

Pioneer Regional School Corporation

School Reopening 2021-2022

Addressing Community Spread in Pioneer Regional School Corporation (As determined by local Health Department and State Health Department)

Substantial Spread	Moderate Spread	Low to No Spread
<ul style="list-style-type: none"> COVID spread is such that rolling closures are needed (could be short term or long term) Substantial <u>active exposure cases or absences</u> impacting school building attendance, and staffing 	<ul style="list-style-type: none"> Establish and maintain communication with Local Health Department Officials Minimal or moderate <u>active exposure cases at school buildings</u> 	<ul style="list-style-type: none"> Establish and maintain communication with Local Health Department Officials Low to few known active exposure cases <u>at school buildings</u>

Risk Mitigation Approach

Conduct self-screening (prevent sick people from attending school)

Provide options (take care of all who cannot attend, until they can)

Promote hygiene (hand washing)

Increase cleaning (disinfect surfaces)

Keep kids in cohort groups as much as possible (support tracing)

Maximize distance (as feasible)

Avoid large groups (where possible)

Allow student to wear masks (exception - when eating breakfast and lunch)

Decisions based on: 1) Cass County Health Department, 2) Indiana State Department of Health, 3) CDC Guidelines, 4) Indiana Department of Education Re-Entry Guidelines, 5) Cass County Plan to Re-Open K-12 Schools, and 6) what is feasible

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1. Screening - Exclusion - Reporting

Current Statistics for Cass County	Source: https://www.coronavirus.in.gov/2393.htm
Parent Screening Measures before a child leaves home (keep child home if one or more symptoms not otherwise explained):	<p>A fever of 100.4° F or greater • Cough • Shortness of breath or difficulty breathing • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • New loss of taste or smell • Diarrhea • Nausea or vomiting • Congestion or runny nose</p> <p>A child (or employee) should stay home from school if they test positive for COVID-19 or exhibit <u>one or more of the symptoms</u> of COVID-19 listed above based on CDC Guidance that is not otherwise explained. Parents call and report absences if remaining home for this reason. Secretary will complete a COVID-19 Screening Checklist for each absence.</p>
Return to school after having one symptom above and NO COVID 19 test :	<ul style="list-style-type: none"> • No fever for at least 24 hours (without the use of medicine that reduces fevers - Tylenol/Motrin); and Doctor's note to return to school, or • At least 10 calendar days have passed since your symptoms first appeared. <p>Any student, teacher, administrator, or staff who is symptomatic for infection should stay home and consult their primary care provider or seek testing. The state website www.coronavirus.in.gov has a list of over 200 testing facilities, their location and hours of operation. This list is updated frequently.</p>
Return to school after having one symptom above and testing negative for COVID 19 :	<ul style="list-style-type: none"> • No fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers - Tylenol/Motrin); AND Doctor's note to return to school.
Return to school after having one symptom above and testing POSITIVE for COVID 19 with symptoms :	<p>First: Notify your school immediately of any positive test</p> <p>Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:</p> <ul style="list-style-type: none"> • The individual no longer has a fever (without the use medicine that reduces fevers); and • Other symptoms have improved (for example, when your cough or shortness of breath have improved); and • At least 10 calendar days since their test without symptoms; or • The individual has received two negative tests at least 24 hours apart.
If someone in your home has symptoms or is being tested for COVID 19 :	<p>Even without symptoms, if a student or employee has recently had contact with a person with a suspected or confirmed case of COVID-19, has someone in their home being tested for COVID-19, or has recently traveled from somewhere considered to be a "hot spot" by the CDC, the district/school may exclude the student or employee from the school building and recommend that they self-quarantine for 14 calendar days.</p> <p>Parents and employees notify the school if someone in your home has tested positive for COVID-19.</p>
If someone in your home has tested positive for COVID 19 :	<p>If an individual in one's home has COVID-19 or is isolated because of COVID-19, those in the household should also stay home for a minimum of 14 calendar days. This could be longer if the student becomes symptomatic. Return to school after documented infection with COVID-19 should be directed by the individual's health care provider.</p>

	Parents and employees notify the school if someone in your home has tested positive for COVID-19.
If you have a known exposure to COVID-19:	<p>The CDC guidelines state that people who have been in close contact with someone who has COVID-19 should stay home for 14 days after their last contact with a person who has COVID-19.</p> <p>The CDC Defines Close Contact as:</p> <ul style="list-style-type: none"> • 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
If you have a known contact of a contact who was exposed to COVID-19:	<p>Students and employees should monitor the following COVID-19 symptoms: fever of 100.4° F or greater • Cough • Shortness of breath or difficulty breathing • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • New loss of taste or smell. If any of these symptoms should appear, they should contact the school and Cass County Health Department and/or healthcare provider.</p> <p>Parents and employees notify the school if someone in your home has tested positive for COVID-19.</p>
If traveling to from “hot spot” area:	Students and employees may be asked to self-quarantine for up to 14 days.

