

RETURN TO LEARN PLAN



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Bishop O’Gorman Catholic Schools

Mission

....to form a community of faith and learning by promoting a Catholic way of life through Gospel values and academic excellence.

Vision

Bishop O’Gorman Catholic Schools will be a Christ-centered community providing a financially viable, world-class education for an increasing number of children.

Core Values

Faith - Exemplify Gospel values in our daily lives

*Now faith is confidence in what we hope for and assurance about what we do not seen.
(reference to Hebrews 11:1)*

Integrity - Adhere to the highest ethical standards

*There once was a man named Job who lived in the land of Uz. He was blameless - a man of complete integrity. He feared God and stayed away from evil.
(reference to Job 1:1)*

Excellence – Strive to deliver superior results

*Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
(reference to Philippians 4:8)*

Unity – Support & contribute to the success of the organization

Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. (reference to Ephesians 4:2-3)

Overview

Our expectation is that the COVID-19 pandemic will challenge our schools throughout the 2020-2021 school year. Even if a vaccine is developed soon, the widespread distribution and administration will more than likely stretch through the end of our school year. Until that time, we have implemented new procedures aimed at protecting our staff and students while providing our schools with the best chance of being able to deliver in-person instruction. It is also possible that our understanding of the virus and guidance could very well change. Given the fluidity of the situation, our return to learn plan will be constantly evaluated for necessary modifications.

We are guided by our desire to keep our school community members safe, to minister to the mental and spiritual health of our students and staff, and to continue to provide an excellent educational experience. We will continue to seek guidance from our local health officials, South Dakota Department of Health (SD-DOH), American Academy of Pediatrics (AAP) and the Centers for Disease Control (CDC). The most important component of our return to learn plan is a cooperative partnership with parents/guardians, staff and students, where individuals commit to:

- staying home if sick
- practicing good hygiene
- practicing physical distancing whenever possible

Our return to learn plan includes three different instructional models including traditional in-person learning, hybrid learning, and distance learning. We expect that during the 2020-21 school year, we could see localized school closures. Our schools could potentially have one closed while the other school buildings stay open depending on what is occurring in a specific school building. If one of our buildings is closed, we will move to distance learning. Feedback from our teachers, students, and parents played a role in the development of our plan for distance learning. Processes and expectations related to distance learning will be taught to our students within the first weeks of the school year in case this scenario becomes necessary.

We will begin the 2020-2021 school year with in-person learning. It is a reality, however, that some of our vulnerable students and staff might not return to face-to-face instruction out of an abundance of caution. **If you believe your child will not be able to attend in-person learning, please contact your building principal no later than Friday, July 31, 2020. Students who choose distance learning will have the option at semester to remain in distance learning or to return to in-person learning.**

In addition to networking with multiple school districts, we consulted the following sources in creating this plan:

- Avera Health
- American Academy of Pediatrics (AAP)
- Center for Disease Control (CDC)
- City of Sioux Falls Public Health
- National Federation of High Schools
- National Association of School Nurses
- Sioux Falls Emergency Operations Center
- South Dakota Department of Health (SD-DOH)
- South Dakota High School Activities Association (SDHSAA)
- South Dakota Department of Education (*including weekly superintendent meetings*)

Goal

Create a safe environment that provides us with the best opportunity to keep our students and staff in school learning and teaching in-person throughout the entire school year.

Assumptions

- COVID-19 will continue to spread, with or without a vaccine, through the 2020-21 school year.
 - We will provide in-person learning throughout the 2020-21 school year.
 - We will take practical steps to mitigate spread of the virus while continuing to focus on student learning.
 - We will partner with our parents/guardians in providing the best Catholic education possible.
 - We will make decisions based on scientific information at the time, current status of virus spread in and around the school community, and best interests of staff, students, and families.
-

Guiding Principles

- We want to honor Christ with our decisions by taking care of those in our school community and the larger Sioux Falls community. We want to utilize our time, talents, and treasures to maximize our impact during these difficult times. Our success will require all of us to come together as a community of faith.
- No one control strategy alone can limit the transmission of disease. We will approach reopening with a layered defense strategy, where many small interventions and strategies are combined, simultaneously.
- Just as there is no single control strategy that is effective in and of itself, there is no single entity that is solely responsible for keeping everyone safe. Successfully reopening schools will require continual collaboration between administrators, staff, and teachers and ongoing cooperation among teachers, students, and parents. Everyone has a critical role to play.
- All of our schools will deploy an 'all in' approach that emphasizes the important role each individual plays in keeping our staff and students safe, and teaching and learning active.
- We recognize that the dynamic nature of knowledge during a global pandemic requires a flexible and adaptive approach. Our collective understanding of this virus will change, and therefore the approach we take may change over time, too.

Return to Learn: Health

It is up to each family (in communication with their family healthcare provider) to make the most well-informed decisions for their children. Please monitor and respond to potential COVID-19 symptoms using the criteria outlined below to support the health of the entire school community.

| HEALTH | |
|---|--|
| <p>Students and Staff Daily Self Screening – Appendix A - Student & Staff Home Screening Checklist</p> | <ul style="list-style-type: none"> • Students and staff must complete a self-assessment and temperature check each morning before coming to school. (<i>see Appendix A – Student & Staff Home Screening Checklist</i>). • Students and staff should stay home if sick with any illness and/or demonstrate symptoms of COVID-19. • If a student or staff stays home or demonstrates symptoms of COVID-19 they will follow the return to school criteria listed below. • Appendix A will also be emailed to families. |
| <p>Students or staff becoming ill or showing symptoms of COVID-19 during the school day</p> | <ul style="list-style-type: none"> • Isolate the student or staff. • Offer a cloth face covering if student/staff is not already wearing one. • Screen student/staff – temperature check, etc. • Contact parent/guardian and send student home. • Parents of students will need to promptly respond. • Send staff home. • If a student or staff stays home or demonstrates symptoms of COVID-19 they will follow the return to school criteria listed below. • Sanitize student/staff desk, chair, locker, or used spaces. • Following usage, sanitize the isolation area. • Maintain confidentiality of all student/staff health information. |
| <p>Students or staff return to school criteria</p> | <ul style="list-style-type: none"> • Refer to Appendix A – Student & Staff Home Screening Checklist • However if you have a Positive COVID-19 test or you are identified as a close contact (<i>reference pages 6 & 7</i>). |

