

A light gray map of Tennessee with county boundaries is visible in the background. The text is overlaid on this map.

# **SCHOLASTIC ACTIVITIES RETURN TO ACTION PLAN**

**NORTHEAST TENNESSEE SCHOOL SYSTEMS**

# OUR GOALS

- **Maintain safe and healthy communities**
- **Position our region for a return to normal scholastic activities in the fall**
- **Safely return our students and instructors to scholastic activities**

# PLAN PRINCIPLES

- Prioritize student and instructor care
- Ensure effective community communication
- Provide consistent symptom assessments
- Enact standard record keeping
- Ensure safe student/instructor management
- Ensure effective facility management
- Ensure safe equipment management
- Maintain flexibility

# STUDENT AND INSTRUCTOR CARE

- No student or instructor will feel pressure to participate in any onsite, face to face activities
- No student or instructor will experience any repercussions for not attending onsite, face to face workouts
- Students with risk factors may not participate in activities
- Parent/guardian of the student must sign consent to participate in activity form
- Students and instructors must have pre-activity, basic symptom evaluation each day of attendance

# COMMUNITY COMMUNICATION

- Each student must have a parent/guardian sign and turn in the COVID-19 consent to participate form
  - May be paper or electronic
  - Form includes health, travel, and personal COVID-19 contact questions
- Each instructor must sign a participation waiver
- Keep the plan available for review by the community
  - Methods will vary with system

# SYMPTOM ASSESSMENTS

- All students and instructors will have their temperature taken each day
  - Procedure for thermometer use will be determined by each system
  - Any student or instructor with a fever of 100 degrees or greater will return home immediately - students unable to leave immediately will be kept separate from the group
  - The student or instructor must be temperature free for 3 days before return to activities
  - A return to activities verification form must be completed by the parent/guardian - form includes daily temperature readings and the daily symptom questionnaire

# SYMPTOM ASSESSMENTS

- **Students and instructors must have pre-activity basic symptom evaluation each day of attendance - evaluation will be logged for each student/instructor each day**
  - Do you have an unexplained cough?
  - Do you have shortness of breath or difficulty breathing?
  - Have you been out of the county in the last 14 days? If yes, when and where?
  - Have you been around anyone who has had COVID-19?
  - Have you had COVID-19?

# COVID-19 EXPOSURE

- Protocol if a student/instructor is known to have been in contact with someone who has or has had COVID-19
  - The student/instructor will not attend activities for 2 weeks after the last contact with the affected individual
  - The student/instructor must have been symptom free for the entirety of the 2 weeks
  - If the student/instructor develops symptoms, then the individual will follow the guidelines for a student/instructor that has been infected



# COVID-19 INFECTION W/ SYMPTOMS

- Protocol if a student/instructor has been diagnosed with COVID-19  
**Symptom-based strategy**
  - **Persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:
    - 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*.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

# COVID-19 ASYMPTOMATIC INFECTION

- Protocol if a student/instructor has been diagnosed with COVID-19 but was asymptomatic

## **Time-based strategy**

- **Persons with laboratory-confirmed COVID-19 who have not had any symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:
- At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

# RECORD KEEPING

- Daily attendance and daily symptom assessments for students and instructors will be maintained on a standard form
- Records will be kept according to activity group
- Instructors will turn in an activities plan to the school appointed director for approval

# STUDENT/INSTRUCTOR MANAGEMENT

- Only school personnel and students will be allowed in facilities - no spectators
- Each activity group will consist of a maximum of 10 people (expected to be 50 people soon)
- In most cases this will be 9 students and 1 instructor
- Members of the activity group will remain the same each day to aid in contact tracing (if necessary)
- Social distancing of at least 6 feet will be maintained at all times
- No physical contact of any kind among activity participants

# STUDENT/INSTRUCTOR MANAGEMENT

- Activity times could be staggered as needed to prevent mixing of groups before and after activities
- Students must arrive to activities dressed - no changing facilities will be provided
- Some activities may require mask
  - The instructors will notify students of these activities

# FACILITY MANAGEMENT

- Only school personnel and students will be allowed in facilities - no spectators
- Activity groups will be separated with sufficient buffer zones between groups if in the same areas
- No locker rooms will be available
- Activity groups should be assigned specific parking areas if possible

# FACILITY MANAGEMENT

- Parking lots will be monitored to ensure no gathering of students
- A restroom plan will be in place limiting the number of students in the restroom at one time
- Indoor facilities that have been used will be cleaned and sanitized between group sessions

# EQUIPMENT MANAGEMENT

- Students will not share unsanitized equipment
- School equipment will be sanitized before use by different athletes
- Students will only use equipment that can be used safely without aid (spotter)
- Students will bring their own water bottles or will obtain a disposable bottle of water from their instructor. One gallon jug recommended. Bring ice beforehand.
  - Water bottles left after activities will be disposed of



# FLEXIBILITY

- Athletic directors, school personnel, and health officials will continue to meet, plan, and discuss future changes to the current plan as conditions dictate
- This is an ever-changing document/system.

