

# **Culpeper County Public Schools Return to Participation in Athletic and Academic Competition Activities Coronavirus (COVID-19) Mitigation Plan**

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## **Purpose**

School-based athletic and academic competitions have long been an important part of the education of youth and a source of pride and entertainment for the community. In order to allow our students to once again enjoy participation in these activities during the coronavirus pandemic, Culpeper County Public Schools (CCPS) has developed the following, Return to Participation in Athletic and Academic Competition Activities Coronavirus (COVID-19) Mitigation Plan, for students, parents, coaches, activity sponsors, staff, and volunteers to be able to return to athletic and academic competition, activities with guidance from the Center for Disease Control (CDC), the Governor's Office, the Virginia Department of Education (VDOE), the Virginia Department of Health (VDH) and the Virginia High School League (VHSL).

## **Team Athletic Activity and the Increased Risk of Coronavirus Infection and Quarantining as a "Close Contact" of an Infected Person**

Team sports increases the risk of the spread of the coronavirus for participants in a number of ways: athletes are not wearing protective masks during play while engaged in close proximity to one another where rapid, heavier breathing, bodily contact and perspiration occurs; players touch a common ball or equipment; they share tighter, enclosed spaces like locker rooms and team buses. All of these circumstances create "close contacts" among the players and coaches. "Close contacts" in this context would be defined as within six (6) feet of an infected person for fifteen (15) minutes or more cumulative over a twenty-four (24) hour period. Therefore, if one player or coach on the team is infected there is a likelihood the entire team and coaches will have to quarantine for fourteen (14) days.

## **Points of Contact**

The point of contact person for any questions regarding the Return to Participation in Athletic and Academic Competition Activities Coronavirus (COVID-19) Mitigation Plan will be the Activities Director at each high school and middle school:

EVHS-Mark Settle [msettle@culpeperschools.org](mailto:msettle@culpeperschools.org) (540) 825-0621 Ext. 2017

CCHS- Danny Nobbs [dnobbs@culpeperschools.org](mailto:dnobbs@culpeperschools.org) (540) 825-8310 Ext. 6219

CMS- Courtney Cox [cc9640@culpeperschools.org](mailto:cc9640@culpeperschools.org) (540) 825-4140 Ext. 4609

FTBMS- Mike McCombs [mmcombs@culpeperschools.org](mailto:mmcombs@culpeperschools.org) (540) 829-6894 Ext. 4256

Any significant updates or changes to Return to Participation in Athletic and Academic Competition Activities Coronavirus (COVID-19) Mitigation Plan will be distributed to students, parents, coaches,

activity sponsors, staff, and volunteers through email, hand-outs, CCPS websites, or media releases as available.

### **Student Participation Requirements**

All students and parents must have read and signed agreements to follow the CCPS Coronavirus (COVID-19) Mitigation Plan for the Return to In-Person Teaching and Learning Plan:

<https://drive.google.com/file/d/1MP4y71SDitc417VDuxhDVwxxfpwEvUQE/view>

In addition to reading and agreeing to the requirements of the CCPS Coronavirus (COVID-19) Mitigation Plan for the Return to In-Person Teaching and Learning Plan, all parents and students who seek to participate in CCPS athletics and activities will have to complete the following as a condition of participation in an athletic or academic competition activity:

- Each student and parent will review the Return to Participation in Athletic and Academic Competition Activities Coronavirus (COVID-19) Mitigation Plan on preventing the spread of the Coronavirus and COVID-19. The student and parent will sign they have read the requirements for participation and agree to adhere to the mitigation measures prior to athletic and activity participation.
- An acknowledgement of the assumption of risk that the activity may present for becoming infected with the Coronavirus.
- An acknowledgment of responsibility to protect self and others from infection by following disease prevention measures.
- Student-Athletes must have a current (dated after May 1, 2020) VHSL physical form on file with the Activities Director. NO EXCEPTIONS
- Student-athletes and parents must have read the CCPS Student-Athlete Handbook and viewed the Athletic Trainers' Concussion Management presentation available on secondary schools' webpage, and submit all signed accompanying forms as directed.

