

Fairfax County Public Schools (FCPS) Student Health and Safety Guidance Document

Consistent with Governor Northam's phased reopening plan for Virginia schools, and guidance provided by the Centers for Disease Control and Prevention (CDC). FCPS is providing the following guidance to staff regarding school health practices for students:

**Schools should follow all CDC, Virginia Department of Health (VDH), Virginia Department of Education (VDOE) and the local health department guidance for reopening schools:
All Phases**

CDC Indicators for Dynamic School Decision Making

The CDC issued new guidance with core and secondary indicators for the decision-making process regarding reopening for in-person learning.

Mitigating strategies were identified for implementation. These include, but are not limited to:

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands

Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
 - **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#)

Cover your mouth and nose with a mask when around others

- COVID-19 can be spread to others even if you do not feel sick.
- A face mask is meant to protect other people in case you are infected.
- Everyone should wear a face mask in public settings and when around people who don't live in your household. Masks, along with [social distancing](#) should be practiced in combination with other [everyday preventive actions](#) to reduce the spread of COVID-19.
- Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- **Continue to keep feet between yourself and others. A face covering is not a substitute for social distancing**

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.

Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#) will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).

Prior to the reopening of the school, school administrators must identify, complete and /or share the following with their staff:

Social Distancing at School

Maintaining social distancing will be implemented to the extent possible. In limited cases, exceptions to this may occur when a student requires support for activities of daily living that may make staff unable to maintain a distance of six feet. In all other cases, 6 feet of social distancing is required.

- Six (6) foot separation wherever possible; limited mixing among student groups
- Social distancing on buses in accordance with health and safety protocols
- Desks will be separated by up to a six feet distance, facing same direction
- Students will eat meals in classrooms whenever possible (each school will determine their best meal distribution process)
- Student traffic patterns in hallways will be set up to maintain social distancing, including during arrival and dismissal.
- Students transitioning to after school care will also follow traffic patterns in the hallways to maintain social distance.

Cohort students as much as possible:

What is cohorting? Cohorting (sometimes called podding) is a new term for a strategy that schools may use to limit contact between students and staff as part of their efforts to limit transmission of SARS-CoV-2 (the virus that causes COVID-19). These strategies work by keeping groups of students – and sometimes staff – together over the course of a pre-

determined period of time. Ideally, the students and staff within a cohort will only have physical proximity with others in the same cohort. This practice may help prevent the spread of COVID-19 by limiting cross-over of students and teachers to the extent possible, thus:

- Decreasing opportunities for exposure or transmission of SARS-CoV-2
- Reducing contact with shared surfaces
- Facilitating more efficient contact tracing in the event of a positive case
- Allowing for targeted testing, quarantine, and/or isolation of a single cohort instead of school-wide measures in the event of a positive case or cluster of cases

Cohorting strategies are common practice in many schools across the United States. Many elementary school students have the same teacher and classmates during the entire school year. Implementation of this strategy varies, depending on setting and resources.

- Schools may keep cohorts together in one classroom, and have teachers rotate between rooms.
- Schools may alternate cohorts by days or weeks, with cohorts assigned to specific days or weeks.
- Schools may adopt a hybrid approach, with some cohorts assigned to in-person learning and others assigned to online learning.

As schools reopen, planning should the following, to the extent possible:

- Identify small groups and keep them together (cohorting or podding)
- Dividing students and teachers into distinct groups that stay together throughout an entire school day during in-school instruction.
- Limit mixing between groups such that there is minimal or no interaction between cohorts.

Isolation Room Establishment, Requirements, and Staffing:

- The predetermined isolation room is a designated location and must be separate from the health room. It may be necessary for schools to identify a second isolation room due to the requirement for social distancing and room capacity.
- A designated staff member must be assigned to supervise students while in the predetermined isolation room should the need arise. The staff member will be provided with a gown or lab coat, gloves, and a face shield as appropriate. The staff member assigned should complete the trainings on COVID-19 and use of Personal Protective Equipment (PPE).
- The **Personal Protective Equipment - FCPS Staff Training** video is now available in [MyPDE](#). Users can access the video via the direct link below or by searching for any of the key words in the title (examples: "personal", "protective", "PPE").
 - Direct Link to Video: [Personal Protective Equipment - FCPS Staff Training](#)
- Staff will need to be available at various times throughout the day to supervise any student exhibiting symptoms of COVID-19 while awaiting pick up by the parent or guardian.

