment, such as balls or other sporting equipment.

Preparing for Return:

- Phase 1 participation by student athletes is voluntary.
- SCUSD coaches will be instructed to "hold students harmless" if families determine their student/athlete is not yet ready to participate in athletics.
- All athletes and coaches will undergo training on COVID-19 management before conditioning drills begin:
 - » Training will be provided through the SCUSD's Risk Management Department and is available online.
- The SCUSD Parent/Guardian COVID-19 waiver must be signed by the athlete's parent/ guardian prior to the student participating in Phase 1.
- All student athletes are required to pass a physical exam before their season of sport. The Board of Education can approve a 30-day extension from the athlete's first day of participation, as long as the athlete has a physical on file with the school athletic director.
- Coaches need to submit a phase 1 Return to Athletics plan submitted and approved by the site principal and athletic director.



PHASE ONE (P.2)

Health Precautions for Students and Staff

- The SCUSD Return to Health Plan includes specific details about public health guidance and all activities must adhere to this plan and any further revisions.
- Students must arrive dressed for workouts.
- All coaches and students will screen for signs and symptoms of COVID-19 prior to each workout.
- Upon arriving for practice, staff and students will review the screening questions and affirm they do not meet any of the criteria for staying home.
- Temperature will be taken for all staff and students present.
- If no symptoms or temperature of 100.4 or higher are present, the student/staff may participate.
- If the student/staff has a temperature of 100.4 or higher, and/or does not pass the screening questions:
 - The student or staff will be relocated to an isolated area, ensuring the student and staff keep their face coverings on.
 - The coach will notify the parent/guardian and monitor the individual until support arrives (parent/guardian).
 - Staff will call 911 when symptoms are severe, including persistent pain, pressure in chest area, confusion, bluish lips or face
 - Communication and cleaning protocols will be implemented as directed.

**STAY HOME
IF YOU HAVE
ANY OF THESE
SYMPTOMS**



PHASE ONE (P.3)

Mitigation Requirements for Students and Staff

Stay home if you are Sick

If a person is sick they must stay home until they are symptom-free for 24 hours without the use of medicine AND at least 10 days have passed since the day the symptoms first appeared. Staff and athletes will not attend practice if they have been exposed to COVID-19. Students and coaches are required to quarantine if they have been exposed to COVID-19 and/or show any signs of symptoms or illness.

Physical Distancing

Coaches and students must keep at least 6 feet from other people at all times. Maintaining adequate space is one of the best tools available to avoid exposure to COVID-19 and slow its spread.

- Physical contact such as high-fives, fist/chest bumps, and hugs are not allowable at this time. Signs of encouragement and support are vital to team spirit. Teams are encouraged to establish new ways to express support or encouragement for team members.
- Visible markings of 6 feet or more will be used to ensure students and staff adhere to physical distancing, such as chalk circles or other such visual measures.

Wash Hands Frequently

All students and staff should wash hands upon entering and exiting the facility. Training on effective hand washing and use of sanitizer will be provided to all students and staff. If soap and water are not available, use district provided alcohol-based hand sanitizer.

Use Cloth Face Coverings

Cloth face coverings prevent a person from spreading respiratory droplets while talking, singing, breathing, or coughing. They are primarily meant to protect other people in case the wearer is unknowingly infected (people carrying COVID-19 may not always have symptoms). Cloth face coverings are not surgical masks, respirators, or personal protective equipment.

- All SCUSD staff (including coaches) are required to wear a cloth face covering, unless not recommended by a physician. In that case, the staff person should wear a face shield, per guidance provided by CDE/CDPH
- Cloth face coverings must always be worn when participating in school activities, including athletics when physical distancing is difficult to maintain, such as moving around a populated area.

Outdoor Activities

Activities that require heavy exertion should be conducted outside in a physically distanced manner without face coverings. Physical distance of more than 6 feet must be adhered to when face coverings are removed for heavy exertion.

- If a team is meeting outside and no strenuous physical activity is occurring, face masks must be worn.



