

COVID-19 Mitigation Health Plan

Phase III

Westmoreland County Public Schools

Planning to Reopen

- a) WMLCPS has established a COVID-19 Team. The members include the Superintendent, Deputy Superintendent, Building Principals, Division Social Worker, and School Nurses.

The points of contact (POC) are: Division-level (POC) - Deputy Superintendent; W&L High School POC - Building Principal; MMS POC - Building Principal; CES POC - Building Principal; WDES POC – Building Principal.

- b) Westmoreland County Health Department (WCHD): 18849 Kings Hwy, Montross, VA 22520; Phone: (804) 493-1124
Three Rivers Health District: 2780 Puller Highway, Saluda, VA 23149; (804) 758-2381

The following procedures will be used to contact the Health Department if there is a suspected case:

- i) School-level POC shall contact the Division POC if made aware of a positive case.
- ii) Division-level POC shall contact WCHD if made aware of a suspected positive case. WMLCPS will follow the guidance of the WCHD after reporting the outbreak or positive case

- c) *Monitoring Health and Absenteeism*

Attendance will be taken and documented. The attendance policy will be adjusted to accommodate for students who are learning remotely. Staff absenteeism will be monitored and addressed through Human Resources. Student attendance will be monitored through our Student Information System.

Staff will screen students who are participating in face to face instruction. Each school will employ a permanent substitute nurse to assist in this procedure. There will be a parent form for parents to check at home. Students riding the bus or arriving by automobile will be given cloth masks. Upon arrival at school, all personnel and students will have a temperature check. Every school will designate an isolation room for if a quarantine is warranted. All children will be quarantined if they exhibit COVID symptoms.

School policy will be amended to address how long suspected individuals must remain at home. Students will be allowed to use inhalers, but not nebulizers while at school. The

School Nurse will coordinate with the Health Department to implement Tracing Protocols.

d) *Communication Plan*

- i) Staff communication will begin formally at the end of June and be continual. New policies, procedures, and protocols will be communicated to staff through emails, virtual meetings, and face to face as appropriate. stakeholders as appropriate.
- ii) Communication to parents and students will be multi-faceted. Alert – Now, USPS, the school division website, and social media will be utilized.
- iii) In the instance of an outbreak or positive case, WMLCPS will follow their standard procedures for communicating communicable disease information.

e) *Community Response*

WMLCPS will participate in community response efforts as appropriate. We have currently designated sites for COVID-19 testing in partnership with many of our local emergency responders. We will continue to assist in these efforts.

f) *School Health Service Providers*

School division health service providers will assist in planning and implementation of additional programs and services. All staff members will participate in July training, before the start of school, on COVID-19 mitigation strategies provided by the Division Nurses. The information will reflect guidance from the Virginia Department of Health and the Center of Disease Control. This training will be replicated by staff to students.

Every extracurricular program or sport's coach or advisor will replicate the training from the nurses with the students they supervise. Each program will conduct an orientation session for students and staff when the program begins. WMLCPS staff members will document that training has been conducted and received.

g) *Medical-grade PPE*

Health services staff will be provided medical-grade PPE.

WMLCPS Nurses are integral to the ordering of PPE for the Division. They will determine the kinds of PPE that is needed for the different sectors within the Educational Community. This expertise will determine the quantities of gloves, masks, gowns, and shields to be purchased.

h) *Typical (non-COVID-19) Health Services*

Typical (non-COVID-19) health services will not be neglected in the emphasis of COVID-19. Our county has had a very low COVID-19 total. Therefore, we will not allow a

potential issue to overshadow the typical health services needed by our students. Students will have access to typical services as appropriate and per policy.

i) *Providing Mental Health Services.*

Staff will continue to work with community agencies and families to assist with mental health services for students. Students will continue to have access to Counselors, the Division's School Psychologist, the Division Social Worker, and referrals shall be made to the Middle Peninsula/Northern Neck Community Services Board, as necessary and outlined in the division's threat assessment plan.

The Employee Assistance Program (EAP) will continue to be available to employees who have personal and/or work-related problems. EAPs addresses issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems, and psychological disorders.

