

## Mountain View Whisman School District Rhythm and Moves Program Plan

Updated January 4, 2020

### What:

Optional, outdoor 50-minute fitness classes for students in grades K-5, led by contractor Rhythm and Moves, held on Wednesdays (District's asynchronous learning day). Four-week sessions for each of two cohorts of students. This plan works in conjunction with MVWSD's reopening plan which outlines the District's protocols for reopening. Please see the links below.

[Student and Staff safety](#)

[Symptoms and health screenings](#)

[Social distancing and work spaces](#)

[COVID case response](#)

### Current status and request:

The first session was planned to start Nov. 18, but was postponed, awaiting County approval to open in purple tier. MVWSD does not currently hold a waiver for in-person instruction. MVWSD applied through the waiver process to SCCOE on Dec. 14. Currently awaiting approval to open the program in January 2021.

### Program Plan

We have heard from parents and students that physical education instruction held online due to the restrictions of a COVID-19 learning environment is not ideal. Students miss each other and their teachers. MVWSD has developed a program for students to come to campus, interact and connect with each other through structured activities in a safe, socially distanced, outdoor environment.

MVWSD followed the guidelines for outdoor sports as well as the COVID-19 Prepared: Reopening of Santa Clara County K-12 Schools for the 2020-21 school year (updated December 14th).

In partnership with Rhythm and Moves, students at each elementary school were given the opportunity to sign up for a 4-week physical education/social interaction session that includes 4-50 minute, in-person activity classes facilitated by a credentialed Rhythm and Moves teacher. The classes focus on the fundamentals of movement and will allow students an opportunity to come on to campus and interact with peers in a socially distanced and safe manner. This class is in addition to the physical education requirements.

Session 1 Dates:

1/ 6

1/13

1/20

1/27

Session 2 Dates:

TBD

## **Program Logistics**

Students will be placed into 50 minutes sessions based on grade levels. There will be no more than 35 students in any session and there will be six sessions each Wednesday at each elementary school. Each session is separated by 20 minutes to allow adequate time for student departure, sanitization of equipment, and student arrival. Students will attend with the same cohort for each of the 4 weeks. 1,020 students have signed up for the sessions over the 9 elementary schools. Since the program is being held outdoors, MVWSD has chosen to apply for a waiver to have larger cohort sizes and accommodate as many students as possible otherwise, the District would have to hold a lottery and not all students could participate.

## **Social Distancing**

Students will be in stable grade-level groups outside in 10x10 foot individual working squares. Squares will have 6 feet in between and around the outside. The teacher will teach from the outside border.

## **Equipment**

Students will have access to equipment (assigned to each individual student) to use for games during the session. All equipment will be sanitized between sessions and at the end of each day using a sprayer with an EPA approved disinfectant provided by MVWSD. Additionally, all students will wash their hands at the end of the program before leaving the site.

## **Masks**

Teachers and students must wear masks at all times even with heavy exertion so long as the face covering can be tolerated or unless drinking water from their personal water bottle which will stay in their individual square. Masks must cover the mouth and nose. Students excluded from face covering requirements include: (1) anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance and (2) students with special needs who are unable to tolerate a face covering. A medical note or documentation in an IEP is required for a student to not have a mask. Any staff who are unable to wear a face covering for medical reasons shall not be assigned duties that require close contact with students or staff.

During the program cheers and chants (and any other aerosol-generating activities) will not be allowed.

## **Screening of Rhythm and Moves staff**

Rhythm and Moves staff will be tested for COVID 7 days prior to the first session and will test monthly facilitated by Rhythm and Moves. Results will be shared with MVWSD for each employee. Rhythm and moves staff will also complete the District's OktoReopen COVID self screening before entering campus and will have their temperature taken upon arrival. Any Rhythm and Moves staff that has a temperature over 100 degrees will be sent home.

## Screening of students

Parents must complete a COVID screening for their student before each session. MVWSD is partnering with OktoReopen for this purpose. The screener will be sent to parents via email and text message the morning of each program session. Results will be compiled in a dashboard and data can will be reviewed by District staff and site staff to ensure that no student enters campus with COVID symptoms or exposure. The screening questions are as follows:

1. Within the last 10 days have you been diagnosed with COVID-19 or had a test confirming you had the virus?
  - Yes - STAY HOME and seek medical care
  
2. Do you live with someone who in the past 10 days has been in isolation or had a test confirming they had COVID-19?
  - Yes - STAY HOME and seek medical care and testing
  
3. Within the past 10 days, have you had close contact with someone who has been in isolation for COVID-19 or had a test confirming they have the virus?  
(Close contact is being less than 6 feet away from someone for 15 minutes or more.)
  - Yes - STAY HOME and seek medical care and testing
  
4. Have you had one or more of these symptoms today or In the past 3 days?
  - Fever of 100.0 or greater
  - Chills
  - Loss of taste or smell
  - Shortness of breath or difficulty breathing
  - Cough
  - Yes - STAY HOME and seek medical care and testing
  
5. Have you had one or more of these symptoms today or In the past 3 days that cannot be explained by another reason?
  - Fatigue
  - Muscle or body aches
  - Headache
  - Sore Throat
  - Nausea, Vomiting, or Diarrhea
  - Yes - STAY HOME and seek medical care and testing

Additionally, all students will have a temperature check when arriving on campus before proceeding to the blacktop for class.

