

HOLY SPIRIT ACADEMY

SCHOOL REOPENING HEALTH AND SAFETY PLAN



This document has been put together by an outstanding team of educators, parents, and experts in the health field to allow for a safe return to school for the 2020-2021 school year. We understand the frustrations you've experienced not knowing what to expect. I hope we have provided enough information here to put your mind at ease and allow you to make an informed decision about your child's education. We have developed a plan to bring your children back in the building, face to face with teachers and friends, while keeping them as safe as possible. For those who feel more comfortable with an online platform, there is an option that will allow your children to livestream into the classroom for their instruction. Thank you to the staff and the parents who were part of the team that developed these protocols and especially to Mrs. Pam Bussard for chairing that team and coordinating our efforts.

Please remember this is a very fluid situation and constantly changing. As new information comes in and revisions are handed down from the Diocese, this plan will be modified accordingly. Be sure to revisit this policy on our website for the latest updates and revisions.

OVERVIEW

Holy Spirit Academy has three plans in place for the August 27th start of the 2020-2021 school year. If the governor has us in the yellow or green phase, you have two options.

- 1) You can send your child to school where we will be following best practices for safety and prevention of infection.
- 2) You can stay at home for an online learning experience where you livestream into the classroom to be in *Virtual Attendance*.

If the governor declares the state (county) in the red phase,

- 3) Everyone will follow our Distance Learning Plan which has been modified to better serve our students based on your input and research done by the state.

In the building, we are limiting our class sizes to 14 so that when all the children are at their desks they will be six feet apart to the maximum extent possible. Originally, this would have allowed them to remove their masks. Decisions regarding the continuous wearing of face coverings is 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 at all times when inside.** As the rate of community transmissions goes down, we hope that our students, with the required physical distancing, will be permitted to remove their masks if that is their preference.

Students will have their own bins (which we will purchase) to hold their personal supplies. We will try not to share anything. Student and staff groupings will be as static as possible having the same group of children stay with the same teacher throughout the day as much as possible. We will install physical barriers, sneeze guards/partitions, where it is difficult for individuals to remain six feet apart like small group instruction with the teacher at the half-round tables.

Students will be taught basic safety practices which they will follow throughout the day; how to wear a mask, walk in lines, sneezing, washing hands, etc. In shared spaces outside their classrooms, students will wear masks, remain six feet apart to the maximum extent possible, and stay on one side of the hall to manage an organized flow of traffic. Bathroom breaks will be scheduled by class and routine cleanings of the restroom will take place periodically throughout the day. Proper hand sanitizing will be monitored and enforced.

Lunches will be served in the cafeteria. Dividing the students into two or three lunch groups will allow us to social distance. Food service personnel will follow all Centers for Disease Control (CDC) guidelines. Hot lunches will be available as in the past or you have the option to bring a bag lunch. Students will come to the cafeteria and sit in their assigned seat, all on the same side of the table spaced six feet apart. If they are seated at a round table, there will be 4 students and a clear physical barrier will be in place. Lunches will be served to the students at their table so students can remain seated, keeping them six feet apart throughout the lunch period.

In the event we have a student or family member who does show symptoms of infection of the corona virus, there are procedures in place to minimize the risk of exposure and to protect the students and staff. These include the utilization of an isolation room, a prudent cleaning and disinfecting of all areas of concern, immediate communication to the families of children who may have been exposed, and a strict policy for reentry to the school.

OPTION I: RETURN TO BRICK AND MORTAR

CLASSROOM PROTOCOLS

The following classroom protocols are recommendations from the CDC and Pennsylvania Department of Education. Each classroom will be different depending on the number of students, the teacher, and the age level and characteristics of the learners.

Teacher

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. Presently, based on the current rate of community transmission, face coverings will be required at all times when inside. (08/01/2020)

Rooms

- Student and staff groupings will be as static as possible having the same group of children stay with the same staff throughout the day as much as possible.
- Student desks will be facing the same direction, six feet apart to the maximum extent possible.
- At tables, students sit on only one side, spaced six feet apart to the maximum extent possible or with physical barriers if necessary and reasonable.
- We will install physical barriers where practical and reasonable (sneeze guards/partitions) when it is difficult for individuals to remain 6 feet apart.
- There will be visible guides on the floors as well as signs on walls to facilitate staff and students keeping six (6) feet apart to the maximum extent possible. Signs and markings will also facilitate the safe flow of traffic.
- Small group work with the teacher will require teachers to wear masks and/or face shields; students will wear their masks as well.
- Smart TVs have been installed in every classroom allowing teachers to project lessons on a monitor for all to see from their seats. They will no longer gather in groups around the teacher.
- We may be able to provide an additional layer of protection in some cases with the use of a clear plastic or plexiglass shield separating a desk or row of desks.

Supplies/Materials

- We will keep each child's belongings separated from the others' and in individually labeled containers or bins so they can store their personal belongings at their desk. Student will not share supplies or materials. Each student will have their own Chromebook from first grade (possibly kindergarten) up. They will have their writing utensils, crayons, rulers, scissors, etc. In addition, they should each have their own box of tissue and hand sanitizer. Cubbies, lockers or other areas will not be shared spaces either.
- If there is ever a need to share equipment, it will be cleaned and disinfected between uses. Students will have personal yoga mats to sit on the floor for reading or resting. Teachers will modify the list according to their classroom needs.

