



**St. Rose Catholic School  
COVID-19 Operations Plan  
2021 - 2022  
*Revised December 3, 2021***



**Diocese of Monterey**

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## School Information

### General Information

School Name	St. Rose Catholic School
Address	900 Tucker Ave., Paso Robles, Ca. 93244
Phone Number	805-238-0304
Website	<a href="http://www.saintrosecatholicsschool.org">www.saintrosecatholicsschool.org</a>

### Key Personnel

Principal	Trevor Knable
Phone Number	805-238-0304
Email Address	<a href="mailto:tknable@saintrosecatholicsschool.org">tknable@saintrosecatholicsschool.org</a>
School Liaison to County for COVID 19	Trevor Knable
Phone Number	805-238-0304
Email Address	<a href="mailto:tknable@saintrosecatholicsschool.org">tknable@saintrosecatholicsschool.org</a>

### School Profile

Grade Levels	Pre-K through 8th Grade
Enrollment	250
Average Class Size	26
# of Teaching Staff	21
# of Non-Teaching Staff	5

## Preface

In the development of this plan, the following guidelines were utilized:

- [COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#)
- [Guidance for COVID-19 Prevention in K-12 Schools \(July 9, 2021\)](#)
- [Cal/OSHA Prevention Program \(CPP\)](#)
- [Cal/OSHA COVID-19 Emergency Temporary Standards FAQ](#)

Additionally, in compliance with Cal/OSHA, the school maintains a COVID-19 Prevention Plan (CPP). A copy of the school's CPP can be accessed here:

[COVID-19 Prevention Plan](#)

**The school's COVID-19 Operations Plan for 2021-2022 is subject to change depending on current public health conditions and local, state and federal guidelines.** The school will do its best to communicate these updates to staff, students and parents. The community's cooperation is appreciated and vital to maintaining a healthy and safe school environment.

Compliance of students and families with CDPH's COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year and the following COVID-19 Operations Plan is a condition of continued enrollment.

## Safety Plans

St. Rose Catholic School will employ a layered approach to infection mitigation strategies, including the following:

- Face coverings
- Physical distancing
- Healthy hygiene
- Cleaning and disinfection
- Adequate ventilation
- Vaccinations
- Symptom and close contact exposure screening
- Testing

### Face Coverings and Other Essential Protective Gear

**Per the CDPH guidance, face coverings are optional for staff and students when outdoors.**

#### **Students**

**Students in all grade levels Pre-K through 8th grade will be required to wear face coverings while indoors, while at school, unless exempted.**

#### **Further Guidance**

- See [CDPH Get the Most Out of Masking](#)
- School administration will provide direction and training for the proper way to wear, maintain, and remove, as well as when to replace face coverings
- A cloth face covering or face shield may be removed for meals, snacks, or when it needs to be replaced. When a cloth face covering is temporarily removed, students will be reminded to place it in a clean, safe area, clearly marked with the student's name and date, until it needs to be put on again.
- Persons exempted from wearing a face covering due to a medical condition will be required to wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.
- Additional masks will be available to students who inadvertently fail to bring a face covering to school or whose face covering is no longer a viable safety measure.

#### **Failure to Comply with Mask Requirement**

- Students who refuse to wear a face mask as required will be sent home and participate in independent study.
- Parents/Guardians must understand and agree that compliance with CDPH guidelines regarding face coverings is a condition of enrollment. Refusal to comply may result in withdrawal from the school's program.

### **Face Covering Exemptions**

- Persons exempted from wearing a face covering due to a medical condition will be required to wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.
- A signed note from a licensed medical professional must be provided for any medical exemption to wearing a face covering.

### **Staff**

**All staff and adults on campus are required to wear a face covering when sharing indoor spaces with students.**

### **Further guidance**

- The school recommends disposable 3-ply surgical masks, which are more effective than cloth face coverings.
- Bandanas, gaiters and similar face coverings are not acceptable.
- In limited situations where a face covering cannot be used for pedagogical or developmental reasons, a face shield with a drape may be used as long as the wearer maintains physical distance from others.
- The school will provide training for the proper way to wear, maintain, and remove, as well as when to replace face coverings

### **Other Personal Protective Equipment**

- Workers or other persons handling or serving food must use gloves in addition to face coverings.
- Staff will be encouraged to wear gloves when handling frequently touched items/surfaces, and/or when cleaning and disinfecting surfaces to supplement frequent handwashing or use of hand sanitizer.
- Custodial staff and any other workers who clean and disinfect the school site will be equipped with proper personal protective equipment, including gloves, eye protection, respiratory protection, and other appropriate protective equipment as required by the product instructions.

**Any changes in PPE requirements will be communicated to parents and staff through the school's normal email communication channels.**

## **Physical Distancing and Movement Throughout the School**

### **Overview**

**Recent evidence indicates that in-person instruction can occur safely without minimum physical distancing requirements when other mitigation strategies (e.g., masking) are implemented.**

Physical distancing will be emphasized, particularly in environments when masks cannot be worn, e.g. indoor lunchroom.

