



# Reopening Oakland Catholic for the 2020-2021 Academic Year



*Oakland Catholic High School and the Diocese of Pittsburgh retain the right to modify this document based upon changing circumstances and ongoing guidance from federal, state, and local governments.*

Oakland Catholic High School is committed to delivering an outstanding educational experience to our students. Grounded in Spirituality, Scholarship, and Service, the mission to educate globally-focused, confident, faith-filled female leaders lies at the core of every OC program - whether curricular or extracurricular, in-person or remote. We live that mission through commitment, community, and collaboration.

## **Commitment, Community, Collaboration**

As stated above, and reiterated several times in the following plan, Oakland Catholic High School Administration, Faculty, and Staff remain fully committed to the students and the mission of the school. Each model (Full Reopening, Hybrid, Fully Remote) has been built to maximize instructional time, engage students in active and interactive learning, and provide the full OC educational experience during this pandemic. Academics, faith and spiritual formation, extracurricular activities, and service to one another and the greater community will be integrated into each model of instruction.

The support of our extensive community (faculty, staff, administrators, students, parents, board of directors, alumnae, former parents, and friends) has been a constant and noteworthy element of the OC educational experience, and we thank you all in advance as we embark on another impactful year filled with excellence, tradition, and legacy. Your collaboration with the policies, measures, and protocols

outlined in this document will ensure that we can maintain our responsibilities as committed educators, enthusiastic learners, and ethical global citizens.

As a faith-based community, grounded in the gospels and Catholic Social Teaching, we believe strongly that “We are our brothers and sisters keepers, wherever they may be.” We take that obligation to care deeply for one another very seriously. The reopening plan underscores our Christian duty to protect others.

As an educational community, we engage in good teaching for the benefit of each student’s academic development. The strength of the OC educational experience extends far beyond the physical spaces we inhabit. It is fueled by research, best practices, professional development, and collaboration. It is supported via multiple modes of communication, selflessness, and a commitment to excellence. In these times, Oakland Catholic High School remains fully committed to its mission of education, faith, leadership, and community, seeing opportunities within the challenges presented to our world.



Based on research compiled by the Pennsylvania Department of Education, CDC and WHO guidelines, data from the Allegheny County and PA Health Departments, examination of successful school re-openings in other nations, multiple consultations with health professionals about how to mitigate exposure to COVID-19, and with the guidance and approval of the Diocese of Pittsburgh and the OCHS Board of Directors, Oakland Catholic High School has devised the following reopening plan for the Academic Year 2020-2021 that will allow for both in-person classes and remote learning, as circumstances dictate or permit.

Policies, measures, and protocols have been created to facilitate a smooth and effective transition between any of the three scenarios: a Full Reopening, a Hybrid blend of on-site and remote learning, and a Fully Remote experience. The shift from one model of instruction to another will depend on the direction of the virus, new information as it becomes available, and a change in overall circumstances. Throughout the coming school year, or until a vaccine has been developed and broadly administered, parents will have the option of choosing a fully remote mode of instruction for their daughter if that best suits her personal situation.

## Primary Objectives in the Development of This Plan



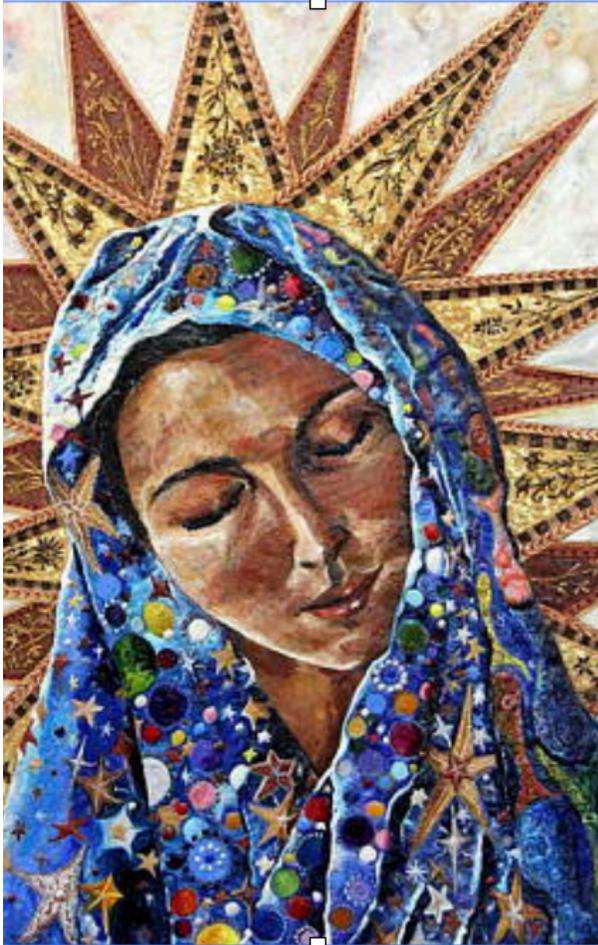
*Beloved, if God so loved us,  
we also ought to love one  
another.*

*-1 John 4:11*

In addition to the research, outside directives, and consultations cited as resources that contributed to the creation of this document, Oakland Catholic High School adhered to the following understandings in the development of the school's reopening plan:

- **Mission** - The plan is designed with the mission, philosophy, and identity of the school at the forefront so that the students receive the full OC educational experience regardless of the manner in which that experience is provided.
- **Safety** - A primary goal of the plan is to ensure the safety and security of all faculty, staff, students, and families to the maximum extent possible.
- **Continuity** - Since the onset of the pandemic, Oakland Catholic has been committed to delivering an uninterrupted academic program that is grounded in consistency, familiarity, and pedagogical excellence.
- **Flexibility** - The plan is built with the understanding that we remain in a rapidly evolving situation that demands quick and effective transitions on the part of administration, faculty, staff, and students if/when there is a surge, new information, or a change in circumstances that require adaptations to the existing educational plan.

We look forward with our usual excitement to what will most certainly prove to be a very memorable and impactful school year!



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick.*

*At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:  
He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection.  
Amen.*

*We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.*

*-Prayer by Pope Francis for protection from the coronavirus*



# Oakland Catholic High School Phased School Reopening Health and Safety Plan



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*This document was prepared with the assistance of the COVID-19 Task Force of Oakland Catholic High School, the Diocese of Pittsburgh, and input from members of the medical community and Oakland Catholic families. It includes any orders, directives, and/or clarifications from the Pennsylvania Department of Education, the Governor's Office, the Pennsylvania Interscholastic Athletic Association, and the Allegheny Health Department. It is understood that this is a fluid document that will be edited as necessary as circumstances and/or government or diocesan directions change.*

*This document was submitted for approval to the Board of Directors of Oakland Catholic High School and the Diocese of Pittsburgh on July 28, 2020.*

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*This resource draws on a resource created by the Council of Chief State School Officers (CCSSO) that is based on official guidance from multiple sources that include: the Centers for Disease Control and Prevention, the White House, American Academy of Pediatrics, Learning Policy Institute, American Enterprise Institute, Rutgers Graduate School of Education, the World Health Organization, the Office of the Prime Minister of Norway as well as the departments of education/health and/or offices of the governor for Idaho, Montana, New York, Texas and Washington, DC.*

## Health and Safety Plan: Oakland Catholic High School

All members of the Oakland Catholic High School Community should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that can completely eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to safely continue school activities. With the safety measures and policies outlined in this plan, Oakland Catholic strives to minimize both exposure and transmission to the maximum extent possible. It is incumbent on all students, faculty, staff, coaches, and parents to strictly follow all procedures, protocols, and policies in order to achieve this level of mitigation.

All school activities are informed by [Governor Wolf's Process to Reopen Pennsylvania](#), which currently categorizes reopening into three broad phases: red, yellow, or green. These designations signal how counties and/or regions will regulate restrictions on school, work, congregate settings, and social interactions. Additional orders and/or directives from the Governor's office and the Pennsylvania Department of Education that were made through July 24, 2020 are included in this plan. Individual counties and their health departments have the ability to institute regional restrictions, as they deem necessary to curb any spikes or surges in the virus. The Diocese of Pittsburgh and Oakland Catholic High School reserve the right to further adapt this plan in response to situations that arise within the OC school community.

- **The Red Phase:** Schools remain closed for in-person instruction and all instruction must be provided via remote learning, whether using digital or non-digital platforms. Provisions for student services such as school meal programs should continue. Large gatherings are prohibited.
- **The Yellow Phase and Green Phase:** Schools may provide in-person instruction after developing a written Health and Safety Plan, to be approved by the local governing body (e.g. board of directors/trustees) and posted on the school entity's publicly available website.

The plan itself is designed with the current and ever-changing circumstances in mind. Mission, Safety, Flexibility, and Consistency guided discussions, research, and decisions. Depending on the course of events in any given week or month, Oakland Catholic High School's reopening plan permits students, faculty, staff, and administration to move seamlessly from a hybrid model of instruction, to a full reopening, to a fully remote environment with minimal to no interruption to a student's academic studies.

## Type of Reopening and Details of All Three Models

Oakland Catholic High School's reopening plan is designed with the flexibility to move seamlessly between one of three scenarios: ability to reopen fully with some safety measures in place but no social distancing; a hybrid plan that incorporates multiple safety measures and allows for social distancing; and provision of education within a fully remote environment. Currently, and in accordance with state and diocesan requirements, masks are required of all students, faculty, and staff **whenever there is less than six feet of social distancing in place**. As stated in the most recent directives from the PA Department of Education,

*"Pre-K to 12 schools must consider the safety and health of all adult staff, in addition to students, as well as balance the educational imperative to open schools to in-person instruction with the public health imperative to mitigate COVID-19 infection and transmission rates." ... All Pre-K to 12 schools should implement strategies that limit the number of individuals in classrooms and other learning spaces, and interactions between groups of students. All schools should have protocols for distancing student desks/seating and other social distancing practices that allow at least 6 feet of separation among students and staff throughout the day to the maximum extent feasible."*

At the time of this plan's development, Oakland Catholic High School anticipates opening the academic year 2020-2021 in a hybrid scenario so that the school community can more easily adjust to the safety measures in place, acclimate to the new school year on a de-densified campus, and maximize the teacher/student interactions when students are on campus for the purpose of assessment, instruction, and evaluation. A hybrid plan allows for six-feet of social distancing to the maximum extent possible in every classroom. Decisions regarding the continuous wearing of face coverings will be based on the rate of local community transmission and recommendations from the CDC, Pennsylvania Department of Health, Allegheny Health Department, and PDE. Based on the current rate of community transmission as of August 17, 2020, face coverings will be required at all times when inside, however, in a hybrid mode where there is a guarantee of six feet distance between students in the classroom, ten-minute "mask breaks" may be taken in the classroom. Mask breaks may also occur outside, provided six feet or more of social distancing is guaranteed.

All three plans are described below. To reiterate, at the time of submission of this document, Oakland Catholic High School anticipates beginning the 2020-2021 academic year under the hybrid model as detailed in the second bullet point.

