



Providence Catholic School - Summer 2020 - Operational Plan (COVID-19) Summer School, Athletics, Enrichment and Sports Camps

Adapted from guidelines set forth by Center for Disease Control (CDC), the Texas Department of State Health Services, Texas Catholic Conference of Bishops (TCCB), Texas Education Agency (TEA) and the University Interscholastic League (UIL). Note: This plan may be revised with any updated guidelines.

Public Health Considerations

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, teachers, staff, and their families significantly.

Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow widely shared practices and those specified in this plan.

This document outlines the guidelines that Providence Catholic School (PCS) will follow for all Summer School, Summer Enrichment Camp, Sports Camps and athletic activities on campus or hosted by Providence Catholic School staff.

General Guidelines

The health and safety of the Providence Catholic School (PCS) community, guests and extended family will continue to be our top priority. We will continue to review all resources shared by the Center for Disease Control, the Texas Department of State Health Services, Texas Catholic Conference of Bishops, Texas Education Agency, University Interscholastic League, and Archdiocese of San Antonio to establish up to date protocols. We will follow all Federal and Local Government mandates by Governor Abbott, the City of San Antonio and Bexar County. We will also comply with all TAPPS and AIAL regulations. In all activities held on the Providence campus, proper social distancing and face covering will be expected whenever possible. Hand washing and basic hygiene practices will be reinforced daily through signage, communicated in writing and discussed by staff working with any student, athlete or camp participant.

PCS is committed to regular documentation of daily health screening and temperature checks of all staff and participants. All persons coming onto campus will be required to sign in at the front office and acknowledge self-screening completed before leaving their household. PCS shall maintain one entrance while conducting sports and enrichment camps for all participants during business hours. Start time will

be staggered to prevent the overlapping of groups through the month of June. Students will not be able to congregate after activities while waiting for a ride from parent or guardian. Parents will be asked to pick up within 30 minutes of the completion of camp.

June Start Times/Check in Times

- Enrichment Camps will begin at 8:30am and 12:30pm.
- Sports Camps will begin at 9:00am and 1:00pm.
- Check in times will begin 30 minutes prior to start times.

All activities on campus will be conducted in a manner that small groups will be maintained for an entire week of camp or activities. In the case of athletics, groups will be maintained for an entire phase of athletic conditioning. Guidelines for group sizes will vary by activity and space available. Details of these guidelines and protocols are specified in this plan.

Priority will be placed on the implementation of these guidelines and consistency upheld throughout the summer. Contingency plans are in place to carry out the functions of administration and all activities on campus should any staff member become ill. The success of the summer program at PCS is the first step in allowing academic learning to begin on campus next school year, as well as to allow for athletics and extracurricular activities.

Training & Requirements of Staff

Teachers, coaches and summer program staff will need to be trained specifically on the protocols outlined in this plan. In addition, each will be required to meet the following expectations.

1. Complete an online course on [*Special Considerations for Infection Control During COVID-19*](#), provided by Texas Agri-Life Extension, prior to beginning any in-person instruction with students or camp attendees. This course is intended for frontline childcare workers, but the principles of the course apply equally to those working in school settings.
2. Daily self-screening of COVID-19 symptoms and acknowledgment prior to arriving on campus.
3. Upon arrival, all staff will wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or setting up for any activities.
4. Daily temperature checks upon entering the building will be conducted by a designated administrator.
5. All staff will wear face coverings at all times during sessions indoors or when outdoors where social distancing is not possible.
6. Complete sanitation protocols before and after each session.
7. Maintain 6 feet of social distancing during all instruction of students.
8. If a staff member is required to render emergency aid to a student or other staff member, they will be required to wear gloves and other personal protective equipment (PPE).

Health Screening Procedures

1. Daily screening must occur of all individuals on campus or those conducting a PCS sanctioned activity.
2. Staff, students, athletes and camp participants will be required to complete a self-screening health check online. This form must be checked daily for clearance.

3. Staff members will enter campus through the Augusta street entrance and immediately report to the faculty lounge to sign in, complete hand washing and temperature check by designated administrator. Temperature must be below 100.4 to participate in any activities.
4. Staff members leading the activities must verify that each student, athlete or camp participant has completed the self-screening prior to starting activity. Names of those who have not completed the self-screening shall be submitted to front office staff to contact parent/guardian.
5. Students, athletes and camp participants shall enter through the main lobby entrance within the required check in time for the activity. A 6 feet of social distance should be maintained at all times, especially prior to temperature check.
6. Students, athletes and camp participants must receive a temperature check by a designated administrator. Temperature must be below 100.4 to participate in any activities.
7. Any person who does not pass this screening will be sent home immediately. If they are unable to leave campus immediately, the individual must be isolated until the individual is able to leave.