IF AN INDIVIDUAL TESTED POSITIVE IN A DIAGNOSTIC COVID-19 TEST

POSITIVE COVID 19 case
= **ISOLATION**

See Appendix B
“Isolation or Quarantine”

- If student/staff with positive COVID-19 test has **NO symptoms**, isolation of 10 days starts from date of test. (not the date of test results).
- If student/staff **has symptoms**, 10-day isolation starts on date of symptom onset.
- South Dakota State Department of Health (SD-DOH) will set up process for symptom monitoring-via phone or text messaging.

***Positive COVID-19 cases may discontinue isolation under the following conditions:**

- At least 10 days have passed since symptom onset and
- At least 24-hours have passed since resolution of fever without the use of fever reducing medication and
- Symptoms have improved.
- The individual with a positive case will need a letter from SD-DOH or their healthcare provider stating that the individual has been cleared from isolation.
- Families will need to initiate this process.

CLOSE CONTACT to a
Positive COVID-19 case =
QUARANTINE

See Appendix B
“Isolation or Quarantine”

- Close contacts will be determined by the SD-DOH in consultation with school officials and the student’s family or the staff member.
- If identified as a close contact **outside the school setting**, the quarantine of 14-days starts from date of last exposure; (i.e. if student or staff was last exposed on Friday to a positive case, 14-day period starts on Saturday as day 1).
- **If identified as a close contact within the school setting, Individuals identified as close contacts will quarantine for 14 days since last exposure OR may return to school and monitor for symptoms using the guidelines in Appendix C.**
- A student or staff cannot test out of being a close contact who is quarantined. Symptoms can appear within a 2-14 day window.
- SD-DOH will set up process for symptom monitoring-via phone or text messaging.

POSITIVE COVID CASE(S) IN A SCHOOL BUILDING OR AN INDIVIDUAL IDENTIFIED AS CLOSE CONTACT

When Bishop O’Gorman Catholic Schools has been notified by the SD-DOH or parent of a positive case of COVID- 19 within one of our school buildings we will take the following measures:

See Appendix C – “Close Contact / Quarantine Within a School Setting”

See Appendix D – “What If”

See Appendix E – “COVID-19 Contact Tracing”

See Appendix F – “Initiating a Case Investigation -19 Contact Tracing”

- We will work closely with the SD-DOH as the lead agency on what happens next. The SD-DOH will be mindful of confidentiality for students and staff. We, along with the SD-DOH, will monitor any positive cases to ensure students and staff are quarantined for the appropriate amount of time.
- If your child tests positive for COVID 19, please notify your building principal. You will also receive a call from the SD-DOH. Anyone testing positive for COVID-19 will isolate for a 10-day period and symptom improve before returning to school. *(reference page 6)*.
- When the school is notified of a positive case either from a parent or from the SD-DOH, the SD-DOH will contact anyone who is deemed to have been in close contact with the person who tested positive.
- Those individuals who have been in close contact **outside the school setting** will be quarantined for a 14-day period per the SD-DOH.
- Those individuals who have been in close contact **within the school setting will quarantine for 14 days since last exposure **OR** may return to school and monitor for symptoms using the following guidelines. **Please note** that that SD-DOH may still contact those individuals deemed as a close contact even if the student returns to school.**
 - In a school setting where the **initial positive case and close contacts are wearing face coverings**, the initial positive case will isolate at home, any asymptomatic student or staff member who had **close contact may return and monitor for symptoms*** in lieu of quarantine at home.
 - In a school setting where the **initial positive case is wearing a face covering, but others are not**, the initial positive case will isolate at home. **Those close contacts not wearing a face covering will quarantine at home; those close contacts wearing face coverings may return and monitor for symptoms*** in lieu of quarantine at home.

***Monitor for Symptoms:** Individuals who are close contacts are asked to monitor themselves closely for COVID-19 symptoms during the two weeks after exposure. Individuals will monitor twice daily for a fever of 100.4 or above and symptoms for fourteen days. First temperature check will occur at home. The second temperature check will occur at school (middle of the day).

- In a school setting where the **initial positive case is not wearing a face covering**, the initial positive case will isolate at home, and any student and staff member who had **close contact will quarantine at home.**
- In a school setting where **no person was wearing a face covering**, the initial positive case will isolate at home, and any **student or staff member who had close contact with the initial positive case will quarantine at home.**

- If individuals develop symptoms within the 14-day quarantine period, the student or staff member will be excluded from school and activities and must isolate at home. Individuals should contact their school, and a healthcare provider regarding testing for COVID-19. If individuals choose not to be tested, they remain home until at least ten days after symptom onset.

