



Ask Dr. Rodriguez



Top Ten Frequently Asked Questions (FAQs)
Edition #35 – Week of December 14, 2020

Questions are quoted as I received them directly from our community.

- 1. Dr. Rodriguez so my question is why can't every school have a Safe Space program? There are so many kids in need of help with this distance learning and I know we cannot accommodate all kids, but it would definitely help a great deal. I thought you are all in for the kids?**

The district began opening Safe Spaces to support students without stable internet or who were experiencing a great number of challenges in their learning environments. Safe Spaces roll out was intentional in regards to ensuring safety of all students and staff within the provided California Department of Public Health regulations. For this reason, we have phased in additional Safe Spaces along the way. We initially began with five sites and have increased to seven sites. The sites are not specific to serving students from just the school where the Safe Space is located but rather accept students from multiple schools. Initially, Safe Space opened with one cohort of students, moving to two cohorts of students per site and now with an additional expansion to a third cohort on each campus. These Safe Spaces are currently staffed by Extended Learning and expansion at the same sites allows for transportation and supervision of protocols to be maintained. There may be additional expansion of sites or cohorts as we move forward and meet the needs of an expanded number of students.

For students needing more direct instruction time, small groups may be an option at many sites throughout the district with volunteer certificated staff and supports. They are however currently dependent on certificated volunteers and current health conditions.

- 2. How can I sign up for credit recovery?**

Spring 2021 Credit Recovery dates and enrollment information can be found on Extended Learning's [credit recovery website](#). You can also contact your academic counselor or email extendedlearning@pvusd.net for assistance.

- 3. Someone tested positive for COVID at my work site that I work in the same office space with. I found out through another co-worker almost 2 weeks later and have not heard anything from the district nurse. What is the district's protocol for notifying staff members about positive cases at their work site?**

PVUSD is committed to ensuring the safety of employees. This is being accomplished by following the requirements of both [Cal/OSHA](#) and the [California Department of Public Health \(CDPH\)](#) which provides us guidance on informing employees of potential risk as well as following HIPPA confidentiality requirements.

If a PVUSD Employee fails a screening or has a positive test we will follow the process below:

- 1) The Employee will call their immediate Supervisor/Administrator first
- 2) The Supervisor/Administrator will have the employee answer a questionnaire to gather accurate history on symptoms, timelines and close contacts
- 3) For each contact (district employee) for whom the employee came into close contact, the Supervisor/Administrator will fill out the same questionnaire
- 4) Human Resources or designee will reach out to all of the contacts provided by the employee

The PVUSD notification process follows the Cal/OSHA and CDPH guidelines noted below:

Cal/OSHA

Q: What must an employer do to investigate and respond to a COVID-19 case?

A: Investigating and responding to a COVID-19 case in the workplace includes the following:

- Determining when the COVID-19 case was last in the workplace, and if possible the date of testing and onset of symptoms
- Determining which employees may have been exposed to COVID-19
- Employers must determine which if any employee was within 6 feet of a COVID-19 case for a cumulative total of 15 minutes within any 24-hour period during the COVID-19 case's "high risk exposure period."
- Notifying close contact employees of any potential exposures within one business day (and notifying any other employer who has potentially exposed employees in the workplace)
- Offer testing to potentially exposed employees at no cost and during working hours. Inform all employees on how they can obtain testing. This could be through the employer, local health department, a health plan, or at a community testing center. The only obligation to all employees is to provide information.
- Investigate the exposure, whether workplace conditions could have contributed to the risk of exposure, and what corrections would reduce exposure

CDPH Responding to COVID-19 in the Workplace for Employers

- Conduct contact tracing and quarantining of close contacts of confirmed cases in the workplace.
- Employers must provide information to the Local Health Department (LHD) on the confirmed COVID-19 case workers in the workplace, including job titles, work areas, close contacts in the workplace, dates of symptom onset, and shifts worked while infectious.
- Establish if the employer, LHD, or both will conduct interviews of the cases to determine their close contacts.
- Close contacts should be instructed to quarantine at home for 14 days from their last known contact with the worker with COVID-19. Close contacts should be tested for COVID-19 when possible.
- A close contact is someone who spent 15 minutes or more within 6 feet of an individual with COVID-19 infection during their infectious period, which includes, at a minimum, the 48 hours before the individual developed symptoms.
- Interview workers with laboratory-confirmed COVID-19 by phone to determine when their symptoms began, the shifts they worked during their infectious period, and to identify other workers with whom they had close contact during their infectious period.

