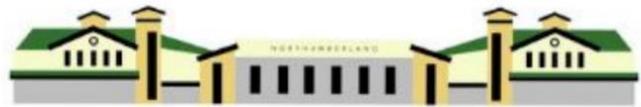




NES



NMS

NHS

Northumberland County Public Schools Health Criteria and Guidelines for Reopening

Virginia's reopening plans are based on the Centers for Disease Control and Prevention (CDC) guidelines for ensuring safe and healthy learning and working environments. NCPS is working with the Northumberland County Health Department (NCHD) to determine criteria and guidelines for reopening schools. The CDC provides a comprehensive decision tree to support local school division decision making. Below, NCPS staff have outlined an initial summary of CDC decision tree guidelines, as they apply to NCPS. The NCHD will provide further guidance.

Will Reopening Be Consistent with State and Local Guidance?

All final decisions about when and how to reopen school, including decisions about any future closures, will continue to be informed by the most recent local health data in partnership with the NCHD.

Is the School Ready to Protect Students Who Need Extra Precautions?

As prescribed in the Governor's phase guidance for reopening schools noted above, NCPS will provide full time online learning for students unable to return.

Is the School Able to Screen Students and Staff for Symptoms and Exposure?

NCPS will implement a daily health screening requiring caregivers to report if their child is asymptomatic. Individuals should remain at home and seek medical assistance if they have the following 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

Caregivers also should be aware of emergency warning signs for COVID-19. If an individual shows any of these signs, seek emergency medical care immediately:

- ✓ Trouble breathing
- ✓ Persistent pain or pressure in the chest
- ✓ New confusion
- ✓ Inability to wake or stay awake
- ✓ Bluish lips or face

Caregivers should call a medical provider for any other symptoms that are severe and/or concerning.

The bus driver will administer the infrared temperature check prior to a student boarding a bus. A student who has a fever will not be permitted to board the bus, and the parent/guardian/caretaker will need to keep the student at home.

The school nurse and/or designated health assistants will screen students and staff with an infrared thermometer each morning prior to entering the mainstream population. If a student and/or staff member reports symptoms upon arrival, then the school nurse will conduct a thorough health screening. Daily health screening of students and staff will ensure only asymptomatic individuals enter the worksite.

Are Recommended Health and Safety Measures in Place?

The CDC has highlighted specific mitigating strategies to reduce risk of COVID-19 infection and transmission.

Healthy Hygiene Practices

Hand washing guidelines indicate that students should wash hands for at least 20 seconds after blowing their nose, coughing, or sneezing; before eating, and upon entering classrooms. Breaks will be provided for hand washing. If soap and water are not readily available, sanitizer that contains at least 60 percent alcohol will be provided.

Cloth face coverings

Cloth face coverings should be worn by students and staff throughout the day when social distancing guidelines cannot be strictly enforced. Face coverings will be provided to students unable to provide their own, to be used as developmentally appropriate.

Intensified Cleaning and Disinfection

Daily sanitizing should be implemented for high touch areas (doorknobs, handles, fixtures, etc.) with a medical grade sanitizing solution. More frequent monitoring and cleaning of restrooms throughout the day will be needed. Contracted cleaning services will be available, as needed.

Social Distancing Practices

Increase spacing between individuals using strategies such as separation on school buses, posted signs to remind staff and students of 6-foot distances (or 3 feet apart with a mandatory face covering), and arranging desks six feet apart and facing in the same direction; maintain small groups by having students eat meals in classrooms/common areas/outside whenever possible and restricting or prohibiting volunteers and visitors in the building; minimize mixing between groups whenever possible. Examples include designating building entrances by grade level, designating traffic patterns through the school, and ensuring student and staff groupings are as static as possible.

Is Ongoing Monitoring in Place?

NCPS will regularly communicate and monitor developments with local health department authorities regarding cases, exposures, hospitalizations, and any other relevant metrics that may require a change in school operations. NCPS will monitor employee absences and have flexible leave policies and practices.