Daily Temperature Checks- Procedure and Staffing Requirements:

- Designated staff must be available throughout the day to take temperatures of students upon arrival or during the instructional day, as necessary.

- Staff will be provided with a temporal thermometer, appropriate PPE and training in the use of a temporal thermometer. Information on how to use a temporal thermometer can be found at the following link:
- [How To Use a Temporal Thermometer:](#)
- Temperatures will be taken each morning upon arrival for any student who:
 - Has not returned the Parental/Guardian *Health Screening Commitment Form*
 - Any student who is not wearing a face mask (cloth or disposable). Face masks will be provided for any student who does not have an exemption.
- Temperatures will be taken throughout the day for any student who:
 - Arrives late to school, meeting the criteria above.
 - Takes off their face mask during the day, after arriving at school, and refuses to put it back on. This requirement does not apply when students are eating and drinking or during exercise, under the supervision of school staff.
 - Additional guidance regarding physical activity during Health and Physical Education (HPE), recess, athletics etc. will be provided.
- For students returning in Cohort 2, FCPS will be doing daily temperature checks as outlined below. Please be aware that these protocols may change based on public health guidance.
 - **Bus Stop:** Temperatures will be taken at bus stops. Please note that parents/guardians will be required to accompany young children at the bus stop each day. Students demonstrating a temperature greater than or equal to 100.4° Fahrenheit will not be able to board the bus and will be sent home.
 - **School Entry:** Temperatures will be taken for all students entering the building. Any student demonstrating a temperature greater than or equal to 100.4° Fahrenheit will be escorted or sent to the predetermined isolation room for further screening. For any student being sent home, parents/guardians or approved designee are to pick up their student within one hour.

*******If the temperature of the student is greater than or equal to 100.4°Fahrenheit, the student will be escorted or sent to the predetermined isolation room for further screening. Students will be escorted by an adult who will maintain 6 feet of social distancing. School Health Room staff will then follow the FCHD established protocols for Care of the Sick and Injured.**

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Parental Guardian Health Screening Commitment Form:

- Parents/guardians who chose an in-school instructional option for their child will be required to complete a *Parent/Guardian Health Screening Commitment* form as students are phased back into in-person learning.
- This document indicates the parental/guardian's agreement and commitment to completing a daily health screening **prior** to sending the student to school and also to keep ill students at home.
- The commitment form(s) is available at:
 - <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment.pdf>.
 - <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-amharic.pdf>
 - <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-arabic.pdf>

- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-chinese.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-farsi.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-korean.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-spanish.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-urdu.pdf>

<https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningCommitment-vietnamese.pdf>

- Parents/guardians who have indicated that their child will attend in-school instruction will receive the commitment form electronically, or via hard copy, in their preferred correspondence language.
- The form will be sent home to families prior to their student resuming in-school instruction.
- Parents/guardians may choose to provide their response electronically or parents/guardians may choose to return a hard copy form with their signature. Staff will be required to manually update the receipt of this information in SIS on the *Return to School* tab and to file the original commitment form in the student's health portion of the cumulative file.
- Designated school staff will identify and run a daily report via SIS to identify and monitor those students whose parent/guardian have not submitted the commitment form.
- School staff will contact the parents/guardians of all students who have not returned the *Parental/Guardian Health Screening Commitment* form (either electronically or via hard copy) to communicate this requirement until all forms have been received.
- Students whose parent/guardian have not returned a signed the Parent/Guardian Health Screening Commitment form will be required to complete a health screening and have their temperature taken daily by school staff until the form is received.

