

# St. Joseph Marquette Catholic School

## HEALTH AND SAFETY PLAN



Updated September 24, 2021

# Health and Safety Plan

In accordance with the Governor's emergency proclamations for public and private K-12 schools, the following health and safety protocols have been adopted for St. Joseph Marquette Catholic School students, staff, and volunteers, and visitors. The protocols in this document have been reviewed and approved by the local health department, the Diocese of Yakima, and St. Joseph Marquette Catholic School's School Commission.

## GENERAL REQUIREMENTS

- Students, staff, parents, and visitors must properly wear an approved mask while inside the school buildings, regardless of vaccination status.
- Masks are not required to be worn while outside.
- Volunteers acting in the capacity of a staff member, while inside the school building for longer periods of time must be fully vaccinated.
  - Volunteer examples:
    - Volunteering in the art room during your child's art class.
    - Volunteering for centers in a Pre-K or Kinder classroom.
  - Examples not under the mandate:
    - Drop in for lunch with your child.
    - Coming to class for your child's birthday party celebration.
    - Coming to school to address a medical issue.
    - Volunteering at the Raffle turn-in tables in the cafeteria
    - Attending a meeting at school with a teacher, group of parents, etc.
- Parents are asked to contact their child's teacher and/or the administration if they keep their children home as precautionary, if symptoms develop, if there has been a close contact away from school, etc.
- All staff must be fully vaccinated or receive an approved accommodation from the Diocese by the end of business on October 18, 2021

## **DEFINITIONS**

- **An approved mask** completely covers the mouth and nose and fits securely on the sides of the face and under the chin. It shall be made of two or more layers of tightly woven fabric with ties or straps that go around a person's head or behind the ears.
  - Gaiters are not considered an approved face covering.
  - Face shields by themselves are not considered to be an approved face covering.
- **A face shield** with a drape or wrap can be used by individuals with developmental, behavioral, or medical conditions that prevent them from wearing a mask. If used, face shields shall extend below the chin, wrap around to the ears, and have no gap at the forehead.
  - **To wear a face shield, a mask waiver request form approved by the Yakima Health Department Health Officer must be obtained and provided to the principal.**
- **Close Contact** is considered being within 6 feet of someone who has been confirmed positive for COVID-19 for at least 15 cumulative minutes over a 24-hour period during the time when the person was infectious (2 days prior to the onset of symptoms). Applies with mask or no mask.
  - **Exception:** Close contact excludes students who were at least 3 feet away from an infectious student when both students were wearing a mask and other prevention strategies (social distancing, cleaning/disinfecting, handwashing, etc.) were in place.
    - **This exception does not apply to adults in the classroom setting!**
- **Isolation** is a 10-day period from the onset of COVID-19 symptoms or 10 days from the date the COVID test was administered if no symptoms are present.
- **Quarantine** is a period of time an individual who has been exposed to COVID-19 is required to stay home away from others in case they were infected or are contagious.
  - 14-days is the safest option with monitoring for symptoms. If symptoms develop after 5 days, it is recommended that the individual be tested for COVID-19.
  - 10-days is acceptable if no symptoms develop, with no COVID test required
  - 7 days is acceptable if no symptoms develop and a negative test is administered on day 5.
  - **Exceptions for not entering a quarantine period:**
    - Close contacts who are fully vaccinated and do not have symptoms.
    - Close contacts who had confirmed COVID-19 in the past 3 months, have recovered, and do not have symptoms.
- **Symptoms of COVID-19**
  - A cough
  - Shortness of breath or difficulty breathing
  - A fever of 100.4 or higher or a sense of having a fever
  - A sore throat
  - Chills
  - New loss of taste or smell
  - Muscle or body aches
  - Nausea/vomiting/diarrhea
  - Congestion/runny nose –
    - not related to seasonal allergies
  - Unusual fatigue
- **Vaccinations:** Individuals are considered fully vaccinated two weeks after receiving the final dose.
- **Volunteers** are parents acting in the capacity of a staff member or faculty, while inside the school building for longer periods of time must be fully vaccinated.

## **PREVENTION MEASURES**

### **MASKS**

- All students, school personnel, visitors, and volunteers are required to wear an approved mask or an acceptable alternative (surgical mask or clear face shield with a drape or wrap) at school when indoors.
- Passengers and drivers are required to wear a mask while inside the school bus.
- Masks or face coverings are not required outdoors.