**** Close contacts occurring outside of the school setting will be expected to follow the Department of Health’s quarantine recommendation.**

- Parents will continue to receive notification of any close contact and may choose to have students return to school following the guidelines above or follow quarantine recommendations.
- Staff members identified as close contacts in a school setting may also choose to return to work following the guidelines above. Staff members choosing to follow recommendations to quarantine must communicate with the Director of Human Resources.
- We will not place an entire class in quarantine unless we are advised to by the SD-DOH due to a high number of cases. We may have to shut a classroom down for a 24 hour period of time to sanitize appropriately. In these cases we will find an alternate location to hold this class.
- We will remain fluid and nimble with decisions regarding quarantines that impact a classroom(s), one school building or several and potentially all Bishop O’Gorman Catholic Schools (elementary, junior high and high school). It will not be a one size fits all with school closures.
- If a staff member tests positive for COVID-19 he/she will isolate for a 10-day period.
- **Once a student or staff has been in isolation for the appropriate time frame, they will be allowed back to school with a note from either SD-DOH or their healthcare provider verifying the student or staff is cleared to attend.**

**CLOSE CONTACT/QUARANTINE
WITHIN A SCHOOL SETTING**



COVID POSITIVE = ISOLATE

EVERYONE MASKED

When a masked student/staff tests positive and close contact were wearing masks.



SELF-MONITOR
CLOSE CONTACT



COVID POSITIVE = ISOLATE

CLOSE CONTACTS MASKED

When an unmasked student/staff tests positive and close contact were wearing masks.



QUARANTINE
CLOSE CONTACT



COVID POSITIVE = ISOLATE

SOME CLOSE CONTACTS MASKED

When a masked student/staff tests positive and **SOME** close contact were wearing masks.



QUARANTINE
SELF-MONITOR



COVID POSITIVE = ISOLATE

NO ONE MASKED

When an unmasked student/staff tests positive and close contact were **NOT** wearing masks.



QUARANTINE
CLOSE CONTACT

Return to Learn: Operations

As stated in our Return to Learn Plan, our goal is to create a safe environment that provides the best opportunity to keep our students and staff teaching and learning in-person throughout the entire school year. We believe cloth face coverings provide us with a strong mitigation strategy.

In developing our plan, our attention focused on the safety of our staff and students. We identified the need to protect our staff because, as adults, they are susceptible to COVID-19 more than students. We also focused on student safety and how we can protect them throughout a school day, so they can continue to learn in-person.

We believe that wearing a cloth face covering is about caring for and about others and following Christ’s simple commandment to love one another. It is an effective way to protect everyone for the common good. We want to build on our mission to “form a community of faith and learning” by giving our students and staff the best possible odds for remaining together as community in our buildings.

Wearing a cloth face covering, as recommended by the CDC and the American Academy of Pediatrics, will make a substantial difference in slowing the spread of COVID-19. The use of a cloth face covering:

- Protects our staff and students
- Provides protection when physical distancing is not feasible
- Reduces the likelihood that, in the event there is a positive COVID-19 case within a classroom, your child will be identified as a “close contact” by the SD-DOH. (close contacts are required to quarantine for 14 days)

CLOTH FACE COVERINGS

- Each student will be required to have a cloth face covering as part of their school supplies.
- The medical community has found that cloth face coverings are an effective measure to prevent the spread of COVID-19.
- Employees will be required to wear cloth face coverings when physical distancing is not possible within our school buildings – exceptions will require a doctor’s note.
- Students in grades 3-12 will be required to wear cloth face coverings when physical distancing is not possible within our school buildings – exceptions will require a doctor’s note.
- Students in grades PK-2 are encouraged to wear cloth face coverings. Please note there will be times when students in PK-2 will be expected to wear cloth face coverings.
- Face shields will be utilized by staff when appropriate.
- Visitors/guests will be required to wear cloth face coverings when entering the school building during the school day.

- Activities - Spectators attending extracurricular activities are strongly encouraged to wear cloth face coverings, but because participation in this activity is voluntary and there are outside visitors in attendance outside of the normal school day the use of face coverings will not be enforced like it is during the school day. (*see Appendix H – Limited Attendance for Activities*).
- Cloth face coverings are required in all school related transportation.
- Cloth Face Covering Guide: Face coverings should follow the same general guidelines of our dress code. A solid color or a pattern is acceptable as long it is not distracting to other students. No words or logos are allowed other than the approved O’G logo. The face coverings do not need to be purchased from a specific retailer. Disposable surgical masks are also appropriate.

MITIGATION MEASURES ON EVERY CAMPUS

- Wearing cloth face coverings when physical distancing is not possible within school buildings.
- While adhering to physical distancing considerations, it is improbable, if not impossible, to ensure distancing at all times and locations. Every effort will be made to follow physical distancing of 3-6 feet apart whenever feasible.
- Proper and frequent handwashing will be emphasized for all students and staff.
- Ensure hand sanitizer is available in each classroom and throughout the buildings.
- Display signs around the school as reminders of rules, roles, and responsibilities.
- Increased cleaning, sanitation, and disinfecting protocols across all campuses.
- Heating, Ventilation, and Air Conditioning (HVAC) capabilities for mitigating the spread of the virus will be studied and optimized in every building.
- Personal Protective Equipment (PPE) provided to each school.
- Isolation room(s) have been identified in each school.
- Modified lunch services (*refer to page 12*).

BUILDING ENTRANCE/ARRIVAL & DISMISSAL PROCEDURES

- Parents & visitors access to schools will be limited.
- Principals will communicate procedure and expectations for arrival and dismissal to parents.
- Principals will communicate procedure for student gathering before/after school – procedure and location will be communicated by the school.
- Outside Service Providers – A screener will be utilized for service providers assisting our students.

FACILITY CLEANING

- CDC guidelines will be followed for cleaning all buildings.
- Increased cleaning, sanitation, and disinfecting protocols across all campuses.
- Increased cleaning of high touch surfaces (handrails, door handles, bathroom stalls, faucet handles etc.)
- Increased sanitization of lunch tables between lunch periods.
- Increased wiping down of desks and all hard surfaces on a regular basis (spray sanitizer and paper towels/cloths in each room).
- Locker rooms, weight rooms, and cheer/wrestling room will be disinfected daily.
- Isolation room will be sanitized after each use.