Guiding Principles

The more people a student or staff member interacts with, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of COVID-19 spread increases in school settings as follows:

- ✓ **Lowest Risk:** Students and teachers engage in virtual-only classes, activities, and events.
- ✓ **More Risk:** Small, in-person classes, activities, and events. Groups of students stay together and with the same teacher throughout/across school days and groups do not mix. Students remain at least 6 feet apart and do not share objects (e.g., hybrid virtual and in-person class structures, or staggered/rotated scheduling to accommodate smaller class sizes).
- ✓ **Highest Risk:** Full sized, in-person classes, activities, and events. Students are not spaced apart, share classroom materials or supplies, and mix between classes and activities.

Strategies that will assist in successful planning should center around promoting behaviors that reduce spread of COVID-19, maintaining healthy environments and operations and, preparing for and acting when someone gets sick and/or presents with symptoms.

Division COVID-19 team

- ✓ Superintendent
- ✓ Director of Instruction
- ✓ Director of Special Education
- ✓ Director of Facilities
- ✓ Director of Transportation
- ✓ Director of School Nutrition
- ✓ Director of Technology
- ✓ Northumberland Health Department physician/designee
- ✓ Principals
- ✓ School Nurses

Point person at each school facility:

- ✓ **NES:** Principal/Summer school administrator/ and school nurse
- ✓ **NMS:** Principal/Summer school administrator/ and school nurse
- ✓ **NHS:** Principal/Principal's designee/ and school nurse
- ✓ **Transportation:** Director of Transportation / designee
- ✓ **School Nutrition:** Director of School Nutrition / designee
- ✓ **Custodial & Maintenance:** Director of Facilities & Maintenance
- ✓ **School Board:** Superintendent / Human Resources Specialist

Contact information and procedures for reaching the local health department.

Northumberland Department of Health
6373 Northumberland Highway, Suite B
Heathsville, VA 22473
(804) 580-3731

Plan for health and absenteeism monitoring/approaches:

Encourage students and staff to stay home when sick; follow daily health screening prior to leaving home; complete health check and infrared temperature monitoring upon arrival to bus and/or school. Examine absentee data and look for trends for both students / families / staff / parts of the county

Communication Strategies:

Via website postings, through official social media; School Messenger telephone calls; mailings to include letters and postcards.

Orientation and training for staff and students specific to new COVID-19 mitigation strategies:

Orientation and training for staff and students will follow resources provided by the VDH and CDC.

Communication regarding an outbreak or positive cases detected at the school:

NCDH and NCPS will communicate with parents, families, caregivers, and staff regarding occurrences of COVID-19 as it relates to students, staff, and community. If an individual is found COVID-19 symptomatic, NCPS will institute a 48-hour closure minimum to conduct deep cleaning, disinfecting, and sanitizing. In tandem, NCPS will participate in community response efforts.

Promoting Behaviors That Reduce Spread of COVID-19

To reopen, NCPS will:

- a. Create an education/training plan for staff, students and families. Consider COVID-19 prevention education (hand washing, staying home if ill, etc.). Education should be part of staff and student orientations and to be sent to all parties before reopening schools and include:
 - i. Hand hygiene and respiratory etiquette,
 - ii. Use of cloth face coverings,
 - iii. Staying home when sick,
 - iv. Encouraging physical distancing.
- b. Maintain adequate supplies to promote healthy hygiene.
- c. Provide signs and messaging to promote healthy hygiene.
- d. Promote physical distancing.
 - i. Modify layouts of classrooms, communal areas and buses to ensure social distancing is maintained.
 - ii. Develop strategies for food/dining services; these should be consistent with plans to optimize physical distancing.
 - iii. Limit size of gatherings consistent with Executive Orders and impose strict physical distancing place during gatherings.
 - iv. Follow relevant Virginia Phase Guidance for Schools and CDC guidance for recreational sports for school-related sports and other recreational activities.