## **Arrival and Departures**

*Minimizing* contact at school between students, staff, families and the community at the beginning and end of the school day will be prioritized.

### **The morning drop off protocol will include the following:**

- If no self screening and temperature checks: If desired, parents/guardians may walk their child to the playground or the classroom door, but will not be permitted in classrooms. Parents/guardians should promptly return to their vehicle and not loiter inside of the school gates as children will be present.

### **The afternoon pick up protocol will include the following:**

- Parents/guardians will not be permitted in classrooms.
- Parents will use a drive thru or park and walk up protocol and will use a designated parking lot to pick up students.
  - Students will be spread from church along the sidewalk to the edge of room 7.
    - Students in grades 5 - 8 will be located from the area around the front gate to the right going towards the Parish Office.
    - Students in grades K - 4 will be located in the area from the Kindergarten classroom to the front of the church.

Note: Please do not double park if driving through to pick up your child. It is asked that if you are not driving through to pick up your children, park in a designated parking spot and utilize the school crosswalks to model for our children.

## **Hallways**

Traffic Flow Maps will be established with taped lines and/or signs on the floor and will mark the walking direction throughout the campus in order to maintain physical distance in common areas.

## **Classroom Space**

- Teacher and other staff desks will be as far away from student and other staff desks as the environment permits.
- Student chairs and desks will be as far away from one another as the environment permits.

## **Outside Space**

Use of non-classroom space for instruction, including regular use of outdoor space, will be utilized, as often as feasible. Two full sets of desks and chairs will be set outside to accommodate and promote outdoor education.

## **Offices and Workspaces for Staff**

Workspace usage will be as follows:

- Tables and chairs within the breakroom or Teacher Lounge/Multipurpose Rooms will be spaced to maximize physical distance as much as possible while eating.

## **Visitors, Volunteers, and Vendors**

Only essential visitors, as approved by the principal, will be allowed on the school campus indoors until it is deemed safe by county officials to allow non-essential visitors. Parent volunteers on-campus will be utilized, however on a potentially limited basis.

**All visitors, volunteers and vendors will be required to wear a face mask indoors and follow all other safety protocols as required of staff.** The wearing of masks outdoors is optional.

### **Common Areas**

Face coverings will be required in all indoor common areas. Efforts to mitigate infection may include:

- Creating 3' - 6' markations throughout the campus, particularly in the hallways, office areas, gymnasium, cafeteria, extended care, lines for pick up, etc
- Establishing traffic flow maps
- Suspending or limiting use of common spaces
- Weather permitting, all meals will be eaten outdoors. Efforts will be made to create physical distancing (as feasible) and hand hygiene before and after eating

## **Healthy Hygiene Practices**

### **Students and Staff**

**Students and staff will be reminded daily to use appropriate hygiene practices:**

- Wash hands often throughout the day with soap and water for at least 30 seconds, especially before and after eating; after coughing or sneezing; after classes where they handle shared items; after using the restroom, and after handling garbage, or removing gloves.
- Use hand sanitizer with greater than 60% ethanol or 70% isopropanol, if soap and water are not available.
- Children under age 9 are to only use hand sanitizer under adult supervision.
- Avoid touching eyes, nose, and mouth.
- Cover mouth and nose with a tissue when coughing or sneezing or use the inside of the elbow
- Staff will model and practice handwashing with class to reinforce healthy habits and monitor proper handwashing.
- Staff and students will be trained on proper handwashing, coughing and sneezing etiquette.

**The facilities will be staged for success:**

- Frequent hand sanitizer stations will be placed in each classroom to reduce overcrowding in the restrooms and to enable frequent hand sanitation.
- Adequate supplies will be available in the classrooms and throughout the facilities, e.g., tissues, sanitizers, disinfectant wipes, no-touch trash cans, face coverings, etc..

## **Cleaning and Disinfection**

### **Overview**

**“Cleaning” involves water and soap or a detergent, does not use disinfecting agents, and significantly decreases germs on surfaces and decreases infectious risks. “Disinfection” kills germs on surfaces using specific agents.**

**As a general practice, the school facilities will be cleaned at least once a day, with special attention to frequently touched surfaces.**

Frequently touched surfaces in the school include, but are not limited to:

- Sink handles.
- Shared tables, desks, or chairs.
- Door handles.
- Shared technology and supplies.

Outdoor playgrounds/natural play areas only need routine maintenance. Children will wash or sanitize their hands before and after using these spaces.