- While at home, close contacts should self-monitor daily for COVID-19 symptoms (e.g., subjective or measured fever (>100.4°F or 38°C), chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea).

Notify and Provide Instruction to Workers

- *Employers must maintain confidentiality of workers with suspected or confirmed COVID-19 infection when communicating with other workers.*
- Employers should notify all workers who were potentially exposed to the individuals with COVID-19. Employers should provide any healthcare consultations needed to advise workers regarding their exposure, which may be especially important for those with **high-risk medical conditions** (e.g., immune compromise or pregnancy).
- Close contacts of cases should be given instructions on home quarantine, symptom monitoring, and COVID-19 testing.
- Provide any workers who are sent home before or during a shift with information about what to expect after they are sent home (e.g., instructions about testing, sick leave rights under federal, state, and local laws and company policies, return-to-work requirements, etc.).
- In some outbreaks, workers who were never symptomatic and did not have close contact with any of the laboratory confirmed cases may continue to work, as long as the employer has implemented all control measures as recommended by public health authorities, Cal/OSHA, or other regulatory bodies.

4. **Dr. Rodriguez, I am a high school teacher in the district. I am very grateful for the way you have led us through this trying time and have continued to prioritize student, staff, and community safety by continuing distance learning. Thank you. One thing that continues to be a challenge for teachers is our inability to communicate with students both privately AND immediately during synchronous learning time. It is important to be able to give students immediate feedback without interrupting the whole class or embarrassing individual students, and Google Meet does not have the option of sending private messages to individuals. One possible solution that I hope you will consider involves the program Lightspeed. I have found it incredibly helpful to be able to use Lightspeed to monitor my students' work and provide feedback in real-time while they are working during synchronous class time, though I am unable to provide said feedback in a manner that is private or discreet. Lightspeed provides the option of sending a message directly to a student's Chromebook, but we are limited to the three pre-made messages: 1) Need help 2) Are you finished? and 3) Great job! It would be great if those restrictions could be removed so that we could send personalized messages to students and provide the feedback they need and deserve. I have heard suggestions that we use email to communicate with students privately, but it is simply NOT an effective tool when the communication needs to be immediate. If Lightspeed is not an option, is the district looking into alternative solutions to the issue of private but immediate communication with students? Many thanks for your time.**

We have been researching options for messaging during class meetings. Lightspeed has a brand new "beta" feature for customized Teacher messages in Classroom Relay. This new feature will allow for one way communication from Teachers to students. We are in the process of working with Lightspeed to evaluate and test this new feature to make sure that if we choose to implement it, there are no issues for staff and students.

In the meantime, Technology Services now has the newly purchased Remind school communication system up and running. School rosters, parent contacts, staff accounts, etc. have all been imported

from Synergy. They have been putting together [training and support content](#) to help everyone access and use this new communication system. Remind will allow teachers to “communicate with students both privately AND immediately during synchronous learning time” and during asynchronous time. There will be ongoing training and support for parents, teachers, office staff, and students in this new system after winter break. This [website](#) has more information about the system along with next steps for teachers to “claim” their classes, and for students to enable notifications on their Chromebooks. Remind has some great additional features such as instant two way [translation](#) and [anonymized voice calls](#). Technology Services will continue to offer training and coaching sessions after winter break for any staff members needing support with the Remind communication system.

- 5. My parents are getting me tutoring in three of my core classes as I'm not learning anything as the teachers don't teach much during that time. Do I still need to log into class given the teacher doesn't teach us anything, it's becoming such a waste of time?**

Yes, we still need you to log into your classes. Your teachers care about your growth and learning. I suggest that you talk with your teachers during their office hours to let them know how you are feeling and get additional resources so that the time is valuable to you.