### Key Elements of Each Scenario

- **Full Reopening**

Under a full reopening, all students, faculty, and staff would travel to campus daily and follow a Monday to Friday class schedule that would be adjusted in order to accommodate longer waiting times in the mornings for temperature checks. Since lunch in a full reopening constitutes a large gathering, students would be assigned to classrooms for lunch in small groups and would rotate over the course of a week for opportunities to eat in the cafeteria in a slightly larger group. Wednesdays would continue to be used as Collaborative Community Wednesdays (CCWs) for targeted learning, remote lecture presentations, specific program delivery to grade levels, retreats, and other alternative educational experiences. The remaining four days of the week would be preserved schedule-wise, to the maximum extent possible, for instructional purposes. It is important to note that during a pandemic, a full reopening does not mean a typical school day such as school during pre-pandemic times. Safety measures such as temperature checks upon arrival, masks worn at all times except when eating, at

least 3 feet of separation between student desks, directional hallways and stairwells, assigned seating for every class, lunch eaten in individual classrooms as opposed to the cafeteria, or in identified large areas such as the AUX Gym or Lecture Hall, and restrictions on large assemblies, gatherings, major events, and field trips would continue to be elements of this plan and all other plans. Recommended social distancing of six feet would not be in place at any point during the school day during a full reopening, but 3 feet of distance is required and restricts partner and group work in a classroom. In a full reopening, athletic, extracurricular, and small group activities after school or during CCWs would be expected to enact six feet of social distance to the maximum extent feasible since more physical space would be available after dismissal of most students.

Implementation of a full reopening plan will take effect quickly if circumstances in Allegheny and surrounding counties improve with regard to community transmission and spread of the virus, and new information/directives from the Diocese, Health Department, PA Department of Education, county and state governing bodies are received. Once a vaccine has been developed, tested, and broadly administered, regardless of when that moment occurs within the school year, Oakland Catholic will immediately switch to a full reopening plan. Safety measures stated above and below will be adjusted or adapted according to the circumstances, information, and directions at the time.

- **Hybrid Plan** *\*Model to be implemented at the start of the 2020-2021 school year\**

Under current circumstances, and with the safety of all students, faculty, and staff in mind, Oakland Catholic High School intends to bring all students back to campus beginning on August 24, 2020 under a hybrid plan. With only half of the student population and all faculty/staff on campus each day, a hybrid plan allows for the six feet of social distancing stated in the diocesan plan and in the guidelines of the state plan and CDC, in addition to all other safety measures. For the first week of school, incoming freshmen will attend four days of the week for a comprehensive orientation program. Sophomores, juniors, and seniors will be scheduled throughout the first week on specific days to allow for small group activities and class orientations. The hybrid plan will be adequately communicated to all students and their parents, with verbal and video training methods in place. Social distancing and all safety precautions will be followed as outlined herein. In addition to being aligned to both diocesan and state guidelines, starting the year with a hybrid plan will allow all students to adjust to the measures in place, meet teachers, acclimate to the new school year, and receive mask breaks even when indoors.

After that first week of school, students will attend classes in a hybrid blend of on-site and remote learning with freshmen being on campus three days of most weeks, and all other students being on campus two to three days per week, depending on the programs being delivered and/or attended by grade levels and individual students. A hybrid schedule permits adequate social distancing both within classrooms and in public spaces, and is in compliance with CDC directives and medical consultations on how to minimize risk of exposure/transmission within a closed setting over an extended period of time. The exact days that a student will be on campus will depend on the student's last name and/or grade level, course schedule, transportation, cleaning protocols, campus capacity, and family/individual risk circumstances. On-campus and remote learning will be synchronous, meaning that the same course schedule and class times will be followed regardless of which day a student is in a class physically or attending from home. This facilitates consistency across instruction, class interaction whether classmates are on campus or at home, and establishment of a routine so that students are not rising early two or three mornings a week but then breaking that school routine to sleep in late on remote days. It also permits an uninterrupted experience to those students who may be attending remotely for extended periods of time due to personal health situations that prevent them from

attending in person, contraction of COVID-19, or exposure to someone in or out of school who has contracted COVID-19. *\*See tables outlined later in this document for quarantine protocols when sick, exposed to the virus, or confirmed with having the virus.*

Instead of a 6-day cycle of classes, Oakland Catholic will follow a Monday to Friday schedule for the coming school year in all three plans. By doing so, we are able to increase instructional minutes, minimize the number of study halls, and ensure an easy transition between plans as circumstances with regard to the virus evolve. Homeroom period has been eliminated in order to minimize unnecessary exposure; first period has been extended to allow for attendance at the end of the period. Upon arrival to campus on their designated days, students will report to an assigned entrance for a temperature check and proceed directly to their first period class. Monday, Tuesday, Thursday, and Friday will be “regular” instructional days during which classes will be taught simultaneously to those on campus and those learning remotely. Wednesdays will serve as Collaborative Community Wednesdays (CCWs) with targeted learning on campus for different classes by grade level, specific program instruction that needs to be conveyed to all students, retreat and spiritual programs, and club/service/retreat activities. Wednesdays will also provide teachers the ability to hold office hours and additional educational activities that will be conducted in smaller groups over the course of the school day. Under a hybrid plan, Wednesdays will also provide grades to come together as a complete class. Freshmen will be in attendance on campus most Wednesdays. Sophomores, Juniors, and Seniors will attend school on campus on Wednesdays if they are scheduled for a specific learning or small group activity on that day, or if a program specifically designed for their entire class is scheduled to occur on that Wednesday. In addition, sophomores, juniors, and seniors will come to campus on Wednesdays according to individual learning and extracurricular activities that are offered. Further details and specific schedules for this hybrid model will be distributed in August when student and faculty class schedules have been finalized. Wednesday schedules will be much more fluid and will be released on a monthly basis.

As indicated above, when circumstances permit or require a change to this hybrid schedule (fully remote in the case of a surge or shift in the Commonwealth to the Red Phase; or full reopening if the virus abates), the schedule outlined above will allow for a seamless transition. If fully remote classes are required for an extended period of time (longer than 2-3 weeks), a different time schedule of classes will be followed to allow for more substantive learning and less screen time for the students.

- **Fully Remote Plan**

If the school must be closed completely for longer than 2-3 weeks, and/or schools are directed to shut down due to diocesan or government directives, Oakland Catholic High School will continue the OC educational experience online for all students. Unlike the remote-learning that was instituted in March, 2020, in the sudden crisis of an emergency situation, Oakland Catholic faculty and administrators, who did exceptionally well last spring, have an even better understanding of how to teach, engage, interact, and collaborate within a fully remote environment. With our 1:1 laptop program, Schoology, Zoom, and other innovative programs, Oakland Catholic teachers are both equipped and trained to conduct effective remote learning.

A different time schedule for classes in a fully remote environment will be implemented if the fully remote period extends beyond 2-3 weeks. This remote schedule will accommodate longer classes and longer breaks between classes, with only 4-5 periods per day as opposed to the nine periods conducted per day under the full reopening or hybrid plans. Reflective of a block schedule

implemented in some high schools, the Oakland Catholic Fully Remote Plan schedule will maximize instructional time and allow all classes, students, and teachers to successfully maintain progress and content coverage across all courses so that the academic year remains on track.

Students who are immunocompromised, or living in a household with an immunocompromised family member, will have the option of taking all classes remotely. Parents who choose this option for their daughters will be asked to commit to the decision for a semester at a time. At the end of each semester, the decision can be reevaluated and changed, according to the student's situation.

- **Stakeholder Involvement**

A diocesan-wide planning team that consisted of local principals and central administration was formed to research best practices and gather research-based resources. Local school parents were surveyed to obtain valuable insight on the perceptions and feelings of our families regarding education during COVID-19. The reopening plan was then drafted using the best available resources and vetted through various focus groups composed of local teachers, parents, and medical professionals..

Oakland Catholic High School established its own internal task force to plan for re-opening which consisted of administrators, parents, staff, and consultation with health care providers. Oakland Catholic High School also compiled additional research to ensure that measures and policies were established in an informed manner.

- **Communication with the local community**

The COVID-19 Educational Reopening Plan will be submitted to the Oakland Catholic High School Board of Directors and the Diocese of Pittsburgh for final review and approval. Once approved, it will be disseminated to all stakeholder groups (Administrators, Faculty, Staff, and Families) via email. The document will also be posted to the Oakland Catholic High School website for public inspection.

- **Decision-making process to prompt a school closure or other significant modification to operations after reopening**

Oakland Catholic High School will follow the directives of the Diocese and the Governor's office in determining the need to modify operations after reopening. If Allegheny County reverts to Red Phase, OC will transition to remote learning. Also, if it is determined that there has been a significant contamination of the school building itself, or a significant number of diagnosed cases within the population of students, faculty, and staff, OC will transition to remote learning for at least a prescribed period of time. This determination will be made by the Principal, in consultation with the appropriate health department, medical authorities, and the Diocese of Pittsburgh.

## **Pandemic Coordinator/Team**

- **Health and Safety Plan Development:** Individual will play a role in drafting the enclosed Health and Safety Plan;
- **Pandemic Crisis Response Team:** Individual will play a role in within-year decision making regarding response efforts in the event of a confirmed positive case or exposure among staff and students; or
- **Both (Plan Development and Response Team):** Individual will play a role in drafting the plan and within-year decision making regarding response efforts in the event of confirmed positive cases.

Individual(s)	Stakeholder Group Represented	Pandemic Team Roles and Responsibilities (Options Above)
Mary Claire Kasunic	Administration - President	Both
Marisa Bragg	Administration - Principal	Both
Nicole Powell	Administration - Assistant Principal	Both
Jeff Patrizio	Pandemic Coordinator; Teacher; Safety & Security Committee Member	Both
Karisa Haslett	Director of Academic Technology; Safety & Security Committee Member	Plan Development
Mary Pat Bielich	Teacher; Safety & Security Committee Member	Plan Development
Debbie Ceponis	Administrative Assistant to President; Alumna; Parent of alumnae	Plan Development
Cassidy Checketts	Teacher; Safety & Security Committee Member	Plan Development
Dennis DeFilippo	Teacher; Parent of Alumna	Plan Development
Kevin Fink	Director of Maintenance; Building/Grounds Engineer	Both
Elyse Lanzendorfer	School Counselor; Safety & Security Committee Member	Plan Development
Greg Martz	Teacher; Army Reservist	Plan Development
Angela Orbin	School Counselor; Current Parent	Plan Development
Nikki Richardson	Administrative Assistant in School Office; Current Parent; Alumna; Parent of Alumna	Plan Development
Director of Catholic Schools	Diocese	Pandemic Crisis Response

## Key Strategies, Policies, and Procedures

### Cleaning, Sanitizing, Disinfection, and Ventilation

- **Building Cleaning**

The school buildings are always cleaned in the summer in preparation for the return to school. All hard-surface floors have been stripped, cleaned, and waxed. All carpeting has been professionally cleaned. All hard surfaces, including furniture, countertops, window sills, windows, doors, stairwells, hallways, and restrooms have been thoroughly cleaned and sanitized. All fabric furniture has been professionally cleaned. Disinfecting misters were purchased and have been used in any high traffic or high touchpoint areas. Cleaning is always done with soap and water, followed by the application of an EPA-approved disinfectant (see [www.epa.gov](http://www.epa.gov)). Disinfectants differentiate themselves from other cleaning products by killing germs with chemicals rather than removing them. According to the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov), disinfectants should be used on surfaces that have already been cleaned of dirt and grime—especially high-touch surfaces—to prevent the spread of diseases.

