



Athlos Academy of Utah COVID-19 Family Back to Learning Handbook



Athlos Academy
UTAH

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Introduction

Thank you for your support and patience as we work through our school's plans to return to learning. This handbook is a resource we have compiled that provides families with Athlos Academy of Utah's procedures to safely return to on-campus learning, Athlos Academy of Utah's Virtual Academy for distance learning, as well as information provided to schools by the State of Utah.

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PART 1: ATHLOS ACADEMY OF UTAH REOPENING PROCEDURES

BREAKFAST

- a. Breakfast will be served from 7:35-8:00 a.m. Monday through Friday
- b. 2 aides will be outside to take student temperatures
- c. Temperature is taken before students exit vehicles
- d. Students with a temperature above 100.4 degrees will be asked to return home and not enter the building
- e. Students will enter through the school's side doors
- f. Breakfast is served at tables in the lunchroom with social distancing guidelines in place and will be monitored by aides
- g. Students will be released to their classrooms at 8:00 a.m.
- h. Lunchroom will be cleaned thoroughly (sprayer and chlorine solution after breakfast by custodial staff

SCHOOL ARRIVAL

- a. Students will arrive at school between 7:45-8:00 a.m.
- b. Teachers/aides will be outside in designated zones to take student temperatures while students remain in their vehicles
- c. Students with temperatures above normal will be sent home; students will not exit their cars so parents can take them home
- d. Students will enter the building through designated grade-level doors and immediately go to their classroom
- e. Students who arrive late will be permitted through the front doors only/late arrivals will have their temperatures taken by front office staff and sent immediately to class. Aides will be outside to take temperatures.
- f. Teachers will be provided training on arrival procedure to assure safety of all students, staff, and families
- g. Students who walk to school will be guided to their grade-level entrance for temperature checks

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CHECK IN/CHECK OUT

- a. Visitors/volunteers will not be permitted in the building during the school year unless existing COVID conditions change
- b. Check in/check out will be done via text (communication sent to parents)
- c. Parents will provide photo ID and their Driveline number via text
- d. Parents will provide their unique Driveline ID once at the front door for check outs
- e. Student will be sent out once Driveline number has been displayed
- f. Staff will be trained on expectations of allowing visitors in the building
- g. Drop off? Where do they put the materials? Put cubbies outside with student id

CLASSROOM

- a. Students will sanitize hands as they enter the classroom with sanitizer provided by the school unless excused by a doctor's note (Admin will check if teachers have sanitizer in their room)
- b. Student will sit in assigned seat as indicated by classroom teacher (teachers will submit seating chart to admin no later than August 14)
- c. Students will bring his/her own supplies which cannot be shared with other students
- d. Students can fill up water bottles within the classroom; sanitize hands and then fill up
- e. Signs for WATER BOTTLE FILL UP ONLY will be at each water bottle filling station
- f. Students need to bring their own water bottles

RECESS

- a. Students will be sent out by grade level for scheduled recess
- b. Students will stay with their class throughout recess in a designated zone which will be painted on the ground
- c. Masks will be required if social distancing is not possible
- d. Equipment will be sprayed nightly by custodial staff

BATHROOM BREAKS

- a. Students will be permitted to go to the bathroom as needed
- b. Students will only be permitted to leave the classroom one student at a time
- c. Grade level aides will accompany students when available
- d. Sinks will be "blocked off" in the middle and two outside sinks will be available for hand washing
- e. Students must sanitize hands upon reentering the classroom
- f. Every other stall will be blocked off
- g. Touchless towel dispensers will be available with student training done on how not to touch the dispenser

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ATHLETIC MOVEMENT

- a. Students will attend athletic movement 4 x's per week (times vary depending on grade level)
- b. Athletic movement will be held outside when possible (weather permitting)
- c. Social distancing guidelines will be followed during athletic movement
- d. Face coverings will be required when indoors
- e. Turf will be sanitized nightly and cleaned weekly when in use
- f. Dividers will be put down in the gym when athletic movement is held indoors

LUNCHTIME

- a. Students will go to the lunchroom following the arrows in the hallways while maintaining social distancing
- b. Students will enter the lunchroom and walk in a one-way line to pick up a sack lunch
- c. Students will eat their meals in the lunchroom, following proper social distancing
- d. Students will eat in classrooms and go out for recess once the classroom is finished eating
- e. Teachers will walk class out to recess
- f. Students will remain in designated zones during recess

SPECIAL EDUCATION SERVICES

- a. Qualifying students will receive IEP services according to IEP
- b. Students attending speech, OT or small group instruction will sanitize hands upon entering classroom
- c. Masks will be required
- d. Students will sanitize hands upon re-entering the general education classroom