2. Decision Making Model Based on Level of COVID-19 Spread

Level of Spread	Substantial Spread (Plan C, until we can return to plan B)	Moderate Spread (Plan B, until we can return to Plan A)	Low to No Spread (Plan A)
Instructional Model	Periods of eLearning are possible until Community Spread decreases.	Periods of eLearning are possible to minimize the spread.	<p>Traditional Learning (brick and mortar) 100% of students attend traditional school every day</p> <p>-or-</p> <p>100% eLearning option available for students/families that have proper documentation from their physician of a medical condition related to COVID-19 (condition that is at high risk if contracted COVID-19)</p>

			<ul style="list-style-type: none"> • This parental decision is per semester. • Families MUST have reliable internet access in order to participate. • Students cannot participate in co- and extracurricular activities.
Level of Response	100% eLearning. Teachers will instruct through Canvas and Google Meets. Students will be expected to attend all sessions and complete all work. Counselors are available for students.	<p>Periods of eLearning are possible to minimize the spread.</p> <p>Short term closures for cleaning are possible.</p>	<p>School buildings are open with additional cleaning, safety, and protective measures in place. Teachers will provide instruction based on a traditional schedule. Technology used in the classroom will help students who are engaged in eLearning to participate.</p> <p>Short term closures for cleaning are possible.</p>


3. Medical Inquiries

Substantial Spread	Moderate Spread	Low to No Spread
No students or staff in buildings	<ul style="list-style-type: none"> • If a parent reports that a student is ill, PRSC will ask the parent whether the student is exhibiting any symptoms of COVID-19. • If an employee calls in sick or appears ill, PRSC will inquire as to whether the employee is experiencing any COVID-19 symptoms. • If a person is obviously ill, PRSC will make additional inquiries and may exclude the person from school property. • Even without symptoms, if a student or employee has recently had contact with a person with a suspected or confirmed case of COVID-19, has someone in their home being tested for COVID-19, or has recently traveled from somewhere considered to be a “hot spot” by the CDC, PRSC may exclude the student or employee from the school building and require that the student or non-student self-quarantine for 14 calendar days. • When reporting an illness, please wait for contact from the school prior to sending the student. 	<ul style="list-style-type: none"> • If a parent reports that a student is ill, PRSC will ask the parent whether the student is exhibiting any symptoms of COVID-19. • If an employee calls in sick or appears ill, PRSC will inquire as to whether the employee is experiencing any COVID-19 symptoms. • If a person is obviously ill, PRSC will make additional inquiries and may exclude the person from school property. • Even without symptoms, if a student or employee has recently had contact with a person with a suspected or confirmed case of COVID-19, has someone in their home being tested for COVID-19, or has recently traveled from somewhere considered to be a “hot spot” by the CDC, PRSC may exclude the student or employee from the school building and require that the student or non-student self-quarantine for 14 calendar days. • When reporting an illness, please wait for contact from the school prior to sending the student.

4. Student Attendance


Substantial Spread	Moderate Spread	Low to No Spread
No students or staff in buildings	<ul style="list-style-type: none"> Attendance bonuses and reward programs will be suspended to avoid encouraging employees and students to come to school when they are sick. Students who are out of school for an extended period of time due to COVID-19 (individuals who have tested positive, individuals who have been in direct contact with a person who has tested positive, or individuals who are symptomatic) will be required to utilize remote learning to meet attendance requirements. Remote learning guidelines can be adjusted based on the needs of each student. 	<ul style="list-style-type: none"> Attendance bonuses and reward programs will be suspended to avoid encouraging employees and students to come to school when they are sick. Students who are out of school for an extended period of time due to COVID-19 (individuals who have tested positive, individuals who have been in direct contact with a person who has tested positive, or individuals who are symptomatic) will be required to utilize remote learning to meet attendance requirements. Remote learning guidelines can be adjusted based on the needs of each student.

5. Entering or Exiting the Building


Substantial Spread	Moderate Spread	Low to No Spread
<p>No students or staff in buildings</p> 	<ul style="list-style-type: none"> Students may be required to wear a mask and social distance when entering or exiting. Students will wash hands or utilize hand sanitizer upon entering the school. Students will report directly to their classroom. At the High School, all students will report directly to the cafeteria for breakfast or to their classroom. At the Elementary, all students will report directly to their classroom. Students wanting to eat breakfast will be released to the cafeteria by their 	<ul style="list-style-type: none"> Students will wash hands or utilize hand sanitizer upon entering the school. At the High School, all students will report directly to the cafeteria for breakfast or to their classroom. At the Elementary, all students will report directly to their classroom. Students wanting to eat breakfast will be released to the cafeteria by their teacher.