Daily Health Screening:

- A daily health screening will be required for all students attending in-school instruction.
- The health screening tool(s) is available at:
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-amharic.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-arabic.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-chinese.pdf>

- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-farsi.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-korean.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-spanish.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-urdu.pdf>
- <https://www.fcps.edu/sites/default/files/media/forms/HealthScreeningQuestionnaire-vietnamese.pdf>
- As indicated in the *Parental/Guardian Health Screening Commitment* form, parent/guardians, will complete the health screening each morning, prior to sending the student to school. In order to reduce the spread of communicable disease to student and staff, it is critical that parents/guardians accurately complete this screening daily and keep students home from school when exhibiting any symptoms. **These health screenings will be done on an honor basis and will not be required to be submitted to the school.**
- Parents/guardians will be required to make this commitment for all school-aged children in their household.
- Parents/guardians will receive frequent reminders from FCPS via multiple modes of communication, reminding them to complete their daily health screening and to keep sick students at home. These communications will be developed in collaboration with the Office of Communications and Community Relations (OCCR), Office of Professional Learning and Family Engagement (OPLFE) and Language Services.
- Students whose parent/guardian have not returned a signed the Parent/Guardian Health Screening Commitment form will be required to have their temperature taken daily by school staff until the form is received.
- **If the temperature of the student is greater than or equal to 100.4° Fahrenheit, the student will be escorted or sent to the predetermined isolation room for further screening. Students will be escorted by an adult who will maintain 6 feet of social distancing. For any student being sent home, parents/guardians or approved designee are to pick up their student *within one hour*.**

Protocols for Student Illness and Contact Tracing:

- FCPS is working collaboratively with the Fairfax County Health Department (FCHD) to develop protocols for students that become ill during the school day. Each case will be handled individually in accordance with the FCHD established communicable disease and contact tracing protocols.
- FCHD protocols for FCPS and principals will be available prior to students being phased into in-person learning.
- FCHD protocol will be followed should it become necessary to inform parents/guardians of any communicable disease outbreak.
- [FCHD/FCPS COVID Case Reporting, Contact Tracing and Communication Process](#)

Revised 10.26.20

School Health Room

Support to students in the health room will continue to be provided by the School Health Aide. FCPS personnel will staff the isolation room.

Students with Individualized Health or Action Plans who require specialized care, medication administration and emergency care will be seen in the health room. Parents will be required to bring in medications needed to support their student during the school day prior to or on the first day of school.

Becoming Ill While at School

Students demonstrating fever greater than or equal to 100.4F, new chills, new cough, new sore throat, new muscle aches, new loss of taste or smell, nausea, or diarrhea will be sent home from school. Parents/guardians will be notified and are expected to pick up their child within one hour of notification. Parents are to check into the front office.

Becoming Ill While at School

Students demonstrating fever greater than or equal to 100.4F, new chills, new cough, new sore throat, new muscle aches, new loss of taste or smell, nausea, or diarrhea will be sent home from school. Parents/guardians will be notified and are expected to pick up their child within one hour of notification. Parents are to check into the front office.

Returning to School After Illness

Families will receive guidance from the Fairfax County Health Department (FCHD) Public Health Nurses (PHNs) and School Health Aides (SHAs), identified as the school health team as to when their student can return to in-person learning.

Students who are showing signs of COVID Like Illness may not return to school until:

- o Student has tested negative for COVID-19 **OR**
- o A healthcare provider has seen the student and documented a reason for the symptoms other than COVID-19 **OR**
- o All of these are true:
 - 1) at least 10 days since the start of symptoms **AND**
 - 2) fever free off anti-fever medicines for 24 hours **AND**
 - 3) symptoms are getting better

Students who have been diagnosed with COVID-19, may not return until:

- o It has been at least 10 days since my child first had symptoms **AND**
- o My child has had no fever off anti-fever medicines (ex: Tylenol, Ibuprofen) for 24 hours **AND**
- o My child's symptoms are getting better

Students who have been exposed to COVID-19:

If someone in the household has been diagnosed with COVID-19, or the student is exposed, the student must remain home for 14 days after their last exposure to the household member.

Response to COVID Case in a Cohort/Classroom

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With one confirmed case of COVID, the classroom will transition to 100% virtual learning for up to 14 days from the date of onset. Fairfax County Health Department (FCHD) Public Health Nurses (PHNs) and School Health Aides (SHAs), identified as the school health team, will support the contact tracing process in our schools during this time. School staff, students and additional staff, such as transportation staff and related services providers, that are identified by the PHN will be transitioned to distance learning or teleworking as part of this cohort. These individuals will receive notification, as directed by the FCHD. The community will also be notified that a COVID case has occurred in a cohort and the contact tracing process has been initiated.

