









FMS COVID-19 Safety Guidelines

2021/22

Fire Mountain School recognizes that right now, the best tools to protect our community are vaccination for those eligible, physical distancing, face coverings, ventilation and airflow, hand hygiene, and staying home if ill or exposed to someone ill or symptomatic.

KEY PRACTICES FOR REDUCING SPREAD OF COVID-19 IN SCHOOLS

The mainstays of reducing exposure to the coronavirus and other respiratory pathogens are:

-  **Vaccination** – The most powerful tool available to stop the spread of COVID-19.
-  **Protective Equipment** – Use of face coverings and barriers.
-  **Physical Distancing** – At least three feet with other people.
-  **Hand Hygiene** – Frequent washing with soap and water or using hand sanitizer.
-  **Airflow & Circulation** – Outdoor activities are safer than indoor activities; maximize airflow in closed spaces.
-  **Cohorts** – Conducting all activities in small groups that remain together over time with minimal mixing of groups.
-  **Isolation & Quarantine** – Isolation separates people who have a contagious disease from people who do not. Quarantine separates and restricts the movement of people who were exposed to a contagious disease.
-  **Environmental Cleaning & Disinfection** – Especially of high touch surfaces.

Prioritizing Outdoor School

- Fire Mountain School is uniquely suited to outdoor learning and play. We will continue to prioritize outdoor school with very limited use of the building at teacher discretion for restrooms, inclement weather and warm-up during very cold days.

Drop-Off and Pick-Up

- Parents or caregivers drop-off and pick-up children from staff outside of the facility at the West side gate.
- We require parents or caregivers to wear a face covering during drop-off or pick-up.
- We request that parents or caregivers during drop-off and pick-up maintain physical distancing when not engaged in hand-off of children to staff.
- Upon entry, children immediately wash hands at the outside sink each day.

- Children have their own school supplies and snacks and extra clothes, and do not share these items.

Daily Health Checks

- Upon arrival, staff will visually and verbally screen students for symptoms of illness and ask if anybody in the household has had any symptoms of illness. If the student or any household member has been ill, they will be asked to stay home until they or their household member has been symptom free for 24 hours without medication and have received a negative Covid test.
- Symptoms of Concern for screening include:
 - Cough
 - Fever or chills
 - Shortness of breath or difficulty breathing
 - New loss of taste or smell
 - Headache
 - Muscle or body aches
 - Nausea or vomiting
 - Diarrhea
 - Fatigue
 - Congestion or runny nose
 - or any other symptom of communicable disease

Protective Equipment

- FMS requires all staff, visitors, or FMS program volunteers who are in the facility and on grounds to wear a face mask/face covering. Face coverings and face shields must follow CDC guidelines Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- Students are asked to bring 3-4 clean masks per day and will be reminded to change their mask after lunch.
- Families should expect their student to wear a mask throughout the day with teacher discretion employed for appropriate mask breaks throughout the day.
- When students falter in consistently and correctly wearing a face covering, teachers and staff will center grace and patience to reteach the expectation. FMS will continually provide instruction and positive reinforcement to help students become comfortable with these guidelines while ensuring punitive measures are not the methodology to remind, motivate and reinforce healthy practices.

Physical Distancing

- FMS will support physical distancing in daily activities and instruction, seeking to maintain at least 3 feet between students to the extent possible through:
 - Prioritizing distancing when setting up learning and other spaces, arranging spaces and students to allow and encourage physical distancing.
 - Minimizing time standing in lines and taking steps to encourage that distance be maintained between students during one-way traffic flow in constrained spaces, etc.
 - Encouraging distancing between children during table work
 - Planning activities that do not require close physical contact between multiple children.
 - Providing children with their own materials and equipment whenever possible (e.g., writing utensils, scissors, etc).

Hand Washing and Respiratory Hygiene

FMS recognizes that regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Washing hands can keep us healthy and prevent the spread of respiratory and diarrheal infections from one person to the next.

- FMS teachers and staff will prioritize and require regular handwashing throughout the day, especially in the following instances:
 - arrival
 - before and after meals
 - after using the toilet
 - after blowing nose, coughing or sneezing
 - after touching garbage

Students will be reminded of the importance of respiratory etiquette. Respiratory etiquette means covering coughs and sneezes with an elbow or tissue. Tissue should be disposed of in a garbage can, then hands washed or sanitized immediately.

Ventilation and Airflow

FMS recognizes that ventilation is a primary tool to reduce viral spread indoors and promote a healthy learning environment. Indoor air spaces need special consideration because of potential COVID-19 transmission from the buildup in air of smaller particles and aerosols that are generated from breathing, talking, laughing, shouting, singing, coughing, and sneezing. While a properly fitting face covering or mask can limit the release of most respiratory droplets and aerosols, smaller particles or aerosols that pass through can remain airborne for minutes to hours, depending on ventilation, humidity, and other factors. FMS takes the following steps to address ventilation and airflow:

- Prioritize and conduct lessons, meals, and activities outdoors when possible throughout the year.
- Increase outdoor ventilation of clean air into indoor spaces:
 - Open windows and doors unless doing so creates a health or safety risk.
 - Use fans to help move indoor air out open windows.
- Continuously operate restroom exhaust fans when the building is occupied.
- Continuously operate two portable HEPA filtering devices within the school building (one in the Wolves Classroom, and one in the Circle Room (Eagles Classroom achieves cross-ventilation through leaving North and South doors open whenever possible throughout the day).

Exposure, Isolation and Quarantine

Isolation and quarantine are core components under the authority of public health (Local Public Health Administration and Oregon Health Authority). FMS is required to cooperate with any LPHA investigation and requirements to protect the public health. LPHAs follow statewide [Investigative Guidelines for COVID-19](#) and other diseases.

If you suspect that a member of your household has been exposed to COVID please stay home and immediately notify the school administrator.

Isolation: separates people who have a contagious disease from people who are not sick.

Quarantine: separates and restricts the movement of people who were exposed to a contagious disease and could become infectious themselves to limit further spread of the disease.

- If a student is identified as sick, they will be isolated from other students and a parent will be called to pick them up.
- If a student has a confirmed exposure to Covid, the student must stay home and quarantine for 14 days and be symptom free without medication for at least 24 hours or quarantine for 7 days (with a negative Covid test occurring on day 5 (or later) after exposure).
- If somebody in a Fire Mountain household tests positive for Covid, the school will close for one week and opening will be evaluated, with the potential of extending closure if necessary.
- In the event of a school closure due to a FMS child having Covid, alternative online learning plans will be explored.
- If an immediate family member has been exposed to someone with a confirmed Covid case, the child will stay home until that family member has received a negative test (3-5 days after potential exposure) or quarantine for 7 days with no symptoms or receive a negative Covid test.

FMS COVID Screening Tests for Students and Staff

- FMS has enrolled in OHA's K-12 school testing program to offer regular, free, COVID-19 screening testing to students with parent/guardian consent and staff members. FMS will notify parents as more information becomes available regarding this testing scheme.

Planning for COVID-19 Scenarios in Schools

<https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Planning%20and%20Responding%20to%20COVID-19%20Scenarios%20in%20Schools.pdf>

Environmental Cleaning & Disinfection

Environmental cleaning and disinfecting, particularly of high-touch surfaces and equipment/toys will occur throughout the school day and at the end of the school day.

The school is cleaned thoroughly by family volunteers every weekend on a rotating schedule. The specific cleaning tasks that must be carried out weekly can be found on a clipboard inside the cleaning closet.

Travel

Families are asked to please follow all relevant [CDC](#), local and State guidelines regarding testing and quarantine after travel.