



## Indoor/Outdoor Contact Sports Opt-In Form

Updated 4/24/2021

This form is to be used by a school located in a county designated as High Risk or Extreme Risk to notify of its intent to opt in to offer outdoor contact sports for the 2020-21 school year in accordance with the Governor's February 10, 2021 update to [Outdoor Contact Sports Guidance](#). Once final, this form will be posted to a school or district website and a link to it will then be sent to ODE.

*In Lower Risk and Moderate Risk counties, practices and games for outdoor contact sports, including high school football, can resume following health and safety guidance to be issued by the Oregon Health Authority.*

*In High Risk and Extreme Risk counties, where COVID-19 remains more widespread, schools and other sports organizations can opt-in to resuming outdoor full contact sports with additional protocols in place. In such counties, sports organizations must offer on-site responsive testing for symptomatic individuals and close contacts, contact information for contact tracing, and a waiver identifying health and safety risks and a commitment to isolation and quarantine if exposed to COVID-19. Schools in Extreme and High Risk counties must also have at least limited in-person instruction occurring, with the goal of achieving hybrid or full in-person instruction for students this school year. Schools must also be in compliance with state guidance for COVID-19 testing.*

Please fill out the following information for your school, district or program:

Information Needed	Your Response
Name of School, District or Program	Central Catholic High School
Key Contact Person for this Plan	Laura Jaeger
Phone Number of this Person	50-235-3138

Email Address of this person	ljaeger@centralcatholichigh.org
Specify Outdoor Contact Sports Included in this Plan	Football, Basketball, and Swimming
Intended Starting Date for this Plan	February 19, 2021

# School Instructional Model

## OHA Requirements

- The school must Offer, at a minimum, Comprehensive Distance Learning *with* Limited In-Person Instruction (LIPI), with the goal of implementing Hybrid or full On-Site Instructional Models for students before the end of the 2020-21 school year.
- Detail your school’s current instructional model and note the date it began.

## Plan Details for School Instructional Model

Please enter the details of your plan that correspond to the requirements listed above:

We are excited to begin 2nd-semester, January 26, 2021 in a modified hybrid schedule that allows us to transition for the first few weeks of the semester while Multnomah county is in the orange advisory phase for in-person learning. We will continue in the modified hybrid format until we are in the yellow for the advisory metric or until, in consultation with our local health authority, it is recommended we advance to full hybrid learning in result of our ability to limit the spread of the virus in our community. We hope to transition into a fully hybrid model by February 22, 2021, but this is contingent on our ability to limit spread within our community and Multnomah county's ability to meet the new metric.

All students will be placed in one of two cohort groups; Group A and Group B with Group A on campus on Monday and Tuesday and Group B on campus on Thursday and Friday. There will be a few weeks that alter days because of no school on a Monday or a Friday. This information will be kept up to date on the Master Calendar on the website.

The first two weeks of school, starting January 26th will be organized with Group A1 coming on-campus Tuesday, January 26th, and Wednesday, January 27th. Group B1 is coming on-campus Thursday, January 28th, and Friday, January 29th. Group A2 is coming on-campus Monday, February 1st, and Tuesday, February 2nd. Group B2 is coming on-campus Thursday, February 4th, and Friday, February 5th.

Slowly introducing cohorts will allow us to safely introduce smaller groups to on-campus learning protocols including health screening protocols, cleaning, traffic patterns, physical distancing enforcement, proper masking, and hygiene protocols to which we will be strictly adhering as a school community.

The school will continue in full Group A and Group B attendance beginning February 22, 2021.

Updated:

With the new allowance of 3ft for social distancing, we are able to bring students to campus 4-days a week starting on April 12, 2021.

We will continue to follow a 4-day a week schedule with Wednesdays designated for Student Life activities for all students. On Wednesdays, we will also provide opportunities for online students to meet with teachers and be on campus for labs, extra help, and face-to-face time with teachers in a smaller and more controlled environment. We will provide further structure to what this on-campus day looks like for online students as we get closer to the week of April 12.

