



Fairfield Union Bands

Safety and Wellness Protocols for Skills Training & Rehearsals

PRE-PLANNING

- These safety protocols will be shared regularly prior to any in-person skills training or rehearsals.
- Participants must know the symptom of COVID-19 (please see page 2). Before rehearsals, instructors and students will be asked to follow the Social Distancing Protocols (please see page 3). Staff will also complete the monitoring form.
- Virtual learning will occur as much as possible to limit contact time and increase the efficiency of in-person rehearsals.
- Any participants who are not comfortable with attending will be given distance learning alternatives until he/she feels comfortable returning.
- Virtual announcements and meetings will be utilized as much as possible.
- When arriving for the first rehearsal, participants must bring a completed Waiver of Liability form (please see end of packet).

COVID-19 SYMPTOMS

Symptoms



Fever



Cough



Shortness of breath



Chills



Repeated shaking with chills



Muscle pain



Headache



Sore throat



New loss of taste or smell

2–14 days

Symptoms may appear 2-14 days after exposure to the virus.

Emergency warning signs

Seek medical attention immediately if experiencing any of these symptoms:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Source: Centers for Disease Control and Prevention
(<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)



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Social Distancing Protocols

As schools continue to explore the uncharted territory of bringing employees and students back into the schools during a pandemic, employers must grapple with what returning to work will look like. Schools are encouraged to keep their policies consistent with guidance provided by the State of Ohio and the CDC. As of April 30, 2020, school protocols have the following mandates:

- Everyone will be required to conduct self-assessments every day prior to reporting to the workplace. Specifically, employees are required to ask themselves:
 - Do I have a temperature of 100.4 or higher? If so, the employee and student must stay home.
 - Within the last 24 hours, have I experienced new symptoms consistent with a viral syndrome such as fever, cough, shortness of breath, chills/shaking, muscle pain, headache, sore throat, or loss of taste/smell? If so, the employee or student must stay home.
 - Within the last 24 hours, has anyone I live with experienced symptoms consistent with a viral syndrome such as fever, cough, shortness of breath, chills/shaking, muscle pain, headache, sore throat, or loss of taste/smell? If so, the employee or student must stay home.
- Masks are required of all employees and students unless it is not advised because of health reasons. Masks are not required if an employee is working alone in a closed workspace or if there is a practical reason that a mask cannot be worn. Masks are also not required during athletic conditioning as outlined in the guidelines for sports.
- Maintain at least six feet distance between people whenever possible.
- Everyone must wash their hands often. Also, all surfaces should be wiped with sanitizer after use.
- There should not be more than 10 people in any indoor environment.

Failure to comply with these rules without a reasonable justification may result in discipline or removal from the premises.

ARRIVAL

- There will be staggered arrival times for larger ensembles.
- Participants are strongly recommended to travel to the venue alone or with a member of their immediate household. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Participants will be asked to remain in their vehicles if six-foot physical distancing cannot be maintained while entering the facility.
- Participants must know the symptoms of COVID-19. Upon arrival, instructors and students will be asked to self-evaluate symptoms. Anyone experiencing symptoms, or anyone who has had direct contact with those experiencing symptoms (i.e. family members) will be sent home.
- All participants and employees must adhere to six-foot physical distancing while at the facility/practice field.
- Participants will bring instruments and equipment from home, with the exception of a limited number of large instruments.
- Shared equipment or instruments will typically not be permitted. If equipment must be shared, proper sanitation should be administered between users (i.e. a school-owned marimba). No wind instruments will be shared.
- There will be staggered access to any storage areas needed for large instruments (e.g., percussion, tubas, etc.) to allow adherence to six-foot physical distancing.

REHEARSAL

- Teachers and participants must adhere to physical six-foot distancing.
- Teachers and employees must wear face coverings at all times.
- Participants must wear face coverings at all times while not actively participating in music making.

REHEARSAL (continued)

- Anyone experiencing symptoms during rehearsals will be immediately isolated and sent home.
- No team water coolers or shared drinking stations. Participants must bring individual water containers. Containers should be large enough to prevent refilling during the duration of the rehearsal.
- Rehearsals will be held outside whenever possible.
- During outdoor rehearsals, participants must have personal towels for perspiration to minimize hand to face contact.
- Whenever possible, rehearsals will be divided into smaller groups (called sectionals).
- Virtual announcements and meetings will be utilized as much as possible.