PHASE ONE (P.4)

Mitigation Guidelines for the Physical Environment

- Locker rooms will NOT be available during Phase 1.
- All activities in Phase 1 are to be done outdoors.
- While Sacramento County is listed in the “widespread” purple risk level on the State of California COVID Dashboard, certain team activities that may be conducted outdoors are allowed.
- Teams may use equipment that can be transported and utilized outside, such as balls and other sporting or conditioning equipment, under the following requirements:
 - » Sports equipment must be designated and marked for each cohort youth sports group. This equipment will not be used by any other cohort youth sports group until it is disinfected.
 - » Participants will wash their hands/ or use hand sanitizer prior to and immediately following activities where equipment and/or balls are handled by multiple individuals.
 - » All athletic equipment must be disinfected after use by each cohort group. Coaches, trainers and other staff are responsible for ensuring all equipment used by students/athletes and coaches is sanitized after each use.
- There should be no shared athletic supplies, such as towels, clothing, shoes, or sports specific supplies, between students.
- If monetary transactions are handled on site, provide contactless payment or prepayment options whenever possible.
- Students and staff must bring their own water container and/or sports drink
- Students must access the practice area through outside entrances such as gates, parking lots, etc.
- No spectators will be allowed (students and coaches only)
- Youth Sports Conditioning must be conducted in a cohort. A cohort is a stable group of no more than 27 individuals within the group made up of students and supervising adults.
 - » Students will practice and work out with the same student group or cohort throughout Phase 1.
 - » Members of the cohort may be changed only after the member or group has not been in contact with any part of any cohort for 14 days.
- Students may access restrooms during designated practice times
- Each school principal/plant manager/ athletic director will create and implement a cleaning schedule that addresses the needs of all 3 Phases.
- All school facilities will be properly disinfected and ready for student participation.
- Prior to moving to Phase 2 each school and sport must have successfully met the guidelines in this document and those outlined by CIF.
- Phase 2 will commence once approved by SCUSD and Sacramento County Public Health (SCPH).



PHASE TWO

Depending on current public health conditions and mitigation requirements, teams having demonstrated that they meet the Phase 1 criteria may move into Phase 2 after approval from the District. The District will work with SCPH to ensure that all appropriate safety protocols have been put in place, and any activities associated with Phase 2 are appropriate given current health conditions.

Phase 2 will allow the use of indoor facilities such as gyms, locker rooms and weight rooms, as well as the use of equipment indoors. No school site will begin Phase 2 without explicit permission provided by the District and SCPH. Prior to beginning Phase 2, the District Athletic Director will meet with the site athletic director to review protocols associated with this phase.

- Phase 2 includes all of the components of Phase 1.
- Use of Face Coverings during Indoor Activities:
 - » Cloth face coverings must be worn during indoor physical conditioning and training or physical education classes (except when showering).
 - » Activities conducted inside should be those that do not require heavy exertion and can be done with a face covering.
 - » Players should take a break from exercise if any difficulty in breathing is noted and should change their mask or face covering if it becomes wet and sticks to the player's face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.
- Student athlete protocol guidelines will be posted at each school site.
- Indoor individual ball drills and sharing balls among the cohort are allowed for all sports with physical distancing.
- Sports equipment must be designated and marked for each cohort youth sports group. This equipment must not be allowed to be used by any other cohort youth sports group.
- Participants must wash their hands/use hand sanitizer prior to and immediately following activities where equipment and/or balls are handled by multiple individuals.
- Participants should avoid touching their faces when engaging in activities where equipment and/or balls are handled by multiple individuals.
- Equipment must be disinfected prior to use following guidelines established by the California Interscholastic Federation (CIF).
- Coaches are responsible for ensuring that all equipment, including weight equipment, is disinfected following each use.
- Resistance training should be emphasized as well as body weight, and weight machines and free weights that do not require a spotter.
- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Weight rooms should follow physical distancing guidelines and adhere to CDPH Guidance for Fitness-Related Organizations.



PHASE THREE

Phase 3 will involve return to play and competition. Districts and schools must successfully complete Phases 1 and 2. The Superintendent, Board of Education, and county public health officials will work together to determine if safe resumption of competitive sports is appropriate given conditions.

Sports may move through the phases at different speeds. It is possible that some moderate risk sports may resume full competition in Phase 3 before other sports with a higher risk level. Phase 3 will only begin following explicit approval from Sacramento County Public Health (SCPH). The District will also continue to look to CIF for recommendations and guidance regarding competitive play.

