



VIRGINIA BEACH FRIENDS SCHOOL

Knowledge. Character. Community.

COVID-19 Policies and Updates

10/11/2021

This document provides all of the guidelines for the COVID-19 policies and the current update as of 10/11/2021. Please use this document as the “go-to” for all policies and procedures related to COVID-19. Highlighted items are current updates.

Face Coverings

- Students, employees, visitors, VBFS community members, ages two and up, regardless of vaccination status, will be required to wear a mask while indoors and on buses.
- Masks do not need to be worn indoors while eating, drinking, sleeping, exercising, or playing a musical instrument.
- When outdoors, all students and all employees do not need to wear masks.
- Per the CDC, masks with exhalation valves/vents, ski masks **and face shields** should not be worn, as they do not protect the spreading of COVID-19.
- **Face shields can be worn while outdoors.**
- According to the VDH: Masks are not required when exercising, but should still be worn, if possible, when engaging in active sports play. All students should wear a mask on the sideline.
 - Face masks are required during physical education while indoors. If PE is held indoors, students who are not participating in physical activity are required to wear a face mask, and during times of low impact activities. If high intensity activities are scheduled for PE and will be held indoors, then an increased social distance of ten feet will be implemented.
- The American Association of Pediatrics states when accommodations are needed for a student with unique medical needs that are requesting not to wear a mask that they not be excluded from school unless required in order to adhere to local mandates or their medical need would put them at increased risk for contracting COVID-19. The CDC states, “Some people, such as people with intellectual and developmental disabilities, mental health conditions or other sensory sensitivities, may have challenges wearing a mask. They should consult with their healthcare provider for advice about wearing masks.”
- Families of students requesting a medical exemption from wearing a mask, or requesting a religious exemption due to sincerely held religious objections may request a reasonable accommodation in writing to Candice Jarden. **Even with a mask exemption, face masks are required for participation on field trips that are indoors and on buses, and during musical and drama performances.**

Social Distancing

- Social distancing for cottage through early kindergarten students will not be required. The social distancing mitigation strategy for this age group is to keep the students in the same cohort each day, spend more time outdoors, hand and respiratory hygiene, and staggering playground and recess times. Although, the school will work diligently at keeping the students socially distanced as much as possible.

- Students in cottage and pre-kindergarten will have their nap mats head to toe for rest time to help promote social distancing.
- Social distancing will be used whenever possible among kindergartenthrough eighth grade students while indoors. When masks cannot be worn, such as when eating, singing, or playing sports, ensuring at least three feet of physical distance will be a priority among students who are not fully vaccinated.
- If a student or employee is vaccinated social distancing policies do not apply.

Screening

- Temperature checks will be required daily for all students before entering any school building each morning.
- If your child has a recorded fever of over 100.4 degrees, proof of a negative antigen or PCR test is required before returning to school.
- If your child is absent due to not feeling well, you must submit the absence in SchoolCues, along with the COVID-19 Screening Tool under Quick Access.

Minimizing Exposure

- Visitors, contractors, vendors, and parents are not permitted in the school buildings at any point during the day. For late drop-off and early pick-up, you must fill out the attendance form in SchoolCues. When you arrive on campus, call the front office, and a staff member will escort your child to their classroom for late drop-off or will meet you in the circle in front of the school for early pick-up.
- Students will remain in their “pods” for the majority of the day, continuing the cohorting method, as used last year.
- If student has fever over 100.4, dry cough, aches and pains, or loss of taste or smell, a negative covid test is required before returning to school.
- For Kindergarten through Eighth Grade:
 - If a student or employee test positive for COVID-19, and the student or employee was indoors or outdoors with others during the transmission time frame, and less than 3 feet apart without a mask for longer than 15 minutes, non-vaccinated students and employees will be required to quarantine.
- For Cottage through Early Kindergarten:
 - If a student or employee test positive for COVID-19, regardless of universal mask wearing indoors, all students and unvaccinated employees are required to quarantine.

Exposure to COVID-19

- Students and employees with documentation of a previous positive COVID-19 diagnostic test on file at the school will not have to self-quarantine in the event that they have close contact with a person who is infected with COVID-19, as long as the student or employee does not have symptoms. This exemption from quarantine currently lasts for three months from the date that the diagnostic test was administered.
- If a student has been fully vaccinated, they are not required to quarantine as long as they do not have symptoms, but the student must still watch for symptoms of COVID-19 for fourteen days after coming in contact with an infected person.
- Symptoms of COVID-19
 - Temperature of 100.4 degrees
 - Chills, Fatigue (more tired than usual), headache, muscle aches, cough, nasal congestion or runny nose, new loss of taste or smell, sore throat, shortness of break or difficulty breathing, abdominal pain, diarrhea, nausea or vomiting, new onset of poor appetite.
 - The Virginia Department of Health recommends the following evaluation of students and employees with COVID-19 symptoms or exposure:
 - Does the student or employee have symptoms of COVID-19?

