



### PHYSICAL EDUCATION

The [Thomaston Public Schools \(TPS\) 2020-2021 School Reopening Plan](#) provides the general information to be applied to all school subjects and curricula (see table below). Some subjects have unique health and safety considerations that require more specific action than what is provided in the overarching [TPS Plan](#). In the pages that follow, the health and safety considerations unique to this specialized area will be described.

**Priorities**

Fall Reopening Model – General Information (TPS Plan)

The [Connecticut State Department of Education \(CSDE\) School Reopening Plan](#) includes four condition levels:

The [TPS Plan](#) overlays the CSDE phases of reopening to the Centers for Disease Control and Prevention (CDC) three levels of risk:

- Lowest Risk:**
  - Students and teachers engage in virtual-only classes, activities, and events.
- More Risk (Dependent upon the CSDE Phase):**
  - Full, in-person classes, activities, and events (100% of students in-person) or
  - Small, in-person classes, activities, and events (50% of students in-person).
  - Groups of students mix throughout the day, or
  - Cohort together and with the same teacher throughout/across school days and groups do not mix.
  - Students remain at least 3 to 6 feet apart and share objects, or
  - Students remain at least 3 to 6 feet apart and do not share objects (e.g., hybrid virtual and in-person class structures, or staggered/rotated scheduling to accommodate smaller class sizes).
- Highest Risk:**
  - Full-sized, in-person classes, activities, and events.
  - Students are not spaced apart, share classroom materials or supplies, and mix between classes and activities.

The District is prepared to modify the [TPS Plan](#) to allow for “ramping up” or “ramping down” across the four [CSDE Plan](#) condition phases as public health data changes.



## Operations Plan

### Facilities - PHYSICAL EDUCATION

#### Use of Facilities:

Maximizing social distancing between student workstations when feasible in each CSDE phase shall define classroom layouts. Students shall face in the same direction (rather than facing each other) and spaced apart. Where necessary, other space in each school building shall be repurposed for instruction.

Space between the teacher and students will be maximized to limit the spread of saliva droplets. Staff and students may don other protections in Physical Education classes, however, these other protections may not be permitted if the District cannot be assured of the proper cleaning and disinfection of those protections by those wearing them and/or if these other protections disrupt the educational process.

School facilities shall be used for in-person instruction on a schedule described below:



#### Lowest Risk (CSDE High COVID Spread):

- All school buildings shall be closed.
- All students shall engage in remote learning, activities, and events in accordance with the TPS Distance Learning Plan.
- All in-person extracurricular activities, events and sports/athletics will be prohibited.



#### More Risk (CSDE Moderate Spread):

- All students shall engage in a hybrid of reduced-sized classes of in-person instruction in school buildings and remote learning.
- All in-person extracurricular activities, events and sports/athletics will be prohibited.
- Reduced-sized, in-person classes will be scheduled through a rotation of in-person and remote learning days. Reduced-sized classes will stay together in cohorts with the same teacher throughout/across school days with limitations on mixing cohorts as feasible.
- Students participating in-person instruction shall be spaced at least 6 feet apart whenever feasible and will not share objects.
- All students/staff shall wear a cloth face covering that completely covers the nose and mouth.



#### More Risk (CSDE Minimal Spread):

- All students shall engage in a hybrid of full-sized classes of in-person instruction in school buildings and remote learning.
- All in-person extracurricular activities and events will be prohibited; all sports/athletics will be at least restricted or at most prohibited.
- Full-sized, in-person classes will be scheduled through a rotation of in-person and remote learning days. Full-sized classes will stay together in cohorts with the same teacher throughout/across school days as feasible with limitations on mixing cohorts.
- Students participating in-person instruction shall be spaced at least 3 feet apart whenever feasible and the sharing of objects will be limited whenever feasible.
- All students/staff shall wear a cloth face covering that completely covers the nose and mouth.



