

## 2020-2021 Palmerton Blue Bomber Band COVID-19 Pandemic Guidelines

### **Health and Safety Plan for During PA Green Phase**

The following information relates to the 2020 Marching band practice season. Please note that we currently do not know about any possible performances in the auditorium as we do not know what the future holds for us in this area. All students will need to complete and maintain a COVID-19 screening form. The form tracks information related to the student developing potential virus symptoms or if they have been exposed to someone diagnosed with the virus or showing symptoms of potential exposure.

*The PAMPA group will sponsor some special performances for the band as they have only had the opportunity to participate in two football games. The group practices very hard and we will seek to give them as many opportunities as possible with the support of the parent group. All safety precautions will be in place including special masks for instruments, social distancing, and all other safety precautions in the Health and Safety Plan. The performances will only take place in venues where social distancing is possible.*

*Any questions about the special events can be directed to Paula Husar (Principal) or Tom Heinick (Band Director).*

During rehearsals, the following protocols will be in place:

**Prior to First Rehearsal** - An educational session was held for students and their parents/guardians via Zoom to discuss signs, symptoms, and mitigation measures for COVID-19. Expectations and the entire contents of this safety plan was also discussed in detail to ensure understanding. Attendance was taken. Students were not permitted to attend rehearsals until this requirement was completed. Students and their parents/guardians were required to return a signed copy of the 'Parent & Student COVID-19 Safety Precautions and Return Agreement' when they arrived for their first rehearsal indicating their acceptance of these procedures and agreement to follow all guidelines as directed by band staff. The band will also ensure that an adequate supply of hand sanitizer, face masks, disinfectant, disinfecting wipes, and a "no contact" thermometer are present for all rehearsals and performances.

**Arrival/departure** – To limit the amount of time parents have to wait for screenings to be completed, students will be assigned staggered arrival times. All students and staff will have their temperatures taken and questionnaires checked upon arrival for practice. Anyone with a temperature that is 100.4 degrees or higher or displays any of the symptoms in the screening will be sent home immediately. If this participant has a sibling that is also in the band, the sibling will also be sent home. If parents are dropping students off, they will be asked to wait for the temperature check and screening questionnaire to be completed before leaving. Departure times will also be staggered to promote additional social distancing. When the students are dismissed, they should head directly to the parking lot for immediate departure. An advisor will also monitor the parking lot to ensure that all students head directly to their cars to prevent congregating.

**Rehearsals** – Students must bring a pencil and a chair to each rehearsal. The chair should be something that will not sink into the grass but still allow for good posture. (Example: an inexpensive stackable resin chair)

Students will all face in the same direction during rehearsals. If a student or staff member begins to show symptoms of COVID-19 during a practice or rehearsal, they will be sent home immediately. If a parent or caregiver cannot be immediately contacted, the student will be separated from the group and isolated with adult supervision until a parent/guardian is able to pick-up the student. When practices are at Towamensing, the isolation area will be at the entrance to the building by the parking lot; when practices are at the high school, the

isolation area will be on the sidewalk in front of the music room. Ill individuals must contact their physician or appropriate healthcare professional for direction.

**Absences** - Any student or staff member who is sick or displays any symptoms should stay home and will be excused from the practice or rehearsal. Ill individuals should contact their physician or appropriate healthcare professional for direction.

**Positive test** - Any student or staff member who is diagnosed with COVID-19 must self-quarantine at home for a period of 14 days or receive documentation from a physician clearing them before they will be allowed to participate in the band again. They must also continue to pass the daily temperature checks and questionnaire once they return.

**Social Distancing** - A minimum separation of at least 7.5 feet will be in place. The only exceptions will be for siblings residing in the same home. In order to maximize social distancing, there will **not** be a typical field show this year. Students will march at 7.5 foot intervals and will remain in place while playing / twirling. The band will also be divided into pods when rehearsals begin; students will be in groups of not more than 10. Social distancing will remain in effect within each group, and larger distances will separate each group. Additional decisions will be made and added to this plan / document when we receive more information on appropriate protocols for band performances. This includes any local parades as we will need additional input from local planners to make these decisions.

**Masks** – In compliance with the governor's mandate, masks will be worn at all times when not performing. Percussionists, flag twirlers, and staff will wear masks at all times.

**Hand Washing/Sanitizing** - Students will be encouraged to wash hands frequently and use hand sanitizer when hand washing is not readily available.

**Band Room/Instrument Storage** – Rehearsal rooms will not be used until further notice as they are not large enough for a full band practice. All rehearsals will be outdoors. Therefore, rehearsals will be canceled in the event of inclement weather. When the weather starts getting too cold for outdoor rehearsals, we will again reference the results of the previously mentioned studies to determine if using the auditorium with the maximum possible social distancing is acceptable.

**Instruments** - There will be absolutely no sharing of instruments, accessories, or flags. All instruments must be transported back and forth from home and school for all rehearsals and events. Students will be required to keep their instruments in their cases during any time that they are not directly using them.

**Rehearsal Locations** – All rehearsals will be outdoors until further notice; rehearsals will be canceled in the event of inclement weather. When the weather starts getting too cold for outdoor rehearsals, we will again reference the results of the previously mentioned studies to determine if using the auditorium with social distancing for rehearsals is acceptable. If we have daytime rehearsals, all students should have sunscreen, hats, sunglasses, etc. to protect themselves when outdoors.