	<p>teacher.</p> <ul style="list-style-type: none"> Students will eat Grab & Go breakfast in the classroom. <p>End of the Day Procedures</p> <ul style="list-style-type: none"> Elementary <ul style="list-style-type: none"> Bus Riders will be dismissed 1st. Pickup/Walkers will be dismissed after the buses have left. Jr. High and High School <ul style="list-style-type: none"> Bus Riders will be dismissed 1st. All other students will be dismissed after the buses have left. 	<p>End of the Day Procedures</p> <ul style="list-style-type: none"> Elementary <ul style="list-style-type: none"> Bus Riders will be dismissed 1st. Pickup/Walkers will be dismissed after the buses have left. Jr. High and High School <ul style="list-style-type: none"> Bus Riders will be dismissed 1st. All other students will be dismissed after the buses have left.
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6. Teaching and Learning

Substantial Spread	Moderate Spread	Low to No Spread
<p>No students or staff in buildings</p> <p>Provide educational content on Google Meet and Canvas for any extended eLearning.</p> 	<ul style="list-style-type: none"> Same as low to no spread. Re-evaluate mask use policy, masks may be required. Provide educational content on Google Meet and Canvas on the days students are not in school (with support) until they come back the following scheduled day 	<ul style="list-style-type: none"> All staff and students self-screen each day before starting the day (COVID-19 Screening Checklist) Masks are optional for students and staff within the buildings. Desks are separated as much as possible, unnecessary furniture is removed. All desks facing the same direction when possible. Physical education, band, music class, and choir held outside when weather permits. Limit large group gatherings. Students are kept in a cohort group PK-4. Assigned seating in classrooms. Provide educational content on Google Meet and Canvas on the days students are not in school (due to quarantine) until they come back the following scheduled day

7. Student Transition

Substantial Spread	Moderate Spread	Low to No Spread
<p>No students or staff in buildings</p> 	<ul style="list-style-type: none"> Designating areas of the hallway (i.e. lanes) to walk to keep students separated (to the extent practicable) <ul style="list-style-type: none"> Students will need to move in a clockwise manner around square hallways Students may be required to wear a mask. Students will practice CDC social distancing while transitioning. Re-evaluate alternative transition schedules 	<ul style="list-style-type: none"> Keep students separated (to the extent practicable) <ul style="list-style-type: none"> Students may be dismissed at different time intervals.

8. Protective Measures

Substantial Spread	Moderate Spread	Low to No Spread
<p>No students or staff in buildings</p> 	<ul style="list-style-type: none"> Same as low to no spread Re-evaluate mask use policy. Masks may be required. Additional steps may be taken to socially distance students. 	<ul style="list-style-type: none"> All staff self-screen each day before starting the day Teach and reinforce good hygiene practices like hand washing, covering coughs, etc. Signs are posted throughout the school about how to minimize the spread, how to wash hands, and staying home when you are sick Hands are washed/sanitized at the start of school, prior to eating, after using the restroom, after blowing nose, coughing, or sneezing, and after using shared equipment Playground—recess times are staggered, hand sanitization prior to and after recess, equipment is cleaned daily. Spread desks far apart when possible in the classroom. Seating charts are maintained. All desks face the same direction. Students are kept in a cohort group PK-4. If desks are shared, they are wiped between use.

		<ul style="list-style-type: none"> • Minimize the use of shared supplies and materials. Sanitize between each use if shared as feasible. • Protocols established for students who begin to feel sick at school, including isolation rooms in each building. • Students may bring water bottles from home. Bottle refill stations are available. • Reporting process in place to track symptoms, absence, COVID cases, and communicate with the health department.
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9. Protecting Vulnerable Populations

Substantial Spread	Moderate Spread	Low to No Spread
No students or staff in buildings	<ul style="list-style-type: none"> • Provide 100% remote learning option for medically fragile students. • Provide accommodations to high-risk students with an IEP and 504. • Establish a point-of-contact with the local health department. • Contact the Cass County Health Department for COVID-19 testing sites. • Provide hand sanitizer for students and staff • Masks may be required for students and staff as needed throughout the day • Establish a process for regular check-ins with vulnerable students and staff. • Limit large group gatherings/ Interactions for vulnerable students and staff. • Students who test positive for COVID or who are quarantined may shift to remote learning until they can return. 	<ul style="list-style-type: none"> • Provide 100% remote learning option for medically fragile students. • Provide accommodations to high-risk students with an IEP and 504. • Establish a point-of-contact with the local health department. • Contact the Cass County Health Department for COVID-19 testing and vaccination sites. • Provide hand sanitizer for students and staff. • Provide additional instruction and support on appropriate hand washing and wearing masks. • Masks are allowed for all students and staff as needed throughout the day. • Limit large group gatherings/interactions for vulnerable students and staff, as determined by the case conference committee. • Students who test positive for COVID or who are quarantined may shift to remote learning until they can return.