Frequently touched surfaces, such as desks, light switches, keyboards, will be cleaned regularly throughout the school day and disinfected after school each day.

- **Procurement of adequate disinfection supplies meeting OSHA and [CDC requirements for COVID-19](#)**

The school has purchased products recommended by the CDC and EPA for the coming year, in addition to specific equipment and cleaning gear that will facilitate regular deep cleaning and disinfecting of different areas of campus buildings. Additional hand sanitizer stations have been installed and/or placed throughout the building. Cleaning with disinfectant wipes, etc. will take place throughout the school day. At the end of each school day, a complete cleaning of both buildings will take place with a deeper cleaning and disinfection process being executed at least twice a week and more frequently in the case of possible exposure to the virus.

- **Frequency of cleaning, sanitation, disinfecting, and ventilation protocols/procedures to maintain staff and student safety**

The initial cleaning will have been done before the students and staff return to school. Once school is in session, staff can conduct the regular cleaning of areas, particularly highly touched surfaces, using a product that is both a cleaner and a disinfectant. During the day, while school is in session, the staff will regularly wipe door knobs, railings, and other frequently touched surfaces with a disinfectant cleaner. Restrooms will be monitored, cleaned, and disinfected regularly throughout the school day. As mentioned above, hand sanitizing stations have been strategically located throughout both buildings for easy access at all times for everyone.

Current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings. The latest information available on how long COVID-19 remains on surfaces will be used to determine the schedule of cleaning.

In a study conducted by a team from the School of Public Health at The University of Hong Kong (Alex W.H. Chin, Julie T.S. Chu, Mahen R.A. Perera, Kenrie P.Y. Hui, Hui-Ling Yen, Michael C.W. Chan, Malik Peiris, and Leo L.M. Poon), their experiments found the virus to be detectable on multiple surfaces. In particular, parents, students, faculty, and staff should be aware of the following:

- COVID-19 is detectable on the inner layer of a mask for up to four days
- COVID-19 is detectable on the outer layer of a mask for up to seven days

For maximum effectiveness, masks should be washed daily and never shared. As more information on the SARS-CoV-2 (COVID-19) virus has become available, it has been widely accepted that although the virus lives on many hard surfaces, the main mode of transmission is human-to-human contact. With that said, the careful practices of hygiene, frequent hand washing, and minimizing touching your face significantly reduce the risk of transmission and will be regularly reinforced throughout the school day.

- **Training on cleaning, sanitizing, disinfecting, and ventilation protocols**

All faculty, staff, and students will be trained on appropriate methods to keep surfaces, learning spaces, classrooms, desks, hands, materials, etc. clean. Maintenance staff will be trained on the process to keep restrooms, hallways, staircases, floors, banisters, ventilations systems, classrooms, etc clean and sanitized.

- **Training method and frequency**

Training will be provided during Professional Development sessions in August; reinforced verbally, in communications and with signage; and repeated as necessary throughout the school year. In addition,

training videos will be used to assist faculty, staff, and students with proper hygiene, cleaning, and sanitizing procedures related to student and staff safety during the school day.

- **Measurement of preparedness to be implemented as a result of the training**

Training verification forms will be signed by faculty and staff to verify preparedness to implement cleaning protocols during the school day. (See Appendix A, page 32.)

**Summary:**

Each school building will be thoroughly cleaned and sanitized during the summer months, and the classrooms will be closed off to others until ready for use. All cleaning and sanitizing materials to be used meet CDC and EPA guidelines and will be kept in a secure location away from students. Frequent cleaning and sanitizing will occur throughout the school day, especially any highly touched surfaces, such as doorknobs, light switches, desks, etc. All staff members will be instructed on the proper cleaning methods to be used to keep the building clean and sanitized. Cleaning and sanitizing materials will be provided for all daily and intensive cleaning purposes of the campus, and will be replaced as needed. Each classroom will be provided with adequate cleaning materials at the start of the school year. It is incumbent upon faculty and staff to maintain the cleanliness of their personal area. Hand sanitizing stations have been strategically placed throughout campus so as to be readily available to everyone.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<p><b>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, hallways, and transportation)</b></p>	<p>All surfaces and floors will be cleaned and disinfected with EPA approved products. Highly touched surfaces, such as doorknobs, light switches, desks, etc. will be sanitized frequently throughout the school day.</p> <p>Hand sanitizer will be available in all classrooms and in hallways, and replaced when needed.</p> <p>Use of water fountains will be restricted to the bottle refill stations. Rugs and any fabric surfaces (such as chairs with fabric on them) should be removed, or reduced in number, if possible. Carpeting has been professionally cleaned and will be cleaned more frequently during the year.</p> <p>When possible, and safe, windows and inside doors</p>	<p>Same as Yellow</p>	<p>Teachers, Principals, and maintenance and cleaning staff</p>	<p>EPA approved disinfectants for all areas of school building, such as floors, hallways, walls, etc.</p> <p>Large containers of disinfectant and wipes for quick and effective sanitization.</p> <p>Spray bottles of EPA approved disinfectant.</p>	<p>Yes, training in cleaning protocols</p>

	<p>will be left open to allow for increased ventilation throughout the school day.</p> <p>Restrooms will be cleaned regularly throughout the school day, and thoroughly disinfected every day after school.</p>			Hand sanitizer for classrooms and hallways.	
<b>Other cleaning, sanitizing, disinfecting, and ventilation practices</b>	<p>Hand sanitizer stations have been strategically placed throughout campus.</p> <p>Regular disinfecting of public indoor spaces will occur multiple times a week as part of routine cleaning, and comprehensively whenever there has been risk of exposure to a confirmed case of COVID-19.</p>	Same as Yellow	Maintenance, Cleaning staff	Refills for hand sanitizers; two disinfectant mister/sprayer machines	Yes, training for maintenance in use of new mister equipment

## Social Distancing and Other Safety Protocols

- **Classrooms/learning spaces organized to mitigate spread**
  - Unlike an elementary school setting, it is not possible from an educational perspective to keep a group of high school students restricted to one homeroom. A college-preparatory high school experience requires movement of students from class to class, and options for students to participate in a large variety of classes at different levels of intensity. Like many colleges, Oakland Catholic believes that all students benefit immensely from a full academic experience that incorporates an understanding of abilities and preferences in academic pursuits. Oakland Catholic has committed to preserving the excellence of its academic program by ensuring six feet of social distancing to the maximum extent possible to avoid pods that limit students in their academic pursuits, preferences, and levels of ability.
  - Student desks in a classroom will be spaced 6 feet apart in the hybrid model and at a minimum of three feet apart in a full reopening model. All desks will face in the same direction for both models. As noted in the PA Department of Education guidelines, *“When multiple students are in one enclosed space, such as a classroom, seat students at least 6 feet apart and facing the same direction, to the maximum extent feasible.”* As of August 17, 2020, and as noted earlier in the document, a mandatory mask requirement is in effect across the Commonwealth of Pennsylvania for all individuals over the age of 2, when indoors and six feet of social distancing can not be maintained. Decisions regarding the continuous wearing of face coverings will be based on the rate of local community transmission and recommendations from the CDC, Pennsylvania Department of Health, Allegheny Health Department, and PDE. Based on the current rate of community transmission, face coverings will be required when inside, but “mask

breaks” are permitted indoors for ten minutes and outdoors, provided that six feet or more of social distancing is in place.

- Students and faculty have each been provided a school-owned laptop as part of our Mission Forward 1:1 laptop initiative. Teachers also have iPads for instruction. Classrooms will be equipped with cameras and microphones as needed for streaming in-person instruction to those students working remotely during the hybrid model, as a result of quarantine, or by choice to remain remote even when the hybrid model or a full reopening plan are in effect.
- Students will be provided their own books and supplies to the maximum extent possible. Any shared equipment or supplies will be subject to rigorous cleaning protocols between use. Online textbooks will be utilized as available to reduce the amount of textbooks students are required to carry.
- Hand sanitation stations have been placed in strategic locations around campus and will be available in each classroom.
- Large gatherings/assemblies in public spaces on campus will be restricted to accommodate social distancing; no whole-school assemblies, field trips, travel, or outside visitors to campus beyond essential consultants, approved individuals, and emergency personnel will be permitted until circumstances and/or information about the virus changes and new directives are received. Masses will be conducted according to the guidelines for parishes in the Diocese of Pittsburgh, where CDC guidelines for social distancing and masks are followed.
- Students will have assigned seats in classes so that contact tracing can be more easily facilitated if a student/staff member tests positive for COVID-19 or is exposed to the virus.

- **Communal spaces organized to mitigate spread**

- Halls and stairways will have designated directions and will be clearly marked.
- Students and staff will be assigned entry and exit points to the buildings at arrival and dismissal, depending on the classroom to which they are heading and the classroom from which they are leaving. Faculty, Staff, and Students will all receive instruction on these directional modifications. Signage will be visible throughout the campus.
- Homeroom period has been eliminated to minimize unnecessary interactions and potential exposure. Attendance will be taken during the first period, which has been extended, and during each class period. Remote students will be considered in attendance by virtue of logging in and participating in one or more of the activities during the designated class.
- Students will keep their belongings with them all day to eliminate the use of lockers, limit hallway interactions, and ensure social distancing between classes.

- **Policies and procedures governing use of other communal spaces within the school building**

- Both buildings on campus will be used fully to allow for social distancing to the maximum extent possible.
- The Auxiliary Gym and other large spaces (lecture hall, theater, Donahue Pavilion, ARC, etc.) will be used as needed to accommodate groups of students with adequate social distancing. Spaces with multiple doorways will have designated entrances and exits.
- Signage, floor decals, tape, etc. will be installed to ensure that staff and students remain at least six feet apart in lines and at other times, including but not limited to the School Office, Welcome Center, Counseling Offices, Dining area, etc.
- Shared spaces will be adapted to de-densify the areas with social distancing in place; spaces will be monitored, used in a staggered fashion, and regularly disinfected.
- A fourth lunch period has been added to the schedule to reduce the number of students in any one lunch period. Acrylic barriers will be added to all lunch tables to mitigate exposure even when social distancing might not be possible. Seating at lunch tables will be restricted and staggered in such a way to minimize direct exposure while eating. Masks do not have to be worn while eating, but must be worn up until seated at the table and eating, or when moving from the table to another location. The cafeteria area has been extended to the large hallway outside the Senior Lounge Area, as well as to the outdoor patio and courtyard area. \*In a hybrid

model, students will be able to eat in the cafeteria and extended area with some level of social distancing in place. However, In a full reopening plan, the cafeteria will not be available to all students. In a full reopening plan, some students will be assigned to the cafeteria and others to classrooms for their lunch periods in order to maintain at least three feet of social distancing..

