

Williamsport Area School District
Resocialization of Marching Band Recommendations and Protocols
June 24, 2020 through August 9, 2020

1. Purpose of these Recommendations:

The COVID-19 pandemic has sparked dramatic changes across all aspects of our daily lives. The combination of lifestyle modifications and potential comorbidities associated with COVID-19 also presents important, marching band specific health and safety risks as return to marching plans emerge. While it is clear that transition periods have a higher risk for catastrophic injury, some of the factors that place marching band members at higher risk during these periods may be amplified as a result of social distancing measures. These risk factors may also be amplified at various levels – so even members within the same band may have a spectrum of risk profiles. As plans for a return to organized marching band begin, over 10 million high school and college athletes and marching band students emerge from this unprecedented period, calling for healthcare providers and administrators to give greater consideration for how to reduce risk while re-introducing the marching arts.

2. Recommendations and Protocols Statement:

These recommendations and protocols describe the best practice procedures for returning to marching band and exercise following a period of prolonged physical distancing for students and staff of the Williamsport Area High School Marching Band. This document is designed specifically for the return to activity following physical distancing from the COVID-19 pandemic. This form will be a living, working document that is continually reviewed and updated as the organization and our community changes. Mr. Todd Kendall is the Covid-19 Contact for the Marching Band. He will report any pertinent information directly to the WASD Pandemic Coordinator. This policy may be continued or updated after August 9 as necessary based on WASD, Local, State and CDC Guidelines as they become available.

3. Procedures:

The following are mandatory protocols and procedures for all out-of-season marching band practices. The resocialization of marching band will be broken down into two phases to limit contact and spread of any communicable disease.

Recommendations for all phases of Marching Band out-of-season practices:

1. Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, coughing in your elbow, avoiding touching eyes, nose, face and mouth, no spitting, and no gum chewing.
3. Limit/avoid overall contact between individuals such as no handshakes or celebrations (high fives, fist/elbow bumps, chest bumps, hugging). Contact is only allowed when actively participating in the green phase.
4. Intensify cleaning, disinfection, and ventilation in all facilities.

5. Each individual will be responsible for the cleaning and sanitizing of all their personal equipment before and after each practice. All equipment must be taken home after every practice or stored in an approved space like the marching band trailer or storage facility. Students will be responsible for disposal of their own refuse.
6. Parents are encouraged to stay in their vehicles during drop-off and pickup of their children and will not be permitted on/in any practice facility.
7. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
8. Educate members and staff on health and safety protocols regarding COVID-19.
9. Any person (member or staff) displaying any sign or symptom of COVID-19 or has a fever greater than 100.4 degrees must stay home and cannot participate until cleared by a certified physician.
10. If a student or staff tests positive for COVID-19, contact tracing will be initiated by the school and is encouraged by the family of the infected individual.
11. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
12. Members and staff MUST provide their own water bottle for hydration. Water bottles MAY NOT be shared.
13. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face coverings will not be used for members while practicing or competing. Face coverings must be worn inside while not actively participating.

If an individual has positive findings on the screening form, they should stay home or be sent home immediately. If the student's parents are not present, escort the student to a designated isolation room or an area away from the others. They need to immediately put on a mask.

1. Parents should be notified that they need to schedule a COVID-19 screening.
2. The student is not eligible to return until they present documentation from their healthcare provider stating they do not need to be tested and that their symptoms are not due to COVID-19.

If an individual receives a positive COVID-19 diagnosis:

1. Notify the Band Director immediately.
2. Band Director will notify the building principal, Pandemic Coordinator, and superintendent immediately.
3. Pandemic Coordinator will notify the public health authority immediately.
4. Immediate notification will ensure the timely and efficient contact tracing necessary to stop the spread of the disease.

If an individual not wearing a mask is confirmed to have COVID-19, the following must occur:

All persons who have been in the presence of the diagnosed individual up to 48 hours before they started showing symptoms will be excluded from participation for fourteen (14) days. Exception to this fourteen (14) day exclusion could be made if all participants can be confirmed as practicing social distancing throughout the entire time exposed AND if the diagnosed individual was properly wearing a suitable mask.

Note: These exceptions will only be made by our athletic trainers in direct consultation with our UPMC-WASD Team and with the approval of the Band Director, upon review of the professional medical staff opinion after consultation with the superintendent.