Signs will be posted at all entrances instructing students, staff, and visitors not to enter campus if they have any COVID-19 symptoms.

Parents will be encouraged to stay until their student has completed screening procedures. If there is a health concern, the student will be returned to parents immediately. If parents have already left, and a health concern emerges during the session, the student will be immediately isolated in a designated triage area of the office set aside for this purpose until parents arrive.

### **Arrival Protocols**

Each site has designated a drop-off and pick-up locations and designated staff to ensure social distancing procedures are followed. Parents/guardians will not be allowed on campus during the program. Additionally, only necessary visitors and volunteers will be allowed on campus and the number of students and staff who interact with them will be limited.

Families that have not completed the screener will be asked to do so before their student walks onto campus. All adults and students must be wearing masks when they enter the school campus and only a single parent or caregiver should accompany the student at arrival or pick up.

1. Students will be dropped off **at the designated entrances to the school** only. Entrances for students arriving in cars and for students walking have been identified to ensure that social distancing requirements are met. Parents will not be allowed to enter campus and parents or caregivers arriving in cars must stay in their car.
2. Markers have been placed 6 feet apart for parents to wait with their child for screening if walking to school.
3. Students should dress appropriately including wearing closed toe shoes and may bring their own water bottle. Water fountains at the site are closed.
4. Staff will direct students to walk in a socially distanced manner to an individual X to sanitize hands and for a temperature check. Any student that has a temperature of 100.0 degrees or higher will be sent home and will not be allowed to participate. Additionally, any child that does not have a completed screener will not be allowed to attend until the screener has been completed.
5. After the temperature check, staff will walk the students in socially distanced lines to their individual square on the blacktop with the PE Coach.

### **Bathroom Procedures**

Each site has designated a boys and girls restroom for use during the program. The restrooms are located within view of the teacher. Only one student will be allowed to use the restroom at a time. Students will be reminded to wash their hands after using the restroom and will use hand sanitizer before re-entering their square.

### Personal Protective Equipment

All students and staff will be required to wear masks at all times during the program. Disposable masks will be available for students that may forget. Staff conducting temperature checks will be provided a touchless thermometer, disposable gloves, and a face shield to wear in addition to their mask.

During the Program cheers and chants (and any other aerosol-generating activities) will not be allowed.

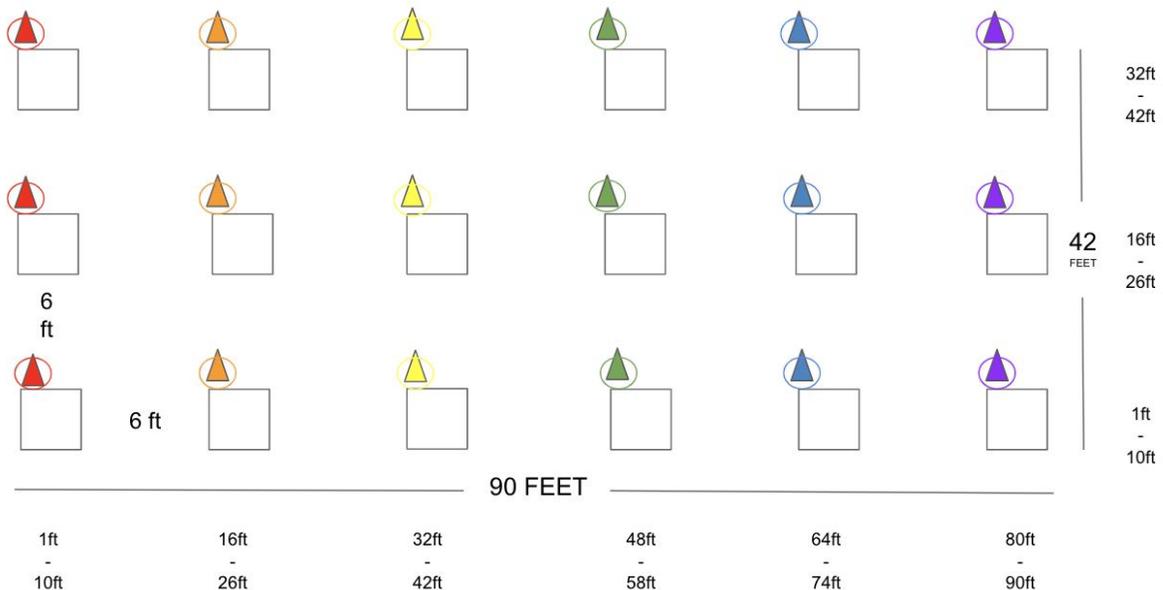
### Departure Procedures

Each site has designated pick-up locations and staff to ensure social distancing procedures are followed. Exits for students arriving in cars and for students walking have been identified to ensure that social distancing requirements are met. All adults and students must be wearing masks until they leave the school campus and only a single parent or caregiver should arrive to pick up a student.

At the end of the program:

1. Staff will direct students back to their individual X.
2. Markers have been placed 6 feet apart for parents to wait for children if walking to school.
3. Students will wait on the X and then be dismissed to parents as they arrive. Parents or caregivers arriving in cars must stay in their car.

Diagram of playground space



TEACHING SPACE: 6 FOOT BORDER AROUND  
OUTSIDE OF CLASSROOM