[Return to Physical Activity/Training Guidelines/CIF](#)



STAKEHOLDER ROLES AND RESPONSIBILITIES

All Stakeholders will follow all "[Individual Health Precautions for Students and Staff](#)" and "[Mitigation Guidelines for the Physical Environment](#)" outlined in Return to Health.

- Personal prevention practices, such as physical distancing, handwashing, cloth face coverings and cough/sneeze etiquette are important principles to reduce the spread of COVID-19. (CDC)

District and Site Athletic Directors

- Communicate expectations to Athletic Coaches, Parents, and Student Athletes.
- Disseminate all pertinent forms to the necessary stakeholders including:
 - Assumption of risk and release of liability agreement (parents and students)
 - SCUSD Physical Participation Form (available on school Home Campus website)
 - Athletic Clearance Confirmation Letter (parents and students-available on athleticclearance.com)
 - Team Training Health Screening and Attendance Log (Coaches)
 - Team Training Plan (Coaches).
- Create a Team Training Facility Calendar.
- Post Phase I guidelines at any facility that will be accessed during the return to campus for athletic activities.

Site Administrators

- Actively model and support all required public health measures. Teach everyone it is OK to correct each other - use "please" and "thank you" to everyone when reminded about public health measures.
- In conjunction with the plant manager establish a cleaning schedule of all facilities accessed by student athletes. Order all necessary cleaning equipment and supplies.
- Post Phase 1 guidelines at any facility that will be accessed during the return to campus for athletic activities.
- Ensure posters and other visual aids are placed in impactful areas. Signage should be visible in all bathrooms, classrooms, and public spaces.
- Approval of Facility Cleaning Schedule.
- Assist Site Athletic Directors with communication of plan implementation progress.

NOTES



STAKEHOLDER ROLES AND RESPONSIBILITIES

Maintenance and Operations

- Ensure posters and other visual aids are placed in impactful areas. Signage should be visible in all bathrooms, classrooms, and public spaces.
- Ensure school has adequate supplies of handwashing materials, face coverings, facial tissues, district-approved disinfecting cleaner, etc.
- Maintain a stock of cleaning materials and personal protective equipment to ensure readiness - order additional supplies as needed.
- Routine Disinfecting: On a daily basis, disinfect all common spaces and classroom areas.
- High-touch areas and areas where sick students or staff were present should be routinely disinfected, following established district guidelines.
- Follow all established district protocols for cleaning and disinfecting.
- Following the last training session of the day, all hard surfaces within the facility will be sanitized and wiped down.
- During Phase 2: Facilities that are accessed e.g. weight room, gymnasium, etc. will be sanitized each night following the final training session.

Health Services Department

- Communicate with Site Athletic Directors and site administrators to assess the progress of plan implementation.
- Respond and advise on communicable disease concerns.

Risk and Disability Management Team

- Develop online training for all site athletic directors and coaches.
- Conduct training beginning before Phase 1 starts.
- Advise and respond to planning needs.

NOTES

STAKEHOLDER ROLES AND RESPONSIBILITIES

Athletic Coaches

- Actively model and support all required public health measures.
- Report any missing or damaged posters and other visual aids. Signage should be visible in all bathrooms, classrooms, and public spaces. Report any concerns to the administrator.
- Complete the district training with respect to following the return to campus protocols, policies, and procedures.
- Follow all Phase I & 2 Guidelines completely - ensuring all public health measures are implemented and adhered to.
- Submit Training schedules to the Site AD by the Thursday prior to the beginning of that week.
- Ensure all Athletic Coaches and Student Athletes complete the health screening prior to each training session.
- Document daily all staff and students attendance.
- Ensure that all equipment used is sanitized prior to a new cohort group using the equipment or entering a facility.
- Submit all Attendance Logs to the school site principal and/or site Athletic Director following the final training session in a week.
- Follow the appropriate protocols outlined below should a student answer "yes" to any wellness screening questions, exhibit a temperature reading above 100.4 or report a COVID-19 diagnosis or exposure (Communicable Disease Response Protocols for Illness during COVID-19 Pandemic).

