

Moshannon Valley School District Music Department



Resocialization of Marching Band Health & Safety Plan

Moshannon Valley School District
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Board Approved:
June 30, 2020

Solicitor Approved:
June 20, 2020

**Moshannon Valley School District
Music Department
Health & Safety Plan**

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact the music program.

The Superintendent and/or High School Principal reserve the right to stop or cancel all activities if the guidelines outlined in this document are not followed by any or all directors, advisors and/or students

INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children are infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The MVSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH. The MVSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

RECOMMENDATIONS

Recommendations for **ALL LEVELS** of student participants

1. Staff and students will undergo a COVID- 19 health screening prior to ANY practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check. Temperatures at 100.4 or higher will be sent home. Temperatures at 100 will require additional screening.
2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for participants while practicing or competing with their instrument. Face coverings will be used by directors/advisors at all times when practicing indoors. Face coverings will be used by directors/advisors

when practicing outdoors when social distancing is not possible. Hand Sanitizer will be available for team use as resources allow.

3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick or answers “yes” to any items on the pre-screening questionnaire.
 - Participant will be removed from group population
 - Parent/guardian will be immediately notified to pick student up
 - For confirmed cases of COVID-19 a physician's clearance will be needed to return to school and/or athletic participation.
 - For fevers without respiratory symptoms or students who have tested negative for COVID -19 to return to school and/or athletic participation students must be 48 hours fever free.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Participants and Staff **MUST** provide their own water bottle (clearly marked with athlete’s name and/or number) for hydration. Water bottles must not be shared. There may be bottled water available for athletes if a personal water bottle is not brought to workout, but an athlete without a personal water bottle may not be permitted to participate in workout.
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Director/advisors will be equipped with a hand held thermometer, spray bottles with sanitizing product, protective gloves, and sanitizing cloths.
11. Until further notice from the Superintendent and High School Principal, non-district teams or activities may not use school property for practices/workout/activities.
12. All building use forms for pre-season workouts must be submitted to the building principal for approval.
13. Identify Staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunocompromised
 - Obesity
 - Diabetes
 - Kidney or liver disease
14. In the event the district permits concession stands or other food, the organization must adhere to the Guidance for Businesses in the Restaurant Industry. Guidelines may be found at:

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

Level 2 (PA State Yellow or Green – Band & Band-front workouts) opening date [TBD] to August 17th

Band Activities for incoming fall season only may include: outdoor group meetings, outdoor practice sessions,

Pre-workout Screening:

- All Directors and students must be screened for signs/symptoms of COVID-19 prior to a practice session or meeting. The screenings could range from a verbal/written questionnaire to a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported are not permitted to take part in any band activity and should contact his or her primary care provider or other appropriate health-care professional. A clearance will be required to return to participation.

Limitations on Gatherings:

- No gathering of more than (25 Yellow - 250 Green) individuals per group including coaches per practice area
- Social Distancing should be applied during practices and in locker rooms, and gathering areas
- Controlled non-contact practices only & students should not enter the building during this phase.
- If building is accessed by any staff member or student, the group may only practice Monday-Thursday between 8:00 am and 4:00 pm

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all music facilities to mitigate any communicable disease, with high touch areas cleaned more often
- Appropriate clothing/shoes should be worn at all times in the building to minimize sweat from transmitting onto surfaces

Physical Activity:

- Students should refrain from sharing any items including by not limited to: instruments and accessories, clothing or towels, and all items should be washed after each practice.
- Any piece of equipment that is touched by more than one individual should be cleaned intermittently during practice and events as deemed necessary. This will be the responsibility of the Band Director(s)
- Regular hand washing or the use of hand sanitizer should be used periodically as resources allow
- Face coverings will be used by directors/advisors at all times when practicing indoors. Face coverings will be used by directors/advisors when practicing outdoors when social distancing is not possible.
- All practices will be outdoors at this level

Hydration:

- Students **MUST** bring their own water bottle (clearly marked with student name and/or number). Water bottles must not be shared. There may be bottled water available for participants if a water bottle is not brought to practice, but a participant without a personal water bottle may not be permitted to participate in workout.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) may not be utilized

Level 3 (PA State Green – all in-season district sports and out-of-season district sports) August 17th until reaching Level 4

Band Activities for incoming fall season only may include: outdoor group meetings, outdoor practice sessions,

Pre-workout/Contest Screening:

- All Directors and students must be screened for signs/symptoms of COVID-19 prior to a practice session or meeting. The screenings could range from a verbal/written questionnaire to a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported are not permitted to take part in any band activity and should contact his or her primary care provider or other appropriate health-care professional. A clearance will be required to return to participation.

Limitations on Gatherings:

- As per State and Local Guidelines
- When not directly participating in practices or contests, social distancing should be considered and applied when able

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all music facilities to mitigate any communicable disease, with high touch areas cleaned more often
- Appropriate clothing/shoes should be worn at all times in the building to minimize sweat from transmitting onto surfaces

Physical Activity:

- Students should refrain from sharing any items including but not limited to: instruments and accessories, clothing or towels, and all items should be washed after each practice.
- Any piece of equipment that is touched by more than one individual should be cleaned intermittently during practice and events as deemed necessary. This will be the responsibility of the Band Director(s)

- Regular hand washing or the use of hand sanitizer should be used periodically as resources allow
- Face coverings will be used by directors/advisors at all times when practicing indoors. Face coverings will be used by directors/advisors when practicing outdoors when social distancing is not possible.

Hydration:

- Students **MUST** bring their own water bottle (clearly marked with athlete's name and/or number). Water bottles must not be shared. There may be bottled water available for athletes if a water bottle is not brought to workout, but an athlete without a personal water bottle may not be permitted to participate in workout.
- Hydration Stations may be used but **MUST** be cleaned after every practice/event.

OTHER RECOMMENDATIONS

Transportation:

Modifications for student/director transportation to and from athletic events may be necessary.

This may include:

- District reserves the right to reduce the number of students/coaches on transportation
- Washing hands before boarding or using hand sanitizer upon boarding transportation when resources allow
- Social distancing on transportation where feasible
- A face covering will be worn at all times by athletes/directors on transportation

**Moshannon Valley Music Department
Participant and Staff COVID-19 Screening Form**

Advisor: _____ Date: _____

Grade: _____ Activity: _____

Students/Staff should self-report as deemed necessary prior to each practice/event.

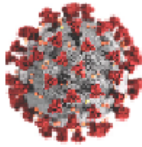
Temperature may be taken from a designated trained individual as needed. The other symptoms should be marked only as “Y” Yes answers.

For the column - “Close Contact” - the answer should reflect the following question:
Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If any responses are “YES”, students will NOT be allowed to practice or compete, and will be asked to leave school grounds. Temperatures at 100.4 or higher will be sent home. Temperatures at 100 will require further screening. Parents/Guardians will be notified.

PLAYER	TEMP	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste/ Smell	Vomiting Diarrhea	Close Contact ***

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.