EL SERVICES

- a. Qualifying students will receive EL services according to WIDA scores
- b. Students attending EL will sanitize hands upon entering classroom
- c. Masks will be required in small groups if social distancing is not possible
- d. Students will sanitize hands up re-entering the general education classroom

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SMALL GROUP INSTRUCTION

- a. Students will receive small group instruction in reading if qualified
- b. Students will attend small group instruction at designated times 4 x's per week
- c. Students will be required to sanitize hands when entering the small group classroom
- d. Students will be required to wear masks when social distancing is not possible
- e. Students will be required to sanitize hands when re-entering the classroom

ILLNESS

- a. If a student has a temperature above 100.4 degrees at any time during the school day, parents will be contacted immediately and are required to pick up his/her child as soon as possible
- b. Student will be placed in designated sick room
- c. Student may return to school when they are fever/symptom free for a minimum of 24 hours OR with a valid doctor's note (guidelines for COVID positive cases will be subject to health department guidance)
- d. If there is a confirmed case of COVID, teachers will contact administration, administration will then contact health department to assess situation and provide guidance

EMERGENCY DRILLS

- a. Emergency drills will be conducted according to state guidelines
- b. Students will exit the building according to designated routes
- c. Students and staff will wear masks while exiting the building and will keep them on until social distancing is possible
- d. Students will line up in designated area with social distancing procedures in place

5TH-8TH GRADE CLASSROOMS

- a. Students will rotate classrooms according to the master schedule
- b. Teachers will sanitize room between class periods
- c. Students will sanitize hands upon entrance to each classroom
- d. Students will follow arrows in hallway to maintain social distancing

MUSIC CLASS

- a. Masks will be required for all students in music class
- b. If students cannot wear a mask for medical reasons a doctor's note is required and an alternate activity will be provided during music class
- c. No singing allowed unless outside
- d. If instruments are shared, they will be disinfected between each use

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SCHOOL ATHLETICS

- a. Athletics are subject to UHSAA guidelines

PARENT TEACHER CONFERENCES

- a. Conferences will be held via Zoom by appointment

ASSEMBLIES AND AFTER SCHOOL EVENTS

- a. Assemblies will not be held during the 20-21 school year unless conditions change

SCHOOL DISMISSAL

- a. Walkers will be excused at 3:00 p.m.
- b. Walkers must exit the building out grade level doors
- c. Walkers must leave campus immediately once excused
- d. Students will be dismissed to Driveline once their number is called
- e. Students may not congregate in hallways or outside



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PART 2: Athlos Virtual Academy 2020 - 2021 Parent and Student Guide

Athlos Virtual Academy offers a **unique three pillar approach** to learning. Students will explore **Performance Character** traits, engage in rigorous educational activities to expand a **prepared mind**, and be encouraged to make lifestyle choices to develop a **healthy body**.

PERFORMANCE CHARACTER

HUDDLES

- 1 Take place in the morning 2 x's per week during a Zoom live session
- 2 Teachers create lessons focused on the 12 Performance Character traits using the Athlos Academies huddle guide
- 3 Lessons help build community and teach students the value of grit, leadership, social intelligence, creativity, courage, energy/zest, initiative, curiosity, integrity, optimism, humility and focus/self-control
- 4 Athlos Virtual Academy students log in during their scheduled huddle time to meet with their teacher and peers to develop these life-long skills
- 5 At the end of each week, students will fill out an exit ticket to determine huddle attendance and demonstrate knowledge of the impact Performance Character has on their lives.
- 6 Check your classroom teacher's Canvas page to see their huddle schedule

HUDDLES "HOW-TO"

QUICK REFERENCE

- 1 Students are required to attend live huddle 2 x's per week
- 2 Students are required to fill out an exit ticket no later than Friday at 10 p.m. to be marked in attendance

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PREPARED MIND

DEVELOPING KNOWLEDGE AND CRITICAL THINKING

The Prepared Mind Pillar at Athlos Academy is centered on academic programs that will prime students with the knowledge and critical thinking skills they need to excel. The curriculum provides opportunities for students to construct meaningful connections and deeper understanding of core content.

Teachers use instructional strategies that promote curiosity, collaboration, and a culture of positivity. We believe having a Prepared Mind is as much about learning how to learn and succeed as it is about academic knowledge.

Athlos Virtual Academy will foster prepared minds through the use of live Zoom sessions with classroom teachers, recorded sessions, standards based assignments and assessments to check for understanding.

ASSIGNMENTS AND ASSESSMENTS

Athlos Academy is excited to begin using **Canvas** to assist students on their educational journey. Students attending **Athlos Virtual Academy** will be required to log in daily to access assignments and/or assessments.