#### Highest Risk (CSDE Contained/Vaccine):

- All students shall engage in full-sized classes of in-person instruction in school buildings.
- All in-person activities, events and sports/athletics will be at least restricted or at most prohibited. All students will attend school in-person every school day.<sup>1</sup>
- Full-sized, in-person classes of students will stay together in cohorts throughout/across school days as feasible with limitations on mixing cohorts.
- Students attending in-person instruction will not be spaced apart and will share classroom materials or supplies; mixing between classes, activities, events and/or sports will occur.
- All students/staff shall wear a cloth face covering that completely covers the nose and mouth.

<sup>1</sup> Under the current COVID-19 pandemic conditions, parents/guardians may voluntarily choose to have students temporarily engage in learning from home. TPS has developed and enhanced its Distance Learning Plan for students who wish to temporarily continue remote learning from home (See also [TPS Plan - Temporarily Choosing Not to Participate](#)).



Health and safety protocols training for physical education staff shall include:

- Social Distancing
- Cleaning protocols; and
- Hygiene practices.

Any difference from the general information stated above is listed below and is applicable to this specialized area only.

### Ventilation - PHYSICAL EDUCATION:

When using the gymnasium for instruction, Physical Education Teachers will keep the doors and windows open, if possible, to maximize circulation and air flow to accommodate for increased respiration by students while participating in physical activity. Physical Education Teachers will consult with the school-wide COVID-19 response team to ensure the ventilation system is working properly and to ensure opening doors and windows are safe for students and staff.

When possible, Physical Education Teachers will use outdoor spaces for physical education instruction. When outdoors, students will avoid the use of playground equipment, benches, or other permanent structures. Also, when outside and deemed socially distant the Physical Education Teacher, students will be permitted to remove their cloth face coverings.

When in the gymnasium, students will be assigned their own personal space to participate in class. Doors leading to the outside will remain closed to preserve building security.

### No Touch Usage- PHYSICAL EDUCATION:

Students will practice social distancing at all times in Physical Education class; each student will be assigned his/her personal spot or area when in the gymnasium or outdoors. Physical Education Teachers will limit or eliminate the use of equipment that would be passed between or shared by multiple students in a class period. Students will supply their own water bottle and keep it in their personal space throughout the class period.

### Locker Protocol - PHYSICAL EDUCATION:

All school lockers shall be secured (shuttered) and use of school lockers shall be prohibited. Students shall use alternative means to secure their personal items. If a school has a locker room, it will be locked and prohibited from use. Each student will be responsible for their personal belongings (backpacks) and keep them in their personal spot or area unless the activity deems such as dangerous. If a student's personal belongings (backpacks) cannot be kept in his/her personal spot or area, the Physical Education Teacher will identify a space where these belongings can be kept safe and separate from the activity area.

#### BLACK ROCK SCHOOL

Students will enter through the ENTER DOOR, and EXIT through the EXIT door.

Students will be assigned their own personal space spots. Students will bring a water bottle with them to class and leave it near their personal space spots. Students will all face the same direction.

#### THOMASTON CENTER SCHOOL

Students will be assigned their own personal space spots. Students will bring a water bottle with them to class and leave it near their personal space spots. Students will all face the same direction.

#### THOMASTON HIGH SCHOOL

Students will be assigned their own personal space spots. Students will bring a water bottle with them to class and leave it near their personal space spots. Students will all face the same direction.

Students are prohibited from using the locker rooms. There will be a designated space in the gymnasium to keep each student's belongings (backpacks).



**Operations Plan**

Daily Operations - PHYSICAL EDUCATION

Cohorts:

Per the [CSDE Plan](#), cohorts group students with a teacher so each group functions independently as much as possible. Even with cohorting, all staff and students shall wear cloth face coverings when in school buildings and wherever social distancing is not practicable (outdoors).