Promoting behaviors that reduce the spread of COVID-19

Westmoreland County Public Schools is committed to implementing strategies to mitigate the spread of COVID – 19. The COVID-19 Team has developed a plan that consider COVID-19 prevention education (hand washing, staying home if ill, etc.) These actions include the following;

a) *Creating an Education Plan*

An Education Plan will be created and shared with all staff, students, and families before the new school year begins. The plan will provide training and emphasize behaviors and practices that mitigate COVID-19. The plan will allow students and staff to participate in activities that include COVID-19 prevention. Additional information will be sent home with students as appropriate. Prevention activities and materials will include:

- i) Utilizing Physical distancing in various settings;
 - Pre- Kindergarten
 - Elementary Schools
 - Secondary Schools
 - Special Education Classes
 - Buses
 - Hallways
 - Playgrounds
 - Cafeterias
- ii) Hand hygiene and respiratory etiquette;
- iii) Use of cloth face coverings and PPE;
- iv) Staying home when sick; and
- v) Testing and Screening
- vi) Taking and Monitoring temperatures at home

b) *Maintain Adequate Supplies*

WMLCPS will maintain adequate supplies to promote healthy hygiene. WMLCPS will pursue grant funds to ensure that hand sanitizers, PPE, and other supplies remain on hand to promote healthy hygiene. Schools will be allowed to store additional quantities of cleaning materials at the schools. Additional hand sanitizers dispensers are being installed in strategic areas.

c) *Provide Signs and Messaging*

WMLCPS will provide signs and messaging to promote healthy hygiene. Schools will add directional arrows in the hallways and post Posters throughout the facilities. The messaging will also be placed on the website.

d) *Promote Physical Distancing.*

WMLCPS will promote physical distancing.

- i) Staff will modify layouts of classrooms, communal areas and buses to ensure social distancing is maintained using the CDC and AAP guidance of three to six feet. Extra furniture, desks and chairs, will be removed from classrooms when possible. Build level Principals will work to ensure these guidelines are in place and followed. Communal areas will be off limits except by appointment. During those times, physical distancing will be strictly adhered to. Buses will transport children to school maintaining social distance. Our students will be asked to wear masks. Temperatures will be taken upon disembarking a bus.
- ii) Staff will develop strategies for food/dining services. The strategies we are looking to implement include workers bringing meals to the classroom and students picking up covered meals to go to their classrooms. In all instances of movement, schedules will be staggered to limit the number of students in hallways at any given time.
- iii) Staff will limit the size of gatherings consistent with Executive Orders and impose strict physical distancing during gatherings. Scheduling will be used to comply with the distancing guidelines. Signage on the floor and walls will also be utilized to ensure the CDC guidelines are met.
- iv) Staff will follow relevant Virginia Phase III Guidance for Schools and [CDC guidance](#) for recreational sports for school-related sports and other recreational activities. Extracurricular activities will only be offered with social distancing mitigation strategies implemented. Athletics will be limited to individual or team-based practice, skill-building drills or conditioning activities that allow maintenance of physical distancing at all times. Further conditions are found within Addendum A.

Maintaining Healthy Environments

Westmoreland County Public Schools COVID-19 Team has discussed and developed a plan for maintaining a healthy environment for Westmoreland County School's employees and students. The components are shared below.

a) *Health Screenings*

Staff will conduct daily health screenings of all students, staff and visitors. Staff will conduct their own self-system check before coming to work. However, they will still receive a temperature check upon arrival at the school.

Students will receive a temperature check upon arrival at the school, whether they ride the bus or come with their parents.

All visitors and volunteers will receive a temperature check upon arrival at the school.