Students who have remained fully online, but planned to transition to on-campus learning on April 26 may start attending classes on-campus 4-days a week on Monday, April 12, but will need to fully transition to on-campus learning by April 26.

After April 26, students may not change from full online learning to on-campus learning for the remainder of the school year.

## **On-Site Testing for Symptomatic Individuals and Close Contacts**

### **OHA Requirements**

- The school must offer on-site responsive testing for symptomatic individuals and those with known exposures to individuals with COVID-19. This applies to athletes and support staff and volunteers. Schools must also be in compliance with state guidance for COVID-19 testing.
- Detail your school's specific plans to meet this requirement.
- Please review [COVID-19 Testing in Oregon's K-12 Schools](#) for additional information.

## Plan Details for On-Site Testing for Symptomatic Individuals and Close Contacts

Please enter the details of your plan that correspond to the requirements listed above:

Central Catholic is partnering with Northwest Mobile Testing to provide entry testing: universal one-time testing to identify asymptomatic individuals who could potentially introduce infection to the school community. This will be an antigen test for all students, faculty and staff who plan to be on campus for hybrid learning, co-curriculars, or any school activity. Cohort Group A will be tested on Monday, January 25th. Cohort Group B will be tested on January 30 and 31. A test through Northwest Mobile Testing will be required for anyone to be allowed on campus. All testing will take place at Central Catholic High School.

As required through the State guidance for COVID-19 testing, key administrators, faculty, and staff are trained in symptomatic Testing. This is testing done for symptomatic individuals to identify a COVID-19 infection if they present symptoms while on campus. Offering a school-based option for rapid testing and results helps to provide reassurance that risk mitigation can be implemented quickly. Training and testing for symptomatic testing is provided by the Oregon Health Authority. Central Catholic has received their symptomatic tests and has protocols in place to conduct this testing on site.

Central Catholic is continuing surveillance testing as we move through the month of March. The school will test 25% of the school's population each week. This will ensure every on-campus student and staff member is tested monthly.

## Contact Information for Contact Tracing

### OHA Requirements

- The school must commit to collecting contact information for the purpose of contact tracing for each participant, coach, official, staff member, spectator, etc. for each outdoor contact sports practice and contest.

- Detail your school's specific plans to meet this requirement.
- Sample contact tracing forms:
  - [COVID Monitoring Form: Excel](#)
  - [COVID Monitoring Form: PDF](#)

## Plan Details for Contact Information for Contact Tracing

Please enter the details of your plan that correspond to the requirements listed above:

Central Catholic High Schools COVID Symptom Response Plan for Contact Tracing

### Community Response:

Students, faculty, and staff who develop primary symptoms of illness (cough, a temperature of 100.4°F or higher, chills, shortness of breath, difficulty breathing, or new loss of taste or smell) will report this to the school.

The school will record the symptoms reported or observed using a *[symptom tracking tool](#)*. This form allows for the CONFIDENTIAL documentation of symptoms and the date school became aware and excluded the individual.

Students, faculty, and staff who have symptoms will stay home or be sent home.

Students, faculty, and staff who have been exposed to someone who has tested positive for COVID-19, is waiting for a COVID-19 test result for themselves, or has a positive COVID-19 test result will report this exposure to the school prior to returning to campus through our reporting system using the *[COVID-19 Event Reporting Form](#)* and should remove themselves from all on-campus contact until they have communicated with our Designated Contact Tracer for clearance.

Any questions regarding COVID-19 health concerns, contact tracing, symptoms, isolation, and quarantine should be directed to [healthreporting@centralcatholichigh.org](mailto:healthreporting@centralcatholichigh.org)

### School Response:

Students, faculty, and staff who develop symptoms of illness while at school will alert their teacher and/or [supervisor] immediately. We encourage all students with *[COVID-19 symptoms](#)* to seek medical advice. With parental permission, any student who presents symptoms while at school will receive a symptomatic antigen test prior to being sent home.