Maintaining Healthy Environments

- a. Plan for daily health screening questions of staff and students.
- b. Hygiene Practices:
 - i. Create cleaning and disinfection protocols that include frequently touched surfaces; transport vehicles; schedules for increased cleaning, routine cleaning, and disinfection; ensuring adequate cleaning supplies and correct use/storage.
 - ii. Provide additional hand sanitizer/handwashing stations.

- iii. Ensure adequate supplies to minimize sharing to the extent possible (e.g. dedicated student supplies, lab equipment, computers, etc.).
- c. Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible.
- d. Ensure that water systems and features are safe to use after a prolonged facility shutdown.

Maintaining Healthy Operations

- a. Implement protections for staff and children at higher risk for severe illness from COVID-19.
- b. Align plans for gatherings, field trips and volunteer restrictions consistent with any Executive Order in place.
- c. Implement sick leave policies and practices that enable faculty, staff and students to stay or self-isolate when they are sick or have been exposed.
- d. Train back-up staff to ensure continuity of operations.

Protecting vulnerable individuals (e.g. 65+, underlying health conditions):

- a. Create policy options to support those at higher risk for severe illness to limit their exposure risk (e.g. telework, modified job duties, virtual learning opportunities).
- b. Implement flexible sick leave policies and practices that enable faculty, staff and students to stay home or self-isolate when they are sick or have been exposed.
- c. Develop policies for return to class/work after COVID-19 illness.

Preparing for When Someone Gets Sick

- a. Separate and isolate those who present with symptoms.
- b. Facilitate safe transportation of those of who are sick to home or healthcare facility.
- c. Implement cleansing and disinfection procedures of areas used by sick individuals.
- d. Develop a communications plan with local health department to initiate public health investigation, contact tracing and consultation on next steps.

Planning to close down if necessary, due to severe conditions.

- a. Determine which conditions will trigger a reduction in in-person classes.
- b. Determine which conditions will trigger complete school closure.

Northumberland High School Summer Plan

NHS Algebra Academy and Algebra Bootcamp

The purpose of the Algebra Academy and Algebra Bootcamp is to address numeracy learning gaps that resulted from the extended school closure. Students and families will have the option of face-to-face or distance learning instruction. Participants will be provided with access to a laptop and Wi-Fi access upon request.

The NHS Algebra Academy and Algebra Bootcamp programs exceed recommended program offering guidance provided by the Virginia Department of Education under Phase II of the Return to Learn Plan. Program notification to the Virginia Department of Education is required.

Details regarding the program to include mitigation and distancing strategies are highlighted below:

I. NHS Algebra Academy

- Target Population: Rising 9th graders who will take Algebra 1 in the Fall of the 2020-2021 school year. Students were selected by 8th grade performance, MAP Growth Score, SOL mathematics history, and NMS Principal/School Counselor recommendation.
- Program Details: Participants will be invited for face-to-face instruction from 9 a.m. - 11 a.m., Monday through Thursday, July 6, 2020 through July 9, 2020. Students will provide their own transportation. There will also be an online component, where students will complete assignments virtually (approximately one hour each day). Two teachers will each have 5 students each.

II. NHS Algebra Bootcamp

- Target Population: Rising 9th graders who have taken and passed Algebra 1 during 8th grade and earned either a C or D for the course. After successful completion of the summer program, these students will improve their Algebra grade by a letter grade. For example, a C would become a B and a D would become a C.
- Program Details: Participants will be invited for face-to-face instruction from 12 p.m. - 2 p.m., Monday through Thursday, July 6, 2020 through July 9, 2020. Students will provide their own transportation. There will also be an online component, where students will complete assignments virtually (approximately one hour each day). Two teachers will each have 5 students each.