**Uniforms** – Traditional band uniforms will not be issued this year, as they must be dry cleaned. Performance attire will be either jeans or khakis (all will wear the same) and Blue Bomber spirit wear. A “uniform” t-shirt may be provided to all members.

**Bathrooms** – Until further notice, the only access to the buildings the students will have will be to use the bathrooms with no more than two students in the building at a time. Students will be required to sign in and out of the restroom.

**Water / food** – Students must bring their own water to rehearsals. Shared water containers, including coolers, will not be allowed. Students will not be permitted to use the drinking fountains. Students must have adequate

water for rehearsals. Students should also eat a meal before rehearsal. Meals / snacks will not be allowed as the rehearsals will not be long enough to allow time to eat food.

**Breaks** – Short water breaks will be planned. Social distancing must be observed during breaks. Playground equipment and picnic tables will be off-limits.

**Parents** – Until further notice, parents will not be able to stay at rehearsals or volunteer to help.

**Transportation** – Until further notice, bus transportation will not be provided for any events.

**If a student is diagnosed with COVID-19 at any time during the season,** they must notify Mr. Heinick immediately. A 14-day quarantine must be observed. The student must be cleared by a physician and be symptom-free before returning to any band activities.

The best thing you can do to protect yourself is to be smart about the situation and adhere to the established safety guidelines.

**Quarantine requirements** - If a student visits a state on the restricted travel list for PA, they must quarantine for 14 days before returning to participation in band.

**Contact person** – If anyone has any questions about this plan or procedures to follow, contact Mrs. Heinick: [mheinick@palmerton.org](mailto:mheinick@palmerton.org) or 610-248-4875.

**Insubordination** - Any student or staff member that does not follow these aforementioned policies will be subject to a '3 offense' policy. ○ 1st offense: A student will be referred to the Coordinator of Athletics for education on the policies. A staff member will report to the principal. They will not be able to practice / meet with their group that day. ○ 2nd offense: The student or staff member will be removed from the practice / performance and suspended from participation for three additional days. Before returning, the offender will have to meet with the principal. ○ 3rd offense: The violator will be referred to the superintendent for further disciplinary action. This may include a ban from further participation in the activity for the remainder of the season.

## **Blue Bomber Marching Band Parent & Student COVID-19 Safety Precautions and Return Agreement**

**This document must be signed and returned at or prior to arrival at the first rehearsal.**

Due to the continuing challenges surrounding the COVID-19 pandemic, the Blue Bomber Marching Band will be taking extra precautions and safety guidelines for all students and staff, as well as audience members should performances be permitted to take place at a later date. To better prevent the spread, please review the following guidelines and expectations.

Parents/Guardians are expected to...

- Check their student's temperature prior to each rehearsal.
- It is important for parents and guardians to understand that there must be joint responsibility between the school and the parent to ensure that all students are kept as safe as possible during these difficult times.
- Continually monitor their student for symptoms of COVID-19, and keeping them home when ill.
- Abide by all arrival and departure procedures, including timeliness.
- Comply with all safety measures and guidelines listed within this plan.
- Parents/guardians must refer to the PASD Health and Safety Plan for guidelines regarding returning to rehearsals if a student has any symptoms.

Students are expected to...

- Utilize only the main door as instructed by an Advisor for entering and exiting rehearsal.
- Comply with all safety measures and guidelines listed within this plan.
- Follow all procedures carefully, including social distancing, hand sanitizing, and mask wearing.
- Bring your own Water/Beverage and do not share with others.
- After your Health Monitoring and Temperature check, report directly to your assigned area for rehearsal. Do not leave your assigned area or mingle with others. Students must face the same direction for the duration of rehearsal.
- Maintain a safe distance of at least 6 feet from all other people whenever possible.
- Stay home if showing symptoms of COVID-19 or any other illness.
- See an advisor for permission to leave the rehearsal area to use the restroom and always sign in/out.

Students and parents/guardians are encouraged to seek information pertaining to COVID and playing instruments. One source of information can be found at <https://www.nfhs.org/media/4119369/aerosol-study-prelim-results-round-2-final-updated.pdf>. We are currently seeking additional supplies to contribute to mitigating the spread of the virus, for example, bell covers, masks with flaps or zippers, and other instrument specific items.

We have read and agree to participate in rehearsals and performances of the Blue Bomber Marching Band and will follow all listed safety precautions and guidelines, as well as directions given by the Marching Band staff. We understand that the student will not be permitted to participate if he or she does not comply with these procedures.



- • Headache
- • New loss of taste or smell
- • Sore Throat
- • Congestion or runny nose
- • Nausea or vomiting
- • Diarrhea

# 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.



# How to Protect Yourself and Others

**Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

## Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - » Between people who are in close contact with one another (within about 6 feet).
  - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

## Everyone should

### Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

### Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
  - » Remember that some people without symptoms may be able to spread the virus.
  - » Keeping distance from others is especially important for **people who are at higher risk of getting very sick.** <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

## Cover your mouth and nose with a cloth face cover when around others

---



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public**, for example to the grocery store or to pick up other necessities.
  - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

## Cover coughs and sneezes

---



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## Clean and disinfect

---



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.