10. Cleaning and Sanitizing

Substantial Spread

- Deep cleaning procedures conducted by custodial staff at the direction of the Director of Facilities or Designee



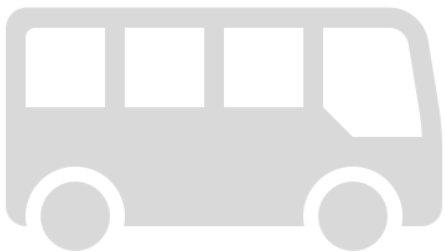
Moderate Spread

- Same as cleaning in low to no spread
- Emergency cleaning: The emergency cleaning plan will be implemented at the direction of the Superintendent or designee in response to an actual infection located at or attributed to a particular school or location or when directed by County or State health authorities
 - o This may require that the physical building be closed in order for this to take place for 2 to 3 days. Students will have eLearning.

Low to No Spread

- All staff self-screen each day before starting shifts
- Soap and/or hand sanitizer are available throughout the building and in each classroom
- Routine cleaning is performed on a regularly scheduled basis by district custodial staff assigned to that building or area. Routine cleaning includes daily cleaning and disinfecting of all restrooms, scheduled sweeping of all floors, sanitizing of cafeteria tables, emptying trash and other building based tasks.
- Supplemental cleaning is performed by custodial staff over and above what is considered routine. Supplemental cleaning is focused on cleaning and disinfecting high touch surfaces, specifically for the purpose of preventing spread of disease
- Emergency cleaning: The emergency cleaning plan will be implemented at the direction of the Superintendent or designee in response to an actual infection located at or attributed to a particular school or location or when directed by County or State health authorities
- Upon direction to implement an emergency cleaning plan, the facility will be evacuated and plans for the length and scope of facility closure will be communicated to the public and staff. This may only affect a portion of the facility.

11. Transporting Students

Substantial Spread	Moderate Spread	Low to No Spread
<p>School buildings are closed.</p> 	<ul style="list-style-type: none">• Same as transporting students in low to no spread.• No field trips• If a bus transports a passenger or has a driver who tests positive for COVID-19 or exhibits symptoms of COVID-19, the bus will sit unused and empty for 24 hours before the driver cleans and disinfects the bus. After the bus is cleaned and disinfected, the bus will sit empty and unused for 72 hours, if possible.	<ul style="list-style-type: none">• Parents may transport children to and from school in place of riding school provided transportation. This will need to be designated in the student's transportation plan and communicated with the child's teacher.• Assigned seats on buses.• Assign drivers to a single bus and specific route.• Students will not be permitted to ride a different bus than is indicated in their weekly plan.• All staff self-screen each day before starting routes.• Parents are to conduct parent screening measures (page 2) prior to placing students on the bus and have students wash hands prior to getting on the bus. Do not send children to school if they have any symptoms (see page 2).• Bus drivers and students are required to wear masks on the bus until the federal mandate is lifted. Masks should be in place when entering the bus.• Bus is cleaned and disinfected daily.• Limited field trips.• Social distance at bus stops and lot pick ups.

12. Serving Meals

Substantial Spread

- School buildings are closed.
- Reduce contact by providing a week's worth of meals at one pick up.
- Serve 5 breakfasts and 5 lunches for pickup one day per week at the distribution sites used during the summer.
- All staff in masks.
- Return to bus-delivered food as was done in the spring and summer (subject to USDOE waivers).



Moderate Spread

- Same as serving meals in low to no spread.
- Grab and Go breakfast from the cafeteria to permit eating of meals in the classroom.
- No self-serve food items (salad bar, condiment bar, slush machine).
- Tables will be dismissed to get lunch.
- Tables will be dismissed to return lunch trays.
- High School - reduced seating capacity at lunch tables to 50% capacity.
- Disposable utensils and napkins are utilized.
- Packaged condiments are provided.
- Add additional lunch time and alternative lunch recess schedule.