- Students attending Athlos Virtual Academy will be required to log in daily to access assignments and/or assessments.
- Students must complete all assigned classwork Monday through Thursday by Friday of each week.
- Each Friday students will be assigned assessments through Canvas to check for student understanding and mastery.
- Students **may** attend Live Zoom sessions as scheduled to receive additional help as needed. Live sessions are not required but are recommended.

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LIVE ZOOM SESSIONS

Live Zoom sessions will be used to build core skills (math, language arts, science, social studies) and have a live teacher answer questions about core content. Live Zoom sessions will be held daily at a scheduled time.

CURRICULUM

Athlos Virtual Academy wants to ensure that students have access to the same curriculum and programs as those students who will be learning in person. Parents and students will be able to pick up physical materials during a designated time the first week of school.

Programs include:

- Let's Go Learn (K-8)
- Waterford (K-2)
- Wonders (K-5)
- Bridges (K-5)
- Study Sync (6-8)
- College Prep Math (6-8)
- Zaner Bloser Handwriting (K-3)
- OER Science (K-8)

GRADING

- Athlos Virtual Academy teachers will grade all assignments and assessments each Monday by 9 a.m. from the previous week and enter them into PowerSchool
- Students must complete all assigned classwork Monday through Thursday by Friday of each week
- Parents can log in to PowerSchool to determine where their student is performing academically
- Students will receive report cards at the end of each term

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ATTENDANCE

At Athlos Academy we value students who are on time and consistently in attendance. We expect the same for those attending online. To be counted in attendance, students are required to:

Attend Live Zoom sessions after watching recorded sessions **if** additional help is needed

- Watch recorded Zoom sessions and fill out an Exit Ticket
- Complete all assigned work by Friday of each week
- Complete all assessments by Friday of each week
- Attendance will be recorded by the classroom teacher in PowerSchool each Monday by 9 am for the previous week

“HOW - TO” QUICK REFERENCE

- Log in to Canvas Monday-Thursday and complete assignments (all assignments are due no later than Friday at 10 p.m. each week)
- Log in to Canvas each Friday and complete assessments (due no later than Friday at 10 p.m. each week)
- Log in to Zoom live sessions if additional help is needed
- Watch all recorded Zoom sessions
- Complete all assigned Exit Tickets for recorded sessions



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ATHLETIC MOVEMENT

DEVELOPING A LIFETIME OF HEALTHY HABITS

The Athlos Athletic Curriculum has been carefully developed by combining physical education standards with current sports performance methodology. The result is athletic activity that equips students with a foundation of physical literacy that leads to a lifetime of healthy habits.

The curriculum includes:

- 5 levels
- More than 700 lessons
- Performance Character Integration

-
- Athletic Movement lessons will be available through Canvas as recorded sessions.
 - Students will learn about developing a healthy body as well as study the performance character traits.
 - Students are required to watch 2 athletic movement videos weekly and fill out an exit ticket for each video. In addition, families will be asked to “get out and move” at least 20 minutes four times per week.
 - Families will be required to keep a log in Canvas of physical activity. This will be included as part of the Athletic Movement grade on the report card.

As **kids** are inside more because of the current situation, it has never been more **critical** to receive **instruction** in how to maintain and develop **healthy habits** that will last a lifetime.

“HOW - TO” QUICK GUIDE

- Log in to Canvas and watch 2 recorded Athletic Movement sessions weekly
- Fill out an exit ticket for athletic movement no later than Friday at 10 pm each week
- Log in to Canvas and fill out the “movement” log no later than Friday at 10 pm each week

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SMALL GROUP INSTRUCTION

SPECIAL EDUCATION, ENGLISH LANGUAGE LEARNERS, SMALL GROUP INTERVENTIONS

Athlos Virtual Academy offers small group instruction to support qualifying students. This includes Special Education, English Language Learners and interventions.

- Students must qualify to receive these services.
- Students will be able to log in daily to work in small groups with certified teachers.
- Lessons will be centered around individualized goals that your student may be working on.

“HOW - TO” QUICK GUIDE

- Teachers will send out weekly Live Learning schedule for small group instruction
- Students will log in at the scheduled time
- Parents will receive progress reports at the end of each term

ASSESSMENTS

KEEP, ACADIENCE, RISE

At times it may be necessary for your student to come to Athlos Academy for in person assessments.

Kindergarten assessments and Acadience testing are 1:1 tests. RISE will be taken in a small group setting.

Assessments will include:

- KEEP: Beginning and End of Year (Kindergarten only)
- ACADIENCE: Beginning, Middle and End of Year (K-4)
- RISE: End of Year (3-8)

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Part 3: Recommendations and Information from Utah Department of Health

WHAT DO WE KNOW ABOUT COVID-19 AND CHILDREN?

The science available right now suggests children are less likely to get COVID-19 than adults. When children do get COVID-19, they usually have a less serious illness.

Reports suggest there are different things that affect the number of children who get COVID-19, such as age and other factors.