Upon the conclusion of contact tracing, cleaning and disinfecting, students and staff in the cohort will be notified as to when they will return to in-person learning. The length of time for this process may be shorter than 14 days based on results of contact investigation and tracing by the FCHD. The community will also be notified that the contact tracing has been completed and of any further recommendations.

Response to Two or More COVID Cases in a School

As related to school closure, FCPS will work closely with the FCHD to make the determination as to whether or not an entire school will be required to transition to distance learning based on contact tracing. Should multiple linked cases occur, the community will receive immediate communication of an outbreak and all students would be transitioned to distance learning for a period of time. A follow up communication will go out to the community when in-person learning may resume, as recommended by the FCHD.

Face Masks (Cloth or Disposable):

- All students who are two years of age and older are required to wear face masks (cloth or disposable) while on school property (including inside FCPS facilities, during FCPS-provided transportation and school sponsored activities).
- Fairfax County Public Schools (FCPS) has established procedures for the use of face masks (cloth or disposable) for students, staff, and visitors designed to mitigate the spread of SARS-CoV-2, the virus that causes coronavirus disease (COVID-19), and other identified infectious diseases during a health crisis. These requirements are outlined in [*Regulation 2109 \(R2109\), Face Coverings to Mitigate the Spread of Infectious Disease*](#).
- The provisions of this regulation are aligned with guidance provided by the Centers for Disease Control and Prevention (CDC) and by the Virginia Department of Health (VDH). FCPS has adopted the position that all students, staff and visitors wear face masks while on school property (to include the grounds, the buildings, school buses and other school-provided vehicles) during the school day or during any school-sponsored activity.
- Any temporary exception to the requirement of wearing a face mask during the school day, such as while eating, drinking or exercising, will be -under the direction and supervision of a school official(s) when it is safe to do so.
- Any student requesting an exemption to wearing a face mask due to a medical condition, will provide a **written statement** from his or her physician confirming that not wearing a face mask is medically necessary. School staff will maintain this documentation in the health section of the cumulative file and designate the exemption in the SIS on the Return to School tab.
- Refer to the CDC for exceptions for the most recent information regarding exceptions. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>.
- Any student not wearing a face mask for **any** reason, upon arrival to school will receive daily temperature check(s).
 - Training for students in the appropriate use of face coverings is available at:

<https://www.fcps.edu/resources/student-safety-and-wellness/school-health-services>

- FCPS recognizes that it may be difficult for many students to wear face masks all day during in-school instruction. School staff may consider building in supervised breaks during the instructional day where students may go outdoors and maintain social distance in order to take a break from wearing facemasks.

Visitors to FCPS Facilities:

- Visitors to all FCPS facilities will be limited and requests will be reviewed by the principal, or designee, on a case by case basis.
- When possible, appointments should be made in advance by contacting the front office at the school.
- All visitors will be **required** to complete a health screening questionnaire and must submit to a temperature check prior to entering the building.
- Any visitor responding “yes” to any of the health screening questions or demonstrating a temperature of 100.4° Fahrenheit or greater will not be permitted to enter the building.
- All visitors are **required** to wear face masks (cloth or disposable) while on school property and inside FCPS facilities.
- Any student participating in distance learning that must visit the building for any reason will be **required** to complete the health screening process above and wear a face mask (cloth or disposable) while in the building.

School Supplies and Communal Classroom Items:

- Students will be required to label and maintain their own personal set of required classroom supplies, keep them in their backpack and take them to and from school each day.
- Electronic devices, toys, books, games or learning aids are not to be shared unless they can be cleaned or disinfected.
- Discontinue sharing items between persons, unless items are cleaned and disinfected between each person (with an EPA-approved disinfectant). Avoid using shared items that are difficult to clean.
- Students should bring their own water bottle for use during the day. School staff should develop a plan for refilling water bottles, as necessary. Water fountains should not be used as usual. Water fountains can be used to refill water bottles if practical, but students and staff should not be drinking directly from any water fixtures; individual water bottles should be used instead.
- Whenever possible, and when developmentally appropriate, supplies/school materials should be placed directly into backpacks by students.