- 6. My child is in a routine and is learning via distance learning. She is worried that everything will change and everyone will have to be too careful and is worried about whether we will go back to school. Knowing that she could count on the routines in place this year would make her less anxious and a better learner. Will our district keep our kids in their familiar routine for the last several weeks of school?**

Over the past couple of months, a team of PVUSD employees in various roles met to discuss the current Distance Learning schedule. The main components and time of the schedules will mostly stay the same, with a new emphasis on afternoon learning time. The team was committed to ensuring the schedule had enough time for socio-emotional learning, core classes as well as time in the afternoon for small group instruction, 1:1 instruction, homework drop in help as well as possible art, science or PE synchronous class time in the elementary schools. The school start time will remain the same and students should expect the same amount of core instructional time with their teachers, and have familiar routines that have been set during the first half of the year.

- 7. Dr. Rodriguez, as we look forward to vaccine availability, we will still have unanswered questions regarding whether a vaccinated person can carry the disease to others and when vaccines will be available for minors. Will PVUSD continue to ensure community safety by sustaining distance learning through June so that there is time for the data that will allow us to move to in person instruction as a data driven, science based decision?**

It is true that there is still much to learn about COVID-19 and the vaccine. We will continue to use all of the data and information available to us from local, state and national public health authorities to ensure the health and safety of our students, staff and families. We have committed to distance learning until March 1, 2020. As we approach that date, we will re-evaluate current health conditions to determine next steps. Our goal is to return to in person instruction when it is safe to do so.

- 8. NYC has the largest school district in the country and has kept schools open in the fall. They will open for the Spring semester with 20% of students and teachers randomly tested a week. They had 2854 cases yesterday in their district (one day!). PVUSD has had 3232 cases in total in their district for 8 months since it closed schools. If NYC, the largest school district with a much higher infection and positivity rate can safely open schools why can't PVUSD?**

School Districts throughout the United States have had difficulty staying open with the recent surge of COVID-19. This includes the schools within New York City. On Thursday, November 19, all NYC

school buildings temporarily closed for teaching and learning, and all New York City public school students transitioned to fully remote learning. The closure applied to students in blended learning, including those who selected blended learning during the recent opt-in period. If a student had recently traveled outside of New York City to a place on the State's travel advisory list, the student had to follow the recommendations for quarantine before resuming in person learning. While several NYC elementary schools returned to blended learning for two weeks of December, students in grades 6 through 12 will continue to learn remotely until further notice. You will find additional information at the following link: <https://www.schools.nyc.gov/school-life/health-and-wellness/coronavirus-update>.

9. I have an immunocompromised student. If we go back before his classmates have access to a vaccine, he would be placed in a dangerous environment. How will we keep kids safe before kids can access a vaccine?

PVUSD has made the commitment to ensure that all students and parents will have the option to remain in distance learning when we are able to return to in person instruction. Therefore immunocompromised students, including your child, will have the option to continue with distance learning for the entire year.

10. Why did PVUSD cancel sports?

PVUSD recognizes the importance of athletics to many students. The California Department of Public Health released the new Youth Sports Guidelines on December 14, 2020: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>. PVUSD is required to adhere to the Youth Sports Guidelines which did not allow athletics practices to begin. As noted in the guidelines provided below, we are able to continue with voluntary conditioning which includes physical distancing and stable cohorting of students.

Summary

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions and adapt the way they live and function in light of this ongoing risk. This guidance provides direction on outdoor and indoor youth and recreational adult sports activities to support a safe environment for these sports. The guidance applies to all organized youth sports — including school- and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports (hereafter youth and adult sports). This guidance does not apply to collegiate or professional sports.

Sports Risk Profiles

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is, the greater the physical exertion is, and the longer the interaction lasts, particularly when indoors, the higher the risk that a person with COVID-19 infection may spread it to others.

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities that allow for consistent wearing of face coverings and physical distancing are lower risk than indoor activities that involve close contact between sports participants and high exertion that increases spread of exhaled particles and limits the ability to wear face coverings consistently. The competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

Youth and adult sports are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

- **Low-Contact Sports**
 - Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.
- **Moderate-Contact Sports**
 - Team sports that can be played with only incidental or intermittent close contact between participants.
- **High-Contact Sports**
 - Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants. Indoor sports are higher risk than outdoor sports due to reduced ventilation.