Mitigation and Distancing

- ✓ Program will be limited to students who reside in Northumberland County. Only 10 students will be permitted in the building at the times identified (9 a.m. to 11 a.m. and 12 p.m. to 2 p.m.).
- ✓ Each classroom will contain five students and one teacher.
- ✓ Students will stay together throughout each session and remain six feet apart at all times or 3 feet apart with a mandatory face covering. Classes will not be mixed.
- ✓ Breakfast will be provided to the morning session students in the classrooms.
- ✓ Lunch will be provided to the afternoon session students in the classrooms.
- ✓ Classrooms will be disinfected prior to use and after use daily.

- ✓ Students and staff will be required to complete daily screening tests to include a temperature check prior to entering the building.
- ✓ Teachers will wear face coverings when they cannot maintain a distance of six feet from students
- ✓ Students and staff should wear face coverings while in the building.
- ✓ Restroom use will be limited to one student at a time. Teachers are to coordinate use of the restroom facilities. Students and staff may only use the upstairs restrooms.

Northumberland High School (NHS) Drivers Education

The NHS Drivers Education program will follow The Phase Guidance for Virginia Schools and guidance provided by the CDC and Virginia Health Department.

Proposed Start Date

- ✓ June 29, 2020 (*Currently Pending Approval*)

Mitigation and Distancing

- ✓ One-on-one Behind the Wheel will include no more than two individuals in the car at a time (instructor and student driver only).
- ✓ Student drivers are to be picked up at their homes to start sessions and dropped off at their homes at conclusion of sessions by the instructor.
- ✓ Daily health screenings to include a temperature check of the instructor and student driver will be required prior to beginning each session.
- ✓ Students and instructors are to wear gloves and face coverings at all times.
- ✓ Sanitizing protocols must include using alcohol-based products to thoroughly clean the wheel, steering column controls, dashboard, seats, seatbelt, keys, door handles, and other surfaces frequently touched before and after each lesson.
- ✓ Parents must sign a consent waiver for 1:1 driver's education instruction.

COVID-19 Liability Waiver for Drivers Education

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge that Northumberland County has put in place preventative measures to reduce the spread, due to the inability to meet such requirements.

I further acknowledge that Northumberland County cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others.

I voluntarily seek Behind the Wheel services provided by Northumberland High School and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19. I know that these services are not mandatory at this moment, I acknowledge that I can postpone such services to a later date. I also acknowledge that I must comply with all set procedures to reduce the spread while attending my sessions. Northumberland is following these enhanced procedures to prevent the spread of the Coronavirus (COVID-19) by:

- Students and Staff must wear a face covering and gloves during the full duration of the service or service will be denied. Additional time will be scheduled between the changing of drivers and sessions to disinfect all surfaces.
- Students are not allowed to enter any of the buildings. Students will be picked up at their homes prior to each session. Students will also be dropped off at the conclusion of each session.
- A parent should notify the school if the minor has, is or starts experiencing a fever, cough or shortness of breath; has been around someone that has symptoms or tested positive for COVID-19.
- Daily health screenings to include a temperature checks of the instructor and student driver will be required prior to beginning each session.

I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS RELEASE & WAIVER. I AM AWARE THAT BY AGREEING TO THIS AGREEMENT I AM GIVING UP THE RIGHT TO RECOVER DAMAGES FROM NORTHUMBERLAND IN CASE OF ANY ILLNESS OR LOSS DUE TO THE EXPOSURE OF COVID-19. IF SIGNING ON BEHALF OF MINOR: I ALSO UNDERSTAND THAT THIS AGREEMENT IS MADE OF BEHALF OF MY MINOR CHILD(REN) AND/OR LEGAL WARDS AND I REPRESENT AND WARRANT TO NORTHUMBERLAND COUNTY THAT I HAVE FULL AUTHORITY TO SIGN THIS AGREEMENT ON BEHALF OF SUCH MINOR(S).

I have read and understand the terms of this Waiver of Liability and agree to its terms.