ARRIVAL AND DEPARTURE

Arrival Protocols

Bus Riders: Home Street Entrance

- Doors open promptly at 8:00 a.m. We will not be able to accommodate early arrivals.
- If possible, two staff members will greet the students, ensure they are social distancing, and take and record each student's temperature.
- Students with a temperature of 100° or higher will go to the isolation room (backstage locker room) until parents come and pick them up. Parents will be notified immediately.
- Students will wear masks while entering the building and walking in the halls.
- All students will sanitize their hands upon arrival at the school.

Car Riders: Gym Doors or Back Door

- Students who go to the second floor will use the gym doors
- Students whose rooms are on the first floor will use the back door.
- There will be 2 staff members at each door if possible. One will go to the cars and take temperatures and one will monitor the doorways making sure students enter the building with six (6) feet between them to the maximum extent possible.
- Students with temperatures above 100° will have their temperatures taken a second time five minutes after the first. If there is a fever, the student goes home with parent.
- All students will sanitize their hands upon arrival at the school.
- Families will be required to stay in their cars.
- Drivers are asked to refrain from conversation with the staff as it will delay the entrance process.
- Please keep in mind this back door will not be used during the school day. All visitors will enter through the front doors on Home Street.

Dismissal Protocol:

Buses: Home Street Entrance

- Students will be called over the PA system as their buses arrive.
- Teachers will monitor their rooms and the halls from their doorways.
- Students may be called by class if there is a large number of students riding buses.

Car Riders: Back Door Entrance

- Car riders will be dismissed by family over the PA system as their ride appears in the parking lot.
- Dismissal will begin at 2:40 for car riders. The time may be adjusted in either direction as needed.

Guardian Angel

- Guardian Angel students (after school care) will be the last ones dismissed from the classrooms.
- Guardian Angel will meet in the gym
- Students will be called down by grade starting with kindergarten.
- The Guardian Angel supervisor will take each student's temperature upon arrival.
 - Students with a fever will report to the isolation room and the principal will be notified.
 - Parent/guardian will be called to make arrangements for immediate pickup.
- Students will sanitize their hands on arrival

- Students will bring snacks from home.
- Students will follow bathroom protocols.
- Students will be seated at the 8 ft. tables- six feet apart.
- Students will remain in seats to do homework when inside
- Students may work and play outside adhering to establish protocol -- weather permitting

We will utilize an app to assist with dismissal scheduling and social distancing called *PickUp Patrol*. Parents submit attendance, arrival, dismissal, and health information from the convenient app or a computer. The system automatically tracks the information, providing the office staff with complete oversight. Teachers are notified of attendance and dismissal information without interrupting their class. For more information on how PickUp Patrol works, visit their website.



CLEANING/SANITIZING/DISINFECTING/VENTILATION

We have consulted with a professional cleaning company. They have explained the science and chemistry of cleaning and disinfecting which will be of great benefit as we following the Center for Disease Control guidelines.

Cleaning

- Frequently touched surfaces will be cleaned at least daily -- more often when required as needed depending on use, i.e., cafeteria tables, restrooms
- A cleaning schedule will be developed and tailored to settings and needs
- Logs detailing the cleaning schedule will be posted publicly
- Cleaning products will not be used in proximity to children and only used with proper ventilation
- Cleaning products will be properly stored and secured away from children

Shared Items

On the rare occasion students do share school manipulatives, supplies or equipment, we will

- Clean-soap and water to remove dirt and debris first
- Sanitize to reduce amount of germs
- Disinfectant to destroy or inactivate germs on surfaces

Hand Sanitizer

Hand sanitizer dispensers will be mounted outside of each room in the building and at the four entrances. Everyone is expected to sanitize their hands upon entering the building and upon entering the classrooms.

Hand Washing

Everyone is required to wash their hands after using the restroom following these five steps:

- 1) Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- 2) Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- 3) Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 4) Rinse your hands well under clean, running water.
- 5) Dry your hands using a clean towel or air dry them.

Our custodial staff is going from part-time to full-time to be in the building cleaning throughout the day in addition to the disinfecting and sanitizing done after school. Classrooms, bathrooms, shared spaces, the playground and courtyard will all be sanitized to CDC standards. He will pay particular attention to door knobs, handles, light switches, sinks, bannisters, desks, tables, shared seats, yoga mats, and shared materials. Carpets were professionally cleaned and disinfected on July 15th. The filters in the heating and ventilation system have been cleaned and/or replaced this summer.

All stakeholders, paid staff and volunteers, will be trained on appropriate methods to keep surfaces, learning spaces, classrooms, desks, hands, and all materials clean. Maintenance and custodial staff have already been trained and putting into practice the new CDC guidelines for cleaning, sanitizing, disinfecting, and ventilation protocols. Forms must be signed by all stakeholders to verify they have received the preparedness training.

HEALTH SCREENING PROTOCOLS

All faculty and staff members will be trained on how to check for signs and symptoms of COVID-19 and the proper procedures once someone has been identified. All family members will be provided with information on how to check as well. Training for staff and volunteers will be conducted in August 2020.

Staff is required to complete a monitoring form upon entering the building where they will record their temperature, indicate any medications they have taken to suppress a fever and state that they are not experiencing any of the symptoms listed below.

Students, upon arrival, will have their temperature taken. Students with temperatures above 100 degrees Fahrenheit will be sent home. A visual inspection of the student and questions asked provided by the CDC will be used to identify possible illness.