SAFETY PROTOCOLS FOR PARTICIPANTS

- Participants must adhere to six-foot social distancing practices during rehearsal.
- Participants must know the symptoms of COVID-19. Upon arrival, instructors and students will be asked to self-evaluate symptoms. Anyone experiencing symptoms, or anyone who has had direct contact with those experiencing symptoms (i.e. family members) will be sent home.
- Participants must wear face coverings at all times while not actively participating in music making.
- Participants will refrain from high fives, handshakes, and other physical contact with others.
- Participants must not share water, equipment or instruments. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, instruments, and other items needed for rehearsal.
- Regular hand washing and hand sanitizing are recommended. Participants will be encouraged to use hand sanitizer when handwashing facilities are not available.

SAFETY PROTOCOLS FOR PARTICIPANTS (continued)

- Participants will be asked to carefully observe that all other participants are following these protocols. Any concerns must be brought to an instructor.

SAFETY PROTOCOLS FOR INSTRUCTORS

- Instructors must adhere to six-foot social distancing practices.
- Instructors must wear face coverings at all times.
- Instructors must know the symptoms of COVID-19. Upon arrival, instructors will be asked to self-evaluate symptoms. Anyone experiencing symptoms, or anyone who has had direct contact with those experiencing symptoms (i.e. family members) will be sent home.
- Instructors will refrain from high fives, handshakes, and other physical contact with others.
- Instructors will ensure that participants are following these protocols and will immediately follow up with any concerns.
- Instructors will ensure that participants are adhering to social distancing at all times.
- Regular hand washing and hand sanitizing are recommended. Participants will be encouraged to use hand sanitizer when handwashing facilities are not available.

SAFETY PROTOCOLS FOR PARENTS & VOLUNTEERS

- Those who are not directly participating or instructing will not be permitted to enter our rehearsal facilities unless the band director finds it essential.
- Parents and volunteers who are deemed essential will follow all protocols that are followed by the instructors (see above).

DEPARTURE

- All participants and instructors must adhere to six-foot physical distancing while exiting the facility and/or practice field.
- Individuals should not congregate in common areas or parking lot following the event or practice.
- Individuals should not exchange items.
- Virtual announcements and meetings will be utilized as much as possible.
- All personal belongings, including instruments and band equipment, will be taken home after each rehearsal.
- There will be staggered departure times, especially for larger ensembles.
- There will be staggered access to any storage areas needed for large instruments (e.g. - percussion, tubas, etc.) to allow adherence to six-foot physical distancing.
- Participants are strongly recommended to travel home alone or with a member of their immediate household. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Participants will be asked to wait if six-foot physical distancing cannot be maintained while entering their vehicles.

AFTER REHEARSAL

- Adequate cleaning will be done for all band facilities to mitigate any communicable diseases.
- Participants must know the symptoms of COVID-19. Between rehearsals, instructors and students will be asked to contact the band director/staff if experiencing symptoms, or anyone who has had direct contact with those experiencing symptoms (i.e. family members). The director will then pass this information immediately to school administration.

AFTER REHEARSAL (continued)

- Virtual learning will occur as much as possible to limit contact time and increase the efficiency of in-person rehearsals.
- These guidelines are in effect and adhere to the governor's current safety guidelines as of 6/1/2020. Any updates or changes to this document will be communicated promptly to all participants, instructors, and their families.