Considerations for Recess:

- Communal equipment, such as playground equipment, balls, ropes, etc. should not be used.
- School staff should consider teaching students games or recess activities that minimize close physical contact and allow for social distancing.

Considerations for Personal Protective Equipment (PPE):

- Personal Protective Equipment (PPE) refers to protective clothing, gloves, face shields, goggles, face masks or other equipment designed to protect the wearer from injury or the spread of infection or illness. When used properly, PPE acts as a barrier between infectious materials such as viral and bacterial contaminants and your skin, mouth, nose,

or eyes (mucous membranes). When used properly and with other infection control practices such as handwashing, using alcohol-based hand sanitizers, and covering coughs and sneezes, it minimizes the spread of infection from one person to another.

- **Cloth face masks are not considered PPE and should not be used interchangeably either in terminology or practice.**
- To minimize the spread of communicable disease, such as COVID-19, PPE should be used correctly. FCPS students and staff are **required** to complete training on the use of PPE in MyPDE.
- School staff will need to make considerations for the necessary PPE on a **case-by-case** basis, depending on the activity, physical proximity and level of potential exposure throughout the day.

Moderate Risk: Tasks include those that require close contact with (i.e., within six feet of) people who are not known or suspected to have COVID-19. These precautions are recommended since some students with the disease may not be showing any symptoms at the time of interaction. Although there is risk with these tasks, **not all PPE listed may be needed for all situations.** These tasks include, but are not limited to first aid, oral medication administration, vision screening, hearing screening, consultation, blood glucose checks (diabetes care), and inhalers for students with asthma.

High Risk: Tasks that require close contact (i.e. within six feet of) with students' bodily fluids or aerosol generating procedures such as suctioning of airways, toileting, feeding, transferring or direct contact with bodily fluids or secretions.

These tasks should be done in a well-ventilated room isolated from others if possible.

Specific guidance regarding what types of PPE are required during in-school instruction can be found at: [PPE Strategies-Guidelines for Proper Use of PPE](#)

- The Office of Procurement Services (OPS), the Office of Facilities Management (OFM) and the Office of Safety and Security (OSS) are working together to provide the necessary supplies and infrastructure to schools as preparations for reopening and fall activities begin. Supply allocations will be based on the number of employees, student enrollment and program need. OFM is installing social distancing signage (on walls and floors) and counter shields in schools and administrative offices. This work will continue through the month of July. OSS is working closely with the FCHD and CDC to monitor COVID-19 and provide health and safety information as we prepare to return to work and school.
- Below is a list of all supplies and materials that FCPS sites will receive when returning to work. Additional supplies and materials will be available for purchase from the OPS warehouse once school begins. Working groups are reviewing a phased approach to ensure we capture all program requirements as our return to school models continue to develop.
- Supplies and Materials for Schools:
 1. **Hand sanitizer** – automatic dispensing stands for entrances and individual use bottles (500ML) will be provided to all schools and administrative centers. Additionally, 1-gallon pump bottles will be provided for every classroom.
 2. **Face masks** – cloth face masks or disposable masks will also be available for students, staff and essential building visitors who do not bring their own. Face masks will be provided for any student who does not have an exemption that prohibits them from wearing a mask.

3. **Gloves** – to be used in custodial cleaning and by staff working in special capacities (For example, special education, Technology Specialists, bus drivers, etc).
4. **Face shields**– for use by bus drivers/attendants and special education staff and any other staff upon request.
5. **Gowns** – for use by bus drivers/attendants and special education staff
6. **Temporal thermometers** – for use in school health rooms. OPS has purchased 1 thermometer for every 100 students.
7. **Cleaning supplies** – additional supplies will be provided for custodians to use during routine and enhanced cleaning.
8. **Spray bottles and paper towels** – to be used with Virex cleaning solution during enhanced cleaning by custodians and, possibly, staff cleaning their individual workspaces.