For examples of different levels of sports by risk, see table below.

- **Factors Affecting the Risk of Transmission**
 - Risk increases for indoor activities; indoor sports are higher risk than outdoor sports due to reduced ventilation.
 - Risk increases when face coverings are not worn, and physical distancing is not maintained.
 - Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
 - Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
 - Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

General Guidance for Youth and Adult Sports Participants, Coaches, and Support Staff

Face Coverings

- Participants in youth and adults sports should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).¹
- Observers must wear face coverings indoors, and comply with the CDPH [Guidance for the Use of Face Coverings](#), which broadly requires the use of face coverings for both members of the public and workers in all public and workplace settings.

Physical Distancing

- Participants in youth and adult sports should maintain at least six feet of distance from others to the maximum extent possible, including when on the sidelines. Coaches should avoid contact with participants, and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- When observing, individuals must stay at least 6 feet from non-household members.

Hygiene and Equipment Sanitation

- Shared equipment should be cleaned and disinfected before use by another person, group, or team.
- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Drink bottles must not be shared, and other personal items and equipment should not be shared.

Cohorting

- Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period (notwithstanding competitions permitted as outlined below).

Observers

- For youth sports (age 18 years and under), immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits allowed by Tiers.
- Observers must stay at least 6 feet from non-household members and wear face coverings.

Indoor Venues

- Limit indoor sports venue capacity for athletes, coaches, and observers to CDPH [Gym & Fitness Center Guidance Capacity](#) (25% in Tier 3 [Orange/Moderate], and 50% in Tier 4 [Yellow/Minimal]).
- Ventilation in indoor sports venues should be increased to the maximum extent possible.

Permitted Youth and Recreational Adult Sports by County Tier

- Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of county tier status. Such activities may be conducted indoors consistent with restrictions by Tier in the [Gym & Fitness Center Guidance Capacity](#).
- In counties under the Regional Stay at Home Order, only activities consistent with the bullet immediately above are permitted, regardless of the county's tier status.

- The Table below provides information on which categories of competitions are permitted in each Tier.
- The Table is not exhaustive, but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports.

Inter-Team Competitions

- As transmission rates are increasing significantly in California, communities across California must act with caution and state agencies will carefully monitor epidemiological trends.
- Youth should limit their sport activities to their own households in counties under the Regional Stay at Home Order.
- Inter-team competitions (i.e., between two teams) will not be allowed in California until January 25, 2021, at the earliest, based on the guidelines outlined in this document. The return-to-competition date will be reassessed by January 4, 2021 based on California disease transmission trends and is subject to change at any time given the level of COVID-19 transmission in California.
- Teams must not participate in out-of-state tournaments; several multistate outbreaks have been reported in CA residents and around the nation.
- Inter-team competitions, meets, races, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized in the Table below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in the Table below.
- The county-based authorizations outlined in the Table below applies to the locations/counties in which the teams, schools, clubs, leagues, and similar organizations are functionally based (e.g., where the players reside, where facilities are located, etc.).
- Any tournaments or events that involve more than two teams are not currently permitted in California. Exceptions may be made, with authorization from the local health department, for the following sports where individual competitors from multiple teams are routine: track and field; cross-country; golf; skiing/snowboarding; tennis; and swimming/diving.

Returning to sports after infection (1)

- Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance for more serious infections.

Table: Youth and Adult Recreational Sports* Permitted by Current Tier of County

Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
1†	2†	3†	4†
Outdoor low-contact sports	Outdoor moderate-contact sports	Outdoor high-contact sports	Indoor moderate-contact sports

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|---|---|---|--|
| <ul style="list-style-type: none"> • Archery • Badminton • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis • Track and field • Walking and hiking | <ul style="list-style-type: none"> • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball | <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Volleyball • Water polo | <ul style="list-style-type: none"> • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash |
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Indoor high-contact sports

Indoor low-contact sports

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| <ul style="list-style-type: none"> • Badminton • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis • Track and field • Volleyball | <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling |
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*This Table is not exhaustive, but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports.

†All sports permitted in lower tiers, are also permitted in higher tiers.