NOTES



STAKEHOLDER ROLES AND RESPONSIBILITIES

Parents

- Support your student in understanding and following all "Individual Health Precautions for Students and Staff" and "Mitigation Guidelines for the Physical Environment."
- The COVID-19 Release of Liability and Assumption of Risk and Release of Liability form must be signed prior to a Student Athlete being allowed on campus to participate in athletic activities.
- Take your student's temperature prior to him/her leaving to attend an athletic practice, certifying that they do not have a temperature above 100.4, are not experiencing any signs of illness, do not reside with anyone who is experiencing symptoms or has been exposed to someone diagnosed with COVID.
- Complete all district required athletic information on Home Campus prior to your child participating in any athletic event.

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Student Athletes

- Follow all "Individual Health Precautions for Students and Staff" and "Mitigation Guidelines for the Physical Environment."
- Ensure all Home Campus documents are completed prior to the start of the program.
- Complete Physical Exam or complete 30-day waiver form.
- Let your parent/guardian know if you feel sick and remain home if you have a fever or other symptoms.
- All students will be expected to wash hands for 20 seconds or use hand sanitizer prior to the start of the training session.
- Bring water to all training sessions - hydration stations and drinking fountains will not be accessible.
- Bring a towel to minimize direct contact with a bench, floor, or other weight room equipment.
- Wear athletic attire and athletic footwear conducive to training.
- When returning home, immediately wash your hands, shower and wash workout clothing and/or towel.
- Be kind and understanding with others. Use "please" and "thank you" when talking about or being reminded of adhering to public health requirements.
- Let others make their own choices. Do not tease or bully people who look, behave, or believe differently than your family.

NOTES



ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY SCUSD ATHLETIC COVID-19

Activity: Athletics / Extra-curricular Activities 2020/21

School Name: _____

Student(s): _____

The novel coronavirus (or COVID-19) has created a pandemic resulting in a State of Emergency in California. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and health officers have required social distancing and, in many instances, have prohibited or significantly limited the congregation of groups of people.

Sacramento City Unified School District (SCUSD) is complying with guidance and taking reasonable steps to mitigate the risk of spreading COVID-19. However, this risk cannot be completely eliminated and SCUSD cannot guarantee that you and/or, if applicable, your student(s)/child(ren)'s will not become infected with COVID-19. Further, participating in the SCUSD athletic program and related events and activities ("Athletic Program") could increase your and/or, if applicable, your student(s)/child(ren)'s risk of contracting COVID-19. Consequently, for the safety of our staff, students, parents, and other visitors, SCUSD requires all persons participating in its activities during this pandemic to acknowledge an assumption of the risk, waive (i.e. release) liability, and agree to abide by our COVID-19 protocols, as follows:

1. I request to participate in the Athletic Program. If applicable, I am the parent and/or legal guardian of the above-named student(s)/child(ren), and I request that he/she/they be allowed to participate in the Athletic Program and I give my permission for he/she/they to do so.
2. Assumption of Risk. By signing this agreement, I understand and acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and, if applicable, my student(s)/child(ren), may be exposed to or infected by COVID-19 by participating in the Athletic Program, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by participating in the Athletic Program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, other participants or SCUSD officials, employees, volunteers, and/or representatives. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any harm, loss, or injury to myself and/or, if applicable, my student(s)/child(ren)(including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I, or, if applicable, my student(s)/child(ren), may experience or incur in connection with the Athletic Program ("Claims").
3. Waiver of Liability. In consideration for the District allowing me and/or, if applicable, my student(s)/child(ren) to participate in the Athletic Program, I, on behalf of myself, and/or, if applicable, my student(s)/child(ren), hereby release, covenant not to sue, discharge, and hold harmless the District, and any officials, employees, volunteers, and/or representatives thereof ("Releasees"), of and from the Claims, including all liabilities, claims, actions, damages, costs, or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of SCUSD, its officials, employees, volunteers, and/or representatives, whether a COVID-19 infection occurs before, during, or after participation in the Athletic Program.