#### **To ensure the cleanliness of the school facilities:**

- If a case has been identified, the spaces where the case spent a large proportion of their time (e.g., classroom, or administrator's office if an administrator) will be disinfected, noting that frequent disinfection can pose a health risk to children and students due to the strong chemicals often used and so is not recommended in the school setting unless a case has been identified.
- To reduce the risk of asthma and other health effects related to disinfection, the school will select disinfectant products on list N with asthma-safer ingredients (hydrogen peroxide, citric acid or lactic acid) as recommended by the US EPA Design for Environment program.
- Products that contain peroxyacetic (peracetic) acid, sodium hypochlorite (bleach) or quaternary ammonium compounds, which can cause asthmatic attacks will be avoided.
- Follow label directions for appropriate dilution rates and contact times.
- Provide workers training on the chemical hazards, manufacturer's directions, Cal/OSHA requirements for safe use.
- Custodial staff and any other workers who clean and disinfect the school site will be equipped with proper personal protective equipment, including gloves, eye protection, respiratory protection, and other appropriate protective equipment as required by the product instructions.
- All products must be kept out of the reach of children and stored in a space with restricted access.
- Establish a cleaning schedule in order to avoid both under- and over-use of cleaning products.
- Ensure safe and correct application of disinfectant and keep products away from students.
- Ensure proper ventilation during cleaning and disinfecting. Introduce fresh outdoor air as much as possible for example by opening windows where practicable. When disinfecting, air out the space before students arrive disinfection should be done when students are not present.

## **Ventilation**

**Multiple protective strategies can help to substantially reduce the risk of long-range airborne transmission of SARS-CoV-2 in classrooms. These include:**

- **Mask wearing: All individuals (teachers, students, staff, volunteers, guests, etc.) must wear masks**— under all ventilation rates or air filtration conditions in the classroom, this

practice reduces both short-range and long-range airborne transmission risk compared to not wearing a mask.

- Outdoor air ventilation: with weather permitting, doors and classroom windows will be open as much as possible to ensure adequate ventilation. Should it not be permissible to keep doors and windows open due to outdoor temperatures or students sensitive to allergens, rooms will be open before and after school during breaks, if appropriate.
- Filtration: Ventilation system filters should be MERV-rated at MERV 13 or better. These will be properly installed (i.e., no gaps that would allow air to bypass the filter) and properly maintained (i.e., replaced as often as recommended). MERV-rated filters can provide substantial protection from long-range airborne infection, especially if ventilation is poor.
- In-room (portable) air cleaners: Air cleaners used to reduce the risk of long-range airborne transmission should provide high-efficiency filtration and a sufficient “clean air delivery rate” (CADR) (i.e., at least 2/3 of the floor area). Such air cleaners can provide substantial additional protection, especially in naturally ventilated classrooms (in which air is supplied only through open windows or doors) or in classrooms with non-functioning or poorly functioning ventilation systems.

## Vaccinations

**Per CDPH guidance, staff and eligible students are encouraged, but not required, to receive the COVID-19 vaccine.**

Staff and students will also be encouraged to be immunized each autumn against influenza.

**For quarantine purposes, it may be necessary to verify vaccination status. Any staff or student with an unverified status will be treated as unvaccinated for quarantine and testing purposes.**

## Symptoms and Close Contact Screening - Quarantine and Isolation

### Signs and Symptoms

To help prevent the spread of COVID-19 and reduce the potential risk of exposure to members of our community, parents/guardians and capable students are to complete a screening COVID-19 symptoms survey and/or provide an update if household conditions change **PRIOR** to coming to campus.

**Staff and students who have symptoms of infectious illness, such as influenza (flu) or COVID-19, are to stay home and be referred to their healthcare provider for testing and care.** Staff and students with symptoms of COVID-19 infection are not to return for in-person instruction until they have met CDPH criteria to return to school for those with symptoms:

- **At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and**
- **Other symptoms have improved; and**
- **Staff and students must have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their**

**underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.**

**COVID19 symptoms survey will include:**

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than 100.4 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

**Staff and students registering a temperature above 100.4 degrees Fahrenheit or experiencing 1 or more COVID symptoms will be sent home immediately and will be required to wait in a designated isolation room if necessary.**

Staff and parents/guardians have been provided (above) with the list of COVID-19 symptoms and are instructed to keep their child at home if the child is feeling ill or has symptoms of COVID-19, even if symptoms are very mild. Symptomatic testing will be strongly encouraged.

**Exposure**

**Unvaccinated staff and students and symptomatic vaccinated staff or students who have recently had close contact with a person with a confirmed case of COVID-19 are required to stay home. See Quarantine & Isolation section below.**

**Close contact is defined as someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.**

**Exception:** In the Pre-K through 8th grade indoor classroom setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) where

- Both students were engaged in consistent and correct use of well-fitting masks; and
- Other K–12 school prevention strategies (such as universal and correct mask use, physical distancing, increased ventilation) were in place in the K–12 school setting.

**This exception does not apply to teachers, staff, or other adults in the indoor classroom**

setting.

## Quarantine and Isolation

The school will work directly with the County Public Health Department to determine close contacts, both indoors and outdoors of an individual who has tested positive for COVID-19, and the appropriate quarantine guidelines. In general, the following guidelines will apply.

### Quarantine for Vaccinated Close Contacts

Quarantine recommendations for **vaccinated** close contacts: Vaccinated staff and students must follow the [CDPH Fully Vaccinated People Guidance](#) regarding quarantine. **Quarantine or testing is not required if vaccinated staff and students are asymptomatic.**

### Quarantine for Unvaccinated Close Contacts Indoors - Both Parties Wearing a Mask

Quarantine recommendations for **unvaccinated students** for exposures when both parties were wearing a mask, as required in Pre-K - 8th grade indoor settings. These are adapted from the CDC K-12 guidance and CDC definition of a close contact.

