

Rocky River City School District

Activities & Athletics



Preparing for 2020-2021



District Safety Protocols

- Face masks required for all students and staff.
 - Daily cleaning of classrooms, common areas, restrooms, hallways, buses.
 - Weekly building and transportation deep disinfection (electrostatic treatment).
 - Air purification and disinfection in all buildings.
 - Hand sanitizer stations in hallways, common areas, and classrooms
 - Portable sinks in each building for hand washing.
 - Sneeze guards in all main office areas.
 - Sneeze guards and hand sanitizer on buses.
 - Social distancing reminder signage in all buildings.
 - Socially distanced desks in classrooms.
 - All desks facing the same direction.
 - Hand washing reminder signage in all bathrooms.
 - Health self-assessment reminder signage in all buildings.
 - Hands free light switches in buildings.
 - Socially distanced restrooms.
 - Touchless flushers in most bathrooms.
 - Touchless bottle filling drinking fountains in buildings.
 - Regular disinfection of turf at RRHS stadium.
 - Full-time RN added at GPS.
 - Full-time LPN's added at KIS, RRMS, RRHS.
 - No field trips or large group assemblies.
 - No visitors or volunteers in buildings.
-
- ***Plans are subject to change based on evolving conditions, new information, and recommendations and guidance from public health officials.***



Athletics & Activities Subcommittee Report

Marching Band Camp:

- Utilize different rooms for rehearsal by section. Room capacities based on Social Distancing appendix A.
- Rehearse as much outdoors as possible.
- Procedures for ingress/egress and instrument storage Appendix B.
- Masks required when entering the building and exiting the building.
- Each student provides their own water. Band parents provide extra water bottles each day.
- Emergency/inclement weather: enter the nearest safe space and social distance as much as possible.

Marching Band Uniform Fitting:

- Alternate uniforms to be used this year, no fitting to take place.

Marching Band Game Night

- Utilize an extra set of bleachers to maintain social distance.
- No tailgate for Rocky River Education Foundation.

Vocal Music:

- Small group rehearsals when possible based on room capacity in Appendix A.
- Full group rehearsals socially distanced in the auditorium.
- Masks worn while singing.
- No sharing of microphones or headsets.
- Concerts streamed via RRHS Broadcasting Network until mass gatherings allowed.
- Review of performance pieces to insure streaming rights.

Choir and Band class during the school day held outdoors or in the auditorium.

Clubs & Activities:

- Indoor meeting space socially distanced using Appendix A.
- Utilize Zoom meetings.
- In-person meetings done in shifts/alternate days.
- Virtual competitions when possible.
- Creative service opportunities that maintain social distance.
- Masks required for in person meetings.

Drama

- Maintain 6-ft social distance in rehearsal.
- Masks required for rehearsal.
- Students provide their own water.
- Disinfect/sanitize all props, microphones, headsets, following each rehearsal.
- No shared costumes, makeup or wigs.
- Utilize capacity chart in Appendix A for large cast rehearsals.
- Dressing rooms closed for rehearsals.
- No sharing of microphones or headsets.
- Stream performance via RRHS Broadcasting Network if rights allow to create virtual performances until mass gatherings allowed.

Athletics:

- Stadium & gym capacities will be calculated for social distancing at mass gatherings if allowed.
- Online ticketing only.
- Locker room usage based on capacities. Procedures outlined in Appendix D will be scaled to other locker room sports (Soccer, Volleyball, Cross Country, Basketball, Wrestling, Hockey, Swimming, Track, Baseball, Softball, Lacrosse).
- Emergency/inclement weather: find nearest safe space and social distance as much as possible.
- Each athlete provides their own water each day and parent groups provide extra as needed.
- Group hydration stations to be reviewed by Cleveland Clinic Sports Health based on National Federation of High Schools (NFHS) guidelines. This subcommittee does not recommend use, but will share with Cleveland Clinic Sports Health for confirmation.
- Equipment cleaned and sanitized following each practice/contest.
- Best practices for social distancing for team activities in Appendix E.
- Great Lakes Conference will develop consistent protocols for visiting teams and spectators.
- Equipment cleaning and handling - all coaches will be trained via video so consistent cleaning practices are maintained.

Appendix A - Indoor meeting and rehearsal space capacities:

HS Commons - 40

HS Cafeteria - 24

HS Band Room - 50

HS Choir Room - 35

HS Study Hall Room (2072) - 30

HS Broadcast Room (2070) - 18

HS Media Center - 20

HS Health Room (1028) - 30

MS Commons - 50

MS Band Room - 40

Appendix B - Procedures for Marching Band

General Guidelines:

- All will follow the Rocky River Board of Education face covering policy.
- Indoor restrooms will be available for student use based on posted maximum capacity.
- All students should bring their own water bottle.
- Students will not share instruments or any equipment (this includes drum sticks, poms, flags, etc.).
- Students will adhere to basic instrument care, cleaning, and hygiene guidelines (see end of this document for resources).