Individuals who have questionable or failed screenings will be denied entrance into the school or placed in the isolation room.

b) *Hygiene Practices*

The Maintenance Director will create cleaning and disinfection protocols for all custodians. They will include;

- Frequently Touched Surfaces: Staff members are provided with disinfecting wipes and spray to use on door handles and other frequently touched surfaces throughout the day.
- Transport Vehicles – Each vehicle will be defogged daily.
- Increased cleaning - The increased cleaning will require additional staff and time allocation.
- Routine Cleaning: A schedule will be made at each school designating areas to be cleaned and a schedule with multiple cleanings.
- Disinfection – WMLCPS will partner with Westmoreland County EMS for trainings on deep cleaning. The county will check all schools' water supply. A 360 Clorox Machine (Clark) will be used to clean buses each day.
- Additional Hand Sanitizer Stations – WMLCPS has strategically added more hand sanitizers.

c) *Limiting Sharing of Supplies*

WMLCPS staff will ensure adequate supplies to minimize sharing to the extent possible. All students will be assigned their own technology equipment and other dedicated supplies. Student supplies will be separated from all others.

d) *Operable Ventilation Systems*

WMLCPS staff will work to ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible. Filters will be changed regularly (every two months) or more often if needed. Coils will be cleaned per our contract with our HVAC vendor.

e) *Water Systems*

WMLCPS staff will ensure that water systems and features are safe to us after a prolonged facility shutdown by doing the following. The county will check all schools' water supply before opening. WMLCPS will also;

- Taking the five steps recommended by the CDC to minimize mold.
- Taking the eight recommended steps by the CDC to minimize Legionnaires' Disease and Legionella.
- Drinking fountains will be cleaned and sanitized, and WMLPS will encourage staff and students to bring their own water bottles and use installed touchless drinking fountains.

Maintaining Healthy Operations

Westmoreland County Public Schools COVID-19 Team has discussed and developed a plan for maintaining “healthy operations” for Westmoreland County School’s employees and students. The components are shared below.

a) *Implementing Protections*

WMLCPS will implement protections for staff and children at higher risk for severe illness from COVID-19. Staff will work with families and private health care providers as appropriate and will provide accommodations as deemed necessary. Legal counsel will be used to protect employees as appropriate.

b) *Plans for Gatherings*

WMLCPS will plan for gatherings, field trips and other events that will be consistent with any Executive Order in place. Mass gatherings and Field Trips will be a last resort. Virtual activities will be utilized as a first or go-to strategy that will replace field trips, student assemblies, and student performances. Nonessential visitors, volunteers, and activities involving external groups will be limited.

c) *Sick Leave Policies and Practices*

WMLCPS staff will implement 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 to the coronavirus.

d) *Back-up Staff*

WMLCPS will ensure the continuity of operations by having each operational building’s Principal, Director, Manager or the Superintendent (or authorized designee) identify critical functions that must be maintained in spite of illness, and those individuals who should be cross trained to assist in case of the absence of the individual primarily responsible for those functions staff will train back-up staff to ensure continuity of operations as able and appropriate.

Protecting vulnerable individuals with underlying health conditions. Risk increases as you age.

Westmoreland County Public Schools COVID-19 Team has discussed and developed a plan for protecting those most vulnerable individuals in our community with a number of strategies.

a) *Accommodations*

Accommodations will be provided as needed, upon request, to support those at higher risk for severe illness to limit their exposure risk. WMLCPS recognizes that certain individuals and populations, such as those aged 65 and older, and those with underlying health conditions are at a greater risk for severe illness if COVID-19 is contracted. Under legal guidance, individuals over age 65 or with a documented medical condition making them vulnerable for severe illness, as outlined by the CDC, will have their exposure risk limited by:

- a. Opportunity to telework, if appropriate for job duties.
- b. Opportunity to participate as an entirely on-line learning instructor using Virtual Virginia content for students in grades K-12 if appropriate.
- c. Working with employees and student families on an individual basis if appropriate in a modified but needed assignment.

b) *Flexible Sick Leave*

Staff will implement flexible sick leave options and practices as able and under the guidance of legal counsel that enable faculty, staff and students to stay home or self-isolate when they are sick or have been exposed by:

- a. Revising division policy and practices to allow telework for these individuals.
- b. Amend current Leave Policies to allow sick employees to include taking care of sick family members according to law.
- c. Student absences will be excused without written documentation from a doctor, if parents confirm the child was ill.

c) *Options for Return*

Staff will return to class / work after COVID-19 illness per the guidance of the WCHD, VDH, and the CDC. However, in order to return, students and staff returning must meet all of the following criteria.