FAIRFIELD UNION HIGH SCHOOL MARCHING BAND
VOLUNTARY SKILLS TRAINING PROCEDURES AND SAFETY
REQUIREMENTS SUMMER 2020

ACKNOWLEDGEMENT

- The District will adhere to any and all state orders and/or recommendations.
- The governmental leadership in the state of Ohio, or that of the school district, may halt or regress the plan as described below if deemed necessary.
- The District's goal for this summer is to allow students to participate in approved activities where it can be done safely.
- All advisors/directors/instructors, including volunteers, must be Board approved prior to sessions including all background checks.
- No advisors/directors/instructors, including volunteers, will be permitted to participate in any events this summer without first attending a meeting with the marching band director & high school principal to review procedures.
- All advisors, directors, instructors will be required to sign agreement acknowledging their choice to hold summer sessions is voluntary and is not being required by the district.
- Summer participation is voluntary/optional for students as well and may not be used a punitive measure.
- No events or practices may be held off-site. Only Fairfield Union High School may be accessed. The use of indoor facilities should only occur if absolutely necessary.
- All session dates and times must be approved by the principal to reduce conflicts with other activities.
- Sessions may not begin until authorization is received from the Fairfield Department of Health and the Superintendent.

ACKNOWLEDGEMENT (continued)

- Report all presumed or confined COVID-19 cases or exposures to your supervisor and administrator.
- "Vulnerable individuals" are defined by the Center for Disease Control (CDC) as people age 65 and older and others with serious underlying health conditions. These conditions include, but are not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy.
- Every school/program should start at Phase One of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14-day period, a school may progress to Phase Two, where a new 14-day period of tracking of cases should begin. If there is another 14-day downward/flat trajectory of cases, schools may progress to Phase Three.

FACE COVERING GUIDANCE

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.
 - a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.”
 - b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, OHSAA recommends the following:
 - i. ODH and/or school district guidelines for cloth face coverings should be followed.
 - ii. Cloth face coverings are acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
 - iii. Exceptions include swimming, distance running or other high intensity aerobic activity. In these activities, cloth face coverings may be worn when not engaging in vigorous activity, such as before or after

instruction, or any time spent on the 'sidelines' when physical activity is not being performed.

- iv. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during play. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- v. Coaches are recommended to wear cloth face coverings during instruction.

PHASE ONE

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Please see the sample OHSAA COVID-19 Monitoring sheet provided.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. Your school should create a plan for how these documents are filed.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals (as defined above) should not oversee or participate in any workouts during Phase One.

Limitations on Gathering:

- Gatherings should not consist of more than 10 people at a time (inside or outside), to include all participants and coaches.
- Locker rooms should not be used during Phase One. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same 5-10 people (including coaches) always working out together. Smaller pods should be used for weight training.
- **There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.**

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.
- Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
- There should be a focus on resistance training with body weight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

PHASE TWO

Pre-Workout/Contact Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Please see the sample OHSAA COVID-19 Monitoring sheet provided.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals should not oversee or participate in any workouts during Phase Two.

Limitations on Gatherings:

- Gatherings should not consist of more than 10 people at a time inside. Up to 50 people may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there should be a minimum distance of 6 feet between each individual at all times.
- Indoor workouts should be conducted in "pods" of students with the same 5-10 people (including coaches). Smaller pods should be utilized for weight training.
- **There should be a minimum distance of 6 feet between each individual at all times. Appropriate social distancing should be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.**

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Lower risk sports practices may resume.
- Modified practices may begin for Moderate Risk sports/activities.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

PHASE THREE

Pre-Workout/Contact Screening:

- Any person who has had a fever or cold symptoms in the previous 24 Hours should not be allowed to take part in workouts and should contact his/her medical provider.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed/implemented.

Limitations on Gatherings:

- Gatherings sizes of up to 50 individuals, indoors or outdoors, could resume.
- **When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.**

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices may begin.
- Modified practices may begin for High Risk sports/activities.
 - Continue pre-practice screening as in Phases One and Two. Shower immediately after practices/workouts.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout.

RESOURCES

- Center for Disease Control and Prevention: <https://www.cdc.gov/>
- National Federation of State High School Associations (NFHS): <https://www.nfhs.org/>
- Ohio Department of Health-Covid-19 Site: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
- Ohio Department of Health -Sector Specific Operating Requirements: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/Sector-Specific-Operating-Requirements/>
- Ohio High School Athletic Association: <https://www.ohsaa.org/>

**WAIVER OF LIABILITY, ACKNOWLEDGMENT AND ASSUMPTION
OF RISK AGREEMENT FOR USE OF SCHOOL FACILITIES
AND EQUIPMENT DURING SUMMER BREAK**

Participant Name: _____ (Please Print)