- If no, has the employee or student been in close contact with someone with COVID-19 (being within three-feet of that person for a total of 15 minutes or more over a 24-hour period, had contact with the person's respiratory secretions from the mouth or nose, hugged or kissed the person, shared eating or drinking utensils with the person or living with a providing care for a person who has COVID-19)?
 - If no, the student and the employee can return to school.
- If a student or employee has covid symptoms, but doesn't receive a COVID-19 test, and has been directed to stay home, the student or employee can return to school, once 10 days have passed since symptoms first appeared, at least 24 hours with no fever without fever reducing medication, and other symptoms have improved (noting that loss of taste or smell might persist for weeks or months and should not delay the end of isolation).
- If the student or employee is diagnosed with COVID-19 by testing positive, but never had any symptoms, and were directed to stay home, the student or employee can return to school after 10 days have passed since the date of the first positive diagnostic test and the student or employee continues to have no symptoms since the test.

Household Contacts

- If a student or employee lives with someone in their household who is infected with COVID-19, the student or employee must quarantine (stay home) while the infected person is home during the infected household contact quarantine period. After the household contact has been released from isolation.
 - The student or employee must quarantine an additional ten days after the infected household contact is released from quarantine. If the student or employee is unable to stay home for ten additional days and does not have symptoms, the student or employee may leave home on day seven, if they take a PCR or antigen on day five and the results are negative.
- For students or employees whose infected household member is in complete isolation, then follow the non-household contact timeline for quarantine.
- If a household contact of a student has COVID-19 symptoms, and the contact is awaiting a antigen or PCR test, the student is not permitted back on campus until the test comes back negative.

Non-Household Contacts

- If a student or employee has come in contact with a person who is infected with COVID-19 and the person does not live with the student or employee, the student or employee must quarantine (stay home) for ten days after the date of last contact with the person infected with COVID-19, or after seven days with a negative PCR or antigen test performed after day five.

Requirements for COVID-19 testing and Traveling

- The United States currently requires all air passengers entering the United States from an international flight to receive a negative COVID-19 test or a documentation of recovery from COVID-19 before boarding.
 - If a student or employee is vaccinated:
 - Self-quarantining after arriving in the United States is not required
 - Families are **REQUIRED** to notify the school of international travel and must follow the guidelines in order for their child to return to campus for in-person learning.

COVID-19 Vaccine

- Employees who have chosen to receive the vaccine have been fully vaccinated at this point. At this time, the school is not requiring the vaccination for employees. An employee's individual vaccination status is confidential medical information that is protected and may not be disclosed.
- The school can't disclose any student or employee's particular vaccination status. The school's safety measure should provide reassurance that we are taking necessary steps to ensure a safe school.
- The school is requesting students who have received the vaccine to voluntarily submit documentation of COVID-19 vaccination status. The protocol to collect, secure, use, and further disclose this information will comply with relevant statutory and regulatory requirements, including Family Educational Rights and Privacy Act (FERPA) statutory and regulatory requirements.

Sports, Field Trips and Extracurricular Activities:

- Field trips and extracurricular activities will resume for the 2021-2022 academic year.
- The sports program will more than likely resume with basketball, volleyball, cross country/run club, tennis, golf or bowling. These are potential programs the school would like to include for middle school students, but implementation of the sports teams will be determined on student interest.
- When sports programs and extracurricular activities are offered, guidance will be released in regards to the COVID-19 policy for that program.

EMPLOYEES ONLY

- Employees who are fully vaccinated, and have been exposed to someone with COVID-19, they should get tested three to five days after the exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result
- Employees who are not full vaccinated, and have been exposed to someone with COVID-19, should be tested immediately after they have been identified as potentially exposed, and, if this initial test is negative, should get tested again in five to seven days following exposure, or sooner if they develop COVID-19 symptoms.
- OSHA requires that employers grant time off for employees:
 - To get vaccinated and recover from the side effects of vaccines
 - If an employee is fully-vaccinated or not fully vaccinated, and have been exposed to someone with suspected or confirmed COVID-19, to receive testing
- If an employee is required to have a test before returning to campus, they must receive an antigen/rapid test, not a PCR test.