If the ill person has non- COVID-19 symptoms, then usual disease-specific return-to-school guidance should be followed.

# Student-Athlete Waiver

## OHA Requirements

- The school must have a waiver completed for each student-athlete prior to outdoor contact sports participation identifying health and safety risks and a commitment to isolation and quarantine if exposed to COVID-19.
- Waivers must be kept on file at the school. Detail your school's specific plans to meet this requirement.
- [Sample Student Waiver Form](#)

## Plan Details for Student-Athlete Waiver

Please enter the details of your plan that correspond to the requirements listed above:

Central Catholic will distribute, collect and retain the following [\*Student COVID Waiver Form for Opt-In Outdoor/Indoor Sports\*](#).

The waiver formed will be filed with the schools Athletic Director and will be kept on file for three years.

Responses to reports of COVID-19 symptoms depend on factors such as exposure, alternative diagnosis, and testing status criteria as described for each COVID-19 scenario outlined through the RSSL Planning for COVID-19 Scenarios in Schools:

Scenario A (ODE 2a):

The ill person has no known COVID-19 contacts in the past 14 days. Send or stay home to isolate for 10 days after symptoms first appeared and until 24 hours after the fever is resolved, without the use of fever-reducing medicine, and other symptoms are improving. ● If the ill person has a clear alternative non-respiratory diagnosis identified by a healthcare provider as the cause of the person's illness (e.g., a positive urine culture in a child with fever), then usual disease-specific return-to-school guidance should be followed and the person should be fever-free for 24 hours, without the use of fever-reducing medicine. ○ A healthcare provider note is required for return to school before 10 days of isolation, ensuring that the person is no longer contagious.

Scenario Ai (ODE 4a):

An ill student or staff member does not get tested and no known COVID-19 contacts in the past 14 days. with a COVID-19 viral test. Isolate at home for 10 days after symptoms first appear and until 24 hours after the fever is resolved, without the use of fever-reducing medicine, and other

symptoms are improving. ● If the ill person has a clear alternative non-respiratory diagnosis is identified by a healthcare provider as the cause of the person's illness (e.g., a positive urine culture in a child with fever), then usual disease-specific return-to-school guidance should be followed and the person should be fever-free for 24 hours, without the use of fever-reducing medicine. ○ A healthcare provider note is required for return to school before 10 days of isolation, ensuring that the person is no longer contagious. If the ill person has no alternative diagnosis is identified by a healthcare provider as the cause of the person's illness, all household members must quarantine at home.

#### Scenario B (ODE 2b):

The ill person was in close contact with someone who had confirmed COVID-19 in the past 14 days. Record the symptoms reported or observed, and the date school became aware/excluded the individual. Send the student or staff home to isolate. The ill person may be a "presumptive case," due to their symptoms and recent contact with a COVID-19 case. ● Record the symptoms reported or observed, and the date school became aware/excluded the individual. Seek testing from a healthcare provider.

#### If a Symptomatic Person Tests Positive While On Campus The School Will:

- Close off areas used by the person who is sick.
- Clean and disinfect all exposed areas. Wait 24 hours or, if a 24-hour wait is not possible, wait as long as practical before we clean or disinfect.
- Open outside doors and windows to increase air circulation in the exposed area
- Collect information about the student, faculty, and staff contacts among people in the building for the period starting two (2) days prior to symptom onset to identify other people who could be considered exposed.
- If a student, faculty, and staff person is confirmed infected we will inform the school community of their possible exposure to COVID-19 in the school within 24 hours but maintain confidentiality as required by the Americans with Disabilities Act.
- Our Contact Tracer will instruct those potentially exposed about how to proceed based on the CDC Public Health Recommendations for Community-related Exposure and will follow the guidance of the Multnomah County Health Department for recommendations for isolation and quarantine.