- a. **Symptom-based:** At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) and **at least 10 days** have passed since symptoms first appeared.
- b. **Healthcare practitioner's notice** to return to work/school in accordance with school division policy allowing employees or students return to work or school.

d) Who needs to Quarantine?

- **People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months or who are fully vaccinated.**
- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

e) *Options to reduce Quarantine*

Reducing the length of quarantine may make it easier for people by reducing the time they cannot work and also lessen stress on the public health system.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider and we adopt, include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should;

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

Preparing for when someone gets sick

Westmoreland County Public Schools COVID-19 Team has discussed and prepared to address the situation where someone may get sick at school. The following steps will be applied to this situation.

a) *Students who Present Symptoms*

Students/staff who present symptoms of the coronavirus in the school setting will be addressed by;

- Immediately separating staff and children with COVID-19 symptoms (fever, cough, or shortness of breath) at school. Individuals who are sick will be taken immediately to the isolation room. They will then be sent home or to a healthcare facility depending on how severe their symptoms are.
- School administrators, in consultation with school nurses, will place an individual in the isolation room who tests positive but does not have symptoms.
- Staff will contact a parent or guardian to facilitate safe transportation of those who are sick to home or healthcare facility.

b) *Transportation*

WMLCPS will develop protocols to facilitate the safe transport of those who are sick to their home or a healthcare facility. They include;

- Educating parents of the importance of maintaining up to date emergency contact information, and maintaining up to date information in the student information system
- Alerting the ambulance or the hospital, that the person being transported may have COVID-19
- If for whatever reason transportation home is needed, transportation will be provided by a transportation professional in an appropriate school division vehicle. Mitigation methods will be taken.

c) *Maintenance Director*

The Maintenance Director will develop protocols so that staff are able to implement cleansing and disinfection procedures of areas used by the sick individuals. They include;

- Closing off areas used by a sick person for use until after these areas have been cleaned and disinfected, using materials and methods outlined by the CDC and in consultation with the local health department.
- Ensuring safe and correct use and storage of cleaning and disinfection products including storing products securely away from children.

d) *Initiate Public Health Investigation*

After the School Level POC contacts the Division POC, the Westmoreland Health Department will be contacted to initiate a public health investigation, and possible contact tracing.

WMLCPS will consult and wait for the next steps from the Westmoreland County Health Department.

Close Down, Due to Severe Conditions

There is always the option of shutting the face to face instruction down due to severe conditions.

- WMLCPS will follow state guidelines for conditions that will trigger a reduction to in-person classes, based on the phased reopening guidance, i.e. a return to Phase 2 or 3.
- WMLCPS will follow state guidelines for conditions that will trigger a complete school closure, based on the phased reopening guidance, i.e. return to Phase 1.

ADDENDUM A

Westmoreland County Public Schools Athletics: Return to Training Guidelines Summer 2020

QUICK FACTS

- **All summer workouts are voluntary.**
- Any player participating in workouts **MUST HAVE A CURRENT VHSL PHYSICAL** on file with the WMLCPS 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!!**
 - **You will need a release note from a healthcare professional before you are able to return to participate in WMLCPS 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.
- Players and coaches are strongly encouraged to wear face masks or 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 sanitized after each individual.
- 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 will be shared and filed with the WMLCPS Athletics Office.
- Parents must sign the waiver prior to being allowed to participate in any activities.
- Drop off and Pick up through specified doors / enter and exit only.
 - Parents will be required to wait in their cars in the parking lot (social distancing), or leave the premises, during training sessions.
 - Parents will need to stay on premises until the child has been checked in.
- Groups will be the same athletes (including coaches) for each session to limit risk of exposure.

