Daily Health Screenings
Daily health screenings **must be completed by each family prior to students coming to school** or getting on a CA school bus. These are reported via the SchoolPass website. Health Screenings for Pre-K students must be completed through Bright Wheel. Health checks allow for any individual presenting symptoms to be isolated and, if necessary, directed to testing. CA is required to report confirmed COVID-19 cases to Jefferson County Public Health for detailed follow-up and contact tracing. CA’s Health Team follows up on individuals flagged by the health screening system.

Close Contact/Potential Exposure
Close contact is based on the full contagious period, including 2 days before the sick student/staff member’s symptoms started or positive test date, whichever is earlier. Close contacts include:
- Any person who was in a room with the sick person for 40 minutes, irrespective of mask-wearing;
- Or was within 6 feet of the sick individual for 15 minutes when both parties were masked;
- Or was within 12 feet of the sick individual for 15 minutes, when either party was unmasked and outdoors. (e.g., mealtimes).
Isolation and Quarantine

- Any person who tests positive for COVID-19 must isolate for 10 days, starting with the onset of symptoms, or without symptoms, the person should be in isolation for 10 days, starting with the date of a positive test.
- Quarantining prevents the ongoing spread of the virus to other people by individuals who know they have been exposed or are likely to have been exposed, but do not yet know if they have been infected. It’s a precaution and an effective tool to prevent viral spread, since people infected with COVID-19 can be contagious, even without having symptoms.
- CA, in coordination with JCPH and CDPHE, has adopted these shorter CDC quarantine guidelines:
  - 10 days: This quarantine period is appropriate for most people who do not have contact with high-risk individuals.
  - 7 days: People who do not have contact with high-risk individuals and have a negative test collected 48 hours before quarantine is discontinued (on day 5 or later).

Sports Quarantine
On February 17, CDPHE updated the COVID19 guidance for organized sports. The quarantine portion update is this:

“Due to the need for quarantine of all potentially exposed parties, as determined by public health, all individuals should wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other precautions to prevent the spread of COVID-19 for 14 days from the date of exposure. Group training and competition for those exposed individuals must be cancelled for 14 days from the last date of exposure. “

The guidance applies to all organized sports, whether it is CHSAA, recreation centers, private club sports, etc. A key portion of this update is that persons participating in organized sports that have had an exposure to COVID19 are not allowed to participate in group training or competition activities until a full fourteen days have passed from their most recent contact with a contagious person. While schools may choose to employ shortened quarantine strategies for return to in person learning, student athletes and coaches should not be participating in athletic activities until the full fourteen days from last exposure have passed. The guidance can be read in its entirety here: https://covid19.colorado.gov/organized-sports
Mask Wearing During Sports
CDPHE also updated its requirements of face coverings during athletics. That language can be found here:

“All spectators, referees, coaches, and noncompeting individuals, including players, must wear masks at all indoor events.

- Players are required to wear masks even during play, except for the following Season B CHSAA activities:
- Aquatics, where a wet mask would be a choking hazard.
- Wrestling, where a mask could easily be caught or dislodged.
- Spirit, only during high-intensity maneuvers where the mask might get caught or dislodged.
- It is recommended for players to bring multiple spare masks to replace sweaty masks as needed.
- If a player or participant cannot medically tolerate wearing a mask, the athlete may obtain a medical exemption from a medical professional."

Testing
Testing conducted in order to follow a shortened quarantine as outlined above must be a PCR test (nasal swab or saliva test). Rapid antigen tests do have a higher degree of false positives. If you receive a positive antigen test, followed by a negative PCR test, the positive test dictates all protocols.

Travel
Travel increases your chance of spreading and getting COVID-19. CDC recommends that you do not travel at this time: Delay travel and stay home to protect yourself and others from COVID-19. If you do travel, the CDC’s latest guidance, followed by CA, recommends a post-travel quarantine. You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. The CDC advises that post-travel, get tested and stay home.

- Get tested with a PCR (not a rapid antigen test) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
o Even if you test negative, stay home and self-quarantine for the full 7 days.
o If your test is positive, isolate yourself to protect others from getting infected.
  • If you don’t get tested, stay home and self-quarantine for 10 days after travel.
  • Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

Private Travel
If you travel out of state without using public transportation, lodging, or dining, the school still requires a post-travel quarantine. There is no way for CA to know the level of exposure you might encounter.

Mountain Travel/Skiing
Many families have seen skiing as a safe way to be outdoors and get a break from the at-home routine, with door-to-door travel and with no outside exposure. However, some ski areas are dealing with massive COVID-19 outbreaks; this is likely from après-ski activities and gatherings and not the outdoor activity itself. Again, we ask families to exercise the same level of vigilance around outside activities that we do at school. If you engage in any activities that expose you or your family or increase your risk of transmitting COVID-19, we ask that you abide by all travel quarantine requirements.

New International Travel Requirements
As per the CDC, all air passengers coming to the United States, including U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States.

Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs, such as airports and stations.

Masks
All students and all faculty and staff are required to wear masks to every indoor gathering, even if the 6-foot separation standard can be enacted. All students and teachers need to wear masks in transitional moments between classes, especially in the hallways of buildings, and outdoors. Students and all teachers will wear masks indoors, including inside classrooms. Teachers may wear face shields, either as a
substitute for the mask, or in addition to the mask, while teaching. It is the responsibility of the family to provide masks for their children every day, although CA will have a limited supply of masks on hand for those who need them. We recommend sending students with two clean masks per day. Other CA employees will also be expected to wear masks while on campus. Recent public health guidance has encouraged double masking—that is a surgical mask covered by a double-layered cloth mask—or use of a KN95 mask. These types of masks are thought to provide the greatest protection, including against COVID-19 variants.