Returning to Marching Band, Post COVID-19 Diagnosis with No or Only Mild Symptoms (not hospitalized)

The rationale behind the following guidelines is based on the myocardial injury, cardiac dysfunction and arrhythmias that have been in association with COVID-19.

Individuals must meet all the following criteria to return to Marching Band:

1. At least 14 days have passed since symptoms first appeared. During this time, the student/staff should not participate in any exercise while monitoring clinical worsening of symptoms.
2. Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath).
3. The patient should be evaluated and provide a note for marching band participation from a medical provider (MD, DO, PA or NP).

Individuals without a medical provider can contact their local public health agency.

Given the potential for COVID-19 to affect the heart, providers should utilize current sport pre-participation screening evaluations with a low threshold to obtain work-up (i.e. high sensitivity troponin, ECG, Echo) or referral to cardiology if concerned.

Medical providers should take into consideration the intensity level of marching band participation and exercise to help guide their decision to pursue additional evaluation for students.

After returning, the student should increase participation and exercise in a gradual and individualized process while monitoring for exercise fatigue or worsening symptoms.

This individualized process should be generated as a joint decision between the medical provider, staff, parent and athletic trainer.

If symptoms worsen or new symptoms occur during the gradual return of participation, such as, but not limited to chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope, the student/staff should be evaluated by a medical provider.

PHASE I (June 24, 2020 through July 10, 2020)

The following are required procedures and are permitted if in the YELLOW or GREEN phase as per the state government guidelines (no activities will be permitted during a RED phase). All staff must wear a face covering as per the guidelines of the CDC, unless it jeopardizes their health.

Limitations of Facilities:

- Only outdoor facilities may be used with the exception of indoor restrooms.

Limitations of Gatherings:

- All practices must be scheduled and approved by the WASD Pandemic Coordinator.
- No more than 20 student-members permitted at one field location, at any one time.
- No parents/spectators allowed.
- Social distancing should be applied at all times.

Facility and Equipment Usage and Cleaning:

- All personal equipment must be taken home after each practice and sanitized before and after practice.
- No equipment sharing will be permitted.
- Adequate cleaning schedule should be created and coordinated between the Band Director and the Head Custodian.
- All members are responsible for cleaning facility equipment before and after usage.

Hydration:

- Each student must supply their own individual water bottle.
- Water bottles may not be shared.
- Hydration stations (water coolers, touch fountains, troughs, hoses, etc...) should not be utilized unless they are hands free.

Pre-practice Screening:

- All staff and students must be screened for signs/symptoms of COVID-19 prior to any practice (See appendix for COVID-19 Screening Form) .
- Temperature checks will be conducted by staff, athletic trainer, or any other task force member.
- Responses to screening questions for each individual should be recorded and privately stored in case contact tracing is needed.
- Any person with positive symptoms reported should not be allowed to participate in an activity and should contact their primary care provider or other healthcare professional immediately and may not return to participation until negative COVID-19 documentation has been provided by a healthcare professional.

Physical Activity:

- Only NON-CONTACT (person to person) practices are permitted.
- Hand sanitizer should be used periodically throughout the activity, as resources allow.

PHASE II (July 11, 2020 through August 9, 2020)

The following are required procedures and are permitted if in the YELLOW or GREEN phase as per the state government guidelines. (No activities will be permitted during a RED phase) All coaches and staff must wear a face covering as per the guidelines of the CDC unless it jeopardizes their health.

Limitations of Facilities:

- All facilities both indoor and outdoor are permitted following social distancing guidelines.

Limitations of Gatherings:

- All practices must be scheduled and approved by the WASD Pandemic Coordinator.
- Any activity must adhere to the CDC recommendations for gathering limits (Yellow-25, Green- 250).
- No parents/spectators allowed at practices.
- Social distancing should be applied at all times.

Facility and Equipment Usage and Cleaning:

- All personal equipment must be taken home after each workout and sanitized before and after practice.
- No equipment sharing will be permitted.
- Adequate cleaning schedule should be created and coordinated between the Band Director and the Head Custodian.
- All members are responsible for cleaning facility equipment before and after usage.
- Students will be responsible for disposal of their own refuse.