RETURN TO PLAY APPENDIX A: ASSUMPTION OF RISK/WAIVER OF LIABILITY

P.2

4. Agreement to Abide by COVID-19 Protocols. I agree that I, and/or, if applicable, my student(s)/child(ren), will not enter District grounds or facilities if I am, and/or he/she/they is/are, feeling ill, which includes, but is not limited to, the following symptoms: fever, cough, difficulty breathing, shortness of breath, chest pain, and/or bluish lips or face. I understand and acknowledge that I, or, if applicable, my student(s)/child(ren), may be denied entrance or admittance if the District determines that I am, or he/she/they is/are, showing any such symptoms. I warrant and represent that I am not aware of any medical condition of myself and/or, if applicable, my student(s)/child(ren) which would render it inappropriate for me and/or him/her/they to participate in the activity. I agree to abide by all COVID-19 guidelines and other COVID-19-related policies and procedures, which may change over time as circumstances change over time. This may include hand washing requirements, temperature checks for myself and, if applicable, my student(s)/child(ren), and wearing cloth face coverings. I agree to practice good hygiene etiquette such as sneezing into my elbow, utilizing tissues, and avoid touching my eyes, nose, and mouth, and, if applicable, to instruct my student(s)/child(ren) to do the same. I understand and acknowledge that my failure to abide by and/or my failure to ensure that any student/child of mine abides by this agreement may result in me and/or, if applicable, my student(s)/child(ren), being removed from the Athletic Program.

I HAVE READ THIS ASSUMPTION OF RISK AND WAIVER OF LIABILITY AND AGREEMENT TO ABIDE BY SCUSD ATHLETIC COVID-19 PROTOCOLS, FULLY UNDERSTAND ITS TERMS.

Student Name

Student Signature

Date

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her/their personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her/their release provided above for all the Releasees, and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence and/or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Parent/Guardian Name

Parent/Guardian Signature

Date





DAILY ATTENDANCE COVID-19 ATHLETE/COACH MONITORING FORM

School: _____

Team: _____

Date of Practice _____

Coach: _____

Signs of illness: Fever or chills (100.4 degrees or more), Cough, Shortness of Breath/Difficulty Breathing, Fatigue, Muscle/Body Aches, Headache, New loss of Taste or Smell, Sore Throat, Congestion or Runny Nose, Nausea or Vomiting or Diarrhea

Student/Coach Name	Are there any signs of illness observed or reported?		Comments
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	





DAILY ATTENDANCE TEAM TRAINING SCHEDULE - PHASE ONE

Sport: _____

All activities must adhere to the following guidelines:

- Monitoring for signs & symptoms of illness
- Physical distancing of at least 6 feet must be maintained - no physical contact
- Face coverings must be worn when physical distancing may be breached or when physical activity is not occurring (i.e. entering and exiting the facility or team meetings)
- All activities will take place outside
- Staff & students must bring their own water
- No more than 27 individuals in each cohort
- Teams may use equipment that can be transported and utilized outside, such as balls and other sporting or conditioning equipment following all safety procedures

	Monday	Tuesday	Wednesday	Thursday	Friday
Date					
Time					
Location					
Facilities Accessed					
Activity Focus					



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PROCEDURES FOR COVID-19 IN SCUSD COMMUNITY

Definitions

Case

Someone who has tested positive for COVID-19 (SARS-CoV-2).

Close Contact

Someone who has been within 6-feet for 15 minutes, or more, of a person with COVID-19 during the time the person is infectious (with or without wearing a face covering.) The time the person is infectious is 2 days before their symptoms began, through the end of their isolation period. In some school situations, it may be difficult to determine whether individuals have met these criteria. An entire cohort, classroom, or other group may be considered close contacts, particularly if people have spent time together indoors.

Individuals who have contact with the “close contact” are not required to quarantine and may continue to come to work. For example, If an asymptomatic employee calls their supervisor and notifies them that they are required to stay home because they were a close contact of a confirmed case, the contacts they had at work are not considered exposed and are not required to take any special precautions. They should be permitted to continue to work.

Cohort

A stable group with fixed membership that stays or works together and has limited contact with other persons or cohorts.

Communication

Statements that advise the community of known exposure cases when a case has been physically present at the work site. These communications serve to advise the community about potential risks, inform the community about the district’s actions, provide contact information for Health Services, and reinforce public health guidance

Isolation

A period of time a person with suspected or confirmed COVID-19 infection must stay home, separate from others and follow other precautions. The isolation ends after the person’s symptoms are improving, at least 24 hours free of fever, and at least 10 days from the day their symptoms began. Refer to Sacramento County Home Isolation Order and Guidance.