CLASSROOMS/HALLWAYS/LOCKERS

- While adhering to physical distancing considerations, it is improbable, if not impossible, to ensure distancing at all times and locations. Every effort will be made to follow physical distancing of 3-6 feet apart whenever feasible.
- Cohort classes to minimize crossover among children and adults when feasible in grades PK-6.
- Eliminate shared supplies where possible and provide cleaning supplies when sharing cannot be eliminated.
- Utilize outdoor spaces when possible.
- Vocal and Instrumental – utilize larger spaces and/or break into smaller units.
- Water fountains will not be used. Water bottle fillers available in all schools.
- Students are required to bring an individual water bottle.
- Staggered access to lockers – backpacks allowed (grades 7-12).
- Hallway traffic will stay to the right.

FIELD TRIPS AND EXTRA SCHOOL OPPORTUNITIES (FALL SEMESTER)

- Field trips, Junior Achievement, and guest speakers will not be utilized.
- Elementary after-school clubs will be suspended.
- No Christian service requirements for grades 7-12.
- OGHS students will not visit elementary school buildings.
- Will re-evaluate for the spring semester.

ACTIVITIES (SDHSAA)/CLUBS/ORGANIZATIONS)

- Review SDHSAA guidance to determine what levels of activities may be appropriate for the fall.
- Junior High and High School activities and athletics will follow guidance and direction from the SDHSAA.
- See the Bishop O’Gorman Catholic Schools COVID-19 Activities Plan in [Appendix G](#).

SCHOOL MASS

| | |
|--------------------|---|
| Elementary | <ul style="list-style-type: none"> • Spread out in full church. • Skip pews between classes. • Save space for Mass participants. • Larger schools may need to attend Mass on two separate days. |
| Junior High | <ul style="list-style-type: none"> • Alternate between live Mass and live-streamed Mass by grade-level. • No song books (project on screen). • Skip rows between people sitting in bleachers. • Will evaluate for spring semester. |
| High School | <ul style="list-style-type: none"> • Utilize balcony for large group liturgy to allow for physical distancing. • All school Masses, when necessary, will require two Masses offered either simultaneously or over 2 days. • No song books. • Will evaluate for spring semester. |

FOOD SERVICE

- We will be strongly encouraging students to wash their hands prior to eating lunch each day.
- We will have hand sanitizer stations before entering the serving area which will allow students to sanitize their hands before getting a tray of food.
- Fruit & Vegetable Bar will not be utilized this year; unlimited fruit and vegetables will be available within the serving line.
- We will be reducing the menu entrée options at the beginning of the year to allow us to adapt to a new normal.
- We will be making adjustments to how condiments are distributed.
- Elementary – Cohorts will be maintained and additional space utilized for seating.
- Junior High – Lunch tables will be spaced in the gym.
- High School – Lunch tables will be spaced in the cafeteria and upper lobby to reduce seating capacity in the cafeteria.

Return to Learn: Academics

TRADITIONAL IN-PERSON LEARNING

- In-person learning will be utilized for the 2020-21 school year.
- Students and teachers, grades PreK– 6, will remain in cohort groups that stay together as a cohort as much as possible during the day. Mixing between cohorts will be limited as much as possible.
- While adhering to physical distancing considerations, it is improbable, if not impossible, to ensure distancing at all times and locations. Every effort will be made to follow physical distancing of 3-6 feet apart whenever feasible.
- Learning Management Systems (LMS) include:
 1. Seesaw (PreK-Grade 2)
 2. Google Classroom (Grades 3-12)
- Direct instruction on CDC guidelines such as hand hygiene and respiratory etiquette will be provided by all staff.

HYBRID LEARNING

- If you believe your child will not be able to attend in-person learning, please contact your building principal no later than Friday, July 31, 2020. Students who choose distance learning will have the option at semester to remain in distance learning or to return to in-person learning.
- Teacher will conduct regular lesson in class with students physically present.
- Teacher will use Seesaw/Google Classroom to push out assignments to all students.
- Students unable to physically attend school may access content in various formats depending on the age/content including, but not limited to: asynchronous (recorded), synchronous (real-time), one-on-one, or LMS to the best of our ability.
- In these cases, the students who are in the classroom at school may be given activities to interact with the content in collaborative ways, whereas students learning from home may be assigned more independent activities.
- There is, at time, a need for formal, summative assessments such as tests and quizzes that can be monitored or proctored by an educator. A student who needs to stay home to avoid contact with large groups of people may be asked to come to school for an assessment to be taken in an isolated, sanitized area of the school.

REDUCED STUDENT CAPACITY IN SCHOOLS OR SCHOOL CLOSURE

Should health conditions require a school or schools to limit or reduce capacity in the school building, Bishop O’Gorman Catholic Schools will provide an alternative approach which may include:

- A rotating group of students either by days or weeks, alternating between on-campus instruction and distance learning on the days they are not on campus.
 - Students will be divided by last name into groups (A-K) and (L-Z).
- On non-classroom days, student will still be required to complete assignments via Seesaw (PreK – grade 2) or Google Classroom (grades 3-12).

• Synchronous (real-time) or asynchronous (recorded) instruction.

• Staff will make direct contact with students via Seesaw (grades K-2), Google Meet (grades 3-12), or Zoom on a regular basis to provide feedback, monitor progress, and provide teaching.

• Chromebooks/iPads provided as needed.

• Quality completion of work assigned will be required for final grades and course credit.

• Attendance will be taken by classroom teachers at all live instruction, meetings, or through submission of assignment.