Rehearsals

Students will rehearse:

- In “pods” of around 10 students spaced around the field, maintaining 3-ft. distance.
- As a whole group in a “block” where all students will be spaced a minimum of 7.5-ft. (what we call “4 step spacing”).
- Marching & playing or playing only portions of rehearsal.
- Percussion & Poms/Flags will remain masked during these rehearsals.
- Poms/Flags may unmask during routines that are particularly physical and spaced 7.5-ft.+ for Poms, or 15-ft. (8 steps) for flags.
- Woodwinds and Brass will wear masks to their positions, then unmask once the band is set.
- Instrumentalists will be spaced 7.5-ft. (4 step spacing) for all playing.
- Students will receive their “spot” assignments during the first week of camp.

Instrument Storage

During Band Camp

- With the exception of Sousaphones and percussion, no instruments will be stored at the school.

During the School Year

- All students who would normally have a locker in the instrument locker room, will be assigned a locker.
- Students will only be in the locker room to retrieve or put away their instrument/materials following maximum room capacity guidelines.
- Once materials are retrieved, students should proceed to designated rehearsal location to assemble instrument.
- Likewise, students will disassemble their instrument at the rehearsal location and enter the locker room only to stow their materials.

Uniforms

Students will not be fit for, or use our traditional full uniform for this school year. The “alternate” uniform that we have used in the past, and cleaning responsibilities are up to each student.

Arrival for Rehearsals

- For all morning rehearsals, students will report to designated outdoor locations directly (will not go to band room/instrument locker room first).
- For afternoon rehearsals at the stadium, students will report directly to the stadium.

Departure

Students will be dismissed as follows:

- Drum line and sousaphones will proceed to the building, put instruments away and leave from there.
- Pom/Flags will turn in equipment to designated students/staff and take personal equipment with them.
- Winds will be dismissed one section at a time, proceed to their case, pack up and leave promptly.

Games (performances)

Arrival

- Students will arrive at school in alternate uniform, collect their instrument from storage and report directly to band bleachers.
- Squad/section leaders will check uniforms before report times.

During Game

- Students will sit in stands, maintaining a 3-6-ft distance left-to-right, and an empty row front-to-back
- All marching routines will be written such that:
- Students can be masked (using gaiters) when closer than 6-ft., though this spacing will be avoided as much as possible
- Students are spaced at 7.5-ft. (4 step) spacing when playing

Special/Specific Events

- **Band Parent/Student Picnics** - Will take place via video
- **Senior Banner Photos/Large Group Photos** - Senior Banner photos will be taken in alternate uniforms.
- **Convocation** - Via Zoom
- **Front Yard Pep Rally** - Will be rescheduled for a later date
- **Homecoming Parade** - TBA
- **Script River** - TBA
- **8th Grade Night** - TBA
- **Marching Band Concert** - TBA

Instrument Cleaning Resources

The University of North Texas Center for Performing Arts Health
[WE MEAN CLEAN PROJECT](#)

Mouthpiece Cleaning Guidelines

(Provided by the National Federation of State High School Associations, the National Association for Music Education, and the National Association of Music Merchants)

Adhering to the following procedures will help to keep mouthpieces and instruments clean and safe for continued use.

Cleaning the Flute Head Joint

1. Using a cotton swab saturated with denatured, isopropyl alcohol, carefully clean around the embouchure hole.
2. Alcohol wipes can be used on the flute's lip plate to kill germs if the flute is shared by several players.
3. Using a soft, lint-free silk cloth inserted into the cleaning rod, clean the inside of the headjoint.
4. Do not run the headjoint under water as it may saturate and eventually shrink the headjoint cork.

Cleaning Hard Rubber and Ebony Mouthpieces

1. Mouthpieces should be swabbed after each use and cleaned weekly.
2. Select a small container that will accommodate the mouthpiece vertically and place the mouthpiece, tip down, into the container.
3. Fill the container just past the window of the mouthpiece with a solution of 50% water and 50% white vinegar or hydrogen peroxide. Protect clarinet mouthpiece corked tenons from moisture.
4. After the mouthpiece has soaked for fifteen minutes, use an appropriately sized mouthpiece brush to remove any calcium deposits or other residue from inside and outside surfaces. This step may need to be repeated if the mouthpiece is excessively dirty.
5. Rinse the mouthpiece thoroughly and then saturate with disinfectant solution. Place on paper towel and wait one minute.
6. Wipe dry with paper towel.

Cleaning Saxophone Necks

1. Swabs are available to clean the inside of the saxophone neck. However, many saxophonists use a flexible bottlebrush and toothbrush to accomplish the same results.
2. The saxophone neck should be swabbed after each use and cleaned weekly.
3. Use the bottlebrush with mild, soapy water to clean the inside of the neck.
4. Rinse under running water.
5. Disinfectant solution may be used on the inside of the neck if desired. Place on paper towel for one minute.
6. Rinse again under running water, dry, and place in the case.