We are scanning visually for symptoms such as flush cheeks, cough, difficult or rapid breathing, fatigue, extreme fussiness. Another indication of possible illness would be two or more of the following:

- Fever or chills
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If anyone, student or staff shows symptoms or has a fever they are put in isolation until they are able to leave. The isolation room will be the backstage area immediately to the left of the main lobby as you enter the building. When necessary, we will use room 14 on the second floor. We will clear the halls if we are escorting a sick student to the isolation room. The area must be cleaned properly with Personal Protective Equipment (PPE) worn and CDC approved disinfectant and protocols. If an infected student spent time in a classroom, we will have three spare rooms which will be utilized until the “at risk” room is safe.

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.

If a member of the school community becomes ill with COVID-19:

- Through regular communication, make sure that staff and families know that they (staff) or their children should not come to school, and they should notify school officials if they or their child becomes sick with with COVID-19 symptoms, test positive for COVID-19 or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- Individuals that have had close contact with a community member that has become ill may be asked to stay home and self-monitor for symptoms.

- The school will follow state and local guidelines in determining when a student or staff member may return to school after a potential exposure to an active COVID-19 infection. Students will be allowed to return to school after the prescribed self-quarantine time period. If the student does not wish to return because they are unable or uncomfortable to return, they may continue to participate in the classroom instruction virtually through Google Meet.

People with COVID-19 have had a wide range of symptoms ranging from mild symptoms to severe illness. We will conduct routine, daily health checks (temperature and symptom screening) upon entering and mid-day.

ILLNESS

If someone gets sick during the school day

- Close off areas where the sick person was until the area is properly cleaned and disinfected
- Wait at least 24 hours before cleaning or disinfecting or as long as possible and wear PPE
 - It is unknown how long the respiratory droplets can be in the air
 - Consider size of room and ventilation
- You should ensure that public surfaces such as counters, doorknobs, handles and light switches are regularly disinfected
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
 - Diluted household bleach solutions can be used on hard, non-porous surfaces (ensure proper ventilation). Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water or
 - 4 teaspoons bleach per quart of water
- For soft (porous) surfaces such as carpeted floors, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
 - Use products with the EPA-approved emerging viral pathogens claims (list of products: <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>)
- If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.
- Do not shake dirty laundry; this minimizes the possibility of dispersing virus through the air.
- Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.
- Are staff members wearing disposable gloves and gowns for all tasks in the cleaning process, including handling trash?
- Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean hands after removing gloves.
- <https://nrckids.org/files/appendix/AppendixK.pdf> example of schedule for cleaning

SAFE RETURN

(08/01/2020)

- o If a School community member suspects or knows he/she had COVID-19, and had symptoms, he/she may return to School or attend a School activity, sport, or event after:
 - ten (10) days since symptoms first appeared; **and**
 - at least 24 hours with no fever without fever-reducing medication; **and**
 - symptoms have improved.
 - Note:** If you are tested to see if you still have COVID-19, you may return to School when:
 - you have no fever, **and**
 - respiratory symptoms have improved, **and**
 - you receive two negative test results in a row, at least 24 hours apart.

- o If a School community member tested positive for COVID-19 but had no symptoms, and continues to have no symptoms, that individual may return to school or attend a School activity, sport, or event after:
 - Ten (10) days have passed since test, **or**
 - After he/she receives two negative test results in a row, at least 24 hours apart.
 - Note: 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 need to stay home longer.

- o I understand that anyone who has close contact with someone with COVID-19 may not return to School or attend a School activity, sport, or event until:
 - Fourteen (14) days after exposure.

- o I understand that School community members who have a weakened immune system (immunocompromised) due to a health condition or medication may need to take additional precautions and/or stay home longer than 10 days in the event of infection. These individuals are encouraged to consult their healthcare provider and work with the School Principal to effectuate any necessary reasonable accommodations

Covid-19 testing - Because obtaining 2 negative tests will be nearly impossible to achieve due to lack of tests and the time in getting results, please note that a symptom and quarantine approach is best.

PHYSICAL EDUCATION & RECREATION

Physical activity and planned exercise is so important to our children, more so now than ever with the many restrictions we are experiencing. We are making recess and physical education a priority knowing it will help students perform better in the classroom, lower stress, help fight disease, build confidence, and improve skills like concentration, focus and creativity.

- There are a myriad of physical activities/games that allow students to exercise and keep their distance. While the schedules have not been finalized, we hope to have students take physical education classes with their homeroom teachers without combining classes.
- Any equipment that will be shared will be sanitized before the next class uses it.
- All teachers will be incorporating yoga to the classroom regardless of their personal experience and ability level through the use of online videos. It's a calming activity but also challenging. If we are purchasing yoga mats and a small unit of lessons to go with it. This can be a nice addition for the kids that all teachers can utilize.

Recess/Playground

- Like physical education, we will be able to get out and move daily. We will restrict the area to one class at a time. Recess will be scheduled by grade and supervised by the homeroom teacher. We have multiple spaces if we need to overlap times. Poor weather conditions may result in in-room breaks with their mats.

TRANSITIONS AND OTHER CONSIDERATIONS

Classrooms

All visitors to a classroom must wear a mask use the hand sanitizer to enter the room.

Electronics

Every student in kindergarten through sixth grade will have their own Chromebook. Computers will not be shared.

Lockers

Rules regarding the use of lockers will be established by the homeroom teacher but will not be shared.

Masks

Holy Spirit Academy will follow the Diocese of Pittsburgh policy for use of face coverings by staff and students. 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 at all times when inside (08/01/2020). "Mask breaks" may be taken outside only with social distancing only. Masks should be age appropriate, properly fitted, and should reflect our Christian values. A fresh, new/clean mask must be worn every day. Students who cannot wear a mask due to medical conditions will be required to provide documentation from a physician.