Quarantine

A period of 14 days from the date of last exposure that the person must stay home, separate from others, and follow other precautions. Refer to Sacramento County Home Quarantine Order and Guidance.



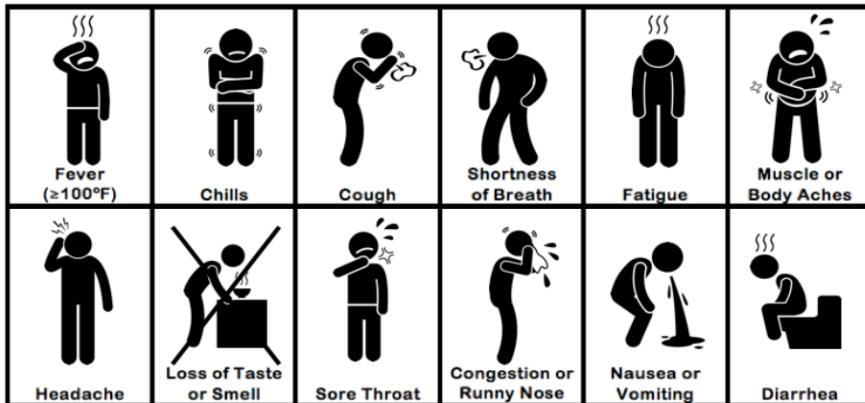
Isolation

A period of time a person with suspected or confirmed COVID-19 infection must stay home, separate from others and follow other precautions. The isolation ends after the person's symptoms are improving, at least 24 hours free of fever, and at least 10 days from the day their symptoms began. Refer to Sacramento County Home Isolation [Order](#) and [Guidance](#).

Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**STAY HOME
IF YOU HAVE
ANY OF THESE
SYMPTOMS**



Procedures for COVID-19 Reports - SCUSD Students

For any student with suspected or confirmed COVID-19 illness or contact with a confirmed case of COVID-19 illness, the parent/guardian must advise the school.

The school must: Advise the student to stay home per Stay at Home Requirements (Appendix B) until further advised by Health Services or SCPH

contact Health Services for guidance and communicable disease follow-up:

- Paula Kuhlman, Lead School Nurse: (916) 643-9150; cell: (916) 320-1538 email: paula-kuhlman@scusd.edu
- Victoria Flores, Director III, Student Support and Health Services — (916) 643-9144; cell: (916) 752-3643 email: victoria-flores@scusd.edu
- Rebecca Wall, Health Services Technician — (916) 643-7963; cell (916) 826-3513 email: rebecca-wall@scusd.edu
- Health Services Main Line — (916) 643-9412

*Health Services will request that the student provide documentation, a medical note, public health notice, or test results; Investigate any COVID-19 illness and determine if any school-related factors could have contributed to the risk of exposure; Ensure staff and students are following public health mitigation measures. Update, revise or provide further coaching on procedures to prevent further cases

Procedures for COVID-19 Reports - SCUSD Employees

**including community partners or contractors working at a district facility*

Scenario 1: An employee who has COVID-19 symptoms

Action	Communication
<ul style="list-style-type: none"> Send the employee home immediately if at a job site. If working remotely, advise them not to come to the job site Recommend they contact their physician to determine the need and timing of testing <ul style="list-style-type: none"> If test is positive follow steps outlined in #3 Refer them to <u>Stay at Home and Return to School Requirements</u> The workplace/school/classroom remains open If 10% of a classroom or 25% of a school (or a cohort of employees) is experiencing similar symptoms SCPH will be consulted and SCUSD will follow any guidance provided 	<p>No communication needed.</p> <p>SCPH will be consulted and a communication may be issued based on their guidance</p>
Return to Work	
<ul style="list-style-type: none"> Employee may return to the job site when: <ul style="list-style-type: none"> At least 24 hours with no fever AND Symptoms have improved AND At least 10 days since symptoms first appeared. <p>OR</p> <ul style="list-style-type: none"> A COVID-19 test is negative AND The employee is cleared to return to work by a doctor 	