While there is no definitive numerical restriction on cohort size in the [CSDE Plan](#), it is recommended that cohorts be kept as stable as practicable. In Thomaston, the typical arrangement of students in Preschool through Grade 3 lends itself to cohorting, while the typical arrangement of students in Grades 4 through 12 limits the feasibility of cohorting..

Health Practices and Protocols:

Students and staff will wash or sanitize hands as they enter and exit the class. Physical Education Teachers will instruct students on proper hand hygiene, respiratory etiquette, and physical distancing guidelines; CDC downloadable resources on these topics shall be posted as visual cues and reminders.

Drinking fountains will not be in use, only specific water bottle filler fountains. Physical Education Teachers will encourage students and staff to use individual water bottles.

Physical Education Teachers will advise students to come to school dressed in clothes that are appropriate for participation in physical education, whether indoors or outdoors. Locker rooms are closed to students and therefore the requirement to change into a physical education uniform for participation in physical education has been eliminated.

Instructional Strategies:

Physical Education Teachers will continue to address all five National Standards for K-12 Physical Education by selecting associated activities that require little or no use of shared equipment by students.

Physical Education Teachers will shift the focus of the curriculum to Standard 3 (health-enhancing fitness), Standard 4 (personal and social responsibility) and Standard 5 (value of physical activity) and incorporate activities for Standard 1 (motor skills and movement patterns) and Standard 2 (movement concepts) if deemed safe and appropriate. NOTE: In some situations, it may not be possible to address all Grade-Level Outcomes due to the constraints related to social distancing.

Physical Education Teachers may use a microphone and speaker, if available, to deliver instruction to students as the use of cloth face coverings and the need for students to spread out to maintain social distancing may make it more difficult for Physical Education Teacher to be heard.

Physical Education Teachers shall focus on individual pursuits or skills rather than team sports or interactive activities (e.g., dance and rhythms, exercises without equipment, fitness, mindfulness, outdoor pursuits, track and field, throwing underhand, kicking and target games).

Physical Education Teachers shall use games and activities that require no physical contact between students and that minimize opportunities for students to engage at a distance less than the appropriate social distancing proximity.

Physical Education Teachers will continue to include opportunities for student choice and incorporate student-suggested activities when appropriate.

Physical Education Teachers will ensure lessons are planned around the available space for instruction and shall identify activities and units that can enhance the development of health education skills (e.g., self-management, interpersonal communication).



### Physical Education Teachers will:

- Have his/her own personal space spot, to remind students of social distancing.
- May use a microphone and speaker when delivering instruction to students if such equipment is available.
- Focus more on individual pursuits or skills rather than traditional team sports.
- Focus on activities and units that can enhance the development of health education skills, self management, interpersonal communication.
- Post signs in the gymnasium to remind students of social distancing requirements.
- Post signs in the gymnasium to remind students about handwashing and hand sanitizing.

### Physical Education Students will:

- Travel to the gymnasium with their cohort group.
- Wash or sanitize their hands before entering the gymnasium.
- Enter the gymnasium through the ENTER door and exit through the EXIT door.
- Have an assigned personal space spot that is 3 to 6 feet away from other students; this assignment shall be made by the Physical Education Teacher upon entry into the gymnasium or when reaching the outdoor classroom area.
- Bring their own water bottle and place it in their own personal space spot. Students will NOT be able to drink from the water fountain; if a bottle filler is available, students may use the bottle filler to refill their water bottle BEFORE entering the gymnasium (not during Physical Education class).
- Come to school on the days they are scheduled for Physical Education class dressed in appropriate clothing for physical education activities and shall assume that class may be held indoors or outdoors when determining what clothing to wear (shorts should be worn under sweatpants to be ready for either indoor or outdoor class).
- Exit the gymnasium with their cohort by lining up on marked spots (6feet away from each other) and only through the EXIT door.
- Wash or sanitize their hands when leaving the gymnasium (before their next period class).
- Be afforded ample time at the end of class to properly disinfect equipment and to exercise proper hand hygiene.