Meetings and Gatherings

We will pursue virtual group events, gatherings, or meetings, when possible, and promote social distancing between people of at least six (6) feet apart to the maximum extent possible if events are held. We will limit the group size to the extent possible.

PickUp Patrol

PickUp Patrol (www.pickuppatrol.net) is an application that automatically streamlines the dismissal process. In addition to dismissing students more efficiently, the system can organize students to be picked up from multiple locations, securely track Covid-19 symptom, and completely eliminate the need for notes to communicate plan changes—all while helping to protect the health of the entire school community.

Proper Ventilation

We will open windows and doors for ventilation whenever possible. We will not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling, triggering asthma symptoms) to children. It is recommended that we do as much outside as possible, i.e., lunch, class instruction, PE.

Reporting COVID-19 Concerns

We ask all parents, guardians, grandparents and friends of the Holy Spirit Academy to help us monitor and control the spread of this disease by reporting any known concerns within your family and to self-report any symptoms your children may have.

Social Distancing

Limit close proximity with teachers and other parents and make interactions with them as contact-free as possible.

Toys

Students will bring their own toys and should not share. Toys should be cleaned, sanitized or disinfected at home frequently. Best practices include soap and water, rinse, disinfect, air dry; or put them in the dishwasher. Cloth toys that can be machine washed are okay. Do not allow toys that can't be cleaned, sanitized or disinfected.

Transitions

In the halls we will provide physical guides, such as tape on floors and signs on the walls, to help staff and students remain at least six (6) feet apart to the maximum extent possible while in lines and to follow an organize flow of traffic (e.g. guides for creating “one way routes”)

Visitors

Visitors will be restricted to essential business only to minimize the risk of contamination. This includes volunteers and activities involving external groups—especially those who are not from the local area. It will be by appointment only. While it is especially convenient to stop in when you are dropping off or picking up, parents will have to wait until all students have arrived and gotten to their rooms or after all students have been dismissed to enter the building. We will permit just one parent at a time; guests will have to wait outside (in the lobby with inclement weather).

Water bottles

Students will bring their own water bottles which should be clearly labeled. They can be refilled at lunch time. Fountains will be off limits. Each teacher will decide their own policy for water bottle usage in their rooms.

SPORTS

It would appear that most sports programs have worked out acceptable protocols for safe participation. Competitive leagues and recreational programs are already under way. We will have a specific protocol for each sport that players and parents will get when they sign up for a particular sport. The Diocese has added a Waiver that needs to be signed stating that you are aware of the additional risk of COVID. The only sport we offer now that involves close proximity to one another is basketball. In all other sports, our athletes maintain a comfortable distance between one another for the most part.

The eight-page Athletic Policy taken from the Pittsburgh Diocese is attached at the end of this document. It outlines specifics for the players, coaches and spectators. Below are some of the guidelines you will be asked to follow:

- Each athlete must have their own, marked, hydration
- No equipment sharing - items must be sanitized between uses
- Temperature checks and screening questions each day
- Athletes must have a signed waiver to participate
- Coaches wear a protective mask per CDC Guidelines
- Parents may not be able to spectate at events—depending on the circumstances
- Rules are based on staying in the Green Phase; rules will change if we go back into Yellow
- Must have a water bottle to participate in practice
- Hand sanitizer is required at practice; may be provided by school or athletes may need to bring their own
- Parent/guardians do not attend practice. Don't arrive earlier than 10 min to pick up

COMMUNICATION PROTOCOLS

The communication of the plan and the sharing of information are of the utmost importance. The quickest and most effective communications come through social media. We will create a link for COVID-19 information on the schools website where all information will be disseminated. We will continue to use email, AllCall text messages, and our trusted notes home to communicate as well.

It is everyone's responsibility to respect and protect our Holy Spirit family members by following established protocols. You should be knowledgeable about the return to school plan and the new policies and procedures. There will be new instructions on daily procedures. You will need to know what supplies to send with your child and what will be provided by the school. And most importantly, you should keep in mind that this is a fluid situation that is continually monitored so that adjustments can be made accordingly.

OPTION II OR III: VIRTUAL ATTENDANCE

For parents and guardians who are more comfortable keeping their children at home due to the risks associated with the COVID-19 virus, Holy Spirit Academy is offering their Digital Learning program that will allow students to livestream into the classroom for their instructions. Those students will be in Virtual Attendance. Students will receive a Chromebook from the school and will join the class through Google Meet. Their faces will be on a screen for the teachers to see and they may be seen by students in the class as well. Your child will be able to ask questions and interact with the teacher and the entire room as if they were present. Below is the newest, revised version of our Digital Learning Plan with policy and procedure as well as helpful tips from the teachers. For the safety of the students and the staff, there will be a memorandum of understanding that all parents must sign which outlines limits and restrictions.

BACKGROUND:

Digital Learning at Holy Spirit Academy, formerly St. Vitus School, began in the 2019-2020 school year with a desire to educate our students during snow days, thereby canceling out the need to make up missed snow days later in the school year. Little did we know that the very year we implemented Digital Learning Days, we would be confronted with a sudden, dire need for long-term Digital Learning.

The following plan is built on the foundation of our original *Digital Learning Plan* but contains many additions and updates that will enable HSA to provide a quality online learning experience in multiple situations: on snow days, when/if Digital Learning is necessary for longer periods of time, or for those choosing the Virtual Attendance option this year.

GENERAL INFORMATION:

School wide Digital Learning Days begin at 9:00 a.m. so that teachers have a daily opportunity to upload their materials, tasks, plans, etc. for every class they teach. For children choosing Virtual Attendance this year, your school day may begin earlier because it will mimic the regular school day.