Hydration:

- Each student must supply their own individual water bottle.
- Water bottles may not be shared.
- Hydration stations (water coolers, touch fountains, troughs, hoses, etc.) should not be utilized unless they are hands free.

Pre-practice Screening:

- All staff and students must be screened for signs/symptoms of COVID-19 prior to any practice (See appendix for COVID-19 Screening Form).
- Temperature checks will be conducted by staff, athletic trainer, or any other task force member.
- Responses to screening questions for each individual should be recorded and privately stored in case contact tracing is needed.
- Any person with positive symptoms reported should not be allowed to participate in an activity and should contact their primary care provider or other healthcare professional immediately.

Physical Activity:

- CONTACT (person to person) practices are permitted.
- Hand sanitizer should be used periodically throughout the activity as resources allow.
- Shared equipment (yardline markers, props, etc.) that may be used by multiple individuals should be limited and cleaned intermittently during practice and events when necessary.

PHASE III (August 10 – end of season)

The required protocols and guidelines for Phase III will be determined, reviewed and revised based on WASD, Local, State and CDC Guidelines as they become available.

OTHER RECOMMENDATIONS FOR ALL PHASES:

Transportation:

Modifications for student/coach transportation to and from band events may be necessary. This may include:

- Reducing the number of students/staff on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments.

Social Distancing during Contests/Events/Activities

- Seating Areas / Bleachers – appropriate social distancing will need to be maintained during games and events, as deemed necessary by the school, state and local governments. Consider using tape or paint as a guide for students and staff.

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Appendix A

WAHS Marching Band Daily Screening Form

WAHS Marching Band Daily Screening Form

Staff Member Name: _____ Date: _____

Students/Staff should self-report as deemed necessary prior to each practice.
 Temperature may be taken from a designated trained individual as needed.
 The other symptoms should be marked as "N" - NO or "Y" Yes answers.
 For the column - "Close Contact" - the answer should reflect the following question:
 Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

If any responses are "YES", students will NOT be allowed to practice, and will be asked to leave school grounds. Parents/Guardians will be notified.

Staff/Student Name	Temp	Fever/ Chills	Cough	Sore Throat	Short of Breath	Loss Taste / Smell	Vomiting / Diarrhea	Close Contact ***

* If a person answers yes to a COVID-19 positive individual they are answering yes to the following question: Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Close contact is defined as within 6 feet for more than 15 minutes without PPE equipment)

Appendix B

Williamsport Area High School Marching Band Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The WASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, UPMC, as well as the NFHS and PIAA. Williamsport Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

These recommendations include but may not be limited to:

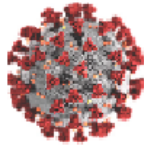
1. Members and Staff will undergo a COVID- 19 health screening prior to any practice, event, or meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing.
3. Limit/avoid overall contact between individuals such as no handshakes or celebrations (high fives, fist/elbow bumps, chest bumps, hugging). Contact is only allowed when actively participating in the green phase.
4. Intensify cleaning, disinfection, and ventilation in all facilities.
5. Each individual will be responsible for the cleaning and sanitizing of all their personal equipment before and after each practice. All personal equipment must be taken home after every practice.
6. Parents are encouraged to stay in their vehicles during drop-off and pickup of their children and will not be permitted on/in any practice facility.
7. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
8. Educate members and staff on health and safety protocols regarding COVID-19.
9. Any person (member or staff) displaying any sign or symptom of COVID-19 or has a fever greater than 100.4 degrees must stay home and cannot participate until cleared by a certified physician.
10. If a student or staff tests positive for COVID-19, contact tracing will be initiated by the school and is encouraged by the family of the infected individual.
11. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
12. Members and Staff MUST provide their own water bottle for hydration. Water bottles MAY NOT be shared.
13. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face coverings will not be used for members while practicing or competing. Face coverings must be worn inside while not actively participating.

I understand that participating in Marching Band may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by Williamsport Area School District to limit the exposure and spread of COVID-19 and other communicable diseases.

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Member: _____ Date: _____

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS174823 04/15/2020

cdc.gov/coronavirus

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.

- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

Pennsylvania Department of Education

PK-12 Athletics Health & Safety Planning Document

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing?”

“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

**Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to
Ensure the Safety and Health of Employees, Athletes and the Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>