### Health Practices and Protocols - PHYSICAL EDUCATION

#### Personal Protective Equipment (PPE):

All students and staff shall wear a cloth face covering that completely covers the nose and mouth when inside school buildings and wherever social distancing is not practicable outdoors. This requirement is not just for personal safety, it is for the safety of others.

While the [CSDE Plan](#) does not require districts to provide cloth face coverings for all school participants, TPS Physical Education Teachers will provide a cloth face covering to any student whose cloth face covering becomes soiled or wet during the course Physical Education class.

#### Physical Education Teachers will:

- Wash or sanitize their hands before entering the gymnasium, prior to exiting the gymnasium and between cohorts/classes.
- Wear a cloth face covering and change cloth face coverings as deemed necessary.
- Allow students to remove their masks outdoors whenever 6 feet of distance can be maintained between students.
- Follow protocols set forth in Section 504 and Individualized Education Plans (IEPs).

#### Physical Education Students will:

- Wash or sanitize their hands before entering the gymnasium and prior to exiting the gymnasium.
- Wear a cloth face covering in Physical Education class except when the class is held outdoors and proper social distancing can be maintained (6 feet apart).
- Bring an additional cloth face covering to Physical Education class just in case cloth face covering they are wearing becomes damaged, wet or soiled during the course of class activities.
- Remain in their assigned personal space spot unless directed by the Physical Education Teacher to do otherwise.



**Health Practices and Protocols**

**Social Distancing - PHYSICAL EDUCATION**

The TPS Plan overlays the CSDE phases of reopening to the Centers for Disease Control and Prevention (CDC) three levels of risk, social distancing is described as follows:



**Lowest Risk:**

- Does not apply: All in-person classes, activities, and events are canceled; remote opportunities only.



**More Risk:**

- Students are seated between 3 and 6 feet apart as feasible with between 50% and 100% of students participating in in-person instruction; distance shall depend on CSDE phase.



**Highest Risk:**

- Students are seated between 3 and 6 feet apart as feasible with 100% of students participating in in-person instruction.

The TPS Plan shall adjust the approach to social distancing if guidance from the CDC or DPH changes due to shifting public health data or evolving understanding of COVID-19 disease.

Social Distancing - PHYSICAL EDUCATION

Physical Education Teachers will select an indoor and an outdoor location for instruction where proper social distancing can be maintained (6 feet apart). If available facilities do not have sufficient space, class sizes shall be adjusted to allow for proper social distancing (6 feet).

The locations for Physical Education instruction:

- **IN-PERSON INSTRUCTION:**
  - **INDOORS:** Classes shall not be combined if the combination results in a class size that cannot maintain social distancing.
  - **OUTDOORS:** Whenever possible, outdoor spaces will be used for Physical Education instruction. When outdoors, Physical Education classes will avoid the use of playground equipment, benches, or other permanent structures.
- **REMOTE INSTRUCTION:** Students shall be given a modified activity to be completed in a space of their choosing at home; parents are expected to assist students to determine a safe space for remote physical education activities.

Physical Education Teachers will provide visual guides and signs on floors and walls to help facilitate proper social distancing (6 feet) and ensure that students with disabilities have proper accommodations and guidance to follow these visual guides and signs.

Physical Education Teachers will incorporate marked off areas (e.g., poly-spots, cones, visual aids, signs) to ensure proper social distancing (6 feet). Students will face the same direction at all times during Physical Education class.

Physical Education Teachers will coordinate with classroom teachers and the school-wide COVID-19 response team on a plan for transporting students from the classroom to the physical education space. Physical Education Teachers will give students guidance on how to safely transition into/out of the gymnasium or outdoor classroom space while maintaining proper social distancing (6 feet). Physical Education Teachers will allow for time to practice these transitions with students.

Physical Education Students will:

- Wear a cloth face covering in Physical Education class except when class is held outdoors and proper social distancing can be maintained (6 feet).
- Stay in their assigned personal space spot unless directed otherwise by the Teacher.