- Restrooms will be limited to no more students than there are stalls, and will be monitored carefully. No lingering will be permitted.
- Whenever possible, classes can and will be held outdoors on our campus, if weather permits.

- **Hygiene routines will be implemented throughout the school day**

- All faculty, staff, administrators, and students will be asked to self-screen prior to leaving for school, and remain home if experiencing any symptoms or fever. (See Appendix B, page 34.)
- Temperatures of students will be taken by staff as students enter a building upon initial arrival. If a student's temperature registers at 100F or higher, the student will be asked to step aside and wait for a minute or two. Her temperature will be taken two more times over the next 2-3 minutes. If the average temperature of all three times is 100F or higher, the student will be directed to the appropriate isolation place and her parent(s) will be notified so that she can be picked up and brought home.
- Regular cleaning of restrooms will occur throughout the day.
- Hand sanitizer stations have been strategically placed throughout campus and students will be expected and directed to clean hands upon entering/exiting a building, a classroom, or any public space.
- Students will bring their own water bottles to school. Water fountains will not be in use, except for the water bottle refilling stations.
- Windows will be opened as much as possible to allow for outside air to circulate, and classroom doors will be left open where possible and as safety permits.
- Traffic flow between classes will be controlled with directional hallways and stairwells which will be clearly marked.
- High-touch surfaces, especially stair handrails, door handles, counters, desks, tables, chairs, bathrooms, computers, books, etc. will be cleaned frequently by staff, individuals, and maintenance.

- **Student Transportation, Social Distancing Measures, Arrival/Dismissal Procedures**

- Transportation is managed by each school district. As districts release individual reopening plans, they will be shared with the school and families will be informed.
- Private bus transportation is available to designated areas where transportation is not available by the home district. Families in these areas have the opportunity to pay a minimal fee for transportation from these areas. Private bus transportation is arranged and managed through Central Catholic High School. At the time of this writing, the intention is to assign one student per seat on the bus.
- The campus parking lot is available for faculty, staff, and students who have received and purchased a parking permit based on the criteria outlined in the Parent/Student Handbook
- Students who are driven to school must be dropped-off on the school side of Craig Street. Cars without an Oakland Catholic parking permit will not be permitted into the parking lot in the morning for drop-offs and in the afternoon for pick-ups. Once dropped off in front of the school on Craig Street, students will proceed to their designated entrance for a temperature check before heading to their first period class.
- Only permitted cars and school buses will enter the parking lot in the morning and at dismissal. Buses will drop off students in the drive-around circle outside the Campus Entrance; from there, students will proceed to their designated entrance for a temperature check before heading to their first period class.
- Staff will be posted at eight different entrances for temperature checks no earlier than 7:20am. No student will be permitted in either building prior to 7am. If a student arrives between 7:00am

and 7:20am, she must enter the cafeteria via the patio door entrance where a staff member will check her temperature. She will be directed to wait in the cafeteria until 7:30am, at which time, she will proceed to her first period class.

- **Visitor and volunteer policies implemented to mitigate spread**

- No outside visitors or volunteers, including parents, will be permitted on campus unless it is a specifically contracted individual, or cleared and approved by administration prior to the arrival of the visitor. Approved visitors will be asked to self-screen prior to coming to campus and will receive a temperature check in the Welcome Center upon arrival. If the visitor’s temperature check measures at 100F or higher, the visitor will not be allowed to remain on campus.
- Masks and social distancing will be required of all those who are approved to be on campus.
- Meetings or presentations with outside individuals and entities will be held virtually to the maximum extent possible.

- **Stakeholders will be trained on social distancing and other safety protocols**

- All staff, faculty, administration, and students will be trained on all safety protocols.
- Training will be provided by the assigned School Nurse and the COVID/Pandemic Team. Training for all staff and faculty will occur two weeks prior to the beginning of the school year. Students will be instructed in all protocols via videos and in-person during orientation sessions, during the first few weeks of school while in the hybrid model, and throughout the school year as necessary.
- All faculty and staff will be required to pass a minimum competency test that will check for understanding on proper school procedures at the conclusion of the trainings.

**Summary of Key Elements:**

Each building will be required to have Social Distancing and Safety protocols in place during the school year. Administration will develop a plan based on CDC Guidelines that will require strictly limiting outside volunteers or visitors to campus, changing schedules and adopting models of instruction/attendance to limit exposure, and using a variety of ways to display proper hygiene and social distancing requirements.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>Classroom/ learning space occupancy that allows for 6 feet of separation among students and staff throughout the day, to the maximum extent feasible</b>	Identical to Green Phase.	Student desks will be spaced 6 feet apart and masks must be worn. Students will be permitted to slide masks under their chins if situated at least six feet apart from any other student, in their individual area, and not engaged in active discussion, talking, or singing..	Teacher	Classroom relocation if necessary	N
<b>Restricting the use of cafeterias and other</b>	Students will eat in classrooms and in	Students will eat lunch in the cafeteria with social distancing between	Administration, Cafeteria	Rearrangement of dining	N

<p><b>congregate settings, and serving meals in alternate settings such as classrooms</b></p>	<p>limited numbers in the cafeteria..</p> <p>Students will bring their own lunch or boxed lunches will be delivered to the classrooms or cafeteria.</p>	<p>tables, limited seating at tables, and acrylic barriers on tables to minimize exposure while eating.</p> <p>Individually packaged lunches will replace the cafeteria line. There will be no self-serve areas, including but not limited to the grill, the salad bar, and deli bar.</p> <p>All purchases will be made via pre-order menus and keycard transactions. No cash purchases will be possible.</p>	<p>Manager, School Staff</p>	<p>hall configuration.</p> <p>Extending the dining area to the outside patio and area outside the technology offices.</p> <p>Signage</p>	
<p><b>Hygiene practices for students and staff including the manner and frequency of hand-washing and other best practices</b></p>	<p>Identical to Green Phase.</p>	<p>Training will be provided via video and in person; training will begin for all staff and faculty 2 weeks prior to the start of the school year. Students will be given access to the videos and receive in-person instruction at the start of the school year and throughout the academic year.</p> <p>Signage will be visible throughout campus.</p> <p>Hand sanitation stations placed across campus.</p>	<p>Teachers, Administration</p>	<p>Sanitation stations</p> <p>Nurse</p> <p>Video creation</p>	<p>Y via video, signs, and verbal instruction</p>
<p><b>Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</b></p>	<p>Identical to Green Phase.</p>	<p>Decals and floor visuals indicating six foot distancing will be posted around campus, both inside and outside.</p> <p>One-way traffic patterns for hallways and staircases.</p> <p>Decals will be displayed in bathrooms on appropriate hand washing.</p>	<p>Maintenance; Administration</p>	<p>Floor decals, tape, signage to be purchased and placed.</p>	<p>N</p>
<p><b>Identifying and restricting non-essential</b></p>	<p>Only Faculty, Staff, and Students will be permitted on campus unless an individual</p>	<p>Only contractors, consultants, and specifically approved visitors will be permitted</p>	<p>Administration, Office personnel</p>	<p>Thermometers / body temperature scanners</p>	<p>N</p>

<b>visitors and volunteers</b>	is deemed essential to the function of the school.	on campus. Upon entry, all visitors will have their temperature taken. Temperature must be below 100F. Masks are required of visitors at all times.			
<b>Handling sporting activities for recess and physical education classes consistent with the CDC Considerations for Youth Sports</b>	*Please refer to the OCHS Athletic Department's <i>Return-to-Play</i> document that can be found at the end of this document.	*Please refer to the OCHS Athletic Department's <i>Return-to-Play</i> document that can be found at the end of this document.	Teachers, Physical Education Teacher; Coaches; Assistant Coaches	*Please refer to the OCHS Athletic Department's <i>Return-to-Play</i> document that can be found at the end of this document.	Y
<b>Limiting the sharing of materials among students</b>	Identical to Green Phase.	All students are required to have their own supplies when possible. When supplies or equipment are shared, teachers and students will be responsible for cleaning after each individual's use.  One-to-one technology program for all students permits each student to have her own laptop	Teachers - specifically Science, Art, Physical Education teachers, and Athletic Department.	Electronic devices for one-to-one program, Mission Forward.	N
<b>Staggering the use of communal spaces and hallways</b>	Identical to Green Phase.	Create transition schedules that minimize numbers in common spaces; hallways, cafeteria, etc.  Establish directional staircases and hallways so that individuals are all facing the same direction as they move through a public space.	Administration & Teachers	Signage for hallways and stairwells.	N
<b>Adjusting transportation schedules and practices to create social distance between students</b>	Identical to Green Phase.	Implement two drop off areas, one for buses (parking lot) and one for car drop off (Craig Street side of school in front of main building).  Bussing issues and protocols are dependent upon the local school districts who transport to non-public schools.	Safety & Security Committee Members; Maintenance in lot	Collaboration with local public school districts	N

<p><b>Limiting the number of individuals in classrooms and other learning spaces, and interactions between groups of students</b></p>	<p>Identical to Green Phase.</p>	<p>The school year will start with a hybrid plan, with some students in the classroom and some students participating from home on any given day. This plan will allow at least six feet of social distancing, a de-densification of both buildings, and time for all students, faculty, and staff to acclimate to the safety measures and protocols put in place.</p> <p>When new information and trends are received, and circumstances in Allegheny and surrounding counties permit, OC will transition to a full reopening; in this model, at least three feet of social distancing will continue to be enforced to the maximum extent possible.</p>	<p>Principal &amp; Teachers</p>		<p>N</p>
<p><b>Other social distancing and safety practices</b></p>	<p>Identical to Green Phase.</p>	<p>No assemblies or large gatherings of students. Virtual assemblies and field trips will be held instead.</p> <p><a href="#">Masks or Face Shields are required for all faculty, staff, and students.</a> Ten-minute mask breaks with six feet of distance permitted.</p>	<p>Administration</p>	<p>Zflex Face Shields to be purchased for faculty and staff.</p> <p>Cloth masks available for students, but individuals are free to bring their own masks too.</p>	<p>Y -Faculty, staff, and students will be instructed on how to clean their individual face masks regularly.</p>

## Monitoring Student and Staff Health

- **Monitoring students, staff, and others on campus to ensure that they are healthy and not exhibiting signs of illness**
  - All faculty, staff, students, and outside consultants will be asked to self-screen prior to leaving home, by noting symptoms on Appendix B of this document (appendix), and checking for possible symptoms. If any symptom is present, or the individual has even a slight fever, the teacher, staff member, or student is asked to remain home until symptom-free and fever-free for at least 72 hours.
  - Symptoms include coughing, shortness of breath, difficulty breathing, or 2 or more of the following: lack of smell or taste (without congestion), sore throat, chills, muscle pain, headache, congestion/runny nose, nausea/vomiting, diarrhea.