Food and Nutrition Services (FNS):

Under waivers granted by the United States Department of Agriculture (USDA), Fairfax County Public Schools' (FCPS) is offering no-cost breakfast and lunch to all FCPS students, ensuring access to nutritious food during the ongoing COVID-19 pandemic. The Office of Food and Nutrition Services (FNS) is working with schools to provide 'Grab & Go' breakfast and lunch meals to students attending in-person learning, while continuing food distribution. FNS Operations Specialists and Managers assigned to individual schools are coordinating meal service directly with administrators to best meet the needs of students. <https://www.fcps.edu/return-school/food>

Athletic Protocols:

This document will be updated with additional information regarding Phase III activities as it becomes available and will be consistent with the Virginia High School League (VHSL). The following information references FCPS' current athletic protocols.

The FCPS plan for a return to athletic activity during Phase III is focused on expanding opportunities for students to be physically active in a familiar environment supervised by trusted adults. The overall health and safety of our students and coaches is paramount. Beginning Tuesday, September 8, schools may begin to offer out-of-season workouts under the following parameters:

- All workouts **MUST** be focused on individualized work in a small group setting
 - The maximum number of participants per athletic program is 50 students
 - Students should be organized into smaller groups (maximum of 10, including the coach) that are consistent from workout to workout
- Workouts **CONTINUE** to focus on individual skill development, strength, agility and conditioning activities
- Beginning September 8, all students participating in out-of-season workouts **MUST** have a complete, valid VHSL physical on file with the school
- A limited array of athletic equipment **MAY** be utilized. Any equipment used **MUST** be disinfected according to established procedures before, during and after the workout.
- All workouts **MUST** be conducted outdoors- no use of indoor facilities (locker room, meeting/team room, weight room, gyms, etc.) is permitted
- Each coach supervising a workout during Phase III **MUST** complete the FCPS training program offered by their local school
- Coaches **MUST** submit a workout plan to the supervising administrator for review prior to conducting a workout. This plan must address, at minimum:

- Staggered drop-off/pick-up times so that no more than 10 students are arriving/departing at any given time
- Location(s) to be utilized and how social distancing (minimum of 6 feet from another person) will be maintained throughout the activity
- Dedicated periods for disinfecting equipment used during the workout
- Any individual with symptoms associated with COVID-19 should not participate in a workout. Please stay home.
- Vulnerable individuals (students and coaches) may participate in these workouts but should limit participation in situations in which appropriate social distancing may not be practical
- Workout participants will complete a screening process upon arrival, to include a symptom questionnaire and temperature check, before participating in a workout
 - Students displaying any symptoms will be directed to return home
 - At the conclusion of the workout, students will be directed to return home immediately to shower and change clothes

Reopening Guidance for Cleaning and Disinfecting Schools after COVID-19:

Measures will be implemented to ensure that common areas and equipment, and personal workspaces, are regularly cleaned and sanitized. OFM has worked closely with FCPS custodians to adjust their cleaning processes to better address current considerations. FCPS custodians are using effective disinfectant and sanitizing products to clean our facilities every day. Along with these measures, they are taking the following steps to maximize our sanitizing efforts:

- Refreshed Cleaning Methods/Processes- FCPS cleaning personnel will be sanitizing and disinfecting restrooms more frequently. Their cleaning protocol will include thoroughly disinfecting and sanitizing all surfaces, doors, toilets, handles, etc. and ensuring that all supplies are always fully stocked.
- Increased Cleaning to High-Touch Surfaces/Points- FCPS cleaning crews will be sanitizing touch surfaces/points thoroughly (i.e., door handles, glass, elevators buttons, doors, tables, chairs, light switches). Daytime custodians have been instructed to continuously disinfect and sanitize all touch points throughout the day. In addition, we will be increasing daytime custodian coverage where appropriate, depending on building occupancy.

Specific Instructional Program Considerations:

Generally, all instructional programs will adhere to the guidelines communicated above. Specific guidelines are listed below. The Instructional Services Department staff will continue to develop guidelines that are relevant to various instructional programs.