STUDENT SERVICES

• Our school counselors worked closely with students throughout the COVID-19 distance learning situation. We know that the last few months have been difficult on many students and families. Our counselors are prepared to respond to the needs of our students and families when they return.

• Check-ins for social-emotional health will occur throughout to determine if additional resources or services are needed.

• Engage Student Assistance Teams to assign a staff member to a group of students to contact as needed and in some cases daily.

• Academic services will be provided in-person during traditional in-person learning and virtually when the student cannot be physically present.

APPENDIX A

STUDENT & STAFF HOME SCREENING CHECKLIST

Students and staff must complete a daily health check by answering yes or no to the following questions before going to school or work.

NOTE: Parents – We understand that some of these symptoms may be a normal part of your child's life. You know your child the best, so we ask that you monitor appropriately. If your child is exhibiting abnormal symptoms, we ask you to keep your child home from school.

- Temperature 100.4 degrees Fahrenheit or higher
- Sore throat
- New uncontrolled cough that causes difficulty breathing
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache, especially with a fever
- Has the student or staff been identified as having COVID-19, and not been cleared by the SD Department of Health (SD-DOH) for return to work and school?
- Has the student or staff been identified by the SD-DOH as a close contact to a confirmed COVID-19 case (15 minutes or more within 6 feet or less) within the last 14 days? *

If you answer yes to any of the above



DO NOT go to school or work.

Contact your healthcare provider. Contact your school to inform them of you or your student's symptoms.

EXCLUDE from school:

- Until a negative COVID-19 test OR
- If untested, at least 10 days since symptom onset and 24 hours without fever and symptoms improved OR
- Documentation from a healthcare provider allowing to return.

*Close contacts must be excluded for 14 days from last close contact with positive case. You cannot test out of the 14-day quarantine.

You may also contact the SD-DOH with any COVID-19 questions 1-800-997-2880.

Screening criteria is subject to change based on level of community transmission and CDC and SD-DOH recommendations.

APPENDIX B

ISOLATION or QUARANTINE

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **CONTAGIOUS DISEASE**.

ISOLATION separates sick people with a contagious disease from people who are not sick.

QUARANTINE separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

ISOLATION

Isolation is for people who are **ALREADY SICK**.



Isolation separates and restricts the movement of sick people so they can't spread disease.



Isolation in a home means separating yourself from others in the household.



A sick person isolating at home should seek medical treatment if unable to manage symptoms.



Stay at home (isolation). Do not leave your home, except to get medical care. Do not visit public areas.



Stop isolation only if you've had no fever for at least 24 hours; AND have improved symptoms; AND at least 10 days have passed since your symptoms first appeared.

QUARANTINE

Quarantine is for people who are **NOT SICK**, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people must stay at home or another location so they don't unknowingly spread the disease.



If you are quarantined and you become ill, you can seek medical evaluation from a healthcare provider.



Stay at home (quarantine). Even if feeling well, stay at home for 14 days after your last contact with a person who has COVID-19. Watch for COVID-19 symptoms.

NOTE: Critical infrastructure employees with no symptoms may be required to report to work with appropriate protective equipment.



SOUTH DAKOTA
DEPARTMENT OF HEALTH

[covid.sd.gov](https://www.covid.sd.gov)

Sept. 1, 2020

APPENDIX C

CLOSE CONTACT/QUARANTINE WITHIN A SCHOOL SETTING



COVID POSITIVE = ISOLATE

EVERYONE MASKED

When a masked student/staff tests positive and close contact were wearing masks.



SELF-MONITOR
CLOSE CONTACT



COVID POSITIVE = ISOLATE

CLOSE CONTACTS MASKED

When an unmasked student/staff tests positive and close contact were wearing masks.



QUARANTINE
CLOSE CONTACT



COVID POSITIVE = ISOLATE

SOME CLOSE CONTACTS MASKED

When a masked student/staff tests positive and **SOME** close contact were wearing masks.