- Temperatures of students will be taken by staff as students enter either building upon initial arrival. If a student's temperature registers at 100F or higher, the student will be asked to step aside and wait for a minute or two. Her temperature will be taken two more times over the next 2-3 minutes. If the average temperature of all three times is 100F or higher, the student will be directed to the appropriate isolation place and her parent(s) will be notified so that she can be picked up and brought home.
  - Pre-approved visitors will have their temperature checked in the Welcome Center upon arrival and asked to confirm that they have had no symptoms according to the monitoring form reference above. If a visitor has a temperature of 100F or higher, exhibits any visible symptoms, or indicates that s/he has experienced symptoms in the last 24 hours, they will not be permitted to remain on campus.
- **Monitoring Logistics**
    - Temperatures of students will be taken by staff as students enter either building upon initial arrival. If a student's temperature registers at 100F or higher, the student will be asked to step aside and wait for a minute or two. Her temperature will be taken two more times over the next 2-3 minutes. If the average temperature of all three times is 100F or higher, the student will be directed to the appropriate isolation place and her parent(s) will be notified so that she can be picked up and brought home. A member of the staff will be stationed at the Campus Entrance for temperature check until 8:30am for any students who arrive tardy. If students arrive after 8:30am, they are to report directly to the School Office via the Campus Entrance and their temperatures will be checked in the School Office.
      - Staff will be assigned to the door to take the temperatures of the students as they enter the building.
      - Any student who is exhibiting signs of illness will be sent to the School Office where the parent/guardian will be contacted by the office staff.
    - Monitoring of staff will take place daily.
      - Staff will self-monitor at home.
      - In the event that a staff member is deemed ill, he or she will be directed to return home and a substitute will be provided as soon as possible.
    - Monitoring of outside consultants or approved visitors will take place as needed/as they enter the main building. All approved outside visitors will enter via the Main Entrance on Craig Street through the Welcome Center, where their temperatures will be checked.
  - **Policy for quarantine or isolation if a staff, student, or other member of the school community becomes ill or notifies the school of exposure to an individual confirmed positive for COVID-19:**
    - The individual who is ill or who informs a member of administration or a member of the school office that they have been exposed to an individual with a confirmed case of COVID-19 will be sent to/retained in the office and sent home immediately. If the individual is exhibiting shortness of breath, a high fever, or other distressing symptoms, 911 will be alerted so that the individual can be transported to a healthcare facility.
    - The area occupied by a sick individual will be closed off so that respiratory droplets can settle, and then thoroughly cleaned and disinfected over the next 24-48 hours. (Ideally, an area will be closed off for at least 24 hours prior to cleaning staff cleaning and disinfecting the area.)
    - If the individual is staff personnel, the workspace of the sick individual will be closed off and then thoroughly cleaned and disinfected after 24 hours of disuse.
    - All areas that the sick person may have used, such as offices, bathrooms, and common areas, will be thoroughly cleaned and disinfected.

- Outside doors and windows will be opened to maximum capacity and as safety permits to increase air circulation in the areas where the infected individual was.
  - The isolation area where the sick student/staff member was kept until departure will be thoroughly cleaned and disinfected after use.
  - Individuals that have had close contact with the staff/student that has become ill may be asked to stay home and self-monitor for symptoms. *\*Please refer to the Exclusion From and Return to School table later in this document.*
  - Other students and staff who have not had close contact will be monitored for signs of illness.
  - In accordance with state and local laws and regulations, school administrators will notify [local health officials](#), staff, and families immediately of any case of COVID-19, while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#)
- **Staff responsible for making decisions regarding quarantine or isolation requirements of staff or students**
    - The Principal and/or other Administrator will be responsible for making decisions regarding quarantine or isolation requirements of faculty, school staff, or students. The President or Vice President will be responsible for making decisions regarding quarantine or isolation requirements of Advancement and Business Office personnel.
    - Conditions to be met prior to the return to school for a staff or student with a confirmed diagnosis of COVID-19 are outlined on the **Exclusion From and Return To School** table later in this document.
- **Determining which students are willing/able to return and accommodating students who are unable or uncomfortable to return**
    - The school will follow state & local guidance in determining when a student or staff member may return to school after a potential exposure to an active COVID-19 infection. Students and staff members will be permitted to return to school/work after the prescribed self-quarantine time period, and in accordance with the “Exclusion From and Return to School Requirements Form” found below in this document. Any individual who was out of school with symptoms must be symptom-free for a 72-hour period prior to returning to school. If a student does not wish to return because she is unable or uncomfortable to return, she may continue to participate in the classroom instruction remotely.
- **Notification of confirmed staff or student illness, or exposure, and resulting changes to the local Health and Safety Plan**
    - School families will be notified through the parent alert system (School Messenger) on the same day that the school is alerted of a positive COVID-19 case. In the communication, they will be notified if there are needed changes to current school operational protocol. Notifications will be sent via email and text. *\*Parents should opt into the School Messenger text alerts as instructed by Administration in order to receive the most recent communications. School Messenger works in conjunction with PowerSchool and will send text alerts to the cell phone number recorded in PowerSchool. Please contact the Principal/Assistant Principal with questions.*
- **Stakeholders will be trained on protocols for monitoring student and staff health**
    - All Faculty and staff members will be trained on how to check for signs and symptoms of COVID-19 and what the proper procedure is once someone has been identified.
    - All Family members will be provided with information on how to check for signs and symptoms of COVID-19 ([CDC](#), [PDE](#)). Training for the Faculty and staff will be conducted online and

in-person in August of 2020.

- School families will receive educational materials (flyers, videos, letters, and memos) on the following safety actions: Enhanced sanitation practices, Physical distancing guidelines and their importance, Use of face coverings, Screening practices, COVID-19 specific symptom identification ([CA guidance](#), [CDC](#), [PDE](#)).

- **Preparedness to implement as a result of the training be measured**

- All faculty and staff will be required to pass a minimum competency test that will check for understanding on proper school procedures at the conclusion of all trainings.

**Summary of Key Elements:**

All Family members will be provided with information on how to check for signs and symptoms of COVID-19. Through regular communications, staff and families will know that they (staff) or their children (families) should not come to school if they are ill or exhibiting any signs of COVID-19, and that they should notify school officials. Everyone entering the school building will be monitored. Temperature scans and a general health survey will be completed and anyone experiencing any signs of illness or shortness of breath/difficulty breathing will be isolated and sent home. All Faculty and staff members will be trained on how to check for signs and symptoms of COVID-19 and what the proper procedure is once someone has been identified. Anyone who has tested positive for COVID-19 must follow the quarantine scenarios outlined in the Exclusion From and Return to School Form prior to returning to school. If a student does not wish to return because she is unable or uncomfortable to return, she may continue to participate in the classroom instruction virtually. School families will be notified through the parent alert system on the same day that the school is alerted of a positive COVID-19 case. At that time, they will be notified if there are needed changes to current school operational protocols.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>Monitoring students and staff for symptoms and history of exposure</b>	<p>Temperature scans same as under Green Phase; implementation of hybrid model.</p> <p>Administration may send out communication asking that students/staff inform them of any symptoms or history of exposure but this can not be mandated.</p>	<p>Staff will screen students upon entering the school building using a non-contact thermometer for a temperature of 100°F or higher.</p> <p>Any student exhibiting signs of illness is sent to the isolation area and parent/guardian is contacted to take the student home or to a healthcare facility.</p> <p>Signs of illness include:</p> <p>Cough Shortness of breath Difficulty breathing</p>	Principal	Staff assigned to take student temperatures; Isolation Area; Non-Contact Temporal or Thermal Thermometers; Gloves; Hand Sanitizer; Monitoring Form; Pens; Sanitizing Wipes;	Y

		<p>Or 2 or more of the following symptoms:</p> <ul style="list-style-type: none"> <li>Lack of smell or taste (without congestion)</li> <li>Sore throat</li> <li>Chills</li> <li>Muscle Pain</li> <li>Headache</li> <li>Congestion/Runny nose</li> <li>Nausea/vomiting</li> <li>Diarrhea</li> </ul> <p>Staff is required to self-screen prior to leaving for work (includes taking their temperature). Any staff member that exhibits signs of illness should remain home or will be dismissed from work if symptoms appear during the day.</p> <p>All areas where the ill student/staff member may have been will be closed off and then completely disinfected after 24 hours (in order to allow all droplets to settle).</p> <p>In accordance with state and local laws and regulations, school administrators will notify <a href="#">local health officials</a>, staff, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the <a href="#">Americans with Disabilities Act (ADA)</a></p> <p>Any students/staff that have had close contact with a confirmed case of COVID-19 may be asked to stay home and self-monitor for symptoms.</p>			
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<p><b>Isolating or quarantining students, staff, or visitors if they become sick or demonstrate a history of exposure</b></p>	<p>Identical to Green Phase.</p>	<p>Administration must designate an area to be utilized as isolation. If a student/staff member becomes ill/has a history of exposure, they will be sent to the isolation area. The isolation area will need to have a staff member wearing PPE when a student is sent to the isolation area.</p> <p>A staff member calls a parent/guardian to pick up the student and take them home or to a healthcare facility. If they are taken to a healthcare facility, notify the facility of the possibility of a COVID-19 case.</p> <p>If a staff member becomes ill, send them home or to the isolation area and call for someone to get them if they are too ill to transport themselves home. If they are taken to a healthcare facility, notify the facility of the possibility of a COVID-19 case.</p> <p>Completely clean and disinfect the isolation area after the person who was ill left.</p> <p>If a visitor is exhibiting signs of illness, they are not to enter the building and are asked to leave. All surfaces and areas that were contaminated are disinfected.</p>	<p>Principal, Maintenance and cleaning staff</p>	<p>Designated Isolation Area; Staff member to monitor area when needed; PPE such as gown, gloves, mask, face shield; Disinfection sprays and wipes;</p>	<p>Y (For Office Staff)</p>
<p><b>Returning isolated or quarantined staff, students, or visitors to school</b></p>	<p>Identical to Green Phase.</p>	<p>Re-admittance to school following illness – follow scenarios outlined in <b><i>Exclusion From and Return to School Form, page 24 of this document.</i></b></p> <p>Coordinate with school entity health staff and</p>	<p>Principal</p>	<p><b><i>Exclusion From and Return to School Form</i></b> (page 23 of this document) is implemented across the Diocese of Pittsburgh for all</p>	

		local health agencies to define procedures and needs ( <a href="#">PSR Taskforce Document</a> ) as necessary.		K-12 diocesan schools.	
<b>Notifying staff, families, and the public of school closures and within-school-year changes in safety protocols</b>	Identical to Green Phase.	<p>Communication protocols are listed on the Oakland Catholic website. Any changes or updates will be communicated via email and text alert. Changes will also be posted to the school website.</p> <p>Faculty will review changes with classes.</p>	Administration, Faculty	Communication and press release forms to be created and distributed by the Diocese of Pittsburgh.	
<b>Other monitoring and screening practices</b>	Identical to Green Phase.	<p>Work with health departments and local health care systems to disseminate hygiene and disinfection strategies for transmission prevention at home.</p> <p>Purchase adequate face coverings and other personal protective equipment as appropriate for faculty and staff, and carefully monitor inventory. Additional masks will be purchased for students who forget to bring a mask, but individuals (faculty, staff, and students) should bring their own masks to school each day and wash their mask daily.</p>	Administration, Pandemic Coordinator	Zflex face shields for Faculty and Staff; OC masks as backups for students who forget a mask; supply of disposable masks as available.	