Early Headstart, Preschool, Kindergarten:

- Face shields or clear masks so children can see the teachers/ instructional assistants (IA) face for relationship development, language development and social emotional development.
- Individual materials (e.g, crayons, makers, scissors etc.) including a calming box
- Gowns must be worn and changed after toileting, feeding or consoling a child

Instrumental Music (4-12)

Social Distancing Information from the - [NFHS/Nafme Guidelines](#)

- Students should wash their hands/use hand sanitizer upon entering and exiting the room.

- Students in elementary school can utilize the cafeteria, band/strings room, or other dedicated space to store student instruments and to prepare rooms for social distancing instruction.
- Students in secondary schools can utilize their designated instructional rooms and/or instrument lockers. Lockers should not be shared and a routine of entering and exiting should be established.
- Storage areas should be managed to limit the number of students at a time in the room. Anyone who enters the room should bring a 70% alcohol wipe to wipe all surfaces before and after touching. The wipe should be discarded properly upon leaving the storage area.
- Students should stand/sit all facing the same direction, back to front to minimize potential exposure.
- Percussion equipment should be wiped down after use.
- Students can wear their masks full-time for guitar and orchestra.

Information below from the [International Coalition for Performing Arts](#) and [Round 2 Results as of August 22, 2020](#).

- Social distancing should occur as suggested by the CDC. Currently that distance is a 6x6 foot space around each student with the student sitting in the center.
- Trombones should have an additional three feet of distancing making their space 9x6. The player should be seated three feet in front of the back line, leaving an additional six feet in front of them due to the extended nature of the instrument and slide that can be in extended position.
- Spit valves should not be emptied on the floor.
- When possible a mask with a small slit for mouthpiece access should be worn while playing.
- Bell covers should be attached to instruments. Fine Arts will purchase for the elementary schools. Flutes players should use face shields as bell covers are not available.

Choral Music:

- Students should wash their hands/use hand sanitizer upon entering and exiting the room.
- Students in secondary schools can utilize their designated instructional rooms.
- Students should stand/sit all facing the same direction, back to front to minimize potential exposure.
- Current 6 ft social distancing guidelines within the classroom.
- Students can wear their masks full-time in order to participate in choral activities and lessons. ([American Choral Directors Association](#) or ACDA)
- Group singing is not recommended at this time.
 - Students can hum, do solfege hand symbols, etc. in the classroom.
 - ACDA has created materials for safe classroom choral instruction.
- A Resonance Singers Mask can be purchased for choral use, especially for teacher use in the classroom.
- More information on Choral guidelines see the [International Coalition for Performing Arts](#).

General Music (K-6):

- Wash hands for 20 seconds or sanitize hands before/after class
- Tape spots on the floor for social distancing
- Do not sit in a circle
- Avoid large group singing, while social distancing guidelines are in place

- Substitute humming for singing
 - No large group chanting – whisper or use inner voice while moving lips
- No activities that require students to touch and/or violate social distancing guidelines. (i.e.: play parties, group dances, etc.). These activities could continue to be part of instruction if movements can be adjusted to avoid violating social distancing guidelines
- Metal instruments such as triangles which are used infrequently, may be shared only if disinfected after every use
- Recorders
 - Students should not play recorders in school until the results of the COVID-19 aerosol study are complete
 - At that point, if teaching recorder, each student must have their own individual instrument which they keep with them (Recorders must not be kept in a common storage area in the music room).

Library Program:

- Hand sanitizer and wipes or disinfectant made available at checkout station and used immediately after checking out books
- Self-checkout only for grades 3 – 12 and adults
 - Librarians should print library cards for students with their barcodes to avoid multiple students using the computer keyboard or number pad. Students may keep their library card and bring it with them to the library.
- Checkout at the circulation desk for PreK-2
 - Adults shall use masks and sanitize or wash hands between classes.
- Books that are returned require 7 days of isolation out of sight or without access by students and staff. Books do not need to be disinfected.
- The circulation desk requires plexiglass installation where face-to-face checkout takes place.
- Additional guidance to support in person library use and browsing can be found in [Library Facility Safety Recommendations](#).