Name of Student Driver

Print Name of Parent/Guardian

Signature of Parent/Guardian

Date

Northumberland High School Marching Band III Band Camp

The NHS Marching Band will follow the Guidance for a Return to High School Marching Band shared by the National Federation of State High School Associations (NFHS) Music Committee and Sports Medicine Advisory Committee (SMAC) and the guidance provided by the CDC and Virginia Health Department.

Proposed Start/End Dates

- ✓ July 27- July 30 and August 3-August 6 from 8:30 a.m. - 3:00 p.m.

Mitigation and Distancing

The NHS Marching Band roster includes 42 students and 2 instructors (Madeline Lee and Molly Frazier). Rehearsals will be held outside on the Driver's Ed parking lot. Tents will be used as a means for shade to keep students out of the sun and prevent crowding under one source of shade.

NHS will provide students with their own reusable plastic water bottles as well as a drawstring bag to hold their other personal belongings. Students will be instructed to clean their reusable water bottle each day after practice upon returning home. NHS will also provide bottled water to avoid the use of water troughs, coolers, or other group water sources.

- ✓ Each instrumental section consists of less than 10 players.
- ✓ Students have their individual instruments and are the only ones touching and using their instruments.
- ✓ Students are responsible for sanitizing their own instruments.
- ✓ Students will be responsible for taking their instruments to and from school.
 - Drumline and larger instruments, such as bari sax, will be brought back into the band room by individuals in groups less than 6.
 - These instruments will be stored in their own specific area of the band room to ensure that students are able to distance when picking up and putting away instruments.
 - These instruments are to be sanitized daily prior to and after band camp sessions.
- ✓ All marching drills will be set at a minimum 3 step interval (6 feet) to ensure proper social distancing.
- ✓ In the event of inclement weather, band camp sessions will be cancelled.
- ✓ Students will be encouraged to wear face coverings when they are not playing their instruments, drinking water, or eating lunch.

NHS Phase II/III Daily Procedure

- ✓ Students will be screened daily.
 - Screenings will include a temperature check upon arrival at 8:30 a.m.
- ✓ Instructors will maintain a daily screening log for each student.
- ✓ Instructors will provide sanitized pens/pencils for students to use.
- ✓ Students will sanitize their hands and get their personal belongings and instruments ready to begin rehearsal.

Rehearsal will start at 9am and continue as follows:

Group Warmup

- ✓ Students will be spaced at least 6 feet apart.
- ✓ This will include stretching, jumping jacks, and other light physical exercises.

Marching Warmup

- ✓ Students will again be spaced at least 6 feet apart.
- ✓ The marching warmup requires students to move in the same direction, allowing them to maintain this distance.

Water Break

- ✓ Students will get water from their individual water bottles
- ✓ Students may also get bottled water from the cooler and put this bottle in their individual drawstring bag to avoid accidental sharing.
- ✓ Students will maintain a 6 foot distance during this time, utilizing one of the several tents we will have available for shade.

Marching Sectionals

- ✓ Students will be divided into their sections of less than 6 people to continue working on marching fundamentals.
- ✓ Students will be spaced at least 6 feet apart.

Group Music Warmup

- ✓ Students will warm up by playing their instruments
- ✓ Students will be spaced at least 6 feet apart.

Drill

- ✓ Students will begin setting their drill spots, which will be spaced at least 3 steps apart (6 feet) in order to learn their field show.

Lunch

- ✓ Students will eat lunch under the tents.
- ✓ Students are responsible for providing their own lunch.
- ✓ Students will be required to sit at least 6 feet apart.
- ✓ Students will take small group (less than 5 people) trips to the bathroom during this time.
- ✓ These groups will be accompanied by an adult.

Music Sectionals

- ✓ Students will rehearse in their sections (less than 10 people) to work on their show music.
- ✓ Music stands will be provided to each individual and will be sanitized each day at the end of rehearsal.

Music Rehearsal

- ✓ Students will rehearse as a full ensemble
- ✓ Students will be spaced at least 6 feet apart.
- ✓ Students will use the same individual music stand for this as they used in the section rehearsal.