Physical Education Teachers will:

- Allow students to remove their masks outdoors whenever 6 feet of distance can be maintained.



**Health Practices and Protocols**

Use of Face Coverings, Masks, Face Shields<sup>2</sup> - PHYSICAL EDUCATION

[Thomaston Board of Education changed Policy 5132 - Students - Dress and Grooming](#) requires the use of cloth face coverings by all students. An emergency supply of cloth face coverings will be provided for staff and students who soil, wet or damage their personal cloth face coverings.

Other protections like a face shield or clear plastic barrier still require the user to wear a cloth face covering that completely covers the nose and mouth; these other protectors are optional and will not be provided by the District.



**Face Covering**

A cloth, paper, or disposable face covering that covers the nose and mouth; may or may not be medical grade



**Face Shield**

A clear plastic shield that covers the forehead, extends below the chin, and wraps around the sides of the face



**Clear Plastic Barrier**

A clear plastic or solid surface that can be cleaned and sanitized often

Other protections may not be permitted if the District cannot be assured of the proper cleaning and disinfection of those protections by parents (in accordance with CDC guidelines) and if such protections disrupt the educational process in any way. In the case of Physical Education class, face shields and clear plastic barriers are prohibited.

<sup>2</sup> See Appendix for Proper use How to Wear a Cloth Face Covering Correctly, How to Take Off Your Cloth Face Covering Carefully, When You're Home, How to Clean a Cloth Face Covering (not for one-time use/disposable masks), and How to Dry a Cloth Face Covering (not for one-time use/disposable masks).





## Cancellation of Classes, Remote Learning, and Reopening Plans

### Remote Blended Learning - PHYSICAL EDUCATION

Thomaston Public Schools shall provide both in-person and remote instruction beginning on the first day of in-person instruction so that if in-person instruction must be canceled, remote learning opportunities will occur immediately. The following actions provide for nearly synchronized instruction students who may temporarily choose not to participate in the return to school:

Along with the actions described in the [Thomaston Public Schools Distance Learning Plan](#), Thomaston Health and Physical Education Teachers will provide students with guidance and activities to meet the national recommendation of 60 minutes or more of moderate-to-vigorous physical activity daily for children and adolescents ages 6-17. Teachers will provide an array of learning activities for students to complete at home that focus on the National Standards for K-12 Physical Education.

When operating under a distance learning model for physical education and health education, Thomaston physical educators will:

Develop Connections: Physical Education Teachers will use Google applications such as Google Classroom, Google Meet, and Gmail for instructional and/or communication purposes.

Assess Curriculum: Physical Education Teachers will determine which in-person lessons or activities can be used for remote instruction. The following are resources applicable to remote instruction for Physical Education:

- Open Physical Education Network: <https://openphysed.org/activeschools/activehome>
- Society of Health and Physical Educators: <https://www.shapeamerica.org/>

Communicate Expectations: Physical Education Teachers will explain class expectations to students and convey the relevance/importance of what students will be learning. Physical Education Teachers will utilize Google applications such as Google Classroom, Google Meet, and Gmail for instructional and/or communication purposes. Google Classroom will be utilized for finding materials, submission of work, and communication. Google Meet will be utilized for one-to-one or small group live communication sessions. Gmail will be utilized for communication, attaching materials and submission of work, as needed.

Create Consistency: Developing consistency will allow students to feel a sense of familiarity while reinforcing the sense of community for the class. Physical Education Teachers will utilize Google applications and consider using instructional methods with videos or pictures consistently throughout remote instruction.