- **When both parties were wearing a mask in the indoor classroom setting, unvaccinated students who are close contacts (more than 15 minutes over a 24-hour period within 0-6 feet indoors) may undergo a modified 10-day quarantine as follows. They may continue to attend school for in-person instruction if they:**
  - Are **asymptomatic**;
  - Continue to **appropriately mask**, as required;
  - Undergo at least **twice weekly testing** (minimum or 3 days apart) during the 10-day quarantine; and
  - Continue to **quarantine for all extracurricular activities at school, including sports, and activities within the community setting.**

### Quarantine for Unvaccinated Close Contacts Indoors - One Party Not Wearing a Mask

Quarantine recommendations for **unvaccinated close contacts** who were not wearing masks or for whom the infected individual was not wearing a mask during the indoor exposure; or unvaccinated students.

- For these contacts, those who remain **asymptomatic**, meaning they have NOT had any symptoms, may discontinue self-quarantine under the following conditions:
  - **Quarantine can end after Day 10 from the date of last exposure without testing;**
  - OR**
  - **Quarantine can end after Day 7 if a diagnostic specimen is collected after Day 5 from the date of last exposure and tests negative.**
- To discontinue quarantine before 14 days following last known exposure, asymptomatic close contacts must:
  - Continue daily self-monitoring for symptoms through Day 14 from last known exposure; AND
  - Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask

when around others, hand washing, avoiding crowds) through Day 14 from last known exposure.

- If any symptoms develop during this 14-day period, the exposed person must immediately isolate, get tested and contact their healthcare provider with any questions regarding their care.

### Isolation for Positive COVID-19 Case

Isolation recommendations: Both vaccinated and unvaccinated persons are to follow the [CDPH Isolation Guidance](#) for those diagnosed with COVID-19.

[Quarantine Flow Chart](#)

## Testing

Testing of symptomatic students or staff is strongly encouraged. **Staff and students who are symptomatic for COVID and do not wish to be tested, will be required to be quarantined for no less than 10 days.**

## General Measures

To determine current disease levels and control measures in our community and continue communication with local and state authorities. St. Rose Catholic School administration school will:

- Consult with our County Public Health Department, or designated public health staff, who are best positioned to monitor and provide advice on local conditions.
- Seek consultation from the Diocese of Monterey.
- Collaborate with other schools and school partners in our region, including the county office of education.
- Regularly review updated guidance from state agencies, including CDPH and California Department of Education.

## Limit Sharing

As a **mitigation strategy**, the school will:

- Suspend the use of site resources that necessitate sharing or touching items, e.g. drinking fountains.
- Limit use and sharing of objects and equipment, items such as electronic devices, clothing, toys, games, and art supplies to the extent practicable or limit use of supplies and equipment to one group of children at a time and clean between uses. Cleaning shared objects between uses (for example with microfiber cloths or baby wipes) can help to physically remove germs on surfaces.
- Ensure adequate supplies to minimize sharing of high-touch materials.

- Keep each student's individual belongings separated and in individually labeled storage containers, cubbies or areas.

## Maintain Healthy Operations

To **maintain a healthy operation**, the school will

- Monitor staff absenteeism and have a roster of trained back-up staff where available.
- Monitor symptoms among students and staff on school sites to help isolate people with symptoms as soon as possible.
- Designate a staff liaison to be responsible for responding to COVID-19 concerns. The liaison will be trained to coordinate the documentation and tracking of possible exposures, in order to notify local health officials, staff and families in a prompt and responsible manner. This will support local health department contact tracing efforts.
- Maintain communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures, exclusions, and closures, while maintaining confidentiality.
- Signage with prevention messages will be prominent throughout the campus, e.g, proper handwashing, coughing and sneezing etiquette.
- There will be set expectations for preventative behaviors, which will be modeled by all adults, e.g., sanitizing, disinfecting, proper use of PPE.

## Travel

For those who are Fully Vaccinated

- If students or staff are fully vaccinated, testing or quarantine is not required upon return.
- If students or staff are fully vaccinated and traveling internationally, follow [CDC testing guidelines for international travel](#) before and after return to the US. Please stay informed of CDC Destination Travel Alerts that will warn about high transmission rates in an area.

Recommendations for those who are Unvaccinated

- If students and staff are not vaccinated and choose to travel domestically, it is recommended to get tested with a viral test 1–3 days before travel and 3–5 days after travel. It is also recommended to stay home and self-quarantine for a full 7 days after travel.
- If students and staff don't get tested, it is recommended that they stay home and self-quarantine for 10 days after travel.
- If students and staff are not vaccinated, and traveling internationally, follow [CDC testing guidelines for international travel](#) before and after your return to the US.