Positive Cases and Staff or Participants Showing COVID Symptoms

If a positive case is identified among a participant in these summer activities, either staff, student, or camp participant, the group to which that staff or participant was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. Refunds will be prorated for any missed activities.

If the confirmed individual is known to have had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.

Any staff member or participant who experiences any of the symptoms of COVID-19 must self-isolate until the below conditions have been met.

- In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or
- In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until the individual has completed the same three-step criteria listed above; or
- If the individual has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
- Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

If a staff member or participant experiences any of the symptoms of COVID-19 while on campus or participating in a sanctioned PCS activity, the person must be immediately isolated from the group. Any

attending staff member must wear gloves, face covering and other PPE until medical staff are called or a family member removes the person from campus or location.

Any known case of COVID-19 will be reported to the group members who may have come in contact. The individual's identity will not be disclosed to the group. Activities will be halted temporarily in order to ensure that all surfaces are sanitized. Depending on the situation, the activity may not resume within 24 hours. The known case shall also be reported to all appropriate authorities.

Requirements for ALL Enrichment Camps and Summer School

The Assistant Principal, Counselor, and Enrollment Director are dedicated to ensuring health protocols are being successfully implemented and followed by student, camp participant and teaching staff.

- Encourage students and camp participants to practice social distancing and minimize the number of students who they encounter regularly. The number of students in a classroom will be limited to 15 students or camp participants and one staff member. If a camp enrollment exceeds 15, the location will be moved to the cafeteria and subdivided into two groups. Enrichments camps will be capped at 25 participants.
- All instruction should be held in spaces that allow desks or seating areas to be placed at least 6 feet apart.
- If more than one group is using a shared space that is large enough to allow for students in all groups and their respective desks or personal space to be 6 feet apart, then multiple groups of individuals can be in the space together. However, each group must be separated from the other by an empty space of at least 30 feet. The groups should otherwise not combine for activities. For example, two groups of students and one teacher can meet at the opposite ends of a cafeteria, if students can all be seated at least 6 feet apart; three groups of students can meet in gymnasium or outside, separated by 30 feet, with one teacher circulating between the groups to support online learning; and other iterations are also possible, so long as they meet the requirements for distancing.
- Whenever possible and developmentally appropriate, there should be no group or paired work that would require students to regularly interact within 6 feet.
- Hand sanitizer or hand-washing stations shall be available in the classroom area and all will be encouraged to use it frequently.
- Students must not be brought together in assemblies, field trips, or other group gatherings outside of their class group, except for religious services and associated activities, unless the distancing of 30 feet between groups can be maintained. For example, on the day of enrichment camp each week, a presentation to parents or guardians may be conducted outside.
- When feasible and appropriate, it is preferable for students to gather outside rather than inside, because of likely reduced risk of virus spread outdoors.
- Attendance is optional. A daily rate of refund will be given if a student, athlete or camp participant is unable to attend.
- Water or food shall not be shared.
- Drinking fountains will be blocked off. Water bottle filling stations will be provided. All participants must provide their own personal water bottle each day that is clearly marked.
- Students and camp participants may bring a snack or lunch if necessary. Snack or lunch times will only take place outdoors in the Friendship Circle or outside picnic tables at the Provet Cafe. Proper social distancing will be enforced in these areas.

Requirements for All Sports Camps or Athletic Activities

The Athletic Director is dedicated to ensuring health protocols are being successfully implemented and followed by student athlete, camp participant and coaching staff.

- Attendance is optional. A daily rate of a refund will be given if a student athlete or camp participant is unable to attend. For athletics, guidance for working out at home or remotely away from school will be given for all high school athletes.
- Attendance records shall be kept, however, all activities are volunteer and not required.
- Student athletes and camp participants will not be given access to locker rooms or shower facilities.
- Student athletes and camp participants should report to workouts in proper gear and immediately return home to shower at the end of the workout or camp.
- During workouts or camp, Providence shall have at least one staff member per 20 students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
- Hand sanitizer or hand-washing stations shall be available in the workout area and all will be encouraged to use it frequently.
- All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each session.
- No clothing or towels may be laundered on site or shared during workouts.
- If a student athlete or camp participant brings any equipment from home, only she shall be allowed to use this equipment. Personal equipment must be clearly marked.
- Water or food shall not be shared.
- Drinking fountains will be blocked off. Water bottle filling stations will be provided. All participants must provide their own personal water bottle each day that is clearly marked.
- Post-workout student athletes and camp participants should shower and wash their workout clothing immediately upon returning home. Any personal equipment transported to a PCS workout or camp should be properly sanitized each day if possible or left outside your home on the porch or garage. If an athlete or camp participant is unable to wash their clothes for the next day, they must wear a different set of clothes.

