



2021 High School Student Activity COVID-19 Safety Guidelines



Students should not be engaged in any school activity if the symptoms below (but not limited to) has changed from usual or baseline health:

- If they have a temperature of 100.0 degrees Fahrenheit or higher
- 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
- New onset of severe headache, especially with an elevated temperature.
- Other COVID-19 symptom not listed

Anyone who has been exposed to someone with COVID-19 in the past 10 days, has COVID-19 symptoms, or who is not feeling well should not go to the school site and therefore cannot be engaged in any extracurricular school activities:

- In the event that an activity is scheduled to take place on/off campus, outside of the school day (7:30AM - 3:30PM) where students are outside of a vehicle, they will have their temperature checked upon entering such activity.
- Students with a temperature of less than 100.0 degrees will be permitted to enter the activity so long as they have the privilege and follow all safety guidelines and school rules.
- Students with a temperature of 100.0 degrees or higher will be directed to be sent to the front office (if still open) and subsequently sent home.
- Those who develop signs and symptoms throughout the activity/event will be sent home. Students and staff will subsequently follow the protocol for “Presenting Symptoms While on TUSD Campus” as outlined in school safety plans.

General on/off campus Activity Guidelines

- All activities **MUST FOLLOW** the developed school site safety plan (unless otherwise approved by the site administrator) and all county & state guidelines as well.
 - Any student found to be unwilling, uncooperative, or in violation of these guidelines, the site safety plan, or general school rules will be sent home and restricted from engaging in the activity.
- Regarding Lunchtime and/or after school Activities:
 - Lunches will be made available to all students free of charge and they will grab and go. No **loitering** allowed and students **must** leave campus for the day unless they have a sports practice, 0/7th period, or another scholastic purpose for being on campus past the lunch period. No after school club activities are allowed. Extra-curricular clubs should continue to meet via Microsoft Teams.
- Protocol for Protecting Self and Others:
 - In all on/off campus activities, restrooms will be made available for participants to wash their hands as outlined in the school safety plan. Student use of hand sanitizer when restrooms are not nearby is encouraged.
 - When outside vendors are permitted, the district will require all staff, authorized outside vendors, parent volunteers, **observers**, and students to wear cloth face coverings/masks (unless an individual has a health/medical condition that prohibits it, or other verifiable exemption reason) at all times, which are most essential when physical distancing is not possible.
 - Per California Department of Education, at a minimum face coverings should be worn:
 - While waiting to enter the school campus.
 - While on school grounds (except when eating or drinking).
 - While leaving school
 - While on a school bus
 - Food Service workers and staff in routine contact with the public should use gloves and facial coverings.
 - Limit indoor activities to comply with capacity limits.
 - School activities must not participate in out-of-state activities or tournaments.
 - In terms of activities in person, the observation of activities should be limited to immediate household members, and for the strict purpose of age appropriate supervision. Every effort should be made to limit the number of observers to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.

- Video streaming of activities will be attempted so that they can be watched "live" from home when feasible.
- Any outdoor student activity over the amount of 50 individuals MUST have hand sanitizing stations or solutions.
- While engaged in activities, all participants should avoid touching their eyes, nose, and mouth with unwashed hands. They should also wash their hands frequently with water and soap for at least 20 seconds; especially:
 - after going to the bathroom
 - before eating
 - after blowing your nose, coughing or sneezing
 - after touching surfaces in commonly used areas
 - Cover coughs and sneezes with a tissue, then throw the tissue in the trash. If tissues are not available, cough or sneeze into the inside of your elbow
- Restroom Procedures during on/off campus Student Activities
 - • All doors propped open
 - • No more than 3 students in the restroom at a time or as outlined in the site safety plan.
- Shared Resources for Activities
 - When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before engaging and de-engaging in the activity, during breaks, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple participants during the activity if the above hand hygiene practices and proper sanitization of all balls/equipment are followed.
- Outside Vendors
 - All outside vendors must be on the approved vendors list and MUST FOLLOW all guidelines as listed in this document as well as ALL state, local, district, & site safety guidelines. The allowance of outside vendors will be approved via the civic permit process.

Student Activities Pertaining to these Guidelines:

The Definition of Extra and Co-Curricular Activities (BP/AR 6145) highlights examples of such extra-curricular/co-curricular activities/programs shall include but are not limited to the following:

- All interscholastic athletics. (Denoted that the CIF & District have adopted similar but separate guidance for a return to play)
- Instrumental music activities not included as part of the required program.
- Pep squads, drill team.
- Student government.
- Class officers.
- Club officers.
- Drama activities not included as part of the required program.
- Choral productions not included as part of the required program.
- Competitive speech activities not included as part of the required program.
- Out-of-class student newspaper presentations and competitions.
- Out-of-class student yearbook, presentations and competitions.
- Other performances or competitive groups.

NOTE: Due to the nature that both on/off campus activities and sports are inherently qualified by the district as "extra curricular," it should be noted that at any time state/district/site guidance for sports is less restrictive than the guidance outlined in this document, activity restrictions will deflect to the less restrictive guidance that parallels or mirrors the guidance set forth for similar interscholastic athletic type activities.

Classification of Activities & Protocol

Low-Contact Activities (*Approved by Site Administration & denoted in civic permits if applicable)

Activities where contact within six feet of other participants can be avoided. Some of these activities have relatively low contact rates that allow for consistent wearing of face coverings when within six feet of other people.

Moderate-Contact Activities (*Approved by Site Administration & denoted in civic permits if applicable)

Activities that can be enacted with only incidental or intermittent close contact between participants.

High-Contact Activities (*Must be approved by Site Admin & submitted to TUSD Leadership Cabinet via civic permits for approval)

Activities with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants.

Informed Consent

- Due to the nature and risk of transmission while participating in indoor/outdoor low, medium, high-contact activities, events such as these the site will provide information regarding risk to all parents/guardians of minors participating in such activities on and off campus.
 - For **high contact activities** the site will have each parent sign an informed consent indicating their understanding and acknowledgement of the risks indicated herein.

Sources:

- **School Site Safety Plan:** <https://www.tracy.k12.ca.us/parentstudent-information/health-services/coronavirus-page>
- **California Department of Public Health Guidance:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>
- **CDPH Website:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID19/BlueprintForSaferEconomy.aspx>