QUARANTINE

SELF-MONITOR



COVID POSITIVE = ISOLATE

NO ONE MASKED

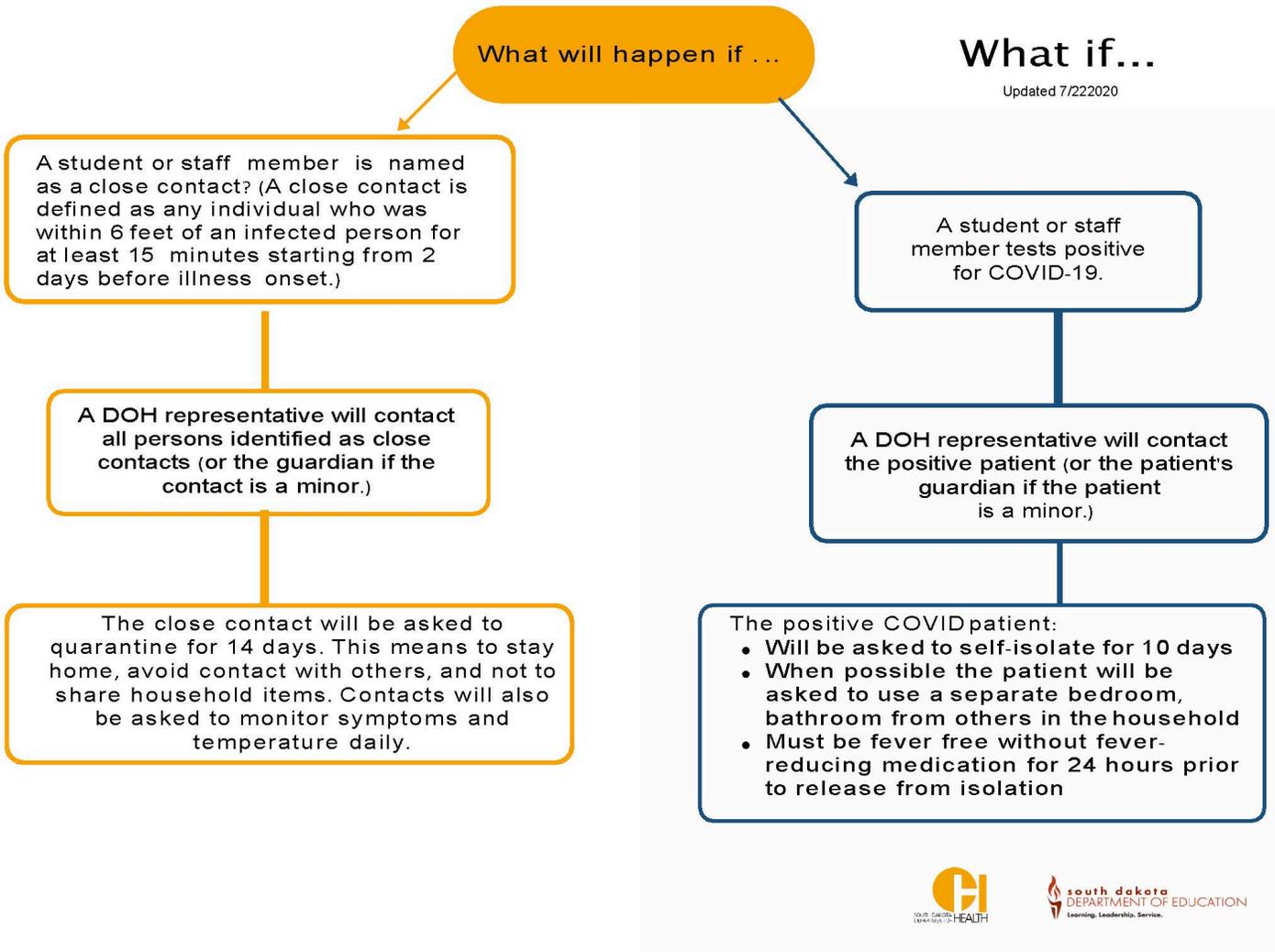
When an unmasked student/staff tests positive and close contact were **NOT** wearing masks.



QUARANTINE
CLOSE CONTACT

APPENDIX D

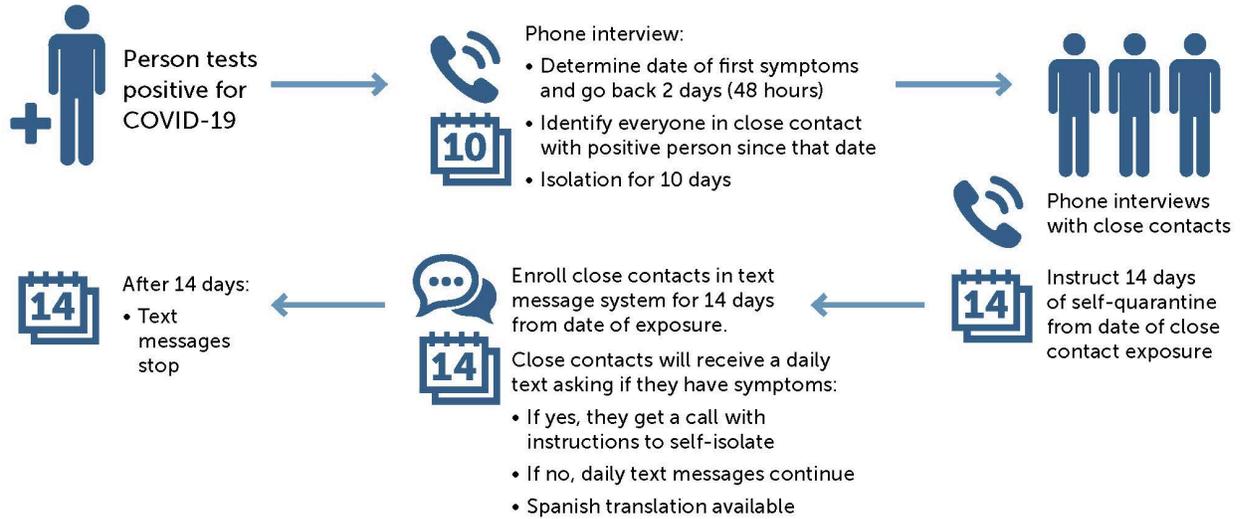
The following graphic demonstrates what will happen if we have a positive case and/or an individual(s) who meets the definition of close contact based on information provided to the South Dakota Department of Health.



APPENDIX E

COVID-19 CONTACT TRACING

WHAT TO EXPECT IF YOU'VE HAD CLOSE CONTACT WITH A POSITIVE CASE



DEFINITIONS

CONTACT TRACING: helps to find people exposed to a positive case of COVID-19 so they can be quarantined to stop further spread.

CLOSE CONTACT: six feet or less for more than fifteen minutes at a time

ISOLATION: separates sick people with a contagious disease from people who are not sick.

SELF-QUARANTINE: separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.