- Adolescents aged 10-17 may be more likely to become infected with COVID-19 than children younger than age 10. However, adolescents do not seem to be at higher risk of getting severe illness from the virus.
- Children and adults with certain health conditions are at increased risk of severe illness from COVID-19. Severe illness means they may need to be in the hospital, intensive care, need a ventilator to help them breathe, or may even die.
- Children with intellectual and developmental disabilities are more likely to have additional health conditions that put them at increased risk for severe illness from COVID-19.
- Although rare, some children have developed multisystem inflammatory syndrome (MIS-C) after exposure to COVID-19. According to the Centers for Disease Control and Prevention (CDC), as of May 20, 2020, most of the children hospitalized with MIS-C had recovered.

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EVERYONE MUST HELP TO PREVENT THE SPREAD OF COVID-19 IN OUR SCHOOLS.

STUDENTS SHOULD:

- Tell their parents or teacher if they feel sick or have symptoms of COVID-19.
- Stay home from school and other activities if they feel sick or have symptoms of COVID-19.
- Stay home from school and other activities (called isolation) if they test positive for COVID-19.
- Follow the quarantine guidance if they are exposed to someone with COVID-19.
- Wear a cloth face covering or mask at school.
- Practice physical distancing as much as possible.
- Wash their hands with soap and water often.

PARENTS SHOULD:

- Check their child for symptoms of COVID-19 every day before school.
- Take their child's temperature every day before school. If their child has a temperature of 100.4° F (38° C) or higher, the child has a fever. If parents do not have a thermometer, they should check their child's skin to see if it feels warm or is red, or ask if he or she has chills or are sweaty.
- Keep their child home from school if he or she feels sick or has symptoms of COVID-19.
- Follow the quarantine guidance if their child or anyone who lives in their home is exposed to someone with COVID-19.
- Before the school year starts, tell the school if their child has a health condition that puts him or her at a higher risk for severe illness from COVID-19. The health department will call parents of students who are at higher risk for severe illness from COVID-19 if they are exposed at the school.
- Review and update their child's plans (Individual Healthcare Plan, Individualized Education Plan, 504 plan) with the school.
- Help their child clean his or her cloth face covering or mask.

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TEACHERS AND EMPLOYEES SHOULD:

- Stay home from school or work if they feel sick or have symptoms of COVID-19.
- Follow the isolation guidance from the health department if they test positive for COVID-19.
- Follow the quarantine guidance if they are exposed to someone with COVID-19.
- Understand privacy laws and how these laws relate to any information the school is given by the health department.
- Tell their employer if they have a health condition that puts them at higher risk for severe illness from COVID-19.
- Provide a safe learning environment for students by following their school plan for reopening.
- Prepare curriculum plans in case they have to isolate or quarantine.
- Encourage students to wash their hands with soap and water often.
- Wear a cloth face covering or mask at school.
- Practice physical distancing as much as possible.

SCHOOL ADMINISTRATORS SHOULD:

- Decide who the COVID-19 point of contact (POC) will be at the school. The POC will work with the health department on contact tracing in the school. It is a good idea for schools to have several employees who are trained as backups for this role. Provide any needed support or equipment to the POC so he or she can work with the health department on contact tracing.
- Understand the privacy laws that protect student, teacher, and employee personally identifiable information (PII).
- Make sure all teachers, employees, and the school POC understand privacy laws and how these laws relate to any information the school is given by the health department. This includes privacy laws that protect students, teachers, and employees.
- Write a plan for how to reopen the school and prevent the spread of COVID-19.
- Provide a safe learning environment for students, teachers, and employees. This includes considering their emotional and social needs.
- Write a plan that addresses the needs of students, teachers, and employees at higher risk for severe illness from COVID-19. This plan may include how the school will handle parent requests for alternative learning arrangements, remote learning, and work re-assignments.
- Review plans (Individual Healthcare Plan, Individualized Education Plan, 504 plan) for students with special healthcare needs with the student's parents and update care plans to help lower the risk of exposure to COVID-19 in the school.

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- Provide resources to parents and students who choose or need to continue remote learning.
- Wear a mask at school and work.