### **PHYSICAL DISTANCING**

- We will strive to maintain 3 feet or more between students in classroom settings.
- We will maximize distancing between students to the degree possible for all circumstances during:
  - Lunch time in the cafeteria
  - When students are in common areas outside the classroom
  - P.E., drama, music, orchestra, and band classes
  - Prayer services, Mass, and special assemblies

### **VENTILATION**

- Staff will provide mask breaks outside.
- Change HVAC filters as needed

### **HAND WASHING/SANITIZING**

- Teach and reinforce handwashing with soap and water for at least 20 seconds
- Emphasize and encourage proper handwashing among students and staff
- Provide hand sanitizer containing at least 60% alcohol for classrooms and at building entry points.
- Emphasize that students and staff cover coughs and sneezes with a tissue, discard the tissue, and then immediately wash their hands or use hand sanitizer.
- Emphasize that students and staff step away from others when blowing their nose and immediately wash their hands or use hand sanitizer.

### **CLEANING/DISINFECTING**

- Custodial staff will clean and disinfect high contact areas after major student transitions: beginning of school, following recesses, lunch, transitions into new rooms, and after school.
- Teachers use a 10% bleach/water solution to disinfect student desks, chairs, and high contact areas in their classroom prior to new students entering the room.
- Students will use hand sanitizer prior to entering a classroom.
- An electrostatic sprayer using approved disinfectant may be used. If so, there will be adequate time for proper ventilation without students and/or staff in the space.

### **STAY HOME WHEN SICK**

- Students and school personnel experiencing symptoms of COVID-19 shall stay home from school and seek a medical evaluation, which may include testing for COVID-19.

### **TESTING**

- Timely testing of symptomatic students and school personnel is encouraged.
- Symptomatic individuals with a negative COVID test may be able to return to school earlier.
- A screening test protocol for athletes and coaches participating in school sports will be instituted for those who are not fully vaccinated. The screening test will be provided by the school.

### **REDUCING TRANSMISSIONS**

- School personnel, student, volunteers, and visitors must properly wear an approved mask while inside our school buildings. See definitions section for approved masks.
- School personnel, student, volunteers, and visitors who do not have an approved mask will be provided one as they enter the building.

- It is recommended families send multiple masks with their children, allowing for backups if needed.
- Disposable masks should be worn for only one day.
- Cloth masks should be washed prior to being worn again.
- Masks should be changed out if they become soiled or damp.
- 3 feet of social distancing in classrooms will be followed, as space and enrollment allows.
- Students, staff, volunteers, and visitors will use hand sanitizer upon entering the building.
- Students, staff, volunteers, and visitors will use hand sanitizer before entering a classroom.
- Band will follow safety protocols as described in the Performing Arts section (last page).
- Elementary music will follow safety protocols as described in the Performing Arts section.
- P.E. students will be required to wear an approved mask while indoors, not when outside.
- Desks, chairs, and high contact areas will be disinfected with a 10% bleach/water solution prior to new students entering a classroom. (i.e., Middle School class transitions, PE, art, music, classes)
- Health and Safety guidelines will be followed for Mass in the church as recommended by the Health Department and allowed by the Diocese of Yakima.
- Water bottle fill stations are available in each building. Students are encouraged to bring personal water bottles to stay hydrated. Drinking fountains will not be available.
- ART: Students will bring individual art supplies to class. The art program will provide individual specialty items as needed for projects.
- Classrooms: Students will use individual supplies (pencils, crayons, markers, scissors, ruler, etc.)
- Middle school students will transition is specific directional routes between classrooms increase physical distancing and reducing face to face transitions in the halls.

### **Lunch**

- We will offer our regular school lunch program
- Students will eat lunch in the cafeteria. Exception: Pre-K will have lunch in their classroom. (updated)
  - K to 8 will alternate A & B homerooms eating in class and eating in the cafeteria. If in class, a minimum of 3' of physical distancing will be required. If eating in the cafeteria, students will sit at assigned seats. The seats next to and across from a student will be open ensuring a minimum of 3' physical distancing. Students must wear their mask when they are not eating or drinking.
- Students will wash hands or use hand sanitizer prior to having lunch.
- Microwaves will be available for student use in the cafeteria.
  - Adults will assist younger children as needed.
- It is preferred that student lunches are not delivered by parents or businesses.

### **Recess**

- Students will enjoy daily recesses outside, weather permitting.
- Students and staff are not required to wear masks while outside.

### **Remote Learning Component:**

- If a student is required to be in isolation and/or quarantine as a result of a positive COVID test or has had close contact, the family should notify the school principal and their child's teacher(s). The child's teacher(s) will work with the student and parents to develop an academic plan that will support the student's learning while he/she is out of school.

### **Training**

- Teachers will conduct in-class training and reminders regarding approved masks, wearing masks properly, social distancing, personal hygiene, use of hand sanitizer, disinfecting classroom space and high contact areas, recess expectations, etc.
- All staff will receive and review the Health and Safety Guidelines and strictly adhere to them.
  - The school will provide updated training when/if new procedures are put in place.
  - The school will document those who received and reviewed the document.