**Note: Failure to submit signed documents as required, to accurately self-report COVID-19 symptoms or risk factors, or follow the Coronavirus (COVID-19) prevention measures will be grounds for denying participation for the day, suspension from athletic and academic competition activities for a period of time, or removal from the team.**

### **Training of Staff and Volunteers**

Prior to working with students, activities directors, coaches, activity sponsors, ~~band directors~~, and volunteers will be trained by a school nurse or athletic trainer in the following: recognizing symptoms and risk factors associated with COVID-19; proper personal hygiene; communicable disease prevention measures specific to different environments, equipment, and circumstances. These persons will be given copies of the Return to Participation in Athletic and Academic Competition Activities Coronavirus (COVID-19) Mitigation Plan and the VHSL Guidelines for Return to Participation for their sport or academic activity.

Activities directors will coordinate with School Environmental Services supervisors related to training custodians in proper cleaning and sanitizing spaces, equipment, and surfaces as provided for in the mitigation plan.

## **Training of Students**

Prior to participation in an activity, students will be trained by a coach, activity sponsor, ~~band director~~, in the following: recognizing symptoms and risk factors associated with COVID-19; proper personal hygiene; communicable disease prevention measures specific to different environments, equipment, and circumstances. Athletic coaches and activity sponsors will train each student in the mitigation strategies for their sport or academic activity as detailed in VHSL Guidelines for Return to Participation.

## **Daily Activity Attendance Procedures**

***Students attending in-person learning:*** On days when a student has attended in-person learning the student will report at dismissal to the designated location for their athletic, curricular, or extracurricular activity.

### **Students not attending in-person learning:**

For students not attending in-person learning that day, students are to 1) Arrive no earlier than 15 minutes prior to the appointed time for the activity. 2) Be dressed for the activity upon arrival with water 3) Wear a properly-fitted mask covering the nose and mouth to enter the building, while walking around, and until such time they are given permission to remove the mask 4) Report directly to the designated location for their athletic, curricular, or extracurricular activity.

***Students are NOT to arrive early while school is in-session. Any student arriving early may be denied entry inside the building. Continued early arrivals after being warned, may lead to removal from the team or participation in the activity at the discretion of the school administration.***

## **Spectators**

Per the Governor's Executive Order 67 amended, spectators may be allowed up to only twenty-five (25) persons in number. The count of spectators includes not only those persons in the stands (parents, other family members, students, and community members), but also sideline cheerleaders, school pep band members, and other student groups who may be attendance.

Whether spectators will be allowed in attendance will depend on a number of factors to include, but not limited to: the number of coronavirus cases among students, staff, or community members; the willingness of spectators to follow proper mitigation strategies; available staffing for the event; and the exact location of the event.

No spectators will be allowed for practices or scrimmages.

When permitted, spectator seating will be at least a six (6) feet radius from other persons and properly fitted masks must be worn at all times while in the school. Disposable masks are available to spectators who do not have a proper mask. *Bandanas, scarfs, and neck gaiters are NOT suitable masks*

Standing or walking around the school, gym, stadium, or field will not be permitted. Persons in the restroom and concession areas will be limited to avoid standing in line for excessive periods of time.

Spectator attendance at away events will be determined by the authorities of the hosting school or site. CCPS activities directors should make students and parents aware of spectator attendance rules for away events as they become known.

CCHS and EVHS may provide live streaming of home competition events in addition to or in lieu of in-person attendance as determined by the school administration.

### **Transportation to Away Events**

School bus transportation will be offered to students for away competitions with mitigation strategies in place. Assigned seats for each student will be required. Students must wear a proper face-covering at all times while on the bus. Students will be seated two to a seat.

*There will be no eating or drinking on the bus.*

Parents may drive their own children to and from an away event, but carpooling is discouraged due to the creation of close contacts in a vehicle if the ride is 15 minutes or longer (even with masks on).

Note: Parents may not be allowed to be spectators depending upon the rules of the hosting school.

### **Concessions and Consumptions of Food and Beverages**

There will be no consumption of food or beverages in spectating areas, i.e. stadium and gym seating. Concessions will be available at selected events and families may consume food and beverages at designated locations while seated and distanced at least six (6) feet from other tables.