## Exclusion From and Return to School Requirements Form

Scenario	Exclude From School	Return to School After...
#1 – No Symptoms	No	Not applicable
#2 – COVID-19 Symptoms	Yes	<p>Individual should be tested for COVID-19. Individual may return</p> <ul style="list-style-type: none"> <li>• 10 days after symptoms first appeared and at least 24 hours without fever with no fever-reducing medicine, and symptoms have improved.</li> <li>• if you are tested to see if you still have COVID-19, you may return when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.</li> <li>• If test result is <u>positive</u>, follow return to school guidance for scenario #3.</li> </ul>
#3 – Positive COVID-19 PCR Test <u>with</u> Symptoms	Yes	<ul style="list-style-type: none"> <li>• 3 days with no fever <b>and</b></li> <li>• Improvement in symptoms <b>and</b></li> <li>• 10 days since symptoms first appeared</li> </ul>
#4 – Positive COVID-19 PCR Test <u>without</u> Symptoms	Yes	<ul style="list-style-type: none"> <li>• 10 days have passed since test, or individual receives two negative test results in a row, at least 24 hours apart.</li> </ul> <p><b>Note:</b> The individual’s doctor should work with an infectious disease expert at the local health department to determine if he/she is likely to spread COVID-19 to others and needs to stay home longer.</p>
#5 – Close Contact <u>with</u> Symptoms <i>*According to CDC and medical guidelines, “Close Contact” means any individual within 6 feet of an infected person for at least 15 minutes.*</i>	Yes	<p>Individual should be tested for COVID-19.</p> <ul style="list-style-type: none"> <li>• If test result is <u>negative</u>, return to school 14 days after last exposure to the person with COVID-19 and symptoms have resolved.</li> <li>• If test result is <u>positive</u>, follow return to school guidance for scenario #3.</li> </ul>
#6 – Close Contact of COVID-19 <u>without</u> Symptoms	Yes	<p>14 days after the date of last exposure to the person with COVID-19</p> <ul style="list-style-type: none"> <li>• If symptoms develop during 14 days, follow return to school guidance for scenario #5.</li> </ul>

#7 – Secondary Contact of COVID-19 <u>with</u> Symptoms (A “Secondary Contact” is exposure to a Close Contact)	Yes	Individual should be tested for COVID-19. <ul style="list-style-type: none"> <li>If the test result is <u>negative</u>, return to school 3 days after symptoms are no longer present.</li> <li>If test result is <u>positive</u>, follow return to school guidance for scenario #3.</li> </ul>
#8 – Secondary Contact of COVID-19 <u>without</u> Symptoms	No	<ul style="list-style-type: none"> <li>If symptoms develop during 14 days, follow return to school guidance for scenario #2.</li> <li>If the individual with whom you’ve had contact and was exposed develops symptoms and/or tests positive, follow scenario #5.</li> </ul>

**Other Considerations for Students and Staff**

- **Policy/procedure regarding face coverings for all Faculty, Staff, and Students**
  - The use of face coverings/masks will be taught and reinforced throughout the year.
  - Face coverings must be worn by all faculty, staff, and students whenever six feet of social distancing can not be maintained consistently. (PA state directive, PA Department of Education, Diocese of Pittsburgh, CDC)
  - Cloth face coverings/masks should not be placed on:
    - Anyone who has trouble breathing or is unconscious
    - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance
    - Anyone age 2 or younger
  - Cloth face coverings/masks are designed to protect other people in case the wearer is unknowingly infected but does not have symptoms (asymptomatic). Recent research has indicated that wearing a mask also provides additional protection to the wearer.

**Summary:**

Oakland Catholic High School will establish a standard routine of checking the health status of all who enter the school and provide PPE resources if needed. CDC guidelines and state/county directives will be followed for face masks and/or shields. Accommodations for safety protocols will be made for faculty, staff, and students as needed. Other changes that may be necessitated for the health and safety of the staff will follow appropriate protocols.

Requirements	Action Steps under Yellow Phase	Action Steps under Green Phase	Lead Individual and Position	Materials, Resources, and or Supports Needed	PD Required (Y/N)
<b>Protecting students and staff at higher risk for severe illness</b>	<p>Establish a standard routine of checking the health status of all who enter the school.</p> <p>Have PPE resources available to all who enter the school and ensure all staff knows where they are located.</p>	Identical to Yellow Phase.	Principal, Assistant Principal	PPE resources	N

<p><b>Use of face coverings (masks or face shields) by all faculty and staff</b></p>	<p>Schools in the Diocese of Pittsburgh are subject to the state mandate regarding public health issues including the use of face coverings.</p> <p>Follow CDC guidelines/recommendations and state/county directives for facemasks in school.</p> <p>Teach and reinforce use of face coverings.</p> <p>No face coverings should be placed on anyone who has trouble breathing or a breathing ailment.</p>	<p>Identical to Yellow Phase.</p>	<p>Principal, Faculty</p>	<p>Face masks/ Face shields</p> <p>CDC guidelines</p> <p><a href="#">5 Questions: Stanford scientists on COVID-19 mask guidelines   News Center   Stanford Medicine</a></p> <p><a href="#">Use Of Face Masks And COVID-19: Evidence From A Natural Experiment Of State Mandates In The US   Health Affairs</a></p> <p><a href="#">Still Confused About Masks? Here's the Science Behind How Face Masks Prevent Coronavirus   UC San Francisco</a></p>	<p>N</p>
<p><b>Use of face coverings (masks or face shields) by all students.</b></p>	<p>Schools in the Diocese of Pittsburgh are subject to the state mandate regarding public health issues including the use of face coverings.</p> <p>Follow CDC guidelines/recommendations and state/county directives for facemasks in school.</p> <p>Teach and reinforce use of face coverings.</p> <p>No face coverings should be placed on anyone who has trouble breathing or a breathing ailment.</p>	<p>Identical to Yellow Phase.</p>	<p>Principal, Faculty, Parents</p>	<p>Face masks/ Face shields</p> <p>CDC guidelines *Refer to research on masks above.</p>	<p>N</p>
<p><b>Strategic deployment of staff</b></p>	<p>Schools in the Diocese of Pittsburgh are following the Federation of Diocesan Pittsburgh Schools Agreement.</p>	<p>Identical to Yellow Phase.</p>	<p>Principal</p>		<p>N</p>

<b>Quarantine protocols</b>	Specific guidelines from the Department of Health regarding quarantine practices may be required for students and staff following travel.	Identical to Yellow Phase.	Diocese, Principal	Diocesan guidelines and recommendations to be provided	N
<b>Liturgies and Masses - attendance</b>	All diocesan schools will follow guidelines for parishes regarding liturgical celebrations and Mass attendance.	Identical to Yellow Phase.	Principal Faculty	Liturgical Considerations and Mass attendance guidelines from the Diocese of Pittsburgh	N
<b>Uniform/ Dress Code</b>	Accommodations will also be made on an as needed basis at a local level to dress codes.	Identical to Yellow Phase.	Principal, Faculty	Uniform/Dress Code	N
<b>Mental Health</b>	Students and staff will be provided frequent check-ins regarding overall mental health and opportunities for awareness.	Identical to Yellow Phase.	Principal, Faculty, School Counselors	Mental Health guidelines from ASCA (American School Counseling Association)	N

## Health and Safety Plan Professional Development

The success of Oakland Catholic High School's plan for a healthy and safe reopening requires all stakeholders to be prepared with the necessary knowledge and skills to implement the plan as intended. The following chart documents the main components of the school's professional learning plan.

Topic	Audience	Lead Person and Position	Session Format	Materials, Resources, and or Supports Needed	Start Date	Completion Date
<b>Local Recovery Plan Protocol &amp; Procedures</b>	Staff/Teachers	Safety & Security Team	Online & In-Person	Presentation Slide Deck, Local Recovery Plan Pdf, Google Form Test		
<b>Training videos for: handwashing, travel to and from class, social-distancing, mask-wearing, self-monitoring for symptoms and</b>	Faculty/Staff/Students	Safety & Security Team	Video	Presentation Slides, Video		

reporting procedures, morning entry procedures						

## Health and Safety Plan Communications

Timely, ongoing, and effective family and caregiver communication about health and safety protocols and schedules will be critical. Additionally, Oakland Catholic has established and will maintain ongoing communication with local and state authorities to determine current mitigation levels in our community, act in accordance with any new directives or information, and update the policies, procedures, and protocols of this plan as circumstances change.

Established communication channels (weekly electronic newsletter, email, School Messenger, Schoology notifications, and Constant Contact emails) will serve as the means of communication with parents, students.

Topic	Audience	Lead Person and Position	Mode of Communications	Start Date	Completion Date
Reopening Plan Release	All Stakeholders	Administration	Website		
Survey for 2020-2021 School Year	Parents	Administration	Email		
Weekly Updates	Parents/Students	Administration	Weekly Newsletter		
Emergency Notifications	All Stakeholders	Administration	School Messenger		
Faculty and Staff Communication Regarding Reopening Plan and Procedures	Faculty/Staff	Administration	Virtual meeting		

### Health and Safety Plan Summary: Oakland Catholic High School

Anticipated Launch Date: AUGUST 24, 2020

## Facilities Cleaning, Sanitizing, Disinfecting and Ventilation

Requirement(s)	Strategies, Policies and Procedures
Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, hallways, and transportation)	(Pages 8-11)

## Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p>Classroom/learning space occupancy that allows for 6 feet of separation among students and staff throughout the day, to the maximum extent feasible</p> <p>Restricting the use of cafeterias and other congregate settings, and serving meals in alternate settings such as classrooms</p> <p>* Hygiene practices for students and staff including the manner and frequency of hand-washing and other best practices</p> <p>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</p> <p>* Handling sporting activities consistent with the <a href="#">CDC Considerations for Youth Sports</a> for recess and physical education classes</p> <p>Limiting the sharing of materials among students</p> <p>Coordinating the use of communal spaces and hallways</p> <p>Adjusting transportation schedules and practices to create social distance between students</p> <p>Limiting the number of individuals in classrooms and other learning spaces, and interactions between groups of students</p> <p>Other social distancing and safety practices</p>	(Pages 11-17)

## Monitoring Student and Staff Health

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"><li>* <b>Monitoring students and staff for symptoms and history of exposure</b></li> <li>* <b>Isolating or quarantining students, staff, or visitors if they become sick or demonstrate a history of exposure</b></li> <li>* <b>Returning isolated or quarantined staff, students, or visitors to school</b></li></ul> <p><b>Notifying staff, families, and the public of school closures and within-school- year changes in safety protocols</b></p>	(Pages 17 - 24)

## Other Considerations for Students and Staff

Requirement(s)	Strategies, Policies and Procedures
<ul style="list-style-type: none"><li>* <b>Protecting students and staff at higher risk for severe illness</b></li> <li>* <b>Use of face coverings (masks or face shields) by all staff</b></li> <li>* <b>Use of face coverings (masks or face shields) by students</b></li></ul> <p><b>Unique safety protocols for students with complex needs or other vulnerable individuals</b></p> <p><b>Strategic deployment of staff</b></p>	(Pages 25 - 27)

## Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors for Oakland Catholic High School reviewed and approved the Phased School Reopening Health and Safety Plan on July 27, 2020 (Date/Month/Year)

The plan was approved by a vote of:

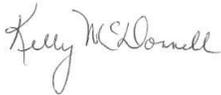
15 Yes

0 No

1 Away and will vote upon return

Affirmed on: July 31, 2020 (Date/Month/Year)

By:



\_\_\_\_\_  
(Signature\* of Board Chair)

Kelly McDonnell  
(Print Name of Board Chair)



\_\_\_\_\_  
(Signature\* of School President)

Mary Claire Kasunic  
(Print Name of School President)

\*Electronic signatures on this document are acceptable using one of the two methods detailed below.