Our Digital Learning “hub” is our Holy Spirit Academy Digital Learning Google Website (a quick link can also be found on our school website). <https://tinyurl.com/hsa-digital>

On our “hub,” you can find:

- Daily Schedules
- Teacher Preferred Contact Methods & Office Hours
- Notifications of Teacher’s Grading Policies (with regard to digital assignments)
- Overviews of Daily (and previous) Lesson Plans
- Morning & Afternoon Prayer/Announcements
- Daily Mass
- Technology Resources/Tips

Everyone (teachers and students) is expected to start at the “hub” each day and branch out into Google Classrooms where students receive more detailed information on daily lessons, tasks, due dates, etc.

During digital situations, or for those choosing a virtual attendance this year, we want to ensure that your family feels connected so we have added many updates to this plan to ensure that your questions/issues are addressed quickly throughout the digital school day. However, the ease of connecting sometimes leaves our teachers feeling “on-call” 24/7. We ask that you kindly refrain from contacting teachers after-hours, on weekends, or on holidays. We all need a break during those times!

If we are mandated to go to an extended digital experience again this year, we will be offering three exciting opportunities, along with updated online versions of textbooks and materials.

- Virtual extracurriculars
- Spirit Scoop, a weekly virtual meeting for parents to chat, learn about technology tools, express their concerns/frustrations, and receive support/ideas from teachers and other parents
- Safe, live student meet-ups (of course, according to State guidelines)

This year, we will hold a “Digital Learning Day” Run-Through all day on Friday, September 11th. This run-through will ensure that any new staff/families have a chance to experience the plan and our returning staff/families will be able to practice using the updates and expectations added in 2020-2021.

ATTENDANCE & GRADING:

As in the school building, students are expected to attend school regularly and on time; failure to do so will result in absences. Generally, for a child to be marked present on a Digital Learning day, they must attend all live sessions. Students will be graded just as they would in the classroom. If work is not completed properly and turned in by the due date and time, teachers will be adjusting grades/points based on their individual grading policy. These teacher grading policies/guidelines will be clearly marked on each teacher’s page of the Digital Learning Hub Website. Exceptions and arrangements can be made on a case by case basis, i.e. for working parents of young children. Teachers will be filling out and submitting a quick digital attendance form every morning. The office will document student attendance through Option C as a matter of record.

Holy Spirit Academy strongly encourages our families to have access to Wi-Fi and/or adequate hotspot data. Chromebooks are provided to all students. It is very important to keep track of your log-in information to various programs and apps and to care for your equipment according to our Technology Device policies.

TEACHER EXPECTATIONS:

- Return emails and other messages from students/parents (sent during school hours) within 24 hours except for extenuating circumstances. More often than not, it will be the same day.
- Notify the HSA Office each day of any absences of students from live sessions; you do not need to notify the office if you have 100% attendance.
- Keep your schedule up to date on the HSA Digital Learning Hub Website.
- Post your grading guidelines/policies with regards to digital assignments on the hub website and notify parents of any changes.
- Teachers will schedule set office hours for 30 minutes each day.
- Be available for prompt responses to questions during school and office hours.
- Take an uninterrupted lunch break each day as you would in school - your prep is from 8:00 a.m. to 8:45 a.m. each morning.
- Grades K-2 will hold at least 3 live sessions per day with your homeroom so that students are receiving at least 15 live sessions per 5-day week.
- Grades 3-six will hold at least 4 live sessions per day with your homeroom so that students receive at least 20 live sessions per week.
- Record your live session when needed (for absent students or for families that have made alternate arrangements with you).
- Have your general day overview listed each day on the "HSA Digital Learning" Google Site.
- Keep an eye on the time guidelines in the student expectations section and plan lessons and activities accordingly.
- Check in with each student as an individual at least 2-3 times per week.
- Utilize your Google Classroom and have assignments graded and returned promptly, with feedback when necessary or appropriate.
- Send a weekly report to the parent/guardian and copy the principal if a student has failed to attend a class, did not turn in required work for that week or if the student's grade drops below a C.

STUDENT EXPECTATIONS:

Here at Holy Spirit Academy, we are working with a variety of ages and all expectations below are subject to the student's age and ability level. For our very young students, we realize that some of the expectations below are affected by parent work schedules and other commitments. We are fully willing to work with parents of young children to create a modified schedule that works for your family situation. We do expect our older students to be able to handle the majority of their digital school day with little parent support (based, of course, on individual ability).

- Attend all live sessions, on time.
- Wear a school uniform shirt, either the gym shirt or the polo.
- Take age-appropriate responsibility for your work and time.
- Have cameras on unless told differently by the teacher.
- Keep your sound on. The teacher will mute you if necessary.
- Conduct yourself as you would in class. For example, you wouldn't be watching TV, listening to music, eating lunch or snacks, holding your pet, etc. during a math lesson. This type of behavior will not be permitted during live sessions.
- Do not send chats to other students during live sessions unless you have been instructed to do so - do not distract other students during the school day unless you need assistance or have partner work.
- Keep your communications with teachers and classmates respectful at all times.
- Be respectful of your teacher's time.
- Manage your time wisely - pay attention to due dates and times, and submit work on time.
- Read all instructions.
- Complete work in all scheduled classes, including specials (specials are not optional unless noted).
- Reach out to teachers as soon as you have a problem or are struggling.
- For grades 3-6, commit to approximately 3.5 - 4.5 hours of work time per day (including live sessions).
- For grades K-2, commit to approx. 2-2.5 hours of work per day (including live sessions).