**ANSWER
the CALL**
to slow the spread
of COVID-19

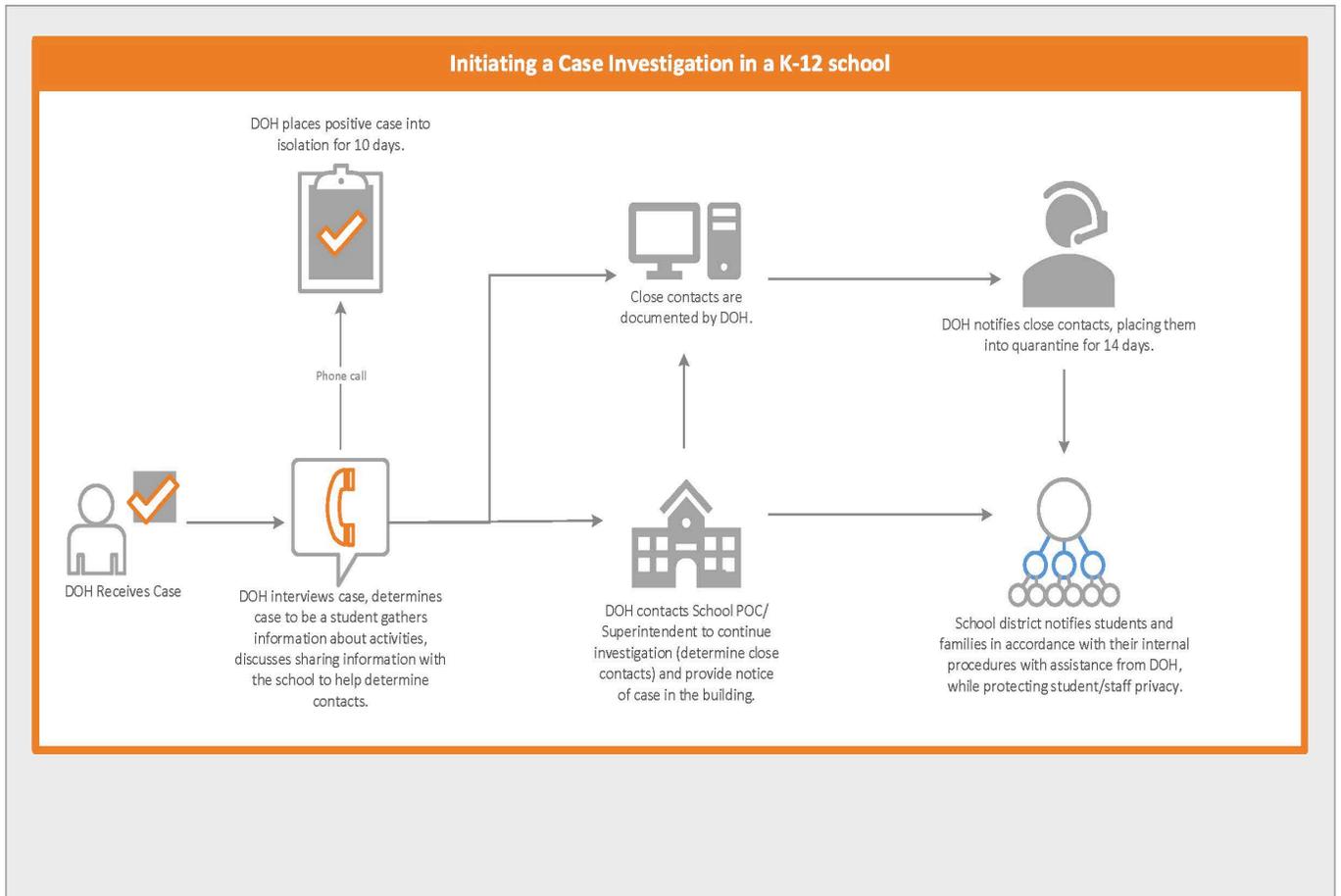


SOUTH DAKOTA
DEPARTMENT OF HEALTH

[covid.sd.gov](https://www.covid.sd.gov)

APPENDIX F

The following process will be followed by Bishop O’Gorman Catholic Schools. Even though this process is linear as presented in the chart, we recognize and understand that we will more than likely receive information from our families before the South Dakota Department of Health (SD-DOH) contacts us. When it is initiated by a parent, Bishop O’Gorman Catholic Schools will contact SD-DOH and follow their guidance.



APPENDIX G

COVID-19 ACTIVITIES PLAN

The guidelines for activities follow recommendations from the CDC, NFHS and SDHSAA. Bishop O’Gorman Catholic Schools will update as recommendations change throughout the school year. All students participating in activities will be screened at home following the procedure outlined in the OGHS Risk Reduction Strategies document.

TRAVEL

- Limit travel to only those who will play, particularly on long trips.
- If requested in advance, student may travel with family.
- Distance students when possible in busses or vans.
- Require face coverings for students and staff in all school vehicles.
- Provide hand sanitizer for use when entering and exiting vehicle.
- Disinfect school vehicles at the end of each trip.
- Load vehicles from back to front—seating chart must be kept for all trips.
- All students on bus must be screened before departure. Students traveling with family will be screened on arrival.

BENCH AREA OR SIDELINE GUIDELINES

- Only coaches and athletes in uniform will be allowed on the bench or sideline.
- Benches and team personnel will be spaced to allow for social distancing where possible.
- Players will be allowed to sit in the bleachers behind the bench to allow for more distancing.
- Hand sanitizer will be available for players entering or leaving the court.
- Only essential workers will be allowed at the head scoring table—social distancing must be followed.

SPECTATORS/CONCESSIONS

- Spectators at games will be allowed following the tiered system recommended by the SDHSAA- host school must inform visiting school of restrictions. (*see Appendix H – Limited Attendance for Activities*).
- Junior high students will no longer be able to attend any home varsity or sub-varsity events at the high school level for the remainder of the fall semester unless they are one of the four people to receive an entry permit from a participant. If students have an entry permit they must sit with their parents as there will not be a junior high section.
- Face coverings will be strongly encouraged for all spectators.
- Information regarding social distancing will be posted at entrances for ticketing and concessions.
- Concessions will follow guidance provided by the South Dakota Department of Health (SD-DOH).