**Option A:** The use of actual signatures is encouraged whenever possible. This method requires that the document be printed, signed, scanned, and then submitted.

**Option B:** If printing and scanning are not possible, add an electronic signature using the resident Microsoft Office product signature option, which is free to everyone, no installation or purchase needed.

**Appendix A: Faculty/Staff Training Protocol Verification Form**



**Faculty/Staff Training Protocol Verification Form for  
Cleaning/Sanitizing**

I, \_\_\_\_\_ (*print name*) have viewed the suggested videos and understand the proper protocol for cleaning and sanitizing all areas in which I work and/or oversee. My understanding includes proper procedures for hand washing, cleaning surfaces, cleaning high touch areas, disinfecting and sanitizing all areas in which I come in contact. I also understand how to teach children in my care how to successfully wash their hands to help prevent the spread of viruses, in particular COVID-19.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Sample Training Videos for Faculty/Staff

- **32BJ** (<https://www.youtube.com/watch?v=tbGwvmeyVO4>)
- **Corovox** (<https://www.youtube.com/watch?v=mCBRKPZWY0g>)
- **Babylon Health**  
([https://www.youtube.com/results?search\\_query=handwashing+videos+for+covid](https://www.youtube.com/results?search_query=handwashing+videos+for+covid))
- **CDC Handwashing videos** ( <https://www.cdc.gov/handwashing/videos.html> )

## **Appendix B: Symptoms to Watch for According to the CDC**

Staff and students should stay home if they have tested positive for or are showing COVID-19 symptoms.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. The CDC will continue to update this list as we learn more about COVID-19.

Staff and students who have recently had close contact with a person with COVID-19 should also stay home and monitor their health.

## **List of Research and Resources Consulted**

- Diocese of Pittsburgh COVID-19 Task Force
- [Allegheny County Health Department](#)
- [PA Governor's Office](#)
- [Pennsylvania Department of Education](#)
- [UPMC Sports Medicine](#)
- UPMC Return to Sports Guidelines for High School (May 28, 2020)  
<https://www.upmc.com/-/media/upmc/services/sports-medicine/documents/return-to-play/high-school-athlete-guidelines-pdf.pdf?la=en>
- [PA Department of Health](#)
- [CDC Guidelines](#)
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>
- WHO Guidelines
- PA Considerations for Reopening Schools
- UPMC Doctors and Medical Professionals
- OCHS COVID-19 Task Force and Safety & Security Committee
- PA Superintendents' Task Force
- PA Department of Health and PA Department of Education:  
<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/ReopeningPreKto12/PublicHealthGuidance/Pages/default.aspx>
- <https://thenotebook.org/articles/2020/05/20/playbook-for-reopening-schools-chop-calls-for-face-shields-staggered-schedules-temp-checks/>
- Use Of Face Masks And COVID-19: Evidence From A Natural Experiment Of State Mandates In The US | Health Affairs  
<https://www.healthaffairs.org/doi/10.1377/hlthaff.2020.00818>
- Still Confused About Masks? Here's the Science Behind How Face Masks Prevent Coronavirus | UC San Francisco  
<https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent>
- 5 Questions: Stanford scientists on COVID-19 mask guidelines | News Center | Stanford Medicine  
<https://med.stanford.edu/news/all-news/2020/06/stanford-scientists-contribute-to-who-mask-guidelines.html>
- Social Distancing, Quarantine, and Isolation (CDC definitions and guidelines):  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- Guidance and rules from federal, state, and local officials, public health authorities, and employment law considerations involved in reopening, from June, 2020: [COVID-19 Considerations: Reopening Your School Campus: The New Normal Will Be Anything but Normal](#). This advisory discusses White House [guidelines](#) at the time, guidelines from the [CDC](#) and other public health officials, and information from the [EEOC](#).

- Models of reopening schools from nations where the curve of the virus has been flattened:  
<https://www.edutopia.org/article/schools-are-opening-worldwide-providing-model-us>
- National Association of Independent Schools (NAIS) guidelines:  
<https://www.nais.org/articles/pages/additional-covid-19-guidance-for-schools/>
- 15 potential University scenarios for fall (May/June 2020):  
<https://www.insidehighered.com/digital-learning/blogs/learning-innovation/15-fall-scenarios>
- Cleaning guidelines from CDC:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
- 5 Myths About Remote Teaching:  
[https://www.chronicle.com/article/5-Myths-About-Remote-Teaching/248688?utm\\_source=at&utm\\_medium=en&utm\\_source=Iterable&utm\\_medium=email&utm\\_campaign=campaign\\_1190312&cid=at&source=ams&sourceId=5165769](https://www.chronicle.com/article/5-Myths-About-Remote-Teaching/248688?utm_source=at&utm_medium=en&utm_source=Iterable&utm_medium=email&utm_campaign=campaign_1190312&cid=at&source=ams&sourceId=5165769)
- Ten Best Practices for Effective Online Teaching:  
<https://elearningindustry.com/10-best-practices-effective-online-teacher>
- Effective Online Teaching:  
<https://www.insidehighered.com/digital-learning/article/2017/07/12/7-guidelines-effective-teaching-online>



# Oakland Catholic High School

## Athletic Department: Health and Safety Plan

The COVID-19 pandemic has presented a number of unique challenges to sports worldwide. COVID-19 is a highly contagious virus that primarily attacks the upper respiratory system and can infect people of all ages. Data from the CDC and other scientific and research-based entities indicates that while children can be infected with COVID-19, few children are hospitalized. However, in rare occurrences, severe outcomes have been reported in children. In addition, a child who is even mildly symptomatic or asymptomatic can spread the virus to others, and teenagers are more susceptible to both infection and transmission of the virus. While it is not possible to eliminate COVID-19, scientific research does suggest that schools can take steps to help reduce the risk to students, coaches, and their families. To minimize the risk, Oakland Catholic High School will take the necessary precautions based on recommendations from the federal, local, and state governments, Center for Disease Control & Prevention (CDC), National Federation of State High School Associations, and the PIAA. Oakland Catholic High School realizes that best practices regarding COVID-19 are in a constant state of change as new information and treatments become available. As new information becomes available, and as we transition from summer conditioning to in season practice and play, the recommendations contained in this document will be updated to reflect current information in an effort to continue to minimize any risk of exposure for our students, staff, and families. This document is an extension of the Oakland Catholic High School reopening plan. Below, you can find the parameters of athletic participation within the Red, Yellow and Green phases detailed for the Commonwealth of PA.

	Red Phase	Yellow/Green Phase
Sport Participation	No in-person competition permitted; all virtual conditioning	Athletic training and participation permitted; adherence to CDC, local government, WPIAL, PIAA and diocesan guidelines

**Participating in interscholastic athletics is a privilege at Oakland Catholic High School and it is of the utmost importance that everyone involved - athletes, parents, coaches, and administrators - work together to adhere to the guidelines outlined in this document. It is the responsibility of the participating interscholastic student athletes, parents, coaches, and administrators to follow these guidelines while in season and out of season and conditioning. Failure to follow these safety measures will jeopardize everyone's ability to participate.**

These guidelines will be reviewed and updated as needed, prior to the official start of the Fall Sports Season (August 17<sup>th</sup> for Fall sports), and throughout the 2020-2021 academic year.



## **2020-2021 Oakland Catholic High School Athletic Department: HEALTH AND SAFETY PLAN**

### **GENERAL CONSIDERATIONS:**

- Locker rooms are closed until further notice.
- Social distancing should be practiced to the maximum extent possible (6 feet at a minimum). Practice social distancing in all public areas such as classrooms, meeting rooms, weight room, gym, and Athletic Training rooms.
- Coaching staffs are limited to essential personnel only. A list of essential personnel will be given to the Athletic Director and Athletic Trainer.
- Room capacity and the quality of ventilation in rooms/spaces will be taken into consideration. Smaller group meetings should be held in larger areas or outside in order to ensure a minimum of six feet of social distancing.
- Large indoor gatherings are not permitted during Yellow Phase and strongly discouraged during Green Phase. Virtual meetings are to be held in lieu of in-person meetings, whenever possible.
- A maximum of ten student-athletes may use the weight room at one time.
- Team meals should be pre-packaged and be served "grab-and-go" style. Food provided for athletes must adhere to the Guidance for Businesses in Restaurant Industry.
- When at practice or competition, student-athletes, coaches, and other essential personnel are not to engage in handshakes, high-fives, fist pumps and all other forms of contact with one another.
- No outside groups or speakers are permitted in the facilities. \*Administration has the right to approve consultants or essential workers to campus.
- Student-athletes are to be six (6) feet apart when not actively participating in a drill or physical activity.
- Activities that increase the risk of exposure to saliva droplets are not allowed, including but not limited to, chewing gum, spitting, licking fingers, and eating sunflower seeds.
- If multiple games are held in the same facility, adequate time will be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interactions between athletes.
- Booster room concession stands and other food provided for athletes must adhere to the Guidance for Businesses in Restaurant Industry and pre-packaged items.

### **SANITATION:**

- ALL personal athletic equipment should be cleaned daily. All student-athletes are required to take their equipment home daily for cleaning.
- Athletes **CANNOT** share gear and **MUST** use their issued equipment.



## **2020-2021 Oakland Catholic High School Athletic Department: HEALTH AND SAFETY PLAN**

- If equipment must be shared, all equipment should be properly disinfected between users.
- Athletes must wear shirts and shoes at all times in the weight room to minimize sweat transmitting to equipment.
- Only one student-athlete at a time is permitted to report to the Athletic Training room for evaluation or treatments.
- Each athlete **MUST** have their **OWN** personally identified hydration container (i.e. water bottle) that is **never** shared.
- Hand sanitizers and wipes will be provided throughout the facilities and areas.
- Maintenance will set a daily cleaning and disinfecting schedule of all high traffic areas in the weight rooms.
- Student-athletes will shower at home and limit after-school restroom use to the gym lobby restrooms until further notice.