## Confirmed or Suspected Case of COVID-19

### Confirmed Case of COVID-19

#### **In the event of a positive case, the school will:**

1. Notify the County Public Health Department of any newly reported case of COVID-19 in a student.
2. Notify the Diocesan Director of Human Resources of a newly reported case of COVID-19 in an employee
3. Report the following information within 24-hours from the time an individual within the school is first made aware of a new case:
  - a. The full name, address, telephone number, and date of birth of the individual who tested positive;
  - b. The date the individual tested positive, the school(s) at which the individual was present on-site within the 48 hours preceding the positive test or symptom onset, and the date the individual was last on-site at any relevant school(s); and
  - c. The full name, address, and telephone number of the person making the report.
4. If the case is present at school at the time the school is notified, the case must go home and be excluded from school for 10 days after symptom onset or positive test result. The County Public Health Department will direct how close contacts to the positive case will be treated.
5. Send a notice, developed in collaboration with the County Public Health Department, to parents and staff to inform them that a case of COVID-19 in a student or staff member has been reported and that the school will work with the County Public Health Department to notify exposed people based on the quarantine recommendations
6. Arrange for cleaning and disinfection of the classroom and primary spaces where case spent significant time

### Cluster or Outbreak Investigation

When either a school or County Public Health Department is aware that an outbreak may be underway, the County Public Health Department will investigate, in collaboration with the school, to determine whether these cases had a common exposure at school (e.g., a common class or staff member, bus ride, or other common exposures outside of school). During the investigation, the school will:

1. Notify parents/guardians and school staff of a cluster/outbreak investigation related to the school and encourage them to follow public health recommendations.
2. Identify absenteeism among those in affected classes or stable groups, and coordinate with the County Public Health Department to contact these absentees to screen for symptoms of COVID-19 if they were exposed to a case during the case's infectious period.
3. Coordinate with the County Public Health Department to share a line list of cases and contacts with dates present at or absent from school.

4. Arrange for cleaning and disinfection of classrooms or other areas where cases or symptomatic students or staff members spend significant time.
5. Coordinate with the County Public Health Department on notifications to the school community, including specific notifications of stable groups or classrooms regarding their exclusion status and instructions based on quarantine recommendations.

#### School Closure

6. Coordinate with the County Public Health Department on whether and when the school should be closed and reopened.
7. Notify the school community if the school is to be closed for 14 days due to widespread and/or ongoing transmission of SARS-CoV2 at the school or in the general community, and repeat recommendations for prevention and control measures
8. Implement online/distance teaching and learning during school closure.
9. Arrange for cleaning and disinfection of the entire school before reopening in the case of closure.

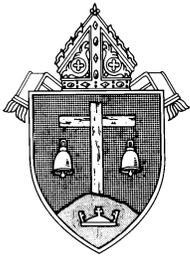
## Educational Protocol for Students and Families

**Students who are not at school due to experiencing COVID - 19 symptoms, are COVID positive, or are required to quarantine per CDPH guidelines will be able to continue their education from home until they are able to return to school per the previously stated under Symptoms and Close Contact Screening - Quarantine and Isolation.**

In an attempt to balance our educational expectations, the experience of those students in the classroom and those that are unable to attend in-person due to COVID reasons/illness, teacher workload, and curricular expectations/requirements, live streaming Zoom sessions during the school day will not be held as they were during the 2020 - 2021 school year. Students will still have the opportunity for a daily (Monday - Thursday) touch-base after school with their teacher(s). The protocol for grades K - 8 will be as follows:

- **K - 5 students:** All students will do asynchronous (working on their own) work during the day. All classroom teachers will offer a **15-minute zoom session after school Monday - Thursday** so that students who are out **due to COVID related reasons/illness** will have the opportunity to ask questions and get help. Zoom sessions will be kept to **15 minutes daily** and will begin no later than **3:05**. If no touch-base eligible students enter the room by 3:10, teachers may shut down their open Zoom room. These touch base Zooms may **be done in conjunction with a teacher's regularly scheduled after school tutoring session**. These COVID/illness-related touch base sessions will end at 3:20. **St. Rose Catholic School administration and staff will reassess and refine as necessary.**
- **6 - 8 grade students:** Due to the fact that middle school students have a larger array of classes and teachers subject touch-base sessions will be available twice per week Monday - Thursday. The schedule for this touch base will be determined prior to the first day of school.