- No use of locker rooms or shower facilities at this time. 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.
 - Mask/face coverings are highly recommended in times where specific social distancing regulations cannot be maintained.
- At least 10 minutes should be scheduled between groups to allow for disinfecting the facility.
- 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.
- Parents will be required to wait in their cars in the parking lot, or may choose to leave the premises, during training sessions.
 - No visitors are allowed to attend conditioning sessions.

Westmoreland County Public Schools Athletics 2020 - 2021

Guidelines for Resuming School Sports

Three (3) Risk Categories:

•**Lower Risk Sports:** VHSL Sponsored activities, Band, Sideline Cheerleading, Cross Country, Esports, Golf, Swim & Dive, Tennis, Track & Field (individual races and throwing events)

•**Moderate Risk Sports:** Baseball, Basketball, Field Hockey, Soccer, Softball, Track & Field (pole vault*, high jump*, long jump*), and Volleyball.

•**Higher Risk Sports:** Competition Cheerleading, Football, Wrestling

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

Activities Phase 1 (Workouts Permitted for all sports and activities)

Pre-workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 before **every** workout. Coaches will complete the Monitoring Form in its entirety for **every** workout.
- 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 WMLCPS 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 1.**

Limitations on Gatherings:

- NO gatherings of more than 10 people at a time (inside or outside)
- NO locker room use in Phase 1
- Workouts will be conducted in “pods” with the same group of students always working out together
- A 10ft. minimum distance 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 to help decrease the spread of germs.
- Hand sanitizer will be readily available to use throughout workouts
- All individuals will supply their own water bottle/School will not provide shared water bottles. Water fountains will not be allowed for use.

Activity & Equipment:

- NO shared equipment between students including towels, balls, specific equipment
- All equipment, including balls, will be cleaned after each use and prior to the next workout.
- Each piece of weight room equipment must be cleaned after use before the next individual uses the same equipment.
- Each individual must keep appropriate attire on at all times (shoes, shirts, etc.) to help decrease the spread of germs.
- NO weightlifting exercises that require a spotter are allowed in Phase 1.

Examples under Phase 1:

- Volleyball players are not permitted to use a single ball that others touch or hit in any manner
- Football players are not permitted to participate in drills that a single ball will be handed off or passed to other teammates.
- NO contact allowed and no sharing of tackling dummies, sleds, etc.
- Basketball players may shoot with a single ball, but no passing of a single ball among players.
- Softball & Baseball players will not share gloves, bats, or helmets. A single player may hit in cages. Throwing practice may occur to a net, NO catcher. A single ball may not be tossed or used among the team. Baseballs and Softballs will be cleaned prior to another athlete using the same ball.
- Wrestlers may do skills and workouts without touching a teammate
- Cheerleaders may not perform partner stunts or pyramids. Cheers, dances, & jumps without contact are permissible.
- Runners will maintain the recommended 10 feet of distancing between individuals
- Golfers will not share clubs

Phase 2 (Workouts/Some Practices & Contests Permitted)

Contests must be 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. 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 WMLCPS 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 24 hours 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 WMLCPS 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 Lewis 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 Westmoreland County Public 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 Westmoreland County Public Schools Athletics Department has developed preventative measures to reduce the spread of COVID-19; however, Westmoreland County Public Schools 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 Westmoreland County Public Schools Athletic 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 an WMLCPS 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 Westmoreland County Public Schools. On my behalf, and on behalf of my athlete, I hereby release, covenant not to sue, discharge, and hold harmless Westmoreland 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 Westmoreland County Public Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Westmoreland County Public Schools Athletic 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 Westmoreland County Public Schools 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 Westmoreland County Public Schools Athletics Department has developed preventative measures to reduce the spread of COVID-19; however, Westmoreland County Public Schools 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 my athlete may be exposed to or infected by COVID-19 by attending activities in Westmoreland County Public Schools Athletic 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 an WMLCPS 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 Westmoreland County Public Schools. On my behalf, and on behalf of my athlete, I hereby release, covenant not to sue, discharge, and hold harmless Westmoreland 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 Westmoreland County Public Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Westmoreland County Public Schools Athletic event.

Print Name of Coach _____

Signature of Coach _____ Date _____

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