High School Athletes entering 9th through 12th grades must have a cleared medical history and physical on file from the 2019-2020 school year in order to participate. High School athletics will be conducted in phases:

- **Phase 1:** Athletic conditioning will begin outdoors June 8 – 19 with general strength and conditioning. Although coaches have shared at-home and virtual workouts with student-athletes for the 4th quarter of school, the phase will be used to assess the fitness level. Minimal equipment will be used.
- **Phase 2:** Athletic conditioning will be conducted indoors and/or outdoors June 22 – July 3 with resistance and weight equipment available to coaches.
- **Phase 3:** Sport specific training to include team camps will be permitted July 6 – 24. All guidelines in this plan must be followed.
- Participation in **indoor competition/leagues** will be evaluated during Phase 2 before PCS allows coaching staff to work with players in this manner.
- Students, athletes and coaches are not prohibited to participate in other outside PCS leagues or camps. However, the student athlete or coach must pass all daily health screening to participate in PCS activities.

Sport Specific Instruction

In addition to the above requirements for all workouts, the following applies to sport specific instruction:

Limitations and Rules

- No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted.
 - Example: Basketball players may participate in drills, but cannot conduct drills / activities against a defender.
 - Example: Volleyball players may not double block and a setter and hitter may not practice a quick attack in which two players come in close proximity to each other.
- Only school coaches completing proper training will be permitted to conduct camps or workouts.
- Providence student-athletes are limited to the following:
 - Middle Athletes may only participate in a one-week camp with school coaches for each sport per AIAL guidelines. Example: Basketball – 1 week, Volleyball – 1 week, Softball, - 1 week, Athletic Conditioning - 1 week. Total: 4 weeks of camp
 - High School Athletes may only participate in 15 hours of workout, leagues or instruction with school coaches per TAPPS guidelines. Dead Week is July 26 – August 2. No activities, workouts, team meetings, team camps, virtual or in person may be held.

Sport Specific Activities Conducted ***Outdoors***

Risk Mitigation

- Students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least 10 feet of distance from all sides when possible.
- Students shall be placed in working groups no larger than 15 total students. Each working group should maintain appropriate distance from other working groups.
- Any equipment, such as sports balls, shall be regularly disinfected during workout sessions. This equipment should not be shared between groups. If necessary, after a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.

Sport Specific Activities Conducted ***Indoors***

Risk Mitigation

- Students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least 10 feet of distance from all sides when possible.
- Participants may be placed in working groups no larger than 10 total. Each working group should maintain appropriate distance from other working groups.
- Indoor workout activities can be conducted up to a maximum of 25% capacity.
 - For Glahn Gymnasium capacity guidelines are as follows:
 - Volleyball – maximum 40 participants (minimum 3 staff)
 - Basketball – maximum 30 participants (minimum 2 staff)
 - Dance – maximum 40 participants (minimum 2 staff)
 - Softball – maximum 30 participants (minimum 2 staff) *only if moving indoors is necessary.

- Consideration of type of equipment and amount of space needed for students to work out in each sport is used to determine maximum
- Any equipment, such as sports balls, shall be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.
- Weight room equipment will not be used in the weight room, due to the size of the space. All equipment available for coaches to use shall be stored on the stage during the summer to allow for daily sanitation.

Facilities & Cleaning Protocols

1. HVAC systems and window air units must be turned on prior to the start of any activity and while the space is occupied.
2. Maintenance/Custodial staff will turn on air conditioning units in all spaces used an hour prior to activities.
3. Restrooms will be designated for each activity on campus. Maintenance/Custodial staff sanitize restrooms and all surfaces used by activities before use each day and throughout the day.
4. Regularly touched surfaces, such as doorknobs, tables, chairs and restrooms will be frequently cleaned during business hours.
5. Coaching staff will be required to sanitize equipment after each use each day and prior to the next workout.
6. Proper disinfectant supplies shall be used by maintenance/custodial staff. Disinfectant sprays and wipes will be available to coaches and teachers for surfaces and equipment.
7. In the event of any known positive COVID-19 case on campus, the area will be shut off until deep cleaning is completed.

Health Screening of Symptoms for COVID-19

- Cough
- Shortness of Breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore Throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater or equal to 100 degrees F
- Known close contact with a person who is lab confirmed to have Covid-19

Waiver & Acknowledgement

For each Enrichment Camp, Sport Camp or Athletic Activity, the parent/guardian must sign a waiver to participate.

Additionally, both student, athlete, or camp participant and parent/guardian must sign acknowledgement of these guidelines. Any subsequent update to these guidelines will require an additional review and signature.

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