Pick Up

- ✓ Students will gather their personal belongings and wait for their parents to pick them up.
- ✓ During this time, students will still be required to maintain a 6-foot distance.

Northumberland High School Return to Play Plan

Northumberland High School will follow guidance provided by the Virginia High School League, The National Federation of High Schools, the CDC, and the Virginia Health Department.

Proposed Start Date

- ✓ July 1, 2020

Logistical Details Regarding Mitigation and Distancing

- ✓ All summer workouts are voluntary.
- ✓ Any player participating in workouts **MUST HAVE A CURRENT VHSL PHYSICAL** on file with the NHS Athletics Department before participating in any activity - **NO EXCEPTIONS**.
- ✓ Coaches and athletes will be screened prior to each workout (see monitoring form attached). Any athlete or coach with a temperature ≥ 100.4 or answers yes to any of the screening questions, will not be allowed to participate and asked to leave the facility - **NO EXCEPTIONS**.
 - A release note from a healthcare professional will be required before a coach or athlete is able to return to participate in NHS Athletics/Activities.
- ✓ Hygiene is of the utmost importance. Disinfecting sprays, wipes, and hand sanitizer will be used to cleanse facilities and equipment before, during and after activities/workouts.
- ✓ Coaches are required to wear face coverings when in the building/weight room and/or outside.
- ✓ Student-athletes are encouraged to wear face coverings when in the building/weight room and/or outside.
- ✓ Workouts will involve conditioning, weight training, and/or position specific drills.
- ✓ Any equipment that is used must be disinfected after each individual use.
- ✓ Gloves are highly encouraged to be worn to catch, shoot and/or hit any type of ball etc. or to use equipment.
- ✓ All athletes must complete a contact information sheet with their coach.
 - This document will be shared and filed with the NHS Athletics Office.
- ✓ Parents must sign a waiver prior to being allowed to participate in any activities.
- ✓ Drop off and Pick up through will be through specified doors / enter and exit only.
- ✓ Parents will be required to wait in their cars in the parking lot (practicing social distancing), or leave the premises during training sessions.
 - Parents will need to stay on premises until the child has been checked in.

- ✓ Student-athletes will be assigned to conditioning groups and will condition with their assigned group for each session to limit risk of exposure.
- ✓ Use of the locker rooms, field house, and shower facilities will not be permitted during conditioning.
 - Student-athletes should report fully dressed to participate and shower as soon as they arrive at home.
- ✓ Washing hands or use of hand sanitizer will be required before any conditioning or participation in any athletic activities.
- ✓ Weight equipment will be cleaned prior to each workout and sanitized between use by each athlete.
- ✓ Hand sanitizer will be available in the weight room and other facilities.
- ✓ Social distancing is a top priority and masks/face covering are recommended while participating in activities.
- ✓ Face coverings are highly recommended in times where specific social distancing regulations cannot be maintained.
- ✓ At least 15 minutes should be scheduled between groups to allow for disinfecting of the facility/equipment.
- ✓ No visitors are allowed at conditioning sessions.
- ✓ When outside, personal player equipment should be spaced out at least 6 feet from other athletes
- ✓ The use of team shared equipment will be limited and sanitized after each use.
- ✓ Athletes are to refrain from any physical contact. This includes handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.

