



North Clackamas Schools

SAFETY GUIDANCE

Swimming

INDOOR ACTIVITY GUIDANCE

Introduction

The North Clackamas School District is committed to the safety and well-being of all of our students, families, and staff. We recognize the challenges faced in addressing the ongoing health requirements associated with the pandemic and appreciate your commitment to actions limiting the spread of the virus.

The North Clackamas School District has a rich history of supporting activities and athletics and recognizes these as a beneficial component of our students' education. Our schools pride themselves on offering safe, positive and inclusive athletic programming.

Restrictions and allowances in regards to athletic activities continue to adapt as COVID-19 infection rates change. North Clackamas School District (NCSD) works in collaboration with directives from the Governor, the Oregon School Activity Association (OSAA), and the NCSD School Board to adhere to any and all state orders and/or recommendations regarding our practices and facility use. All students, family members, and staff will be required to adhere to the guidelines and expectations.

Event Capacity Limitations

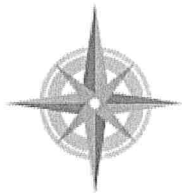
Limited Gathering: Event capacity limits are governed by the Oregon Health Authority and designed based on the Clackamas County Risk Level ([Sector Risk Level Guidance Chart](#)).

Participation Safety Requirements and Guidelines

Teams are required to adhere to all requirements associated with the use of the North Clackamas Aquatic Park.

DAILY symptom screening assessments will be required before entering the facility and/or embarking the bus.

- These will include daily visual health screenings and the completion of a daily screening health questionnaire; this screening requires students to disclose COVID-19 exposure and diagnosis.
- Students who arrive at an activity after screenings have taken place will NOT be allowed to remain on-site. Athletes must be on-time.



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- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. If a student or coach tests positive for COVID-19, health logs and names of members of their team will be provided to the local public health authority.
- As part of the screening and safety procedures, students/families and staff are required to inform the school of any COVID-19 exposure and/or infection. Players and staff are required to follow quarantine directions provided by the school nurse/staff and/or public health authority.

All persons on NSCD property must wear a mask at all times; masks must cover both the mouth and nose at all times.

Social distancing of a minimum of 6 feet between each athlete and coach must be maintained at all times.

Safe access, one-way traffic flow with marked entrances and exit points, and staggered start and end times will be established in order to facilitate social distancing.

Disinfectant wipes, hand sanitizer and paper towels will be readily available at facilities.

Restroom facilities will be managed in a way that can comply with the 6-foot social distancing regulations. They will be cleaned before use each day and sanitized between events.

Hand washing (for 20 seconds) will be required before, during and after all activities. Hand sanitizer must be used before and after handling shared equipment.

Locker, training and weight rooms are closed to students until further notice.

There will be NO shared personal equipment (towels, clothing, shoes) between participants or coaching staff. Other equipment will only be shared when necessary and be disinfected before and after use.

Physical contact will not be allowed. No handshakes, high 5's, hugging or any other physical contact. Coaches will not be allowed to use whistles, microphone or air horns.

No team meetings or film watching will be allowed on campus – this must be done via virtual meetings.



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Bus Requirements:

- Students and staff, including coaches, are required to wear a mask at all times. Therefore, no eating is allowed on the bus.
- Bus windows will be down at least “one click” all times. Students should dress accordingly.
- Students should sit one student to a seat.
- Students must stay 6 feet apart when loading the bus.
- The first two seats of the bus will remain empty; passengers will load back to front and unload front to back.
- Coaches will do a visual screening of passengers before loading the bus; students will complete the daily screening health questionnaire before boarding. Students exhibiting symptoms will not be allowed on the bus.
- Buses are cleaned frequently and targeted cleanings between routes, with a focus on disinfecting frequently touched surfaces of the bus, will be completed.

High risk students or students who live with people who are high risk should consider not participating. These may include, but not be limited to, moderate to severe asthma, serious heart conditions, diabetes, immunocompromising conditions, utilization of immune weakening medications and/or severe obesity.

Students should stay home if they or any person in their household or community living spaces have any COVID-19 symptoms such as fever or chills, cough, shortness of breath, and/or difficulty breathing. Students should not participate if they have been around a person who has COVID-19. Students should self-quarantine for at least fourteen days.

NCSD reserves the right to adjust or revise the schedule and participation in athletic events.

OSAA guidelines regarding athletes testing positive for COVID-19:

Any athlete testing positive for COVID-19 must not return to physical activity for at least 10 days AFTER the first symptom appeared and AT LEAST 24 hours with no fever (without fever reducing medication) AND must be cleared for participation by their primary care provider. The local public health authority will be contacting to initiate contact tracing and recommend further testing and any need for quarantine.

In the event that athletes participating in activities develop COVID-19, events, including games, will be suspended while the school consults with the local public health authority.



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Student Athlete and Parent Understanding and Agreement of Guidelines

Swimmers and families participating in activities are acknowledging and accepting expectations outlined by the North Clackamas Aquatic Park. Failure to adhere to any aspect of this document, or any State, District or School requirements may result in removal from the team.

Each student/family must complete and sign the a Waiver of Liability and Hold Harmless for Communicable Diseases Including COVID-19 before in-person contact.

Athletes will check in and complete the screening process each day. Students arriving late cannot participate.

Athletes will thoroughly wash hands before entering the facility, during workouts and games, and when exiting the facilities. Students are encouraged to bring their own sanitizer for use throughout activities.

All students must wear a mask at all designated times; masks must cover both the mouth and nose at all times.

Athletes will be required to be socially distanced (a minimum of 6 ft apart) at all times.

Physical contact between athletes and coaching staff will not be allowed. Do not shake hands, hug, fist-bump or high-five.

Athletes are reminded to sneeze or cough into a tissue or inside of their elbow and avoid touching any part of the face. Spitting is not allowed. If an athlete sneezes or coughs, they will be required to wash their hands immediately.

Student-athletes will be required to bring their own individual labeled water bottles and are prohibited from sharing water bottles.

All personal items and equipment must be kept in the student's bag when not in use.

Locker rooms are not available for student use at this time. Students must store their belongings in their bags for the duration of the time they are on campus. Students should ensure 6 feet between their bags and others'.

Student-athletes must leave the facility and campus immediately after activities. Students should not gather in the parking lot.



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Athletes will wear their own workout clothing and are asked to shower and wash their workout clothing/towels immediately upon returning home.

Parents dropping off and picking up their student should remain in their car at all times. At this time, **NO spectators are allowed in practices, conditioning, or training sessions.** **Competition attendance will be determined in accordance with current OHA, OSAA, and League regulations.**

Persons on campus who fail to comply with these requirements and restrictions will be asked to leave the premises and may forfeit their ability to attend competitions when allowed.

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