Scenario 2: A close contact

An employee who has come in close contact with a confirmed COVID-19 case

Action	Communication
<ul style="list-style-type: none"> Send the employee home immediately if at a job site. If working remotely, advise them not to come to the job site Ensure routine disinfection has taken place Health Services will request documentation showing the case's positive results. The case, the case's doctor, or Sac County may provide this. The employee can call 916-875-5881 or email HHS-PublicHealth@saccounty.net The employee must self-quarantine. Provide quarantine <u>Order</u> and <u>Guidance</u> Recommend they contact their physician to determine the need and timing of testing. The workplace/school/classroom remains open 	Consider verbal or written communication to members of the SCUSD community about the COVID-19 close contact, if the employee has been physically reporting to work.
Return to Work	
<ul style="list-style-type: none"> The employee(s) may return to job site 14 days from the last day they were in close contact* with the case <ul style="list-style-type: none"> No other employees need to self-quarantine - only close contacts must quarantine Contacts of contacts do not need to self-quarantine If the employee is a caregiver or is unable to isolate from the case, they need to self-quarantine for 14 days after the case ends their home isolation. For example, if the employee's child is the case the employee must quarantine after their child recovers and is released from isolation, plus an additional 14 days which would be 21 days or more 	

Close Contact - Someone who has been within 6-feet for 15 minutes, or more, of a person with COVID-19 during the time the person is infectious (with or without wearing a face covering.) The time the person is infectious is 2 days before their symptoms began, through the end of their isolation period. In some school situations, it may be difficult to determine whether individuals have met these criteria. An entire cohort, classroom, or other group may be considered close contacts, particularly if people have spent time together indoors.

Individuals who have contact with the "close contact" are not required to quarantine and may continue to come to work. For example, If an asymptomatic employee calls their supervisor and notifies them that they are required to stay home because they were a close contact of a confirmed case, the contacts they had at work are not considered exposed and are not required to take any special precautions. They should be permitted to continue to work.



Scenario 3: An employee who has confirmed COVID-19 case

Action	Communication
<ul style="list-style-type: none"> • Send the employee home immediately if at a job site. If working remotely, advise them not to come to the job site • If the employee has been at the job site within the last 7 days, temporarily close the area(s) where the employee worked. Once the area is disinfected it can be reopened • Obtain documentation of the positive case • Report positive case and consult with SCPH • The employee must self-isolate. Provide isolation <u>Order</u> and <u>Guidance</u> • In coordination with SCPH, conduct communicable disease follow-up to determine Close Contacts within SCUSD • Employees who had close contact with the case need to follow the process under, "#2. An employee who is a Close Contact" and self-quarantine for 14 days. Employees who did not come in close contact with the case do not need to quarantine or test <ul style="list-style-type: none"> » In some school situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed, particularly if people have spent time together indoors • Workplace/School may remain open. If the employee was physically reporting to work and is part of a classroom/cohort then the classroom/cohort will be closed. Individuals may be a part of several classrooms. The decision to close classrooms, cohorts, schools, or workplaces depends on the factors unique to each case and the level of infection in the community, and will be made in conjunction with Sacramento County Public Health 	If the employee has physically reported to a work site while infectious, a written or verbal communication will be sent to alert the SCUSD community about the confirmed COVID-19 case and district actions
Return to Work	
<ul style="list-style-type: none"> • If the employee experiences symptoms the earliest they may return to the job site <ul style="list-style-type: none"> » at least 24 hours with no fever AND » symptoms have improved AND » at least 10 days since symptoms first appeared • If the employee DID NOT experience symptoms the earliest they may return to the job site <ul style="list-style-type: none"> » at least 10 days have passed since the date tested AND » they did not develop symptoms since the date tested 	

Procedures for COVID-19 Reports - SCUSD Students

For any student with suspected or confirmed COVID-19 illness or contact with a confirmed case of COVID-19 illness, the parent/guardian must advise the school.