# What Does This Mean for the Band?

- Parents will drop off students in Southside Parking Lot. Students may park there as well.
- Students will not congregate in the band room, outside, or in the parking lot. We must be using social distancing at all times.
- Parents/family members should not enter the building unless all students are gone.
- Students will have a spot outside (and inside if raining) to report to. This is where we will do the symptom/temperature check. This will be no more than 9 students and one instructor per group. **FACE MASKS ARE REQUIRED FOR THE TEMP/SYMPTOM CHECKS, FOR STAFF AND STUDENTS.** (Masks are being donated by a former band parent to each member/staff. Also, we are currently having a mask fundraiser right now.)

# What Does This Mean for the Band?

- Students should wash hands frequently, and if possible, bring their own hand sanitizer.
- Students will be assigned the same staff member each time, as it allows.
- Students may only go to the bathroom one at a time.
- We will do MOST of our activities outside. When inside, sections will be separated. No full groups will rehearse unless it's outside, 6-feet apart (FYI – four 8 to 5 marching steps is 7 ½ feet).
- Students, staff, and parents have to be very strict with themselves about social distancing. If not, this could be the end of this activity, for multiple groups around the region for awhile. (The media will be present a lot this year. We have to make sure we're on our game and adhering to the rules.)

# What Does This Mean for the Band?

- If a group is coming in after another, they should not get out of the car until the other group leaves.
- If vacationing, please get with me. If you travel to a hotspot, you might need to self-isolate for 2 weeks.
- Students are **NOT ALLOWED** to share instruments or even hold someone else's instrument/equipment/personal belongings.
- Students should label everything! (Don't write on your instrument.)
- Equipment used by multiple students will need to be sanitized after every use.

# What Does This Mean for the Band?

- Students will be required to obtain a physical this year, along with a standard medical form. Physicals are due by band camp. (July 13)
  - VMS & THS Sports Physicals for the 2020-21 school year will be given in the Stone Castle at TN High on Saturday, June 20th. **The designated time for VMS students and incoming THS 9<sup>th</sup> graders is 8:00am – 9:00am. Physicals for THS 10<sup>th</sup> - 12<sup>th</sup> graders will be given at 9:00am-10:00am.** In order to receive a physical, students must have a TSSAA Physical Form with the front page completed and signed by a parent/guardian. TSSAA Physical Forms can be picked up in the THS Athletic Office, VMS Main Office or be downloaded at [www.tssaa.org](http://www.tssaa.org). Forms will also be available on site the day of physicals if needed. The cost is **\$10 cash**. No checks will be accepted. Social distancing will be enforced and everyone is asked to wear a mask. If you have any questions or concerns please call the THS Athletic Office at 652-9361.
- Band Medical Forms are still required and must be notarized and given to us at band camp registration. (Due at band camp registration – July 11). You may obtain this form here:  
<http://www.themightyvikingband.com/about-the-band/forms-documents.html> or on CHARMS (handouts & files).

# What will I need?

- **Parents must submit a COVID-19 waiver for students to participate in band. Waiver will go up on CHARMS and band website ASAP**
- Students must bring their own flip-folder and lyre to their very first practice. (Practices begin June 23.)
- If students need to look at large music, they should try to bring their own wire stand. If not, they should disinfect the band's music stand after they use it..
- Students needing to use a school-owned instrument will be issued one on the first day of practice. They may also get with me beforehand.
- Students should always bring their own labeled, water jug. One-gallon is recommended; or, the camel-pack (a little more expensive) is highly recommended for students in marching band.

# Band Resources - We are staying informed!

- Guidelines for having marching band (NFHS.org): <https://www.nfhs.org/articles/guidance-for-a-return-to-high-school-marching-band/>
- Information on sanitizing instruments: <https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines/>
- The NBA (<https://nationalbandassociation.org/>) will be sharing suggestions on curriculum options in the near future. They are conducting a research study which will produce initial results at the beginning of July. This will also involve developing guidelines and frameworks for customizing instruction.
- I am also keeping an eye on <http://www.americanbandmasters.org/>. They are currently conducting research studies on the implications of the virus as it relates to playing/blowing on instruments. Something should be released soon, maybe even today.
- <https://nafme.org/> has posted guidelines that are similar to our standard procedures, so we won't have to do much adjusting there.
- Others we are watching: <https://www.musicforall.org/> and <https://www.cbdna.org/>.

# General Band Announcements

- Make sure you are staying informed by signing up for all our methods of communication. We will be doing a lot more electronic communication and less hard copies. I e-mailed and posted our “Forms of Communication/Social Media” info sheet on June 7.
- The section rehearsals beginning on June 23 have been shortened to two hours – 6-8pm.
- Band Camp registration will take place on Saturday, July 11. An alternate schedule will come out at the beginning of July for this event to keep numbers at a minimum.



# General Band Announcements

- Please make sure that you are keeping up with the band donations. These donations help pay for staff, new equipment, costumes/uniforms, props, and transportation. \$75 was due on May 15. \$125 is due at band camp registration. And \$150 is due on August 4.
- Due to graduation, prom, and new guidelines, band camp's schedule will be adjusted. It will be the same two weeks, but the times will change. The sections will be coming in at different times with lunch and dinner breaks.
- More information will be given out at the first band rehearsal of the summer.
- Please continue to check the band calendar for updates. I will send an e-mail if an update is made.
- If you want to take a look at last year's summer forms, Log on to CHARMS, go to Documents and then go to "Summer Band Forms".
- You may download show music from the "Handouts" section of CHARMS.

QUESTIONS???