### **PERSONAL PROTECTIVE EQUIPMENT:**

- Student-athletes, coaches and staff are **required** to wear masks when in all indoor spaces. This includes athletic training room, gymnasium, and school building. Masks are to be worn outside when six feet of social distancing cannot be maintained consistently.
- Student-athletes engaged in a lift do not need to wear masks. All others, including spotters are required to wear masks when in the weight room.
- During any “down time” situations, coaches and athletes should be wearing masks.
- Cloth face coverings are considered to be adequate (surgical or N95 masks are not necessary).
- The garment should cover the nose and mouth and allow for continued unlabored breathing.
  - A full list with references for mask specifications and maintenance is on the CDC website.
- Frequent handwashing and avoiding touching one’s face are recommended to decrease the virus spread.

### **DAILY SCREENING:**

- Students-athletes, coaches, and other essential staff will be screened daily with no-touch temperature checks and a questionnaire.
- Attendance should be recorded for contact tracing reasons.



## **2020-2021 Oakland Catholic High School Athletic Department: HEALTH AND SAFETY PLAN**

- Screening questions will include:
  - Have you had any new onset of a cough, shortness of breath, or other symptom of COVID-19 as stated on the CDC website and Appendix B of the OCHS plan?
  - Have you had any known exposure to someone diagnosed with COVID-19?
  - Have you been tested or tested positive for COVID-19?
  - Have you experienced any recent febrile illness (aka temperature above 99.5°)
- ANY student-athlete, coach, or other essential staff, who shows a temperature of  $\geq 99.5^{\circ}$  F ( $37.5^{\circ}$  C) or responds positively to one or more of the above questions, the individual will not be granted access to the facility (or practice) and that individual will be sent home. In the case of a minor, their parent/guardian will be notified of the documented concern of illness and/or fever, and the parent/guardian will have to pick up their daughter.
- If a parent/guardian is dropping a student-athlete off for practice, the parent/guardian must remain on campus in their vehicle until the student-athlete has passed their daily screening.

### **POSITIVE CASES AND COACHES, STAFF, OR STUDENT-ATHLETE SHOWING COVID-19 SYMPTOMS:**

- **What are the signs and symptoms of COVID-19?**
  - Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe (see CDC Fact Sheet Below).
  - Symptoms may include:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
- **What to do if you, a coach, or someone from your family is ill?** Please reference the OCHS reopening plan section “**Monitoring Student and Staff Health**” and the “**Exclusion From/Return to School**” form in the plan for more details and protocols.
  - **In conjunction with OCHS’s reopening plan on returning to school, you must follow these steps to return to sport practices.**



## **2020-2021 Oakland Catholic High School Athletic Department: HEALTH AND SAFETY PLAN**

- Student or staff must follow quarantine procedures as outlined in the OCHS plan, page 24, AND provide written medical clearance from their medical doctor or CRNP before being allowed back to practice/conditioning.
- Return to athletics can begin once the individual is cleared by a medical doctor or CRNP, and is determined to be non-contagious, fever-free (without fever-reducing medicine). The individual must exhibit a vast improvement in respiratory symptoms (cough, shortness of breath), and all other symptoms (e.g. vomiting, diarrhea, sore throat, muscle fatigue, etc.) must have ceased for at least 24 hours.

### **ACCLIMATIZATION PHASES** *(originally enforced summer 2020; will be used in the event of potential future closures):*

- **PHASE ONE:** The team will be broken into groups or pods of no more than 10 student-athletes. These groups will remain constant for the next two weeks. During this period, the students would be permitted to participate in non-contact workouts within their small group/pod. Conditioning practices would be broken into groups of 10, with a coach in charge of each group. All social distancing practices would be in place and enforced.
- **PHASE TWO:** After 14 days of small groups (10 or less) and a community transmission rate of lower than 5% and indication that it is not rising, the teams of 10 can be merged into groups of no more than 50 student-athletes who can now practice together as a group. Social distancing would be maintained at all other times as noted above.
- **PHASE THREE:** After the four-week period is complete and the transmission rate in the wider community continues to decline, teams may then combine to the total group for full practices and competition. Social distancing protocols should remain in place at all other times as noted above.

**STUDENT-ATHLETES' ACTIONS:** Oakland Catholic High School requires that its student-athletes assist in following these guidelines to help maintain a safe and healthy environment for all. Failure to adhere to these guidelines provided by the Athletic Department could result in the inability to participate in interscholastic athletics.

- Student-Athletes are responsible for their own supplies and equipment for each practice/competition.
- Social distancing is in effect at all times except during competitions. During competitions, athletes must always have their masks/face coverings readily available.
- Mandatory PIAA pre-participation physical examinations must be submitted prior to the start of the fall sports season (August 17<sup>th</sup> for all Fall sports).



## **2020-2021 Oakland Catholic High School Athletic Department: HEALTH AND SAFETY PLAN**

- Access the weight room and athletic training room is restricted to athletes whose sport is in season, according to the PIAA schedule. *\*Exceptions will be made for injuries or other emergencies.*
- Lockers are not available for any student-athlete.
- Athletes are to avoid touching their faces as much as possible.
- Clothes should be washed daily. (No clothing is to be left in any athletic facility overnight. Items left will be discarded.)
- Athletes are not permitted to share towels, razors, clothes or personal hygiene items.
- Hands should be washed frequently and hand sanitizer used often, when available.
- Athletes are responsible for bringing a personal water bottle with name on it to all practices and events. There will be no shareable water bottles available. Student-athletes who report without a water bottle will not be permitted to practice on that day.
- Student-athletes should arrive no earlier than 10 minutes prior to any practice.
- Athletes are to assist coaches, custodial, and medical staff in disinfecting all athletic equipment used during a workout.
- Athletes must comply with the daily health screenings outlined in this document.

### **COACHES' ACTIONS:**

- Coaches will clearly communicate all guidelines to the student-athletes and parents.
- Coaches will model the behavior they expect of student-athletes and practice social distancing at all times.
- Coaches will screen and monitor student-athletes for symptoms prior to the start of all games and practices.
- Coaches will wear a protective mask as directed, per CDC guidelines. If a member of a coaching staff has a pre-existing medical condition and cannot wear a mask, they will need to submit a recent doctor's note to the Athletic Director.
- It is recommended that coaching staffs create pods or groups for student-athletes to attend off-season workouts. These groups must be submitted to the Athletic Director in advance in the event that contact tracing needs to be enacted.
- Coaches will submit a weekly schedule of coaches performing daily screening to the Athletic Director.
- Large team gatherings are to be done remotely via an electronic platform, for example, watching film.
- Coaches will be responsible for monitoring the number of student-athletes in the gymnasium during the season in order to promote social distancing guidelines. This may include limiting access to the building before or after events.



**2020-2021 Oakland Catholic High School**  
**Athletic Department: HEALTH AND SAFETY PLAN**

- Coaches will be asked to assist in the cleaning of all athletic equipment before, during, and after athletic practices, events, and workouts.
- Coaches are to wash and/or sanitize hands regularly while working.

**PARENT/GUARDIAN'S ACTIONS:**

- Maintain safety guidelines for yourself and others within your family unit.
- Monitor your daughter's health prior to any sporting activities. If your daughter is sick, she should stay home. Even if there is doubt, she is to stay home.
- Communicate with the coaching staff if your daughter is at higher risk for severe illness, has a preexisting health condition, or is immunocompromised.
- Check your daughter's temperature before every practice, competition and prior to her departure for school each day.
- Provide the necessary supplies for your daughter and label them with her name.
- Disinfect your daughter's equipment after practice/competition. Be sure that she washes her clothes and mask daily.
- Bring appropriate masks/face coverings to practices/competitions for yourself, daughter, and family members if circumstances permit attendance. If/when attendance is possible, and you attend either practice or a competition without the appropriate PPE (personal protective equipment), you will not be permitted into our facilities and will run the risk of being turned away from other school or competition facilities.

**ATHLETIC TRAINERS' ACTIONS:**

- Follow guidance from the National Athletic Trainers' Association as it pertains to COVID-19. This includes, but is not limited, to the following:
  - Limit athlete and coach occupancy to the athletic training room to promote social distancing.
  - Wear a mask at all times. If an athletic trainer has a pre-existing medical condition and cannot wear a mask, they will need a recent doctor's note. When feasible, trainers must maintain recommended social distancing guidelines.
  - Clean and disinfect all hard surfaces including, but not limited to, training tables, taping stations, doorknobs, and other equipment that is utilized in the daily operations of the athletic training facility.
  - Do not permit unsupervised admittance to the athletic training room.
  - Provide guidance to assist student-athletes on proper hand-washing techniques and other preventive behaviors.



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**COMPETITION AND TRAVEL CONSIDERATIONS:**

- Competition and travel need to be considered and planned prior to the onset of the season.
- The Athletic Director will be in contact with each opponent's administration prior to traveling to their facilities.
- There must be global agreement that all ill student-athletes will be held from participation, no matter the circumstances.
- Member schools must be willing to share information regarding potential cases of and exposures to COVID-19.
- Guidelines and policies of the host school must be strictly followed.
- Travel should be limited.
- Travel teams should be in place. It is recommended that coaches submit travel rosters to the Athletic Director in advance of any competition.
- Social distancing should be maintained, including masking, at all times to the maximum extent possible.
- Preparations should be made for limited stops when en-route (pre-packaged meals) and emergency medical supplies should be carried to each competition/practice.

**ATHLETIC EVENT ATTENDANCE:**

- The Oakland Catholic High School administration will continue to monitor and evaluate circumstances as they relate to spectators attending high school athletic events. As stated below, the following people are grouped into tiers from essential to non-essential. This will determine who may attend an event until further guidance is received from state and local governments.
  - Tier 1 (Essential) – Student-athletes, coaches, officials, event staff, medical staff, and administrators
  - Tier 2 (Preferred) – Media and Collegiate coaches/scouts
  - Tier 3 (Non-Essential) – Security and spectators
    - Only Tier 1 & Tier 2 personnel will be allowed to attend events until state or local governments lift current restrictions of mass gatherings.
    - If/When spectators are permitted, seating areas, including bleachers, will adhere to social distancing requirements of at least 6 feet of spacing between spectators who are not in the same household. To assist with this, areas will be clearly marked. Face coverings will be required in addition to social distancing, or until further directives are issued.



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- Parents/guardians are not permitted to attend athletic team practices.
- Parents/guardians should arrive no more than 10 minutes prior to the scheduled end of the athletic event or practice for picking up their daughters. They should remain in their vehicles to minimize contact and exposure. Student-Athletes will be dismissed to them.
  - Special considerations will be made in the event that a student-athlete suffers an injury or medical emergency during the athletic practice or event. These considerations will be made on a case-by-case basis at the discretion of the athletic trainer, athletic director, and/or school nurse.

### **Resources for More Information:**

- **Wearing Masks** – <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>
- **COVID-19 (from Governor's office)** – <https://www.governor.pa.gov/covid-19/>
- **NFHS Guidance for Opening Up High School Athletics and Activities** – [https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)
- **Center for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”** – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **UPMC Sports Medicine Guidelines** – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **PIAA Guidelines** – <http://www.piaa.org/assets/web/documents/Press%20release%20-%20Wednesday%20June%2010%202020%20-%20RTP.pdf>