PRACTICE

- Coaches/directors will maintain six feet spacing from all students whenever possible.
- Balls and equipment will be sanitized after every session.

- Six feet distance will be maintained between all students during practice whenever possible (more space may be required for band and chorus activities).
- Students will use hand sanitizer before and after practice.
- Students will be staggered entering and leaving locker rooms.
- Face coverings will be worn when entering locker rooms.
- Football equipment and shoes to be put on outside of locker room.
- Limit time in locker room to ten minutes or less while maintaining six foot spacing.
- Locker rooms and gyms will be sanitized daily.
- Students must bring their own water bottle—no sharing.
- No sharing of equipment if possible.

PROTOCOL FOR CONFIRMED CASES AND CONFIRMED CLOSE CONTACT FOR POSITIVE CASES

- All indications of positive cases and confirmed close contact (within 6 feet for at least 15 minutes starting 2 days prior to symptom onset) must come through the SD-DOH.
- Department of Health verified close contact requires a 14 day quarantine from the date of contact.
- Department of Health verified positive case must self-isolate for 10 days from the first onset of symptoms and must be fever free for 24 hours.
- SDHSAA COVID-19 Return to Play Form must be submitted to the Activities Director signed by a physician.



SDHSAA COVID-19 Return to Play Form

If a participant has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Individual's Name: _____ DOB: _____ Date of Positive Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return (Please check below as applicable)

- 14 days have passed since symptom onset
- Symptoms have resolved for 7 days , to include fever without use of fever-reducing medication
- Individual was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)

| | | |
|--|------------------------------|-----------------------------|
| Chest pain/tightness with exercise | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Unexplained Syncope/near syncope | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Unexplained/excessive dyspnea/fatigue w/exertion | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| New palpitations | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Heart murmur on exam | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

NOTE: If any cardiac screening question is positive or if participant was hospitalized, consider further workup as indicated. May include ECG, cardiac biomarkers, Echocardiogram, CXR, PFT's, Chest CT, or cardiology consult.

- Individual HAS satisfied the above criteria and IS cleared to return to activity.
- Due to moderate or severe symptoms with COVID-19, the participant should perform the stages of the Graduated Return to Play Progression prior to full clearance.
- Individual HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____

Graduated Return to Play (RTP) Progression After COVID-19 Infection

In participants who have had moderate or severe symptoms with COVID-19 or their provider had any concerns for rapid RTP, the athlete should complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the participant should be referred back to the evaluating provider who signed the form.

- Stage 1: (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heatt rate. NO resistance training.
- Stage 2: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- Stage 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- Stage 5: Return to full activity

If required by health care provider, the participant has completed the 5 stage RFP progression under the supervision of school personnel: _____

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

APPENDIX H

COVID-19 LIMITED ATTENDANCE FOR ACTIVITIES

Athletic Events:

Due to the need to limit the number of spectators at O'Gorman High School **HOME** contests in the sports of Cheer and Dance, Varsity Football, Varsity Boys and Girls Soccer and Volleyball, the following protocol will be used for the 2020 fall season:

****All other OGHS sports - Cross Country, Freshman and JV Football, Golf, JV Boys and Girls Soccer, and Tennis will not have attendance limitations. It is strongly encouraged for fans at these events to follow CDC recommendations regarding physical distancing, face coverings and sanitization.**

Events will be made available in digital format when possible through Real Presence Radio. Go to the homepage of Bishop O'Gorman Catholic Schools and look for the Real Presence Radio icon.

Spectators attending extracurricular activities are strongly encouraged to wear cloth face coverings. Information regarding physical distancing will be posted at entrances for ticketing and concessions.

Entry Permits for HOME Games:

- Each rostered athlete, coaching staff, cheerleader and band member will receive **4 Entry Permits** to be used during **HOME** games specific to that sport. Spectators will need to show the Entry Permit along with a ticket or Booster Pass*.
- Students in grades 9-12 will gain entry to any **HOME** sporting event with their Student ID.
- Students in grades PK-8 may only attend if they are included in the 4 Entry Permits and have a purchased ticket or a Family Athletic Booster Pass.
- Bishop O'Gorman Catholic Schools Staff will gain entry to any **HOME** sporting event with their Staff ID. Each Staff member will be allowed ONE guest to enter with them.
- All visiting schools will follow the same attendance regulations at OGHS events.

Athletic Booster Passes*:

- We encourage families to purchase a 2020-2021 Athletic Booster Pass. Please note that the Booster Pass will not ensure entrance into an event. You will need to have an Entry Permit for each family member along with the Booster Pass.
- Money raised from the Athletic Booster Passes supports all high school athletics.

Attending an AWAY activity:

- All spectators must abide by the host school district's activity attendance policy.
- If you have any questions, please contact the OGHS Activities Office @ 575-3300.

Attendance for O’Gorman Junior High HOME events:

- Attendance will be limited to parents and their children.

Attending an AWAY Junior High activity:

- All spectators must abide by the host school district’s activity attendance policy.
- If you have any questions, please contact the OGHS Activities Office @ 575-3300.

Performing Arts Spectator Guidelines:

- Fall play, Children’s Play, One-Act and Musical will be ticketed with limited patrons and social distancing enforced. Face coverings will be expected.
- Spectators will not be allowed for Debate and Oral Interp (possibly virtual competitions)
- Spectators for band, chorus and orchestra concerts will be evaluated individually based on current situations. We will be exploring live-stream options as conditions necessitate.
- Elementary concerts will be evaluated individually based on current situations.

Our process for handling spectators and events may change at any time due to community spread for COVID-19.