### **What to do if a student or staff member develops COVID-19 symptoms while at school**

- Students will be isolated immediately in the designated isolation room, parents will be called for immediate pick up, and testing will be encouraged.
  - Those providing care must upgrade their PPE to KN95 masks, gloves, and face shield.
- School personnel will be sent home immediately, testing will be encouraged.
- The individual will begin a 10-day quarantine – see details on page 2 under definitions.
- The principal shall communicate to the school community that there was a positive test in a particular classroom, while maintaining confidentiality of the person who tested positive.
- The custodian will disinfect the classroom(s), enrichment classrooms, the office, isolation room, etc.

### **What to do if a student or school personnel tests positive for COVID-19**

- The individual enters a 10-day isolation period from onset of symptoms or from their test date if no symptoms are present.
- The staff member or parents shall notify the school principal as soon as possible.
- Close contacts will be identified and will enter into quarantine.
- The school principal will notify the Yakima Health District to consult on next steps.
- The school principal will notify the school community ensuring confidentiality of the person.
  - Permission must be received from the staff member or student's parent/guardian before their name can be divulged in a public notification.

### **What to do if someone visited the school while contagious with COVID-19**

- It is possible that students and staff may have been exposed. A person is contagious two days before the onset of symptoms through their isolation period. Close contacts of a person with COVID-19 should be identified to determine if they must quarantine.

### **Returning to school following a positive COVID-19 test**

- The individual must complete a 10-day isolation period with day 1 being after the onset of symptoms or a 10-day isolation period 1 day after their test date if no symptoms are present, AND
- The individual has been fever-free for 24 hours without fever-reducing medicines, AND
- Symptoms have improved.
- Isolation guidance applies regardless of vaccination status

### **What to do if a member of your home tests positive for COVID-19**

- Due to exposure/close contact, the student or staff member must complete a 10-day isolation with the person who is positive in the home. Day 1 is considered the day after the onset of symptoms for the positive family member or the day after a positive test for an asymptomatic individual.
- Individuals are recommended to quarantine for 14 days after the last exposure (end of the 10-day isolation)
- At the end of the 10-day isolation, the student or staff member must quarantine.
  - 10-days if symptoms are present and OR
  - 7-days if symptom free and a COVID-19 test is negative
- Quarantine can be shortened to 7 days if:
  - No symptoms are present AND
  - A test is administered on day 5 or 6 of the quarantine is negative
- **Exceptions for not entering a quarantine period:**
  - Close contacts who are fully vaccinated and do not have symptoms.
  - Close contacts who have had confirmed COVID-19 in the past 3 months, have recovered, and do not have symptoms.

## **What to do if a student or staff has a close contact outside your home**

- Quarantine for 10-days from last day you were in close contact with the positive individual
- If symptoms develop, it is recommended that a COVID-19 test be administered between day 5 and 7 of the 10-day quarantine (Day 7 is optimal)
- If you do not have an onset of symptoms, the quarantine can be shortened to 7-days if accompanied by a negative COVID test result that was administered between day 5 and 7 of the quarantine.

## **EXTRACURRICULAR ACTIVITIES**

### **School Sports**

- Masks are required to be worn indoors when not practicing or competing.
- Masks are encouraged to be worn while practicing indoors for all sports.
- Masks are not required for athletes while actively practicing or competing indoors in low or moderate contact sports, regardless of vaccination status.
- Masks are not required for fully vaccinated athletes competing in high contact indoor sports.
- Masks are not required for unvaccinated athletes competing in high contact indoor sports if they participate in screening testing program provided by the school.
  - Screening testing must be performed twice weekly using a molecular or antigen test.
  - A rapid antigen test should be performed on all unvaccinated athletes within 24 hours of competition.
  - The second test during the week should be performed 3-4 days prior to or after competition and may be a molecular or antigen test.
  - If a molecular test is performed, the athlete does not need to isolate while awaiting screening test results unless they are exhibiting symptoms.
  - All screening testing will be performed with the intent of full privacy and confidentiality.
  - Screening testing will be provided by the school.
- Masking is not required for outdoor sports of any contact level
- Athletes and drivers not of the same family shall wear a mask while riding a personal vehicle, regardless of the vaccination status. If in the same family, masks are not required in the vehicle.

### **Indoor sports**

- Volleyball is considered to be a moderate contact sport
- Basketball is considered to be a high contact sport

### **Performing Arts**

- Masking is required of all students and faculty when indoors.
- Students and staff participating in music, choir, and instrumental band classes are required to wear a 3-layer medical face mask (disposable blue masks) while practicing/performing indoors.
- Woodwind and brass performers may remove their mask when performing but must replace it during non-performance times. 3 layered bell covers should be in place while performing indoors.
  - Use proper care when collecting water condensation from brass instruments.
- 3-layer medical masks (blue disposable masks) must be worn by students and directors in elementary music classes when singing. Masks will be provided by the school. Masks must be disposed of at the end of class. When not singing, students should wear masks as required in the regular classroom.
- Physical distancing of at least 3 feet will be practiced as classrooms space allows.