POINT OF CONTACT (POC) AT EACH SCHOOL SHOULD:

- Work with the local health department and school administrators to identify students, teachers, and employees who may have been exposed to someone with COVID-19 in the school.
- Provide a list of students, teachers, and employees who are at higher risk for severe illness from COVID-19 to the health department when there is an exposure at the school. The health department will call parents of students, teachers, and employees who are at higher risk of severe illness from COVID-19 if they are exposed at the school and to tell them what to do..
- Understand privacy laws and how these laws relate to any information the school is given by the health department. This includes privacy laws that protect students, teachers, and employees.
- Protect the privacy of the student, teacher, or employee who tests positive or is exposed to someone with COVID-19 as much as possible.
- Notify the parents of students, eligible students, teachers, and employees if they have been exposed to someone with COVID-19 in the school.
- Provide guidance on when and how to quarantine, check for symptoms, and when to get tested.
- Work with school administrators to prevent the spread of COVID-19 in the school

HEALTH DEPARTMENTS SHOULD:

- Call students, teachers, and employees who test positive for COVID-19.
- Protect the privacy of the student, teacher, or employee who tests positive or is exposed to someone with COVID-19 as much as possible.
- Conduct a case investigation to find out if a person who tests positive was at school up to 2 days before he or she got sick or tested positive.
- Provide isolation guidance to students, teachers, and employees who test positive for COVID-19.
- Work closely with the POC and school administrators on contact tracing in the school.
- Get a list of students, teachers, and employees who are at higher risk for severe illness from COVID-19 from the POC.
- Call students, teachers, and employees who are at higher risk for severe illness from COVID-19 who were exposed.

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- Provide quarantine guidance to students, teachers, and employees who are at higher risk for severe illness from COVID-19, as well as anyone living with a person who tests positive for COVID-19.
- Tell the POC at the school the names of students, teachers, or employees who have tested positive for COVID-19.
- Notify the POC when the student, teacher, or employee is no longer under isolation and can return to school.
- Provide guidance to the POC and school administrators on how to prevent the spread of COVID-19 in the school.

COMMUNITY MEMBERS SHOULD:

- Everyone should wear a face covering when they can't physical distance.
- Stay home if you are sick.
- Get tested if you have symptoms of COVID-19.
- Follow quarantine and isolation guidelines if you test positive for or are exposed to COVID-19.
- Consider volunteering with community organizations to help families in your community without the resources necessary to quarantine or isolate.
- If you are an employer, follow the recommendations in the COVID-19 Business Manual to protect your employees and reduce the risk of exposure in your business.



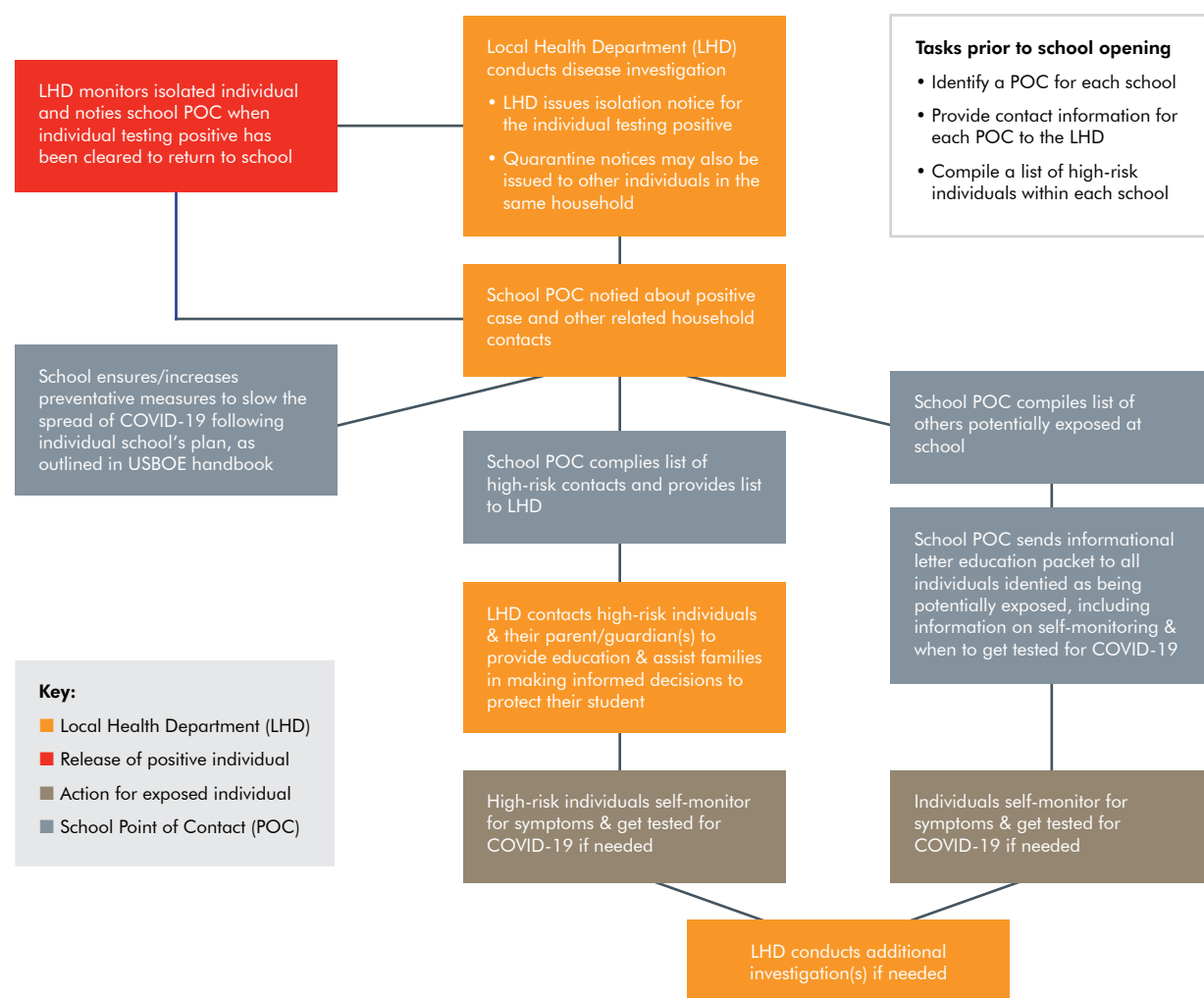
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WHAT HAPPENS IF A STUDENT, TEACHER, OR EMPLOYEE TESTS POSITIVE FOR COVID-19?