All **students will do asynchronous** (working on their own) **work during the day**. All teachers will offer two **15-minute zoom sessions per subject after school Monday - Thursday** so that students who are out **due to COVID related reasons/illness** will have the opportunity to ask questions and get help. Zoom sessions will be kept to **15 minutes daily** and will begin no later than **3:05**. If no touch-base eligible students enter the room by 3:10, teachers may shut down their open Zoom room. These touch base Zooms may **be done in conjunction with a teacher's regularly scheduled after school tutoring** session. These COVID/illness-related touch base sessions will end at 3:20. **St. Rose Catholic School administration and staff will reassess and refine as necessary.**



MEMORANDUM

TO: All School Workers  
FROM: Kimberly Cheng, Superintendent of Schools  
DATE: September 24, 2021  
RE: Vaccine Verification for Workers in Schools

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Dear School Workers,

Thank you for all of your hard work as we provide in-person learning for our students this school year. I am writing to explain the State Public Health Officer Order of August 11, 2021, "COVID-19 Vaccine Verification for Workers in Schools," and the Diocese of Monterey's implementation of this requirement. The order can be accessed here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Order-of-the-State-Public-Health-Officer-Vaccine-Verification-for-Workers-in-Schools.aspx>

The California Department of Public Health is requiring all schools to verify the COVID-19 vaccination status of all school workers. Asymptomatic unvaccinated or incompletely vaccinated workers are required to undergo diagnostic screening testing at least once weekly.

"Worker" refers to all paid and unpaid adults serving in the school settings. Workers include, but are not limited to, certificated and classified staff, analogous staff working in private school settings, and volunteers who are on-site at a school campus supporting school functions.

The Order went into effect on August 12, 2021 and facilities must be in full compliance by October 15, 2021.

Policy: The Diocese of Monterey will fully comply with the State Public Health Officer Order of August 11, 2021 to verify the COVID-19 vaccination status of school workers and to implement a weekly testing program for unvaccinated or incompletely vaccinated school workers.

Procedure for School Employees:

1. Each school employee must verify his or her vaccination status with the school's principal by October 1, 2021.

2. Asymptomatic unvaccinated or incompletely vaccinated school employees are required to undergo diagnostic screening testing at least once weekly (or every seven days) beginning the week of October 10, 2021.
3. Any PCR (molecular) or antigen test used must either have Emergency Use Authorization by the U.S. Food and Drug Administration or be operating per the Laboratory Developed Test requirements by the U.S. Centers for Medicare and Medicaid Services.
  - a. The use of a self-administered rapid antigen test or of a home test kit must be completed in the presence of school staff.
4. If an employee tests positive, he or she will have to isolate for 10 days in accordance with the Diocese of Monterey's Cal/OSHA COVID-19 Prevention Program.
5. Employees must provide their test results to their principal once the results are received. All test results will be kept in a confidential medical file.
6. Non-exempt employees should record the time spent obtaining the test on his or her timesheet.

Procedure for Other School Workers (Volunteers):

1. Determine with the school principal if a volunteer is a "regular volunteer" or a "non-regular volunteer".
  - a. "Regular volunteers" are those who volunteer on a daily or weekly basis, including, but not limited to, yard duty supervisor, hot lunch volunteer, library helper, classroom volunteer, coach, etc.
  - b. "Non-regular volunteers" are those who volunteer infrequently or for a special event, including, but not limited to, class field trip, school fundraiser, etc.
2. All school volunteers must verify his or her vaccine status with the school at least one week prior to volunteering.
3. Regular volunteers: Asymptomatic unvaccinated or incompletely vaccinated regular volunteers are required to undergo diagnostic screening testing at least once weekly (or every seven days) beginning the week of October 10, 2021.
4. Non-regular volunteers: Asymptomatic unvaccinated or incompletely vaccinated non-regular volunteers must undergo diagnostic screening testing within seven days prior to volunteering and submit their results prior to volunteering.
5. Any PCR (molecular) or antigen test used must either have Emergency Use Authorization by the U.S. Food and Drug Administration or be operating per the Laboratory Developed Test requirements by the U.S. Centers for Medicare and Medicaid Services.

- a. The use of a self-administered rapid antigen test or of a home test kit must be completed in the presence of school staff.
6. If a volunteer tests positive, he or she will have to isolate for 10 days and will not be able to volunteer for the school during the isolation period.
7. Volunteers must provide their test results to the school office once the tests are received. All test results will be kept in a confidential medical file.

Testing Information:

To learn about your local testing options, please contact your school principal, visit your county's health department webpage, or visit <https://covid19.ca.gov/get-tested/>.

There are no out-of-pocket costs for COVID-19 testing at a testing site. An insured person can get a COVID-19 test when needed by any provider, in or out of their health plan network, at no cost. If an individual is uninsured, the government pays for the test.

For more information about free COVID-19 testing, please see this additional resource from California's Department of Managed Health Care:

<https://www.dmhc.ca.gov/Portals/0/Docs/DO/COVID-TestingFactSheet.pdf>

There are many free testing options in our counties. Since free testing options are available, the school will not cover the costs of self-purchased test kits.

Thank you for your cooperation with the Diocese of Monterey's implementation of the State's vaccine-or-test requirement. It is through our collective actions and diligence that we continue to provide safe and healthy environments for all those in our Catholic schools.