### **Signage**

Directions to physically (social) distance, wash/sanitize hands, and clean shared equipment before and after use will be posted in areas of the school where it is needed.

### **Handwashing and Hand Sanitizing**

All persons are expected to wash (for at least 20 seconds) or sanitize their hands frequently throughout the day, particularly after coughing, sneezing or touching their hands on their face. Washing or sanitizing should occur before drinking or eating, and when handling a document or object shared with another person. Using products with at least 60% alcohol is recommended.

### **Coughing, Sneezing, & Face Touching**

Coughing or sneezing in your sleeve, elbow, or handkerchief is needed to prevent the spread of air droplets that may contain disease. Cleaning or disinfecting skin, clothing, or handkerchief after using them to block air droplets is needed.

### **Mask Wearing**

*Staff-* Coaches, volunteers, and staff will need to wear a properly-fitted mask covering their mouth and nose when indoors. Masks must be worn outdoors when walking, standing or sitting within six (6) feet of another person and when within ten (10) feet of a person engaged in exercise. *Bandanas, scarfs, and neck gaiters are NOT suitable mouth and nose coverings for preventing the spread of disease.*

*Student-Athletes and Academic Competitors-* students will need to wear a properly-fitted mask covering their mouth and nose when indoors. Masks must be worn outdoors when walking, standing or sitting within six (6) feet of another person and when within ten (10) feet of a person engaged in exercise. *Bandanas, scarfs, and neck gaiters are NOT suitable mouth and nose coverings for preventing the spread of disease.*

### **Temperature Screenings**

Students, staff, and spectators may be subject to screening for a body temperature above 100.0 degrees. A temperature above 100.0 degrees will cause the person to be denied entry to the practice, game, or event and/or sent home. No student, coach, or volunteer denied entry or sent home for a temperature above 100.0 degrees can participate or work an activity until cleared by a health professional. See the CCPS Coronavirus (COVID-19) Mitigation Plan for the Return to In-Person Teaching and Learning Plan.

### **Physical (Social) Distancing**

All persons are expected to adhere to physical (social) distancing whereby they maintain at distance of 6 feet or greater from other persons when interacting without a mask on. Physical distancing of ten (10) feet is expected when engaged in exercise or until such time at normal breathing resumes.

### **Sharing of Athletic Equipment**

*Students and staff are NOT to share athletic equipment unless proper sanitation procedures have been conducted between users.* Each sport and activity has its own equipment and sanitation guidelines from that coaches and activity sponsors are expected to follow. These include cleaning and disinfecting equipment prior to use, having balls sanitized between handlers, and rotating freshly sanitized balls in and out of practice. Washing hands before, during, and after touching common equipment or balls.

Students are to have their own assigned single-user protective athletic equipment such as helmets, headgears, pads, eye-protection, etc. Sharing of these items is prohibited until such items have been cleaned by staff.

When equipment must be shared such as when lifting weights or handling balls students should use their own personal hand sanitizers after each use.

### **Sharing of Water, Beverages and Food**

Students will be required to supply their own containers of water. Students engaged in exercise should have a 1 gallon size container. Refills of water containers should follow procedures that limit touching of the spigot or fountain by a single staff member with gloves. No shared drinking devices are allowed to be used.

The sharing of any non-commercially sealed food or any beverages among students or staff is prohibited.

### **Sharing of Clothing, Duffle/Book-bags Towels, Grooming or Sanitation Items**

The sharing of clothing, duffle/book-bags, towels, grooming or sanitation items among students or staff is prohibited. **Students are expected to have their own personal supply of hand sanitizer.**

## **Being Properly Dressed for Activity-Locker-Rooms Closed**

Being properly dressed upon arrival for the activity is required if the student did not attend in-person learning that day. Students who attended in-person learning that day may use the locker room for changing provided they are wearing a mask and under staff supervision. Locker-rooms will NOT be open for use for showering.

## **Restroom Use**

Restrooms will be open for use, but group size will be limited to 4 or less depending on the number of toilets/urinals and sinks. Wearing masks and physical (social) distancing in the use of restroom during use is expected. Washing hands for 20 seconds or longer is expected. Touching fixtures, handles, or knobs should be limited to the extent possible. Using a clean paper towel to touch fixtures, handles, or knobs and discarding it in the trashcan afterwards is encouraged.