Low to No Spread

- All students wash hands prior to breakfast and lunch.
- Jr. High and High School - Students will report to their lockers then report to their 1st period or breakfast (after breakfast report to 1st period).
- Elementary students will report to their classrooms prior to breakfast to get their key card, then go to breakfast. Students should be in class by 8:00.
- Hand sanitizer is provided for students and staff.
- Food service staff wear personal protective equipment as they prepare and serve food.
- Assigned seating in the lunchroom or students assigned as groups to tables to support cohorting and tracing.
- Scan cards used in place of keypads.
- Floor is marked to space students while they wait to receive their meals.
- Food sharing is prohibited.
- Online deposits will be taken and a drop off box is available for cash payments. No cash transactions will be taken in the lunch line.

13. Visitors to the Buildings

Substantial Spread	Moderate Spread	Low to No Spread
School buildings are closed	<ul style="list-style-type: none"> Visitors will not be permitted beyond the main office/foyer of the school building and are required to wear a mask. Volunteers will not be permitted in the classrooms. 	<ul style="list-style-type: none"> Visitors will not be permitted beyond the main office/foyer of the school building and may be required to wear a mask. Volunteers will be limited to only individuals providing substantial educational benefits to the students and school, in general. The building principal will maintain a listing of all approved volunteers.

14. Pick-up and Drop-off of students (during the school day)

Substantial Spread	Moderate Spread	Low to No Spread
School buildings are closed	<ul style="list-style-type: none"> Parent/guardian needs to notify the school in advance. <ul style="list-style-type: none"> There may be a delay if unannounced. Parent/guardian will wait in the foyer and a staff member will bring the student to you. Masks may be required. 	<ul style="list-style-type: none"> Parent/guardian needs to notify the school in advance. <ul style="list-style-type: none"> There may be a delay if unannounced. Parent/guardian will wait in the foyer and a staff member will bring the student to parent.

15. High Risk Class Periods

Several classes, due to the nature of instruction are considered high risk classes. If a student is enrolled in such a class, special protections and procedures will be required for participation, and parents or guardians will have to authorize participation during the pandemic period.

Substantial Spread	Moderate Spread	Low to No Spread
School buildings are closed	Choir, Band, Physical Education, Music Class, and Weight Training <ul style="list-style-type: none"> Depending on class size and room size, classes will be encourage to occur outside or in a larger room when available Less singing, playing, or physical activity and more music appreciation or kinetics education 	Choir, Band, Music Class, Physical Education, and Weight Training <ul style="list-style-type: none"> Depending on class size and room size, classes will be encourage to occur outside or in a larger room when available Possibly less singing, playing, or physical activity and more music appreciation or kinetics education.

16. Masks

Substantial Spread	Moderate Spread	Low to No Spread
School buildings are closed	Masks may be required for students and staff. Masks should: <ul style="list-style-type: none"> Completely cover your nose and mouth Fit snugly against the sides of your face and not leave a gap Have two or more layers of breathable fabric. Mask should block light when held up to a bright light source. 	Masks are optional for students and staff. If masks are worn, masks should: <ul style="list-style-type: none"> Completely cover your nose and mouth Fit snugly against the sides of your face and not leave a gap Have two or more layers of breathable fabric. Mask should block light when held up to a bright light source.

	<ul style="list-style-type: none"> • Be washed regularly if they are reusable <p>Not Permissible:</p> <ul style="list-style-type: none"> • Masks made of mesh • Masks that contain a vent or exhalation valve • Single layer or masks made of thin fabric that don't block light 	<ul style="list-style-type: none"> • Be washed regularly if they are reusable <p>Not Permissible:</p> <ul style="list-style-type: none"> • Masks made of mesh • Masks that contain a vent or exhalation valve • Single layer or masks made of thin fabric that don't block light
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17. COVID-19 Vaccinations

- The COVID-19 vaccination for staff and students is encouraged, but not required at this time. Those interested in receiving the vaccine should contact the Cass County Health Department. Students that are fully vaccinated do not have to quarantine if they are a close contact as long as they remain asymptomatic.