PARENT EXPECTATIONS:

At Holy Spirit Academy, we know that students are more successful when their parents or caregivers play an active role in education regardless of whether we are in school or out. For Digital Learning purposes, every student needs a Learning Coach - simply, a trusted adult that is willing and able to oversee the student's digital experience.

- Parents are their child's teachers in so many ways but are not expected to teach academics - sure, jump in when you'd like but you can also leave the teaching to us so that you can concentrate on your household, your own work from home, jobs outside the home, etc.
- We'll take care of the teaching, you take care of the parenting! The following tips will ensure the best experience possible for your child during Digital Learning.
 - Set aside a quiet/comfortable space for your children to work in.
 - Create a schedule and stick to it.
 - Set boundaries and use rewards and consequences.
 - Check in with your child daily to make sure they have completed their work.
 - Be positive.
 - Be respectful of teacher time.
 - Reach out as soon as possible to teachers if you need help or are struggling.
- We strongly recommend that parents of online students drastically limit or remove gaming and non-school related screen time during school hours.



Student/Learning Coach Guidelines

For the 2020-2021 school year, when a snow day gets called (or if we are mandated to have an extended digital experience) or for those choosing a virtual attendance:

STEP 1: Age and ability-permitting, students in K-6 are responsible for logging into the HSA Digital Learning Website. <https://tinyurl.com/hsa-digital> Learning Coaches should be available to assist/oversee and check in with their student, but we feel strongly that most of our students can, and should, handle the majority of their digital day independently.

STEP 2: Check your schedule for the day on the schedule page of the website.

STEP 3: Make sure to visit each teacher's page that you have that day. For example, if you have Mrs. Wills, Mr. Venasco and Mrs. Bussard that day, you must visit all three pages to find your grade's activities. You WILL have an assignment/lesson for every class you would normally have that day, including specials.

STEP 4: Follow all instructions for your grade/teachers and complete all assignments by the due date/time. Manage your day wisely.

The best Digital Learning days follow a schedule and mimic a regular school day. Remember, if you're choosing a digital option this year, your day may more closely mimic the regular school day, but here is a sample day schedule that worked well for an HSA student last year:

- Go to bed and get up at a set time every school day.
- Get cleaned and dressed for the day; you'll feel better and perform better.
- Eat breakfast before your day begins, just like you do during regular school.
- Log in by 8:45 a.m. for morning prayer (if choosing a digital option this year, you'll probably need to be ready earlier).
- Spend the time prior to 8:45 a.m. looking over your day, getting organized, and possibly completing those daily tasks that are always the same. Think about the big picture, what do you need to accomplish today and how are you going to fit that into your school day?
- Your first live session will begin at 9:00 a.m. Most teachers open their day with a morning meeting and announcements.
- Between live lessons you will work in small groups with your teacher, work independently offline, or have an individual meeting/lesson with your teacher.
- Follow teacher instructions and get right to work - take a quick snack break or stretch when you are working offline.
- Log in to your second live session.
- Take a lunch and play break (be careful not to let this stretch on too long), a half hour for lunch and a half hour for play would work well.
- Log into your afternoon session as per the teachers instructions for the day.
- Check the time and get to work - you should aim to complete all your work for the day by the end of the school day so you don't have to stretch work out into the afternoon and evening.
- Once school ends, play, get some exercise, and have dinner with your family. Get cleaned up for the night and relax, you had a productive day!

Teacher Tips

- Teachers will be required to have access to strong Wi-Fi and/or adequate hotspot data.
- When planning lessons and activities, please keep in mind our time guidelines above in the student expectations section.
- Our Digital Learning will be fewer assignments that students pickup online and do on their own, and more face to face, live instruction between 8:00 a.m. and 3:00 p.m.
- The student work should be done between live sessions and there should be less homework required after 3:00 p.m.
- Poll your parents and students from time to time to see what is going well and what could be improved.
- Tasks should generally be relevant and make sense with what you are covering in class at the time. We all understand that in the event of an unplanned snow day, activities may not be exactly what was planned for that day and could be more of a review-type of activity.
- Consider using tools that allow you to record live sessions, track participation, record data/grades automatically, or have students “prove” they completed work such as... Edpuzzle, YouTube, ShowMe, Screencast-o-Matic, Flipgrid, Quizizz, Google Forms, other Google Apps, your Google Classroom, Google Hangouts/Meet, etc.
- We can record via Google Meet - please let Ms. Widelko know if you have trouble with this; it could be an Admin setting issue.
- If you have students choosing the virtual attendance option this year, please consider running your regular classroom (age permitting) as closely to a “digital classroom” as possible - this will make for less work for you - and will give everyone experience with the digital tools that will be necessary for a seamless transition if we move to a mandated Digital Learning environment.
- For full-class Digital Learning, think about having an office setup with a whiteboard, chalk wall, easel, large piece of paper on the wall, etc. behind you to decorate and use during lessons - the more productive a setup you have, the easier Digital Learning will be.
- Teachers need to be readily available from 8:00 a.m. to 3:00 p.m. via phone, email, text, or Google Hangout for parents/students that need support, have questions, etc. Google Hangouts is encouraged for text or live check-ins.
 - Please refer K-3 students to Ms. Garczewski for Tech Support and 4-6 students to Ms. Widelko. Remind them of our office hours and that we cannot get back to them immediately if we have a live session.
- When using videos, make sure to include tasks that force students to watch the entire video. (Edpuzzle, Flipgrid work well for this.)
- Remember your apps such as Freckle, Splashmath, Reflex, Prodigy, SpellingStars, Reading Eggs, Dreambox, etc. These are apps that enable you to assign specific lessons and track student data so you can ensure they have completed their assignment. Also, remember to utilize your digital resources that go along with your textbooks.