If a student, teacher, or employee tests positive for COVID-19, he or she should isolate right away. This means the person needs to stay at home and away from other people as much as possible. The student, teacher, or employee should not go to school or work.

People who have been in close contact with someone who tests positive for COVID-19 are at an increased risk of getting infected and infecting others. Close contact means someone was closer than 6 feet or 2 meters (about 2 arm lengths) to a person who has COVID-19 for 15 minutes or longer. Contact tracing is how public health workers find the close contacts of someone who has COVID-19.

Case investigation and contact tracing in schools (K-12) 2020-2021



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WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

Quarantine is for people who may have been exposed to COVID-19, but aren't sick yet. Isolation is for people who are sick or who have symptoms of COVID-19.

QUARANTINE

You may be asked to quarantine for 14 days if you were exposed to COVID-19. This means you were in close contact with someone who has COVID-19. Close contact means you were closer than 6 feet from someone who has the virus for 15 minutes or more.

Quarantine keeps you away from others so you don't infect someone else without knowing it. Symptoms of COVID-19 may appear 2-14 days after exposure. This is why you will be asked to quarantine for 14 days if you are exposed to COVID-19, because it can take 14 days for you to get sick. If you are asked to quarantine, you should stay in your home and not go around other people as much as you can.

If you get sick or have symptoms of COVID-19 while on quarantine, you should isolate and call a healthcare provider right away. You should be tested for COVID-19.

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ISOLATION

If you have symptoms of COVID-19 or tested positive, you must isolate. This means you stay at home except to get medical care. If you tested positive for COVID-19, you must isolate until you are fever-free for 24 hours and it has been at least 10 days since you first got sick or tested positive. This means you did not use medicine to lower your fever.



If you are sick or have tested positive for COVID-19, try to stay in a different room in your home from other people. You should also try to use a different bathroom than other people. If you can't stay in a different room or use a different bathroom, stay as far away from other people in your home as possible. Wear a surgical mask if you need to be around other people. Try not to use the same personal items as other people. Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).

Everyone who lives in your home should quarantine for 14 days if someone in your home tests positive for COVID-19. Students who live with someone who tests positive must quarantine for 14 days. They can't go to school until the 14-day quarantine is over.

HOW LONG DO STUDENTS, TEACHERS, AND EMPLOYEES HAVE TO ISOLATE AT HOME?

Anyone who tests positive for COVID-19 must isolate until his or her symptoms get better and he or she has been fever-free for 24 hours without medicine AND it has been at least 10 days since he or she first had symptoms or tested positive. Students, teachers, and employees should not go to school or work until they have completed isolation.



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STUDENTS WHO HAVE AN EXPOSURE TO COVID-19

Students who had an exposure to COVID-19, but who do not have symptoms, may go to school. This is called a modified quarantine for schools. Parents will decide if they want to send their children to school during the 14-day quarantine. Eligible students do not need their parents' permission to go to school.

Students can go to school as long as they don't have symptoms and follow safety precautions to prevent the spread of COVID-19. If a student gets sick or develops symptoms of COVID-19 during quarantine, his or her parents should call a healthcare provider and get their child tested for COVID-19. Testing locations can be found at <https://coronavirus.utah.gov/testing-locations/>.

If a student comes to school during their 14-day quarantine, he or she should stay home and away from other people as much as possible when the student is not at school. He or she should not go to extracurricular activities, family gatherings, religious services, or other activities until the 14-day quarantine is over. Even if the student tests negative, he or she must finish the 14-day quarantine.