18. Extra-Curricular and Co-Curricular

Pioneer Jr-Sr High School Student-Athlete Return To Participate Plan

	Phase I	Phase II	Phase II	Phase III
	IHSAA Summer Activity	IHSAA Summer Activity	IHSAA Fall Sports Season	IHSAA Fall Sports Season
	July 6 - July 19	July 20 - August 2	August 3 - August 14	August 15 and Beyond
IHSAA Health History & Physical Forms	All student-athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate on file prior to participation.	All student-athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate on file prior to participation.	All student-athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate and a valid 2019-20 or 2020-21 IHSAA Physical Form on file prior to participation.	All student-athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate and a valid 2019-20 or 2020-21 IHSAA Physical Form on file prior to participation.
COVID-19 Screening	The athletic trainer or head coach must record attendance of all student-athletes, student-managers and coaches who attend activities, and all individuals must be screened before being allowed to participate.	The athletic trainer or head coach must record attendance of all student-athletes, student-managers and coaches who attend activities, and all individuals must be screened before being allowed to participate.	The athletic trainer or head coach must record attendance of all student-athletes, student-managers and coaches who attend activities, and all individuals must be screened before being allowed to participate.	The athletic trainer or head coach must record attendance of all student-athletes, student-managers and coaches who attend activities, and all individuals must be screened before being allowed to participate.
COVID-19 Symptoms	Any person with symptoms will be referred to his or her primary care provider and not allowed to participate. Student-athletes, student-managers or coaches who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance.	Any person with symptoms will be referred to his or her primary care provider and not allowed to participate. Student-athletes, student-managers or coaches who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance.	Any person with symptoms will be referred to his or her primary care provider and not allowed to participate. Student-athletes, student-managers or coaches who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance.	Any person with symptoms will be referred to his or her primary care provider and not allowed to participate. Student-athletes, student-managers or coaches who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance.
Participation	<p>All summer activities are voluntary.</p> <p>Student-athletes may spend a maximum of 15 hours per week at PJSHS.</p> <p>Student-athletes may attend one maximum 3-hour session per day per sport.</p> <p>Student-athletes may attend one maximum 75-minute strength and conditioning session per day; strength and conditioning is limited to 4 days per week.</p> <p>Fall sports may hold workouts on Tuesday and Thursday.</p> <p>Winter and spring sports may hold workouts on Monday and Wednesday.</p> <p>A sport may only have 2 sessions per week.</p> <p>The same sport may not have activity on consecutive calendar days.</p> <p>Intrasquad scrimmages are prohibited.</p>	<p>All summer activities are voluntary.</p> <p>Student-athletes may spend a maximum of 15 hours per week at PJSHS.</p> <p>Student-athletes may attend one maximum 3-hour session per day per sport.</p> <p>Student-athletes may attend one maximum 75-minute strength and conditioning session per day and only 4 days per week.</p> <p>Fall sports may hold workouts on Tuesday and Thursday.</p> <p>Winter and spring sports may hold workouts on Monday and Wednesday.</p> <p>A sport may only have 2 sessions per week.</p> <p>The same sport may not have activity on consecutive calendar days.</p> <p>Intrasquad scrimmages are permitted; in football, no live contact to the ground will</p>	<p>Fall sports practices are allowed with normal IHSAA in-season rules and guidelines.</p> <p>Winter and spring sports may have no contact with student-athletes from Mon Aug 3 through Sat Aug 29.</p> <p>Varsity girls' golf matches will be held on Thu Aug 6, Sat Aug 8, Mon Aug 10 and Tue Aug 11; no spectators will be permitted to attend these athletic events.</p> <p>Varsity and junior varsity volleyball scrimmage versus Western at home on Tue Aug 11 will start at 6:00; no spectators will be allowed to attend this athletic contest.</p>	<p>Fall sports practices are allowed with normal IHSAA in-season rules and guidelines.</p> <p>Winter and spring sports may have contact with student-athletes from Mon Aug 31 through Sat Oct 17.</p> <p>Cass County Volleyball Tournament will be played at Lewis Cass on Sat Aug 15; fans may attend but should practice social distancing.</p> <p>Varsity and junior varsity football scrimmage versus Northwestern at home has been moved from Fri Aug 14 to Sat Aug 15; fans may attend but should practice social distancing.</p> <p>Parents and spectators may attend all girls' golf, volleyball, football and coed cross country events from Sat Aug 15 to the conclusion of the fall sports season; however, social distancing should be implemented.</p>