Northumberland High School Athletics 2020 - 2021

Guidelines for Resuming School Sports

3 Risk Categories:

- 1) **Lower Risk Sports:** VHSL Sponsored activities, Band, Sideline Cheerleading, Cross Country, Esports, Golf, Swim & Dive, Tennis, Track & Field (individual races and throwing events)
- 2) **Moderate Risk Sports:** Baseball, Basketball, Field Hockey, Soccer, Softball, Track & Field (pole vault*, high jump*, long jump*), and Volleyball.
- 3) **Higher Risk Sports:** Competition Cheerleading, Football, Wrestling

- *Guidelines for phases below coincide with the reopening phases of Virginia.*
- *Different sports may be in different phases based on their risk category.*
- *These guidelines are subject to change with further guidance from our state/local health departments.*

Phase 2 (Workouts/Some Practices & Contests Permitted) Contests not permitted by VHSL

Pre-workout/Contest Screening:

- ✓ All coaches, students & contest officials will be screened for signs/symptoms of COVID-19 before any workout, practice or contest. Coaches will complete the Monitoring Form in its entirety for EVERY workout or practice. The event supervisor or Athletic Trainer will complete the Monitoring Form for contests.
- ✓ Any person reporting positive symptoms will not be allowed to participate in workouts and will be directed to go home and call/visit a healthcare professional. You must be released by the healthcare professional before you are allowed to participate in NHS Athletics/activities. Any suspected or confirmed cases during screening will be privately reported to the Athletics Director. Contact tracing will be conducted to identify potential exposure.
- ✓ Vulnerable individuals will not observe or participate in any workouts during Phase 2.

Limitations on Gatherings:

- ✓ NO gatherings of more than 50 people at a time inside/outside. There must be at least 10ft distance between individuals at all times (inside/outside).No locker rooms will be used during phase 2
- ✓ Workouts will be conducted in “pods” with the same group of students always working out together.
- ✓ A minimum distance of 10ft. between each individual at all times (inside or outside)

Hygiene & Cleaning:

- ✓ Facilities will be cleaned by trained staff before and after use.
- ✓ Before any workouts begin all individuals will wash their hands with warm water and soap for a minimum of 20 seconds or use hand sanitizer.
- ✓ Hand sanitizer will be readily available to use throughout practices & contests.
- ✓ All individuals will supply their own water bottle/School will not provide shared water bottles. Water fountains will not be allowed unless it’s an emergency.

Activity & Equipment:

- ✓ Lower risk sports practices and competitions may resume (competitions must be permitted by VHSL)
- ✓ Modified practices may begin for moderate risk sports.
- ✓ Social distance measures will be enforced on the sidelines/benches between athletes and coaching staff.
- ✓ All equipment, including balls, will be cleaned intermittently during practices and contests. Bats, helmets, & catching gear will be cleaned between each use.
- ✓ No pregame or postgame handshakes, high fives, etc.
- ✓ No sharing of towels.
- ✓ Each piece of weight room equipment must be cleaned after use before the next individual uses the same equipment.
- ✓ For weightlifting that requires spotters, they are permitted but will stand at each end of the bar.

Phase 3 (Workouts/Some Practices & Contests Permitted)

Contests must be permitted by VHSL

Pre-workout/Contest Screening:

- ✓ Any person who has had a fever or cold symptoms in the previous 24hours will not be permitted to participate and will be directed to go home and contact their healthcare provider for release.
- ✓ A record will be kept of all individuals present by coaches and shared with NHS Athletics Department/school administration.
- ✓ Vulnerable individuals can resume public interactions, but should practice social distancing and minimizing exposure where distancing is not practical

Limitations on Gatherings:

- ✓ Gathering sizes of up to 50 individuals (indoor & outdoor).
- ✓ When not directly participating in practices or contests, a minimum of 6 ft. will be required between each individual.
- ✓ No locker rooms will be used during phase 3.

Hygiene & Cleaning:

- ✓ Facilities will be cleaned by trained staff before and after use.
- ✓ Before any workouts begin all individuals will wash their hands with warm water and soap for a minimum of 20 seconds.
- ✓ Hand sanitizer will be readily available to use throughout practices & contests.
- ✓ All individuals will supply their own water bottle/School will not provide shared water bottles. Hydration stations/water fountains may be used with cleaning guidance.

