

**Canon-McMillan School District
High School Band
Resocialization of Procedures**

INTRODUCTION

The COVID-19 pandemic has presented all school activities with countless 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 (CDC), among others, has found that while children do get 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 Canon-McMillan School District will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, Pennsylvania Department of Health (DOH), as well as the National Federation of High Schools (NFHS), and Pennsylvania Interscholastic Athletic Association (PIAA) to safeguard the participants and staff of our athletic programs. The Canon-McMillan School District realizes knowledge regarding COVID-19 is constantly changing, as new information and treatments become available. The recommendations below will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

MANDATES

The following are mandatory for all phases for Middle School and High School Athletics during the COVID-19 pandemic:

1. All Athletic Band participants and Staff will undergo a COVID-19 health screening prior to any practice, event, or meeting. The purpose of the health screening is to check for signs and symptoms of COVID-19. The location of this health screening will be announced prior to the practice or event.
2. Promote healthy hygiene practices to limit the spread of COVID-19 including:
 - a. Hand washing (20 seconds with warm water and soap) or hand sanitizer
 - b. Students should wear a face covering (masks or face shields) when feasible.
 - c. Staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, when feasible
5. Educate Students and Staff on health and safety protocols

6. Require that anyone who is sick to stay home
7. Follow the plan for a student or employee who gets sick
8. Regularly communicate and monitor developments with local authorities, staff, and families regarding cases, exposures, and updates to policies and procedures
9. Band Students and Staff MUST provide their own water bottle for hydration. Water bottles must not be shared. Disposable cups will not be provided.
10. Personal protective equipment (PPE) will be used as needed and situations warrant, or determined by local/state governments. These items include gloves, face masks, and eye protection.
11. 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

Limitations on Gatherings:

- Staff and Band Students must maintain appropriate social distancing at all times possible. During down time, Staff and Band Students should not congregate.
- Band activities are limited to Student Participants, Coaches, Officials and Staff only..
- The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
- Outdoor Gatherings shall not exceed 50% of the total occupancy permitted by law for the facility or no more than 250 total individuals (whichever is less).

Band Specific Guidelines:

- **Athletic Bands will perform at selected (Home) Football and (Home) Soccer Games (Boys and Girls).**
- **All band participation in athletic events will be coordinated with the Athletic Director.**
- **Athletic Band sizes will be limited due facility restrictions.**
- **Initially, all athletic bands will have 50 or fewer instrumentalists.**
- **Auxiliaries will attend events based on performance opportunities and facility attendance allowances.**
- **All Staff and Band Students will be required to wear masks when not playing.**
- **Both winds and percussion will be playing at athletic events.**
- **All activities and rehearsals will be outdoors.**
- **All COVID-19 Safety Procedures will be followed. Temperature checks and Health screenings will take place before each rehearsal and game.**
- **Students will meet at the stadium or other selected location and will bring their own instruments and equipment. (All students should have their equipment at home.)**
- **No transportation will be provided for students or equipment.**
- **Dress will be Band Sweatshirts and khakis or jeans. (Please wear neat and clean attire without holes.) Dress may be altered by the Staff due to weather concerns.**
- **All Staff and Band Students will maintain appropriate social distancing at all times. Some instruments will be distances greater than 6 feet apart when necessary for safety.**
- **All Students And Parents must sign a COVID-19 Participation Waiver. (Appendix)**

Hydration:

- Staff and Band Students must bring their own water and drinks to team activities.
- Fixed water fountains should not be used.

OTHER GUIDANCE:**Primary Point of Contact**

- The Canon-McMillan School District has designated Matt Harding as the District's primary point of contact for all questions related to COVID-19.
- Contact information for Matt Harding is: 724-745-1502 or hardingm@cmsd.k12.pa.us.

Transportation

There are no plans for school transportation of Band students or equipment at this time.

Who should be allowed at events?

Event attendance will be determined by the school administration and athletic COVID-19 Resocialization Plan.

At this point, all athletic band activities will be conducted outdoors.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The Canon-McMillan School District will evaluate each event and follow all local/state government guidelines on a case by case basis.
- All out-of-state travel is prohibited until March 1, 2021 until further notice.
- Every consideration must be taken as to not expose students to unnecessary or potential high risk exposure by traveling outside of the region.

Other Important Information

- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact.
- If multiple events are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between Staff and Students.
- Parents dropping off and picking up students should remain outside of facilities. Parents should remain in their vehicles at all times.
- Concession stands will not be permitted until further notice.

Positive Cases and Staff and/or Students Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

- Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix)
- Symptoms may include:
 - 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

What to do if you are sick?

- If you are sick or think you are infected with the COVID-19 virus OR you have been exposed to someone with the COVID-19 virus, **STAY AT HOME AND FOLLOW QUARANTINE PROTOCOL.**
 - It is essential that you take steps to help prevent the disease from spreading to people in your home or community.
 - If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, school nurse, athletic trainer, and/or coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC and DOH.

What to do if a student or staff becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event.
- If a student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- The facility where the sick individual was present will need to be disinfected immediately.

Return of student or staff to athletics following a COVID-19 diagnosis?

- The student or staff must provide written medical clearance from their medical doctor or CRNP.
- Return to athletics can begin once the individual is determined by a medical doctor or CRNP to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

EDUCATION:

- Staff and Band Students, and Parent, will be educated on the following (through posters, flyers, meetings, emails, phone calls):
 - COVID-19 signs and symptoms
 - Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
 - The content of this Return to Sport Guidelines Document
 - Any pertinent COVID-19 information released by DOH, local governments, NFHS, and PIAA

APPENDIX

Canon-McMillan School District

High School Band

Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented School Groups across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 CMSD will take necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, CMSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the CMSD Resocialization of Sports Recommendations include but may not be limited to:

1. Health screenings prior to any rehearsal, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Students and Staff on health and safety protocols.
5. Require Students and Staff to provide their own water bottle for hydration.

By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the CMSD, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in band programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in band programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in band activities during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the CMSD to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition, or believe Student to be in good physical condition, and allow participation in this sport at our own risk.
Activity: **Band**

Signature of Parent/Guardian: _____ Date: _____

Signature of Band Student: _____ Date: _____