Scenario 1: A student who has COVID-19 symptoms

Action	Communication
<ul style="list-style-type: none"> • Send the student home immediately if at school. If at home, advise them not to come to school • If they are participating in distance learning, advise them not to come to the school • Recommend parent/guardian contact their physician to determine the need and timing of testing <ul style="list-style-type: none"> » if test is positive follow steps outlined in #3 » Refer them to Stay at Home at Requirements • The workplace/school/classroom remains open • If 10% of a classroom or 25% of a school (or a cohort of students) is experiencing similar symptoms SCPH will be consulted and SCUSD will follow any guidance provided 	<p>No communication needed.</p> <p>SCPH will be consulted and a communication may be issued based on their guidance</p>
Return to School	
<ul style="list-style-type: none"> • A student may return to school when: <ul style="list-style-type: none"> » At least 24 hours with no fever AND » Symptoms have improved AND » At least 10 days since symptoms first appeared. <p>OR</p> <ul style="list-style-type: none"> » A COVID-19 test is negative AND » The student is cleared to return to work by a doctor 	



Scenario 2: A close contact

A student who has come in close contact with a confirmed COVID-19 case

Action	Communication
<ul style="list-style-type: none"> Send the student home immediately if at school. If at home, advise them not to come to school If they are participating in distance learning, advise them not to come to the school Ensure routine disinfection has taken place Health Services will request documentation showing the case's positive results. The case, the case's doctor, or Sacramento County Public Health may provide this. The parent/guardian can call 916-875-5881 or email HHS-PublicHealth@saccounty.net Advise parent/guardian that the student must self-quarantine. Provide quarantine <u>Order</u> and <u>Guidance</u> Recommend the parent/guardian contact their physician to determine the need and timing of testing Assist the student with transition to on-line learning if needed The workplace/school/classroom remains open 	Consider verbal or written communication to members of the SCUSD community about the COVID-19 close contact, if the student has been physically reporting to school.
<p>Return to School</p> <ul style="list-style-type: none"> The student(s) may return to school 14 days from the last day they were in close contact* with the case <ul style="list-style-type: none"> No other employees need to self-quarantine - only close contacts must quarantine If the student is unable to isolate from the case, they need to self-quarantine for 14 days after the case ends their home isolation. For example, if the student's parent/guardian is the case, the student must quarantine during the parent's illness plus an additional 14 days after their parent/guardian recovers and is released from isolation, which could be 21 days or more 	

Close Contact - Someone who has been within 6 feet for 15 minutes, or more, of a person with COVID-19 during the time the person is infectious (with or without wearing a face covering.) The time the person is infectious is 2 days before their symptoms began, through the end of their isolation period. In some school situations, it may be difficult to determine whether individuals have met these criteria. An entire cohort, classroom, or other group may be considered close contacts, particularly if people have spent time together indoors.

Individuals who have contact with the "close contact" are not required to quarantine and may continue to come to work. For example, If an asymptomatic employee calls their supervisor and notifies them that they are required to stay home because they were a close contact of a confirmed case, the contacts they had at work are not considered exposed and are not required to take any special precautions. They should be permitted to continue to work.

Scenario 3: An student who has confirmed COVID-19 case

Action	Communication
<ul style="list-style-type: none"> • Send the student home immediately if at school. If at home, advise them not to come to school • If they are participating in distance learning, advise them not to come to the school • If the student has been at the school within the last 7 days, temporarily close the room(s) where the student attended. Once the area is disinfected it can be reopened • Obtain documentation of the positive test • Report positive case and consult with SCPH • The student must self-isolate. Provide isolation Order and Guidance • In coordination with SCPH, conduct communicable disease follow-up to determine Close Contacts within SCUSD • Students or staff who had close contact with the case need to follow the process under, "#2. A student/employee who is a Close Contact" and self-quarantine for 14 days <ul style="list-style-type: none"> » In some school situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed, particularly if people have spent time together indoors • Students or staff who did not come in close contact with the case do not need to quarantine or test • Assist the student with transition to on-line learning if needed • The school may remain open. If the student was physically attending school and is part of a classroom/cohort then the classroom/cohort will be closed. Individuals may be a part of several classrooms. The decision to close classrooms, cohorts, or schools depends on the factors unique to each case and the level of infection in the community, and will be made in conjunction with Sacramento County Public Health 	If the student has physically reported to a school site while infectious, a written or verbal communication will be sent to alert the SCUSD community about the confirmed COVID-19 case and district actions.



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