Health and Physical Education (HPE):

- Students should wash/sanitize hands when entering and exiting gym/activity space
- Recommended social distancing during physical activity is 10 feet; capacity of facility limited to 50% or 250, whichever is less
- Multiple classes in the gym requires use of curtain/divider to separate spaces and capacity must maintain social distancing requirements in each individual space
- Additional activity spaces including auxiliary gym, dance/gymnastics room, weight room, wrestling room should have capacity determined based on 10' of social distancing with capacity limited to 50%
- Adapted physical education classes need a separate teaching area with space to maintain social distancing
- During adapted physical education, it often is not possible to maintain social distance. Staff will need appropriate PPE and training.
- Face coverings:
 - Must be worn during physical education classes held in indoor spaces except during high intensity activity where they may cause difficulty breathing and 10' of social distancing can be maintained
 - May be removed during physical education classes held outdoors when 10' of social distancing can be maintained
 - Any time 10' of social distancing is not possible during physical education (indoors or outdoors) face coverings must be worn

- Students should be advised to have a second face covering to wear if the original becomes sweaty
- Sharing of equipment should be minimized. Whenever possible, students should have their own equipment which will be cleaned between classes.
- Weight machines and free weights must be cleaned by the teacher between each student and between classes
- Weight lifting should be limited to lifts that do not require a spotter
- Equipment and mats must be cleaned between classes
- Physical education equipment, mats, and weights will be cleaned by the teacher using Virex II 256
- Locker rooms will remain closed and students will need to come to school dressed for activity
- Students will need their own water bottle
- Use markings such as floor tape, cones, or poly spots to indicate student space that maintains social distancing
- Teachers should not use whistles

Dance:

- Wash and sanitize hands when entering and exiting dance spaces.
- Create a procedure for locker or changing rooms to accommodate social distancing guidelines.
- Student's belongings should be kept in a separate, safe, and clean space or designated area.
- Maintain social distance guidelines for instructional activities. Teachers may consider taping the floor into 6 x 6 feet (or 10 x 10 depending on activities) personal squares with a clear 'path' from the doorway to each square.
- Students and teachers should wear face coverings during instructional activities.
- As face coverings may become sweaty during dance activities, advise students to have a second mask to wear following class.
- Only wear dance shoes in the classroom. No street shoes or outside shoes should be permitted on the dance floor.
- Avoid partnering activities that involve direct physical contact.
- Across the floor movement may occur, but dancers should remain in accordance with social distance guidelines.
- Mark spots at dance barres to adhere to social distancing guidelines in all directions.
- Sanitize dance barres before and after each use with approved disinfectants.
- Shared props and materials should be cleaned after each use.
- Sound equipment should be cleaned after each use and on a regular basis.
- It is not recommended for the dance classroom to be utilized for other purposes to ensure protection and cleanliness of flooring.

Theatre Arts:

- Wash and sanitize hands when entering and exiting theatre spaces.
- Maintain social distancing for instructional activities. Teachers may use spike tape on the floor to maintain social distance guidelines during theatre activities and performances.
- Students, teachers, performers, crew, staff should wear face coverings during all activities.
- Provide individual scripts, librettos, and dramatic texts for students or digital copies (copyright permitting).
- Any shared props, materials, and equipment should be cleaned after each use.

- All technical tools, materials, and equipment should be cleaned after each use and on a regular basis.
- Instead of singing, consider other recommended activities with similar outcomes such as humming or speaking in rhythm.
- Costumes should be used by individual students, not shared, and cleaned regularly.
- Props and wigs should be used by individual students, not shared, and washed or cleaned regularly.
- Students should use individual makeup kits and supplies. Temporary makeup tools should be discarded after single use.
- All technical tools and equipment should be cleaned after each use and on a regular basis.
- If a microphone is used during a theatre event or performance, it must be properly wiped down after each use and stored in a clean location.

World Language:

- Recommend teacher use face shield or clear mask rather than cloth face covering to support instruction

Assessment Procedures:

- Specific guidance on testing expectations and delivery options for state and division-mandated assessments is in development. Final guidance for both paper-pencil format and computer-based assessments will be communicated by early August. Guidance will include any special social distancing protocols for in-person administration and the viability of at-home testing for certain online assessments.