## Academics

### General Education - PHYSICAL EDUCATION

High quality physical education provides students with a planned, sequential, K-12 standards based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence. Regardless of the mode (in-person, hybrid or remote instruction), the goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

During remote instruction, Physical Education Teachers shall address all five National Standards for K-12 Physical Education by selecting associated activities that require little or no use of shared equipment by students. Physical Education Teachers will shift the focus of their curriculum to Standard 3 (health-enhancing fitness), Standard 4 (personal and social responsibility) and Standard 5 (value of physical activity) and incorporate activities for Standard 1 (motor skills and movement patterns) and Standard 2 (movement concepts) that are safe and appropriate (see: [Online PE Guidance Document](#)). NOTE: In some situations it may not be possible to address all Grade-Level Outcomes due to the constraints of remote instruction and proper social distancing.

Physical Education Teachers will:

- Post their lesson on Google Classroom on the first day of the school week (typically Mondays); these lessons will be for that week.
- Provide a video with each lesson which may be teacher-created or created by another person or organization.
- Provide only recorded instruction; no live instruction will be provided.

Physical Education Students will:

- Complete lessons at home (if a distance learner) or at home and in class as described by the Physical Education Teacher (if in-person or hybrid in-person learner)
- Students will be assessed on evidence of standards-based learning using rubrics.



### Special Cleaning and Disinfecting Needs - PHYSICAL EDUCATION

The TPS Plan will utilize CDC guidance for [Maintaining Healthy Environments](#) and the [DPH Guidance for Cleaning and Disinfecting of Schools during COVID-19](#) as they apply to classes with special cleaning and disinfecting needs.

If Physical Education Teachers typically assign tasks to students to assist in cleanup at the end of class, these students shall be trained in all safety processes and procedures as before the pandemic.

Properly labeled disinfectant wipes shall be available along with a trash receptacle. The process for collection, disinfection, and logging of equipment shall be written and employed..

### Equipment Safety and Disinfection - PHYSICAL EDUCATION

Physical Education Teachers will consult with the school-wide COVID-19 response team and CDC guidance on proper physical education equipment disinfection procedures.

Physical Education Teachers will inventory physical education equipment at the school to identify which pieces of equipment can be easily and effectively disinfected. Physical Education Teachers will limit the use of physical education equipment that cannot be properly disinfected between uses and eliminate the use of shared equipment.

For equipment that will be touched or handled by students, Physical Education Teachers will assign each student their own piece of equipment for that class period. Physical Education Teachers will properly clean and disinfect equipment between classes. If there is not equitable access to equipment for all students or if equipment cannot be properly cleaned and disinfected between classes, Physical Education Teachers will avoid the use of that equipment.

Extra equipment/materials will be available for in-person instruction in case the equipment being used becomes contaminated during an activity.

Equipment that will be touched or handled by students shall be cleaned with soap and water and then disinfected with an EPA-approved disinfectant that is effective for COVID-19 and is safe for that piece of equipment (check manufacturer recommendations).

Physical Education Teachers shall be properly trained on how to safely apply disinfectant. Physical Education Teachers will ensure sufficient ventilation when applying disinfectants, follow the directions listed on the disinfectant label, and make sure disinfectants are stored appropriately and out of reach of students when not supervised. Some materials (porous or cloth material) cannot be effectively cleaned and should be removed from instructional areas (e.g., area rugs, pillows, cushions).

Physical Education Teachers will:

- Limit the use of physical education equipment that cannot be properly disinfected between uses and eliminate the use of shared equipment.
- Train students on equipment disinfection protocols. If a student cannot disinfect equipment independently, the teacher will assist.
- Place equipment outside in the sun, and follow all CDC guidelines.
- Document equipment use and disinfection in a binder. The binder which will include the date equipment was used, the date of last disinfection, and the date and last class period the equipment was used.

Physical Education Students will:

- Be assigned their own piece of equipment for the in-person class period.
- Be trained in using disinfecting wipes for their equipment and placing their equipment in the cleaned equipment area. If students cannot clean equipment independently, teachers will assist.