Autumn Blessings,



Kimberly Cheng  
Superintendent of Schools



## COUNTY OF SAN LUIS OBISPO HEALTH AGENCY

### PUBLIC HEALTH DEPARTMENT

**Michael Hill** *Health Agency Director*

**Penny Borenstein, MD, MPH** *Health Officer/Public Health Director*

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Date: December 1, 2021  
To: All Individuals, Businesses, and Organizations in SLO County  
Subject: **COVID-19 Requirements and Best Practices:  
Youth Sports and Extracurricular  
Activities**

**12/01/21 Updates:** Limited to the K-12 school setting only– Schools are now required to perform weekly screening testing of all athletes on a team, vaccinated or not, if the school deems that wearing a mask indoors during heavy exertion is not practical. Weekly screening testing is also required for musicians playing wind instruments if a bell cover is not used.

**10/18/21 Updates:** The testing and duration of quarantine guidance has changed to align with updated K-12 School Guidance from the California Department of Public Health.

This document summarizes the requirements and best practices for youth sports and extracurricular activities in San Luis Obispo (SLO) County and applies to all public and private schools and youth-serving organizations in SLO County. In this context, youth sports and extracurricular activities include small and large groups that gather in person for activities, which may or may not be affiliated with a school or organization.

#### KEY FACTS:

- In addition to community transmission levels, factors specific to each activity influence the level of transmission risk. Outdoor or indoor activities, indoor ventilation, the number of participants, their vaccination status, if masks are worn, the level of exertion, and the frequency and duration of close contact.
- Mixing groups or teams outside the community increases risk for participants and attendees and contributes to the spread of COVID-19 disease and variants across communities.
- Besides the event itself, group travel to and from events and associated social activities are often the source of COVID-19 transmission among youth groups.
- Forceful breath and vocalizations in activities such as singing, vocal projection, and playing wind instruments produce more respiratory droplets and aerosols than typical breathing or talking. Unlike typical droplet particles emitted with normal breathing and talking, aerosols

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#### Public Health Department

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## County of SLO Public Health Department COVID-19 Requirements and Best Practices: Youth Sports and Extracurricular Activities

travel farther and remain in the air much longer and can be inhaled deep into the respiratory tract.

- Respiratory aerosols build up in enclosed spaces with inadequate ventilation, which can lead to virus concentrations in the air if a performer is infectious. Prolonged exposure to these conditions increases risk. The risk from infectious aerosolized particles is reduced when the particles can dissipate quickly, such as outdoors and in sufficiently ventilated indoor spaces.
- Leagues and clubs do not have the authority to contradict or override requirements issued by local and state public health agencies.
- Vaccination continues to be the primary method to reduce transmission.

### REQUIREMENTS:

- Masks are required for all individuals regardless of vaccination status in all public indoor settings<sup>1</sup> with the limited exceptions noted below. Masks are always required indoors for participants, referees, officials, coaches, other support staff and volunteers, spectators, and observers.<sup>1</sup>
- Requirements for employees are different than those for attendees. Employers must follow the [Cal/OSHA COVID-19 Prevention Emergency Temporary Standards \(ETS\)](#).
- Note that the directives in a [SLO County Health Officer Order](#) must be followed when they are more stringent than a State requirement, including those from CDPH and Cal/OSHA ETS.<sup>1</sup>
- Any face mask that becomes wet or saturated with sweat must be replaced immediately.
- **Exceptions:**<sup>2</sup>
  - The American Academy of Pediatrics has determined that wearing masks during certain activities could pose a safety hazard if caught on an apparatus or impairing vision, therefore, the following activities are exceptions to the requirement for wearing a mask during indoor play:<sup>3</sup>
    - Competitive cheer involving tumbling, stunting, flying, spotting, or building
    - Gymnastics involving fixed apparatus or aerials
    - Wrestling
    - Water sports (do not wear wet masks)
  - If the above activities are played indoors without masks, then all the players and associated staff, regardless of vaccination status, must be tested at least weekly for COVID-19 with PCR or antigen testing.<sup>4</sup>

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<sup>1</sup> In San Luis Obispo County, all individuals are required to follow the [September 1, 2021 SLO County Health Officer order requiring face coverings in all public indoor settings](#) in addition to the [CDPH Guidance for Face Coverings](#) and the [CDPH COVID-19 Public Health Guidance for K-12 Schools in California](#).

<sup>2</sup> Also applies to sports operated or supervised by schools, and all activities that occur on a school site, whether or not they occur during school hours per [COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#).

<sup>3</sup> American Academy of Pediatrics, [COVID-19 Interim Guidance: Return to Sports and Physical Activity- When should face masks be worn?](#)

## County of SLO Public Health Department COVID-19 Requirements and Best Practices: Youth Sports and Extracurricular Activities

- Masks removed for the above safety reasons must be put back on when not in active play.
- **Exceptions for K-12 school activities only:**<sup>2</sup>
  - Indoor sports– If masks are not worn because school officials deem that wearing a mask during heavy exertion when actively practicing, conditioning, or competing indoors is not practical, then all players, regardless of vaccination status, must undergo screening testing for COVID-19 at least once weekly.<sup>4</sup>

Players must wear masks at all other times indoors when not actively practicing, conditioning, competing, or performing, which includes on the sidelines, in team meetings, and within locker rooms and weight rooms.
  - Band– Musicians may play wind instruments indoors without specialized masks if bell coverings are used on the instruments AND a minimum of 3 feet of physical distancing is maintained between participants. If bell covers are not used, then the musicians playing wind instruments must maintain a minimum of 6 feet of distance from others AND undergo screening testing at least once weekly.<sup>4</sup>

Specialized mouthpiece masks for wind instruments are recommended but are not a substitute for bell covers. Specialized mouthpiece masks may be worn only while actively performing and must be replaced with a standard mask at all other times indoors.