- For full-class Digital Learning, think ahead about how you might be able to do a live meet from time to time just to keep those connections strong. For example, if safe to do so and weather permitting, you could offer an optional meet up at the park or in someone's backyard for a short Art, STEM lesson, Book Club, picnic, or outdoor movie where families could sit six (6) feet apart, wear masks if necessary, etc. Perhaps during a mandated shut down in poor weather, homerooms could sign out the gym for live, masked meetups. We could also ask for an outdoor parking lot Mass once a week or month for the school families, lots to think about!

Please feel free at any time to call the school for clarification or explanation of this plan.





2020 HOLY SPIRIT ACADEMY ATHLETICS 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 entities indicates that while children are infected with COVID-19, few children are hospitalized. However, in rare occurrences, severe outcomes have been reported in children. A child who is even mildly symptomatic or asymptomatic can spread the virus to others. 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, Holy Spirit Academy 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 Pennsylvania Interscholastic Athletic Association. Holy Spirit Academy realizes that best practices regarding COVID-19 are in a constant state of change as new information and treatments become available. As we transition from summer conditioning to in-season practice and play and as new information becomes available, the recommendations contained in this document will be updated to reflect current information in an effort to decrease risk of exposure for our students, staff, and families.

Participating in interscholastic athletics is a privilege at Holy Spirit Academy and it is of the utmost importance that everyone involved; athletes, parents, coaches, and administrators work together to help 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. Failure to follow these safety measures will jeopardize everyone's ability to participate.

GENERAL CONSIDERATIONS:

- Social distancing should be practiced whenever possible (six feet apart at a minimum). Practice social distancing in all common areas such as locker rooms, classrooms, meeting rooms, weight room, coaches' offices, gym, wrestling room, and athletic training rooms.

- Coaching staffs are limited to essential personnel only. A list of essential personal will be given to the Athletic Director and Athletic Trainer.
- Consider the capacity of rooms and the quality of ventilation in rooms and spaces. Smaller group meetings should be held in areas like the gym, a classroom or even outside on the field where proper social distancing can take place.
- Large indoor gatherings are strongly discouraged. Virtual meetings should take place when possible.
- Up to 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 should avoid handshakes, high-fives, fist pumps and all other forms of contact with one another.
- No outside groups or speakers should be permitted in the facilities.
- Student athletes should be six 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 run concession stands and other food provided for athletes must adhere to the *Guidance for Businesses in Restaurant Industry*.

SANITATION:

- All personal athletic equipment should be cleaned daily. It is recommended that student athletes take their equipment home daily for cleaning.
- Athletes CANNOT share gear and MUST use their issued equipment.
- 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 and locker rooms to minimize sweat transmitting to equipment.
- 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 locker rooms and weight rooms.
- Student-athletes will shower at home.
- Student-athletes will use 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, coach's office, gymnasium, and school building.
- 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.
- Wearing gloves has not been shown to decrease transmission of the virus. Current recommendations are for frequent handwashing and to avoid touching one's face.

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.
- Screening questions will include:
 - Have you had any new onset cough or shortness of breath?
 - Have you had any known exposure to someone diagnosed with COVID-19?
- ANY student-athlete, coach, or other essential staff, who shows a temperature of >99.5 or if any of the above questions has a positive response, the individual will not be granted access to the facility and that individual will be sent home. In the case of a minor, their parent or guardian will be notified of the documented concern of illness and/or fever.
- If a parent/guardian is dropping a student-athlete off for practice, it is strongly encouraged that the parent/guardian remain on campus in their vehicle until the student-athlete has passed their daily screening.

POSITIVE CASES: 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 are ill?

- If you are ill or think you are infected with the COVID-19 virus, STAY AT HOME.
- It is essential that you take steps to help prevent the disease from spreading to people in your home or community.
- If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, school nurse, athletic trainer, and/or coach).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC and DOH.

What to do if a student or staff becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Make every effort to isolate the ill individual from others, until the student or staff member can leave the school or event
- The athlete's parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- The ill individual or their parent/guardian will be asked to contact their physician or appropriate healthcare professional for direction
- All affected facilities will need to be disinfected immediately.

Return of student or staff to athletics following a COVID-19 diagnosis?

- Student or staff must 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), has vast improvement in
- Respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

ACCLIMATIZATION PHASES:

PHASE ONE: The team should be broken into groups or pods of no more than 10 student-athletes. These groups should remain constant for the next two weeks. During this period, the students would be permitted to participate in non-contact workouts in

their small groups. Conditioning practices should be broken into groups of 10, with a coach in charge of each group, emphasizing all social distancing practices.

PHASE TWO: After 14 days of small groups (10 or less) and a community disease load that is not rising, the teams of 10 may be merged into groups of no more than 50 student-athletes who can now practice together as a group. Social distancing should be maintained at all other times such as in the weight rooms and locker rooms.

PHASE THREE: After the four week period is complete and the disease load in the community is declining, teams may then combine to the total group for full practices and competition. Social distancing protocols should remain in place at all other times.

STUDENT-ATHLETES' ACTIONS:

Holy Spirit Academy requires that its athletes assist in following these guidelines to help maintain a safe and healthy environment for all. Failure to adhere with these guidelines provided by the athletic department could result in the inability to participate in interscholastic athletics.