Some parents may choose to quarantine children at home who have been exposed to COVID-19. You should have a plan to provide another learning option for students who must isolate or quarantine at home.

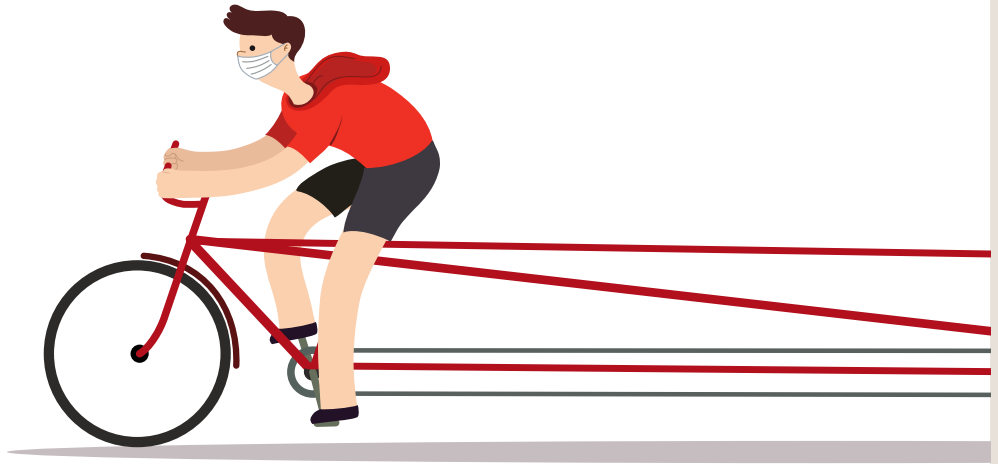
WILL STUDENTS BE QUARANTINED EVERY TIME THEY HAVE A CLOSE CONTACT EXPOSURE AT THE SCHOOL?

Yes. Every time a student has a close contact exposure at school or in his or her personal life, the student should quarantine for 14 days. Public health has modified quarantine guidelines for students, teachers, and employees who are exposed to someone who tests positive for COVID-19. Students are able to use a modified quarantine each time they are exposed.

Students may have multiple exposures during the school year. This is why it is so important for everyone, including members of the community, to take as many precautions as possible to keep schools open and their communities safe.



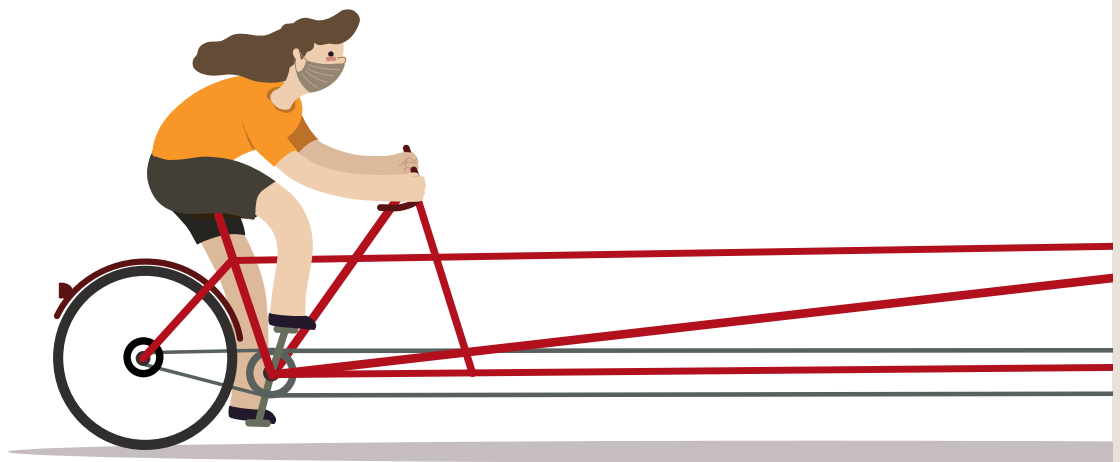
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EXTRACURRICULAR ACTIVITIES AND COVID-19

The Utah Department of Health understands how important school extracurricular activities are to students, their families, and our communities. Participation in school sponsored extracurricular activities and sports helps students succeed in school, lowers students' risk of substance use, and provides social and emotional benefits that help students throughout their lives.

This is why we are asking students, schools, families, and community members to take extra precautions to slow the spread of COVID-19 in their communities. It will take everyone working together and taking precautions to make sure students get to participate in these important activities.



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WHAT PRECAUTIONS CAN WE TAKE TO MAKE SURE STUDENTS ARE ABLE TO PARTICIPATE IN SCHOOL ACTIVITIES, SPORTS, AND CLUBS?

Schools should follow the specific requirements for extracurricular activities from the Utah High School Activities Association, Utah State Board of Education, and the Utah Color-Coded Phased Guidelines.