## **Weight Room Equipment**

Weight equipment requires shared use and requires special attention. The following procedures will be expected for weight room use:

- The equipment will be cleaned and sanitized after each morning, afternoon, and evening workout session by custodial staff.
- Weight equipment should be sanitized to the extent practicable prior to and after use.
- Minimizing station rotations for students is advisable. Each athlete should remain at their individual lifting station using the same weights as much as possible
- Hand sanitizer/wipes should be plentiful and readily available for wiping equipment between student usages.
- Workout stations will be set up no less than 6 feet apart
- Social distancing should be practiced by students and staff.
- Wearing masks during and between lifts are recommended.
- The lifting of weights should light enough and be designed to negate the need for spotting. (Spotting is not permitted.)

## **Showering and Cleaning/Disinfecting of Clothing & Personal Property**

Showering and cleaning/disinfecting of athletic clothes and personal property with proper agents after arriving home is recommended.

### **Acknowledgement of Risk**

**I understand there is a risk of infection from the Coronavirus to myself (my child) by participation in athletic or academic competition activities with other students and staff, and by a presence in school environments despite disease prevention measures put in place by Culpeper County Public Schools.**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Date**

### **Acknowledgement of Responsibility**

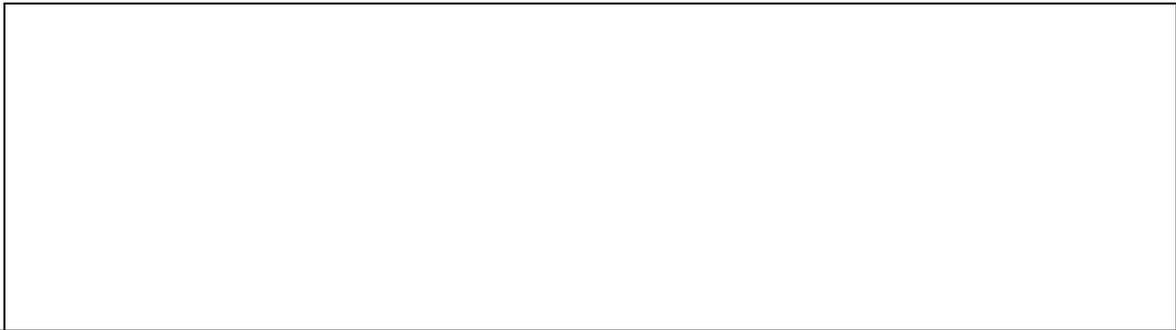
I understand it is my responsibility to promote the health of myself (or of my child) and others by following the guidance and directions from school staff to practice proper hygiene practices and disease prevention measures. Participation in school activities is considered a privilege and may be suspended or revoked if my actions (or those of my child) are deemed to be in violation of these practices and measures. Furthermore, I have read the CCPS Coronavirus (COVID-19) Mitigation Plans and will adhere to its requirements, to include remaining home if feeling unwell and reporting without undue delay any symptoms to the school administration, coach, or school nurse.

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Date**



## Risk Factors and Symptoms of COVID-19

### Risk Factors

- Resides with in the home or had close contact with someone outside the home who tested positive for COVID in the last 14 days
- Travel out of the country, specific areas of the United States or areas of the Commonwealth of Virginia designated by the CDC or VDH as “high risk” for the coronavirus will result in a quarantine of 14 days after returning.

### Symptoms

- Fever of 100.0 degrees or higher
- Recent loss of taste or smell and one other symptom below

Any three of these symptoms:

- Severe headache
- Dizziness
- Coughing, wheezing, or shortness of breath
- Sore throat
- Fatigue
- Diarrhea
- Abdominal Pain

I have reviewed the above symptoms and risk factors and I agree to report to the school administration, school nurse, activities director, coach, or trainer these symptoms and risk factors as they become known to me. I have talked with my child about these symptoms and he/she understands the importance of reporting to me or above school personnel without delay if he/she experiences these symptoms.

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Parent Signature

Date

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Student Signature

Date