- Practice social distancing.
- Mandatory PIAA pre-participation physical examinations will be required prior to the start of the fall sports season (August 10th for JV/V Football; August 17th for all other fall sports).
- Access to the weight room and athletic training room will only be permitted to in season PIAA sports. Exceptions are made for injuries or other emergencies.
- During any offseason workouts, no athlete will be allowed to maintain a locker in any athletic facility.
- In season athletes must maintain a clean and neat locker.
- Avoid touching your face as much as possible.
- Wash your clothes as often as possible, daily is preferred (No clothing should be left in any athletic facility overnight).
- No sharing of towels, razors or any other personal hygiene items.
- Wash hands as frequently as possible and use hand sanitizer often when available.
- Bring a personal water bottle(s) with name on it to all practices and events. There will be no shareable water bottles available. Athletes who report without a water bottle will not be permitted to practice on that day.
- Athletes should arrive no earlier than 20 minutes prior to an out of season practice.
- Assist coaches, custodial, and medical staff in disinfecting of all athletic equipment used during a workout.
- Comply with the daily health screenings outlined in this document.

COACHES' ACTIONS:

- Coaches will model the behavior they expect of student-athletes.
- Practice social distancing.
- Coaches will screen and monitor athletes for symptoms prior to the start of all games and practices. This includes a daily temperature check. Results will be shared and held in the

athletic training room or the athletic director's office. This will be a daily occurrence until the CDC or state/federal government mandates that they are no longer necessary.

- 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 a recent doctor's note. Coaches must maintain recommended social distancing guidelines.
- It is recommended that coaching staffs create pods or groups for students to attend offseason workouts. These groups must be submitted to the athletic director and athletic trainer in the event that contact tracing needs to be enacted.
- Coaches will submit a weekly schedule of staff members performing daily screening to the athletic trainer and athletic director.
- If a large team gathering is required, it is recommended to be done remotely via an electronic platform.
- Coaches will be responsible for monitoring the number of student-athletes in the locker rooms and gymnasium during the season in order to promote social distancing guidelines. This may include limiting access to the building before or after events.
- Coaches will be asked to help assist in the cleaning of all athletic equipment before, during, and after athletic practices, events, and workouts.
- Washing and/or sanitizing hands regularly is strongly encouraged.

ATHLETIC TRAINERS' ACTIONS:

Follow guidance by the National Athletic Trainers' Association as it pertains to COVID-19. This includes but is not limited to the following:

- Limit athletes and coaches occupancy to the athletic training room to promote social distancing.
- Athletic trainers are required to wear masks. If an athletic trainer has a pre-existing medical condition and cannot wear a mask, they will need a recent doctor's note. When practicable, they must maintain recommended social distancing guidelines.
- Clean and disinfect all hard surfaces which include, but not limited to, training tables, taping stations, doorknobs, and other equipment that is utilized in the daily operations of the athletic training facility.
- There will be no unsupervised admittance to the athletic training room.
- Provide proper guidance to assist student-athletes on proper hand washing techniques and other preventive behaviors.

CUSTODIAL ACTIONS:

- Practice Social Distancing.
- Athletic facilities should be cleaned on a schedule developed in conjunction with the athletic director and athletic trainer. High touch areas should be cleaned as often as possible throughout the day. These areas include but are not limited to, door handles, restrooms, athletic training room, coaches' offices, locker rooms, concession stands, officials locker room, water fountains.
- Post additional signage obtained by the athletic director and athletic trainer for all restrooms, locker rooms, and athletic training rooms on how to prevent the spread of COVID-19 (e.g. proper handwashing and hygiene practices).

- Ensure weekend custodial coverage to properly clean all athletic areas due to events occurring on Saturdays.
- Provide additional hand sanitizer in locker rooms, athletic training room, coaches' offices, concession stands.
- Provide additional cleaning supplies for the athletic training room and weight room.
- Provide additional cleaning supplies for coaching staffs to sanitize equipment before, during, and after athletic practices, games, or workouts. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.

COMPETITION AND TRAVEL CONSIDERATIONS:

- Competition and travel need to be considered and planned prior to the onset of the season.
- An open line of communication should be maintained between all medical providers in a conference.
- The athletic director and the team athletic trainer will be in contact with each opponent's administration prior to traveling to their facilities.
- There must be global agreement that all ill athletes will be held from participation no matter the circumstances.
- Member schools must be willing to share information regarding potential cases and exposures.
- Travel should be limited.
- Travel teams should be in place. It is recommended that coaches submit travel rosters.
- Social distancing should be maintained, including masking.
- Preparations should be made for limited stops when in-route (pre-packaged meals).

ATHLETIC EVENT ATTENDANCE:

The Holy Spirit Academy administration will continue to monitor and evaluate guidance provided as it relates to spectators attending school athletic events. As stated below, the following people are grouped into tiers from essential to non-essential. This is to determine who will be allowed to attend an event until further guidance is received from state or local governments.

Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security, administrators

Tier 2 (Preferred) – Media

Tier 3 (Non-Essential) – Spectators and boosters

- Only Tier 1 & Tier 2 personnel will be allowed to attend events until state or local governments lift restrictions of mass gatherings.
- Seating areas, including bleachers, will adhere to social distancing requirements of at least six (6) feet apart to the maximum extent possible for anyone not in the same household once spectators are permitted. To assist with this, areas will be properly and clearly marked. It is recommended that if adults must be in close proximity to one another, they should wear a face covering (i.e. facemask or shield).
- Once state or local governments lift restrictions on mass gatherings, caregivers or spectators will be prohibited to enter the field of play or bench areas.
- It is strongly encouraged that parents/guardians do not 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 children.
- 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
- **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>