	Football student-athletes will participate in workouts wearing t-shirts, shorts and shoes only.	be allowed. Football student-athletes will participate in workouts wearing helmets, mouthpiece, shoulder pads and girdle only. Girls' golf practice starts on Mon July 31.		
Activity Group Size	A maximum of 22 student-athletes may be permitted in one location.	A maximum of 33 student-athletes may be permitted in one location.	All teams my practice, but social distancing should be practiced when appropriate; small group activities within teams should be used as much as possible. Indoor practices may be reduced to smaller groups due to limited space availability.	All teams my practice, but social distancing should be practiced when appropriate; small group activities within teams should be used as much as possible. Indoor practices may be reduced to smaller groups due to limited space availability.
Weight Room and Training Room	A maximum of 16 student-athletes may be permitted in the weight room; no lifting or exercises requiring a spotter may be conducted. Face coverings are required for any individual that enters the athletic training room.	A maximum of 24 student-athletes may be permitted in the weight room. Lifting or exercises requiring a spotter may be conducted; spotters should position themselves at the ends of the bar rather than directly face-to-face with the student-athlete lifting. Face coverings are required for any individual that enters the athletic training room.	A maximum of 24 student-athletes may be permitted in the weight room. Lifting or exercises requiring a spotter may be conducted; spotters should position themselves at the ends of the bar rather than directly face-to-face with the student-athlete lifting. Face coverings are required for any individual that enters the athletic training room.	A maximum of 24 student-athletes may be permitted in the weight room. Lifting or exercises requiring a spotter may be conducted; spotters should position themselves at the ends of the bar rather than directly face-to-face with the student-athlete lifting. Face coverings are required for any individual that enters the athletic training room.
Equipment Hygiene	All PJSHS sports equipment will be cleaned with CDC approved cleaner or appropriate cleaning method at the end of each practice or workout; all individual sports equipment (helmets, shoulder pads, braces, headbands, etc.) should be sanitized or cleaned daily prior to athletic activity.	All PJSHS sports equipment will be cleaned with CDC approved cleaner or appropriate cleaning method at the end of each practice or workout; all individual sports equipment (helmets, shoulder pads, braces, headbands, etc.) should be sanitized or cleaned daily prior to athletic activity.	All PJSHS sports equipment will be cleaned with CDC approved cleaner or appropriate cleaning method at the end of each practice or workout; all individual sports equipment (helmets, shoulder pads, braces, headbands, etc.) should be sanitized or cleaned daily prior to athletic activity.	All PJSHS sports equipment will be cleaned with CDC approved cleaner or appropriate cleaning method at the end of each practice or workout; all individual sports equipment (helmets, shoulder pads, braces, headbands, etc.) should be sanitized or cleaned daily prior to athletic activity.
Student-Athlete Responsibility	Student-athletes must sanitize their hands before and after participation; athletes are expected to shower and wash workout clothing immediately upon returning home from all activities.	Student-athletes must sanitize their hands before and after participation; athletes are expected to shower and wash workout clothing immediately upon returning home from all activities.	Student-athletes must sanitize their hands before and after participation; athletes are expected to shower and wash workout clothing immediately upon returning home from all activities.	Student-athletes must sanitize their hands before and after participation; athletes are expected to shower and wash workout clothing immediately upon returning home from all activities.
Face Coverings	Face coverings are recommended but optional; any individual who prefers to wear a face covering may do so.	Face coverings are recommended but optional; any individual who prefers to wear a face covering may do so.	Face coverings are recommended but optional; any individual who prefers to wear a face covering may do so.	Face coverings are recommended but optional; any individual who prefers to wear a face covering may do so.
Hydration Stations	Hydration stations at PJSHS will not be provided; student-athletes should bring their own permanently marked water bottle or jug labeled with their name and sanitize or wash it at home after use.	Hydration stations at PJSHS will not be provided; student-athletes should bring their own permanently marked water bottle or jug labeled with their name and sanitize or wash it at home after use.	Hydration stations at PJSHS will not be provided; student-athletes should bring their own permanently marked water bottle or jug labeled with their name and sanitize or wash it at home after use.	Hydration stations at PJSHS will not be provided; student-athletes should bring their own permanently marked water bottle or jug labeled with their name and sanitize or wash it at home after use.
Locker Rooms and Meeting Rooms	No locker rooms or meeting rooms at PJSHS will be utilized; student-athletes should report to activity in proper gear and return home immediately following activity.	No locker rooms or meeting rooms at PJSHS will be utilized; student-athletes should report to activity in proper gear and return home immediately following activity.	No locker rooms or meeting rooms at PJSHS will be utilized; student-athletes should report to activity in proper gear and return home immediately following activity.	Locker rooms and meeting rooms at PJSHS will be available. Student-athletes should not congregate in locker rooms, and face masks must be worn in meeting rooms. Student-athletes will take all clothing, shoes and gear home each day and sanitize or launder.
Personnel Allowed to Attend	Only essential personnel (coaches, student-athletes and student-managers) may attend; parents, spectators, media, vendors, etc. may not attend.	Only essential personnel (coaches, student-athletes and student-managers) may attend; parents, spectators, media, vendors, etc. may not attend.	Only essential personnel (coaches, student-athletes and student-managers) may attend; parents, spectators, media, vendors, etc. may not attend.	Parents, spectators, media, vendors, etc. may attend athletic contests but should practice social distancing.
Transportation	Because no athletic activities are permitted away from PJSHS, bus transportation will not be utilized.	Because no athletic activities are permitted away from PJSHS, bus transportation will not be utilized.	Transportation will be provided to away athletic contests; coaches will take attendance, and any person riding the bus will be required to wear a face mask.	Transportation will be provided to away athletic contests; coaches will take attendance, and any person riding the bus will be required to wear a face mask