Activity & Equipment:

- ✓ Lower and Moderate risk sports practices & competitions may resume (competitions must be permitted by VHSL).
- ✓ Modified practices may begin for Higher risk sports/ pre-practice screening will be required.
- ✓ No sharing of equipment, towels, or clothing of any kind.
- ✓ Equipment such as bats, helmets and catching gear will be cleaned between each use. Football helmets & wrestling gear will only be used by one individual and not shared. No pregame or postgame handshakes, high fives, etc.

Guidelines for Transportation to Events

- ✓ School Administration/Designee, Athletics Director & Transportation Director will develop a plan for social distancing requirements on school buses/vans for away events if competitions are permitted to resume.
- ✓ Multiple modes of transportation may be required.
- ✓ Parental/Guardian Transportation may be needed.

Guidelines for Contests/Event Crowd

Who can attend events?

- ✓ Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
- ✓ Tier 2 (Preferred): All of Tier 1 and Media
- ✓ Tier 3 (Non-essential): All of Tier 1 and 2, Spectators, Vendors

School administration will decide which of the above Tiers will be allowed into events based on Virginia's guidelines for mass gatherings. Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

Coaches Responsibilities

- ✓ Complete all required trainings in regards to cleaning facilities and equipment.
- ✓ Make sure all health screenings are completed and documented daily and submitted to Nurse Rice weekly.
- ✓ Any health concerns must be reported to the Athletics Director immediately.
- ✓ Any concerns that arise with daily screening must also be reported to the parent immediately and documented.
- ✓ Make sure all facilities and equipment are cleaned as frequently as required.
- ✓ Any release from a health care provider needs to be turned in to the athletics department.
- ✓ Coaches/supervisors cannot transport students to and from activity sessions.
- ✓ Notify students that they cannot transport each other to/from workouts.

Assumption of Risk & Waiver of Liability for Northumberland High School Athletics Relating to Coronavirus/COVID-19 - Student/Parent Form

The Novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. 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 federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Northumberland Athletics Department has developed preventative measures to reduce the spread of COVID-19; however, Northumberland High School Athletics cannot guarantee that you or your athlete will not become infected with COVID-19. Furthermore, using our facilities and or attending conditioning sessions could increase your athlete's risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my athlete may be exposed to or infected by COVID-19 by attending activities in Northumberland Athletics facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and or death. I understand that the risk of becoming exposed to or infected by COVID-19 during activities as a NHS athlete that may result from the actions, omissions, or negligence of myself and others, including, but not limited to Coaches, student-athletes and others. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my athlete or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my athlete may experience or incur in connection with my athlete's attendance or participation in events ("Claims") involving Northumberland Public Schools. On my behalf, and on behalf of my athlete, I hereby release, covenant not to sue, discharge, and hold harmless Northumberland Public Schools, its employees, agents, and representatives, 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 Northumberland County Public Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Northumberland Athletics event.

Print Name Student-Athlete _____

Signature of Student-Athlete _____ Date _____

Print Name of Parent/Guardian _____

Signature of Parent/Guardian _____ Date _____

Assumption of Risk & Waiver of Liability for Northumberland High School Athletics Relating to Coronavirus/COVID-19 - Coach's Form

The Novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. 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 federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Northumberland High Athletics Department has developed preventative measures to reduce the spread of COVID-19; however, Northumberland High School Athletics cannot guarantee that you will not become infected with COVID-19. Furthermore, using our facilities and or attending conditioning sessions could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending activities in Northumberland Athletics facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and or death. I understand that the risk of becoming exposed to or infected by COVID-19 during activities at NHS that may result from the actions, omissions, or negligence of myself and others, including, but not limited to Coaches, student-athletes and others. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance or participation in events ("Claims") involving Northumberland County Public Schools. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless the Northumberland County Public Schools, its employees, agents, and representatives, 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 Northumberland County Public Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Northumberland Athletics event.

Print Name of Coach _____

Signature _____ Date _____

I have successfully completed the training for temperature checks and how to properly cleanse facilities/equipment.

Initials _____ Date _____