### BEST PRACTICES:

- Move indoor activities outdoors when possible.
- Encourage everyone to get vaccinated. Besides protecting an individual's health and the health of those around them, a team or group of fully vaccinated participants will not miss out on games and practices because of quarantine.
- Ensure indoor ventilation meets or exceeds current standards in the [CDPH Interim guidance for Ventilation, Filtration, and Air Quality in Indoor Environments](#).
- Inform parents and guardians of increased risk of COVID-19 transmission associated with indoor activities and crowded or close-contact outdoor activities. Incorporate notification of increased risk into standard consent form.
- Do not use indoor showers, saunas, or other indoor vapor generators in locker rooms or gyms.
- See [County of SLO COVID-19 Requirements and Best Practices: Hosting Large Events](#). Notify attendees of indoor mask requirements in advance, if possible, and issue reminders during events as needed. Have masks available to attendees upon request.
- Prohibit indoor eating and drinking and provide a designated outdoor area for eating and drinking.

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<sup>4</sup>FDA-approved PCR, antigen, or pooled PCR test is acceptable, though self-collection tests must be observed by a trained observer or clinician. Exclude from regular screening testing individuals who have tested positive for COVID-19 within the last 90 days and are asymptomatic.

## County of SLO Public Health Department COVID-19 Requirements and Best Practices: Youth Sports and Extracurricular Activities

- Wind musicians and vocalists should face away from other musicians, indoors and outdoors, and maintain at least 12 feet distance from audience members. Wind musicians should never empty spit valves on the floor. Recommend using a puppy pad (or similar) to catch the contents of the spit valve and discard. Sanitize hands after discarding pad.
- Limit indoor practice time for vocal arts and wind instruments. In spaces with good ventilation rates (minimum of 3 air exchanges per hour) and HEPA filtration, indoor limit rehearsal times up to 50 minutes (or longer if higher air change rates).<sup>5</sup>
- Use a microphone to amplify voice instead of projecting vocalizations and consider disposable microphone covers if performers will be sharing a mic.
- Consider weekly screening testing (PCR or antigen) of all unvaccinated participants, including coaches and staff, for high-risk outdoor sports and during times of high community transmission. High-risk sports include those with frequent or sustained close contact with others during increased exhalation. High-risk sports include basketball, football, wrestling, water polo, boxing, martial arts, soccer, rugby, roller derby, cheer, and stunt.
- Masks are strongly recommended for all individuals regardless of vaccination status when in a crowded outdoor setting.
- Avoid traveling in vehicles with others outside your family. If you do, always wear masks, allow outside air to circulate as much as comfortable, and maintain distance as much as possible. If sharing a room during overnight stays is necessary, keep masks on indoors and remove only when eating, sleeping, and showering.
- Exclude anyone who is under an isolation order because they have tested positive or is under a quarantine order because they have been in close contact with a positive person. See [CDPH Guidance for Isolation and Quarantine for COVID-19](#).
- Fully vaccinated youth and adults without symptoms do not need to quarantine if they have been a close contact to an infected person. However, testing 3-7 days after last contact is strongly recommended, even for the fully vaccinated.
- Any participant with symptoms, regardless of their vaccination status, should be excluded from participation and tested for COVID-19. The presence of any single symptom consistent with COVID-19 warrants testing and exclusion from participation until symptoms have improved and the participant has received a negative test. See [CDPH Guidance for Isolation and Quarantine for COVID-19](#).
- COVID-19 symptoms include fatigue, headache, sore throat, runny nose or congestion, fever, chills, fatigue, muscle or body aches, cough, shortness of breath, loss of taste or smell, nausea, vomiting, and diarrhea.
- Allowing a child with symptoms to participate in sports or extracurricular activities places all other participants at risk. It is better to miss one or two days of practice or competition to get tested than be responsible for an outbreak that shuts down a team or activity for two weeks.
- Whenever a confirmed case is identified among participants in a sport or extracurricular activity, ensure that all unvaccinated close contacts quarantine and get tested. Any vaccinated close contacts should also get tested, although they are not required to quarantine.

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<sup>5</sup> [International Coalition Performing Arts Aerosol Study Updated Guidelines 7/9/21](#)

## County of SLO Public Health Department COVID-19 Requirements and Best Practices: Youth Sports and Extracurricular Activities

- A close contact is defined as someone who was within 6 feet of a known case (person infected with COVID-19) for a total of 15 minutes or more over a 24-hour period, even if everyone wore masks.
- At a minimum, a phone or telemedicine consultation with a physician is recommended prior to return to play in accordance with the [American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports and Physical Activity](#).