We encourage everyone to do everything they can to make sure students have the opportunity to participate in extracurricular activities. These are additional ideas students, families, community members, schools, activity directors, coaches, and training staff may consider implementing.

- ☑ Everyone should wear a face covering in public and when you can't physical distance, even outside. You don't need to wear a face covering outside if you can physical distance from others who do not live in your home.
- ☑ Activity directors, coaches, and training staff should encourage students to wear a face covering, physical distance, limit the number of people they come into close contact with in their personal lives, and the number of places they go where they may be in large groups.
- ☑ All participants, activity directors, coaches, training staff, and spectators wear a face covering at events, practices, and games as much as possible.
- ☑ Space participants and coaches 6 feet apart as much as possible at activities, practice, and games.
- ☑ Consider placing markers 6 feet apart to make it easy for participants and coaches to practice physical distancing without having to think about it. People are more likely to practice health behaviors when they are easy. Place markers in both home and away sections, to keep everyone safe.
- ☑ Limit spectators to only the families of participants, and not the general public.
- ☑ Group bleachers or seating areas to keep household groups 6 feet from other people who do not live in their home. Provide enough space for 5-7 people to sit in each group, separated by 6 feet from the next seating group.
- ☑ Consider blocking off every other row of seating.
- ☑ Place markers 6 feet apart in typical areas of congestion (outside restrooms, at entrances and exits, in front of concession stands).
- ☑ Provide hand sanitizer at concession stands. Only serve individually packaged items or grab and go items at concession stands.
- ☑ Have automatic hand sanitizer stations outside restrooms.
- ☑ Students may not understand the severity of many students being exposed to the virus. Influential adults should consider explaining to students, parents, and community members the effect many students being exposed would have on their events or sports seasons.
- ☑ Influential adults may also consider using the students in their circle of influence as school and community leaders to encourage other students, their families, and members of the community to take precautions at all times. Positive peer influence may help everyone in the school adopt more personal safety measures to stop the spread of the virus in the community, even when they are not at school.

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THE 4 HEALTH BEHAVIORS YOU SHOULD PRACTICE IN YOUR SCHOOL:

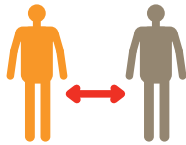
1 Wash your hands for 20 seconds with soap and water:



- After you blow your nose, cough, or sneeze.
- After you use the restroom.
- Before you make or eat food.
- After you touch animals or pets.
- Before and after you care for another person who needs help, such as a child.
- Before and after school or work.
- Before and after you take breaks at work.
- After you put on, touch, or take off a cloth face covering or mask.

If you do not have soap and water, you can use an alcohol-based hand sanitizer with at least 60% alcohol. Children under 6 years old should be supervised when they use hand sanitizer.

2 Physical distance. COVID-19 is mainly spread by close contact. Stay at least 6 feet or 2 meters (about 2 arm lengths) from people who do not live in your home as much as possible. We know this isn't easy in a school setting. If you can't stay 6 feet away from other people, stay as far away as you can. Any distance between you and other people can help.



3 Wear a face covering or mask. Cloth face coverings are effective at reducing the spread of COVID-19, especially when both people who may come into close contact are wearing a face covering.



It is important to remember that even when you wear a face covering, you still need to physical distance.

Sometimes when people hear this, it makes them wonder if face coverings are actually an effective way to reduce the chances of getting COVID-19. Cloth face coverings are very effective¹³. If you wear a mask AND physical distance, the chance of being exposed to COVID-19 is much lower.



4 Stay home if you are sick. Students, teachers, and employees should not go to school or work if they are sick. They should stay home until they are feeling better.

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WHO WILL DECIDE IF SCHOOLS WILL TRANSITION FROM IN-PERSON LEARNING TO HYBRID OR REMOTE LEARNING?

The decision to transition from in-person learning to hybrid or remote learning will be made by school administrators in collaboration with the local school board and the health department.

If a school needs to transition from in-person learning to hybrid or remote learning, it may be for a short period of time, such as 2 weeks, or for the rest of the school year.

The Governor, state health department, and local health department each have legal authority to close schools in response to a public health emergency²². Many things will be considered in this situation including the:

- Importance of in-person learning to the social, emotional, economic, and academic growth and well-being of students.
- Number of people in the community who are testing positive for COVID-19 (called community spread or community transmission).
- Number of students, teachers, and employees who are testing positive for COVID-19 or who are on quarantine due to an exposure.
- Growth rate of new cases (people who tested positive) in the area.
- Statewide capacity for testing, hospital beds, and ICUs.
- The color coded risk phase the city or county is currently in²³.
- Interaction of students, teachers, and employees among other schools in the district.
- Ability to provide virtual learning to students.
- Economic and social hardships on families and students.

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