**Budget - PHYSICAL EDUCATION**

**Unanticipated Expenditures due to COVID-19**

The TPS Plan includes the development of various budget scenarios addressing the CSDE phases of instruction. Based on these estimates, TPS can determine whether budgeted appropriations and additional federal funds will be sufficient to cover the unbudgeted expenses. If TPS anticipates a shortfall, it shall immediately begin communicating with the TBOE and Town of Thomaston (Board of Selectman and Board of Finance).

The Superintendent of Schools shall continue her pattern of regular and transparent communications related to the TPS budget.

A list of unanticipated expenditures due to COVID-19 for physical education classes was submitted to the Superintendent and Business Manager.



Appendix

How to Wear a Cloth Face Covering Correctly:



- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Fit it snugly against the sides of your face
- Make sure you can breathe easily
- Don't put the face covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

How to Take Off Your Cloth Face Covering Carefully, When You're Home:



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

How to Clean a Cloth Face Covering (not for one-time use/disposable masks):



Washing Machine

- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.



Washing by Hand

- Prepare a bleach solution by mixing:
  - o 5 tablespoons (1/3 cup) household bleach per gallon of room temperature water or
  - o 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.

Make sure to completely dry the cloth face covering after washing.

How to Dry a Cloth Face Covering (not for one-time use/disposable masks):



Dryer

- Use the highest heat setting and leave in the dryer until completely dry.



Air dry

- Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.



# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

COVID-19, Aug 12, 2020 4:01 PM

**COVID 19**  
CORONAVIRUS DISEASE

# CORONAVIRUS DISEASE 2019 (COVID-19)



You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.



[www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

11435-4 February 13, 2020 12:09 PM

# SLOW THE SPREAD OF COVID-19

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Wear a cloth face covering in public spaces



Stay at least 6 feet from other people



Frequently wash your hands



### Sources

2020-2021 School Reentry Considerations: K-12 Physical Education, Health Education, and Physical Activity SHAPE America Society of Health and Physical Educators.

Adapt, Advance, Achieve: Connecticut's Plan to Learn and Grow Together. Connecticut State Department of Education, June 29, 2020 (<https://portal.ct.gov/-/media/SDE/COVID-19/CTReopeningSchools.pdf>).

Centers for Disease Control and Prevention: COVID-19 Infographics ([www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)).

Connecticut Local Education Agency (LEA) School Reopening Template. Connecticut State Department of Education, June 29, 2020 ([https://portal.ct.gov/-/media/SDE/COVID-19/Reopening\\_Template.pdf](https://portal.ct.gov/-/media/SDE/COVID-19/Reopening_Template.pdf))

COVID-19 Resources for Families and Educators. Connecticut State Department of Education, June 29, 2020 (<https://portal.ct.gov/SDE/COVID19/COVID-19-Resources-for-Families-and-Educators>).

EdAdvance Professional Learning and School Services (<https://ed-advance-school-services-teaching-and-learning.coursetorm.com/category/social-emotional-learning-school-climate>)

Frequently Asked Questions Regarding Reopening K-12 Public Schools. Connecticut State Department of Education, July 17, 2020 (<https://portal.ct.gov/-/media/SDE/Digest/2020-21/Reopening-FAQs.pdf>).

Guidance for Cleaning and Disinfecting of Schools during COVID-19. Connecticut Department of Public Health, 2020 ([https://portal.ct.gov/-/media/SDE/COVID-19/COVID-19\\_School\\_Cleaning\\_Disinfection\\_Guidance.pdf](https://portal.ct.gov/-/media/SDE/COVID-19/COVID-19_School_Cleaning_Disinfection_Guidance.pdf)).