Cleaning Brass Instrument Mouthpieces

1. Mouthpieces should be cleaned at least monthly.
2. Use a cloth soaked in warm, soapy water to clean the outside of the mouthpiece.
3. Use a mouthpiece brush with warm, soapy water to clean the inside.
4. Rinse the mouthpiece and dry thoroughly.
5. Disinfectant solution may be used on the mouthpiece at this time. Place on paper towel for one minute.
6. Wipe dry with paper towel.

Choosing a Disinfectant for Musical Instruments

1. Sterisol Germicide Solution can be safely used on plastics, hard rubbers, and metals.
2. Mi-T-Mist Mouthpiece Cleanser can be used on most materials. It is NOT recommended for use on hard rubber mouthpieces.
3. Isopropyl alcohol wipes are safe for most materials. They are NOT recommended for use on hard rubber mouthpieces.

4. A solution made with 50% water and 50% white vinegar or 50% water and 50% hydrogen peroxide can be safely used on plastics, hard rubbers, and metals.

While other potential disinfectants, including alcohol, boiling water, and bleach can be used as general disinfectants, they are not recommended for use on mouthpieces or instruments due to their potential effect on skin, plastics, and metals.

1. Whichever disinfectants are chosen, it is crucial to read the product instructions and follow them closely.
2. Disinfectants do not remove dirt, so mouthpieces and instruments must be cleaned thoroughly before using.

Appendix C - Locker Room Usage:

Locker Room Protocols

50 Varsity Players

[NFHS Guidance for opening up High School Athletics and Activities](#)

- Phase 3
- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3-6-ft between each individual. Consider using tape or paint as a guide for students and coaches.
- 1 player locker every 3 lockers.
- Every locker is 18" wide.
- Keeping 2 open lockers in between each player locker/pod changing area would create 3-ft social distance area and up to 6-ft from Player pod to pod.

Administration determined

- 38 Socially Distances Locker Spaces.
- 20 Lockers in the Varsity Locker Room.
- 18 in the Freshmen Locker Room.

Before Practice

- We will split the team into 2 changing groups.



- **Group 1:** 33 players will utilize all 33 socially distanced lockers in both the varsity and freshmen locker rooms.
 - 20 lockers in the varsity locker room.
 - 13 Lockers in the Freshmen Locker Room.
- **Group 2:** The remaining 14 players will enter as their Pod Partner leaves the locker room.
 - The locker room is only to be used to get dressed and out to the field as quickly as possible. No socializing.

After Practice

We will utilize the same 2 changing groups.

- **Group 1:** 33 players will utilize all 33 socially distanced lockers in both the varsity and freshmen locker rooms
 - 20 lockers in the varsity locker room
 - 13 lockers in the freshmen locker room
- **Group 2:** The remaining 14 players will enter as their Pod Partner leaves the locker room.
 - The locker room is only to be used to change. When changed, the player will immediately exit the locker room.



RR Pirate Football GAME DAY

Pregame

We will split the team into 2 changing groups

Group #1 and Group #2 will have specific times that they will need to report to the locker room.

Group 1 will be made up of 33 Varsity players, or players that might see the field that night.

- **Group 1:** 33 players will utilize all 33 socially distanced lockers in both the varsity and freshmen Locker Rooms .
 - 20 lockers in the varsity locker room.
 - 13 lockers in the freshmen locker room.
- **Group 2:** The remaining 14 players will enter the locker room at their report time. Their Pod Partner will exit the locker room while they get changed.
- When Group #2 is finished changing they will report to their assigned stool and this will be their socially distanced space in the locker room on game day. We should be able to socially distance 14 stools in both locker rooms.
- When Group #2 is finished changing, Group #1 will report to their pod and sit on the stool in their pod area.

Halftime

- The 33 players in Group #1 will report to their pod and sit on the stool in their Pod area.
- The 14 players in Group #2 will report to their socially distanced stool.

Post Game

We will still utilize the same 2 changing groups.

- **Group 1:** 33 players will utilize all 33 socially distanced lockers in both the varsity and freshmen locker rooms .
 - 20 lockers in the varsity locker room
 - 13 lockers in the freshmen locker room
- **Group 2:** The remaining 14 players will enter as their Pod Partner leaves the locker room.

Appendix D - Best Practices for Social Distancing Teams

1. Use cones set at appropriate social distance for players to leave water bottles.
2. Social distance group static and dynamic stretch lines.
3. No team break downs.
4. Appendix A room capacities for team meetings.
5. Zoom for team meetings if available.
6. Extend the bench areas in contests to keep social distance.
7. Coaches wear masks when instructing within 6-ft of athletes.
8. Designate a coach to be a social distance spotter for each drill for athletes not participating in the drill.

