

## SUPPLEMENTAL K-12 SCHOOL GUIDANCE: 2021-22 SCHOOL YEAR

SACRAMENTO COUNTY PUBLIC HEALTH (SCPH) | AUGUST 6, 2021

All public, private, and charter K-12 schools in Sacramento County should read, understand, and abide by all tenets of [CDPH Guidance for K-12 Schools in California, 2021-22 School Year](#) and associated [Q&A](#). The SCPH guidance below is designed to supplement CDPH guidance and provide best practices for schools in Sacramento County.

### ASSIGNED SEATING

To facilitate effective contact tracing, schools should have consistent, assigned seating. Schools should maintain accurate classroom seating charts, including approximate average distance between seats, and make them accessible to designated contact tracing staff.

### BACK TO SCHOOL NIGHT/OPEN HOUSE

Due to the potential for crowded classrooms, extensive mixing, and contact tracing challenges, SCPH recommends that Back to School Nights, Open House, or other similar events be conducted virtually.

### BAND, DRAMA, & MUSIC

CDPH K-12 guidance and State and local Health Orders require face coverings indoors at K-12 schools. This includes participation in indoor activities such as band, music, or drama. For activities where face coverings cannot be worn (e.g. singing, playing wind instruments), SCPH recommends the activity be conducted outdoors.

### FIELD TRIPS

Due to high levels of COVID-19 community transmission locally, schools should consider delaying field trips until local case rates improve.

### LUNCH/SNACK/MEALTIME

Lunch or snack time has the potential to be one of the higher risk activities during the school day since students will be unmasked while eating and drinking. To minimize risks during mealtime, consider having students eat outdoors or in other spaces where they can spread out such as classrooms, as feasible.

Consistent seating during mealtimes is also recommended as it minimizes potential exposures and facilitates easier and more effective contact tracing.

### MODIFIED QUARANTINE

CDPH has clarified that participation in modified quarantine is limited to students whose mask-on-mask exposure occurred **at school** (both case and contact were masked). Students who are

identified as a close contact due to exposure outside of the school are subject to regular quarantine requirements.

Item 9a in the [CDPH guidance](#) is also applicable to students in modified quarantine, meaning a student in modified quarantine can test out of quarantine altogether and return to extracurricular activities **after** Day 7 if they test negative on a sample collected **after** Day 5.

Teachers and staff are **not** eligible for modified quarantine.

### **NON-ESSENTIAL EVENTS (RALLIES, DANCES, ETC.)**

To maximize the ability to have as many students participating in in-person instruction, SCPH recommends against holding non-essential large events such as rallies, festivals, dances, etc. where large numbers of students will gather and contact tracing is difficult. These have the potential to facilitate COVID-19 spread and cause students to miss in-person instruction due to isolation or quarantine.

### **PHYSICAL DISTANCING**

There are no minimum physical distancing requirements in schools, but schools should make every effort to maximize physical distancing in all settings as long as such efforts do not interfere with full time attendance for all students.

### **PHYSICAL EDUCATION (PE)**

CDPH K-12 guidance and State and local Health Orders require face coverings indoors at K-12 schools. Masks are not required outdoors, but schools should consider requiring or strongly encouraging them, especially in situations where students and/or staff will be in close contact with each other, including when practicing or playing contact sports.

Potential for close contact varies greatly by sport. Consider lower contact sports (e.g. volleyball, golf, track, yoga) in lieu of higher contact sports (e.g. Greco-Roman wrestling, football, basketball, ballroom dancing).

### **QUARANTINE RECOMMENDATIONS**

SCPH quarantine recommendations may vary based on the extent to which school personnel are able to conduct detailed contact tracing (identify close contacts, describe extent of mask usage, etc.). In the absence of detailed contract tracing information, expect quarantine recommendations to be broader and include a larger number of potential contacts.

## RAPID TESTING CAPACITY

Onsite rapid testing at schools can have many benefits, including the ability to meet the twice weekly testing requirements for students in modified quarantine. Onsite rapid testing also facilitates faster:

- decisions about quarantine and isolation
- identification of the extent of outbreaks
- parental notification regarding cases/outbreaks on campus

Schools interested in adding rapid testing capacity can [request technical assistance](#) from CDPH.

## RECESS/OUTDOOR ACTIVITY

Masks are not required outdoors, but schools should consider requiring or strongly encouraging them, especially in situations where students and/or staff will be in close contact with each other.

Consider maintaining stable cohorts during recess by staggering recess periods by class or designating different outdoor spaces for different classes to limit mixing.

In situations where a student who tests positive for COVID-19 was in the presence of others in outdoor settings (e.g. recess), schools should make their best effort to identify anyone who meets the criteria for a close contact (within 6 feet for more than 15 minutes in a 24 hour period) and to what extent the affected parties were masked during the interaction.

Close contacts in the outdoor setting should be treated the same as indoor close contacts with regard to quarantine recommendations.

## SPORTS

CDPH K-12 guidance and State and local Health Orders require face coverings indoors at K-12 schools. Masks are not required outdoors, but schools should consider requiring or strongly encouraging them, especially in situations where students and/or staff will be in close contact with each other, including when practicing or playing contact sports.

There is no testing requirement for sports at this time, however given the close contact involved with many sports and the large number of youth sports-related outbreaks in spring 2021, schools should strongly consider routine testing for sports participants.

Close contacts in the outdoor setting should be treated the same as indoor close contacts with regard to quarantine recommendations.