On March 11, 2020, COVID-19, a highly contagious disease that is spread through person-to-person contact was declared a worldwide pandemic by the World Health Organization and on March 13, 2020, U.S. President Donald Trump declared the COVID-19 outbreak a national emergency. On March 12, 2020, the Director of the Ohio Department of Health (“ODH”) ordered K-12 schools to close. On March 17, 2020, the Director of ODH ordered all entertainment, recreation, and gymnasiums to close until the March 17, 2020 Order is rescinded or modified. On April 29, 2020, the Director of ODH ordered that all K-12 schools remain closed through June 30, 2020 due to COVID-19. On May 21, 2020, the ODH rescinded the March 17, 2020 order prohibiting recreational facilities and gymnasiums from opening. Additionally, schools and educational service centers are permitted to allow students to use the school facilities to participate in school activities.

Given the widespread outbreak and the possibility of COVID-19 being contracted, federal, state, and local governments, and federal and state health agencies, recommend social distancing and have, in many locations, prohibited or limited the congregation of groups of people. As a result, the Fairfield Union Board of Education (“Board”) has put in place preventative measures to reduce the spread of COVID-19. Even with these measures, the Board cannot guarantee that its students or other individuals, participating in recreational or organized athletic or training and conditioning activities (“Participants”) at Board athletic facilities, stadiums, weight room, gymnasiums, or similar venues (“Facilities”) and using Board equipment (“Equipment”) will not become infected with COVID-19.

By signing this agreement, the Participant agrees that:

1. Use of Board Facilities and Equipment during summer break is voluntary;
2. While at Board Facilities and using Board Equipment, all safety and social distancing protocols as described in the Board’s Social-Distancing Procedures (see attachment) must be followed;
3. The Participant will not use the Facilities or Equipment if his/her temperature is above 100.4 degrees Fahrenheit on any day that the Participant is to participate in any activity, or if the Participant has been exposed to any person who has tested positive for COVID-19 in the past fourteen (14) days;
4. COVID-19 is contagious, and the Participant understands it is the sole responsibility of the Participant and his/her parent/guardian as applicable, to evaluate carefully all risks inherent in using the Board’s Facilities and Equipment. The Participant and his/her parent/guardian as applicable voluntarily assumes full responsibility for the risk that the Participant may be exposed to or infected by COVID-19 by using the Board’s Facilities and Equipment, and that such exposure or infection may result in personal injury, illness, permanent disability, death or other damages or expenses;

5. The risk of becoming exposed to or infected by COVID-19 at Board Facilities may result from the actions, omissions, or negligence of the Participant or others, including, but not limited to, Board students, staff, volunteers, and guests;
6. The Participant assumes all of the foregoing risks and accepts sole responsibility for any injury to the Participant including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that the Participant or their parent/guardian may experience or incur in connection with Participant's use of Board Facilities or Equipment ("Claims");
7. The Participant releases and agrees to hold harmless and indemnify the Board, its members, employees, and agents, from any and all liability, arising from negligence or otherwise, and any damages as a result of the Participant's use of the Board's Facilities or Equipment, including but not limited to property damage and any mental or physical bodily injury, including death; and
8. This release includes any Claims based on the actions, omissions, or negligence of the Board, its members, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after use of the Board's Facilities or Equipment.
9. The foregoing WAIVER OF LIABILITY, ACKNOWLEDGMENT, AND ASSUMPTION OF RISK AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the remaining provisions of this Agreement shall, notwithstanding, continue in full legal force and effect.

I, the undersigned, have read the above carefully, understand its significance, and voluntarily agree to all of its terms. If the student is under 18 years of age, this Agreement must be signed by the student's parent or guardian. For divorced/separated parents, the parent/guardian signing below attests that he/she has legal authority to provide consent for the student to attend Board activities and use its Facilities and Equipment and to execute this Waiver of Liability, Acknowledgment, and Assumption of Risk Agreement.

 Printed Name of Student

 Signature of Student

 Date

If student is a minor, either a parent or guardian must sign below, if they agree with the terms of this Agreement.

 Printed Name of Parent/Guardian

 Signature of Parent/Guardian

 Date