Guidance for Health Assessments for the 2020-2021 School Year. Connecticut State Department of Education, June 26, 2020. (<https://portal.ct.gov/-/media/SDE/Digest/2019-20/Health-Assessments-for-the-2020-2021-School-Year.pdf>)

Guidance for Immunization during the Pandemic. Connecticut Department of Public Health (DPH), June 17, 2020 ([https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/infectious\\_diseases/immunization/cvp/update-DPH-letter-to-SDE-back-to-school-6-17-2020-final.pdf](https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/infectious_diseases/immunization/cvp/update-DPH-letter-to-SDE-back-to-school-6-17-2020-final.pdf))

Guidance for School Systems for the Operation of Central and Non-Central Ventilation Systems during the COVID-19 Pandemic. Connecticut Department of Public Health, June 22, 2020 (<https://portal.ct.gov/-/media/Coronavirus/20200622-DPH-Guidance-for-School-Systems-for-the-Operation-of-Central-and-nonCentral-Ventilation-Sys.pdf>).

Kindergarten through Grade 3 Social, Emotional, and Intellectual Habits Framework. Connecticut State Department of Education, January 3, 2018. ([https://portal.ct.gov/-/media/SDE/Board/BoardMaterials010318/The\\_Components\\_of\\_Social\\_Emotional\\_and\\_Intellectual\\_Habits\\_Kindergarten\\_through\\_Grade\\_3.pdf](https://portal.ct.gov/-/media/SDE/Board/BoardMaterials010318/The_Components_of_Social_Emotional_and_Intellectual_Habits_Kindergarten_through_Grade_3.pdf))

Leveraging the Power of SEL as You Prepare to Reopen and Renew your School Community. Collaborative for Academic, Social, and Emotional Learning (CASEL), May 2020 ([https://casel.org/wp-content/uploads/2020/05/CASEL\\_Leveraging-SEL-as-You-Prepare-to-Reopen-and-Renew.pdf](https://casel.org/wp-content/uploads/2020/05/CASEL_Leveraging-SEL-as-You-Prepare-to-Reopen-and-Renew.pdf))







Maintaining Healthy Environments. Centers for Disease Control and Prevention  
([https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html#anchor\\_1589932027380](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html#anchor_1589932027380))

Return to Service Guidance for Building Water Systems. Connecticut Department of Public Health, 2020  
([https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/drinking\\_water/pdf/COVID-19-Return-to-Service-Guidance.pdf](https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/drinking_water/pdf/COVID-19-Return-to-Service-Guidance.pdf)).

RULER. Yale Center for Emotional Intelligence  
(<https://www.ycei.org/ruler#:~:text=RULER%20is%20a%20systemic%20approach,learn%2C%20and%20families%20support%20students.>)

Thomaston Board of Education Policy 3451.311 - Business/Non-Instructional Operations Transportation Riding Other Than Assigned Bus.  
(<https://www.thomastonschools.org/theme/files/policies/Series%203000/Thomaston3541.311adp.pdf>)

Thomaston Board of Education Policy 5112.4 -Students – Disenrollment.  
(<https://www.thomastonschools.org/theme/files/policies/Series%205000/Thomaston5112.4adp.pdf?ver=2018-04-18-122604-177>)

Thomaston Public Schools Bus Route Change Request Form.  
(<https://www.thomastonschools.org/theme/files/Bus%20Route%20Change%20Request%20Form.pdf>)

Thomaston Public Schools Distance Learning Plan. 2019-2020 School Year  
([https://www.thomastonschools.org/theme/files/Distance%20Learning/Thomaston%20Public%20Schools%20-%20Distance%20Learning%20Plan%20\(revised%202020\\_04\\_07\).pdf](https://www.thomastonschools.org/theme/files/Distance%20Learning/Thomaston%20Public%20Schools%20-%20Distance%20Learning%20Plan%20(revised%202020_04_07).pdf))

Thomaston Public Schools Homepage. (<https://www.thomastonschools.org/>)

Thomaston Public Schools Reopening of Schools Webpage.  
(<https://www.thomastonschools.org/ReopeningofSchools>)

Thomaston Public Schools Business and Financial Reports Webpage.  
(<https://www.thomastonschools.org/BusinessandFinancialReports>)