Alternate Command Hierarchy	Command hierarchy for coaching staff should be established in case of illness; also, coaches may not use whistles during athletic activity.	Command hierarchy for coaching staff should be established in case of illness; also, coaches may not use whistles during athletic activity.	Command hierarchy for coaching staff should be established in case of illness; also, coaches may not use whistles during athletic activity.	Command hierarchy for coaching staff should be established in case of illness; also, coaches may not use whistles during athletic activity.
Celebratory and Sportsmanship Acts	Celebratory and sportsmanship acts that involve contact are prohibited.	Celebratory and sportsmanship acts that involve contact are prohibited.	Celebratory and sportsmanship acts that involve contact are prohibited.	No handshakes after contests; modified sportsmanship practices should be observed.

19. Checklists

Students/Parents:

- _____ School appropriate mask with you at all times (if and when required)
- _____ Water bottle (optional)
- _____ Hand sanitizer (optional)
- _____ Fever/illness free for 24 hours without fever reducing medication (required - parents keep students at home if they are ill)
- _____ Have not traveled outside of the country or a “Hot-Spot” the last 14 days
- _____ Have not been in contact with anyone who has Covid-19 (required)
- _____ COVID-19 symptom awareness training

All students should have a mask with them at all times and are required to wear them at all times with the exception of eating breakfast and lunch.

Teachers/Staff Members:

- _____ School appropriate mask with you at all times (required)
- _____ Water bottle (optional)
- _____ Hand sanitizer (optional)
- _____ Fever/illness free for 24 hours without fever reducing medication (required - stay at home if you are ill)
- _____ Have not traveled outside of the country or a “Hot-Spot” the last 14 days

_____ Have not been in contact with anyone who has Covid-19 (required)

_____ COVID-19 training

All teachers/staff members should have a mask with them at all times and are required to wear them at all times with the exception of eating breakfast and lunch.

20. Document Change Log

Any changes made to this document will be noted below in order to allow easier identification for readers.

Date	Section	New Language
7/24/2020	Every section related to mask	Required to wear a mask
7/24/2020	2.	100% online students can participate
8/12/20	1.	<p>Students and employees should monitor the following COVID-19 symptoms: fever of 100.4° F or greater • Cough • Shortness of breath or difficulty breathing • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • New loss of taste or smell. If any of these symptoms should appear, they should contact the school and Cass County Health Department and/or healthcare provider.</p> <p>Parents and employees notify the school if someone in your home has tested positive for COVID-19.</p>
8/12/20	1.	The CDC guidelines that people who have been in close contact with someone who has COVID-19 should stay home for 14 days after their last contact with a person who has COVID-19.

		<p>The CDC Defines Close Contact as:</p> <ul style="list-style-type: none"> • 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
8/12/20	1.	<ul style="list-style-type: none"> • No fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers - Tylenol/Motrin); and Doctor's note to return to school.
8/12/20	17.	<p>_____ Fever/illness free for 24 hours without fever reducing medication (required - stay at home if you are ill)</p>
2/23/21	16.	<p>Masks should:</p> <ul style="list-style-type: none"> • Completely cover your nose and mouth • Fit snugly against the sides of your face and not leave a gap • Have two or more layers of breathable fabric. Mask should block light when held up to a bright light source. • Be washed regularly if they are reusable

		<p>Not Permissible:</p> <ul style="list-style-type: none"> • Masks made of mesh • Masks that contain a vent or exhalation valve • Single layer or masks made of thin fabric that don't block light.
6/8/21	2.	<p>100% eLearning option available for students/families that have proper documentation from their physician of a medical condition related to COVID-19 (condition that is at high risk if contracted COVID-19)</p> <ul style="list-style-type: none"> • This parental decision is per semester. • Families MUST have reliable internet access in order to participate. • Students cannot participate in co- and extracurricular activities.
7/23/21	Masks	<p>Masks are optional, except on the school bus. Due to a federal mandate, masks will still be required on the bus. Students may remove the mask when they exit the bus.</p>
7/23/21	Close Contacts	<p>Students who are fully vaccinated will not have to quarantine if they are a close contact as long as they stay asymptomatic.</p>