

NACTEC COVID Mitigation Plan

Plan Components

As a collaboration of two partner school districts, the Northwestern Alaska Career and Technical Center (NACTEC's) COVID mitigation plan borrows from both Bering Strait School District (BSSD) and Nome Public Schools (NPS) mitigation plans. The NACTEC mitigation plan also largely borrows from the Mt. Edgecumbe High School (MEHS) plan for elements unique to residential programming. Unlike MEHS's long duration residential programming, NACTEC serves students in much short duration variable term (1-, 2-, and 4-week long) programs. Due to shorter duration residential programs, and access to different community supports in Nome, NACTEC's plan shares parallels with MEHS but yet is built to the resources available locally and in partnership with Norton Sound Health Corporation.

NACTEC's plan relies upon BSSD's plan for elements related to moving students to/from villages to NACTEC in Nome for residential training. NPS mitigation planning alignment is intentional with student programming elements occurring in the Nome-Beltz Middle High School (NBMHS) where the majority of vocational instruction occurs. Residential environment, elements in the NACTEC House, are subject to deviate from NPS plans as appropriate to the setting, population, and vaccination status. The NPS guidelines were developed in consultation with the Nome Public Schools' Health Advisory Team consisting of medical leadership from Norton Sound Health Corporation and the local Public Health office, as well as guidance from the Alaska Department of Education and Early Development (DEED), the Department of Health and Human Services (DHSS) and the latest CDC guidelines.

Elements Borrowed from and Adherence to BSSD Mitigation Plan:

BSSD District Air Travel

All students and staff shall wear masks at all times when traveling on the district plane, or commercial air travel. Testing requirements for airline travel will be followed, per airline directive.

Safety

All school buildings should continue to be cleaned daily with approved cleaning agents (see maintenance).

Maintenance

Outside maintenance contractors must be vaccinated, and follow all COVID-19 state, local and CDC guidelines. Maintenance tasks, where possible, will be deferred to occur in between training programs when students are not residing at NACTEC.

Mandates

District staff are to follow all mandates required by their community and the BSSD safety protocol in order to protect themselves and those around them. Vaccination and testing requirements could change as situations involving the COVID-19 Delta and Omicron variant changes.

School Closures

The Bering Strait School District will collaborate with Norton Sound Health Corporation Public Health officials and local Tribal and Corporation Leadership to monitor disease outbreaks in our communities to determine when and if schools should be cancelled.

If school is cancelled due to an infectious outbreak, all other school-related gatherings (athletic events, after school activities, field trips, etc.) will also be cancelled. In some cases, non-academic events may be cancelled even if classes are not cancelled.

Elements Borrowed from and Adherence to NPS Mitigation Plan:

1. Masks

- NACTEC will keep an adequate supply of disposable and cloth masks on hand to ensure all students and staff have access to a clean, dry mask as needed.
- Masks are required to be worn by students and staff in any NPS school building, and at the NACTEC House, when the percentage of vaccinated persons in the school is < 80%.
- In any NPS school where the percentage of vaccinated students >80%, students will be asked to wear a mask if they are displaying symptoms of COVID-19.
- Masks will be worn by all students inside vehicles for Nome transport, where social distancing of 3' is not possible.
- Masks should meet the CDC guidelines.
- Masks may be removed while individuals are eating.
- Universal masking may temporarily be imposed at the advice of the Health Advisory Team in response to a rapid rise in community cases and transmission.

2. Physical distancing (e.g., including use of cohorts/pods)

The following guidelines will apply in any school where the percentage of vaccinated persons < 80%.

- Students will be seated 3 feet from each other as much as the classroom space makes feasible.
- Middle/high school students will be cohorted in classes as much as feasible.
- Cafeteria seating arrangements will keep students a minimum of 3 feet from each other and in lunch cohorts.

- Physical distancing between teachers and other staff and students will be observed in the classroom and in other settings.
- Staff will not congregate in workrooms or offices.

3. Handwashing and respiratory etiquette

These guidelines will apply regardless of vaccination percentages at any school.

- Hand sanitizer dispensers will be located outside of each classroom and in common areas such as the cafeteria, gym and front office.
- Middle/high school students will be encouraged to wash their hands before/after lunch and several times throughout the school day.
- All students and staff will be taught proper protocols for sneezing/coughing to minimize respiratory droplets and asked to wash hands or be offered hand sanitizer immediately afterwards.

4. Diagnostic and screening testing

- Norton Sound Health Corporation has set up a COVID Testing Center at the Operations Building; testing is available 7 days a week from 8am – 5pm and can also be conducted through the Cough and Cold Clinic as needed.
- Vaccinated individuals are not required to test regularly, but may be asked to participate voluntarily in screening testing if an outbreak of cases in the school population occurs.
- NACTEC staff and students will follow the City of Nome guidelines regarding testing and/or quarantine after travel outside of the community.

NACTEC COVID Mitigation Measures

COVID Testing:

Entry/Exit: NACTEC residential program students will take a COVID-19 test within a 72-hour window prior to their travel to NACTEC and then test again immediately upon arrival in Nome. Students will also test the day prior to their departure from NACTEC.

Incoming students will test at the airport upon arrival, if the option to do so exists and with a rapid test. Following the initial test, NSHC’s Operations Building will serve as the primary testing location in Nome. NACTEC staff will use the online NSHC “Pick Time” site to reserve testing times: <https://www.picktime.com/NSHC> and then provide group transport for student testing.

NSHC Point of Contact: Cheryl Lefebvre, clefebvre@nshcorp.org, is the point of contact at the Operations Building. NACTEC program staff will share student names and dates of birth in advance of their arrival to Nome for efficient group testing purposes.

Routine Testing: Students will test once a week during each week of their residential programs. Mondays and Thursdays will serve as optimal testing days. Students enrolled in four or five-day Jr. High programs, and their site chaperones, will test twice in Nome, once upon arrival and again within 24 hours of departure.

High Risk Testing: Events that are high risk for COVID-19 spread may require prior or routine testing. Special events in which large groups of students will be mingling may also require prior testing.

As needed Testing: Students exhibiting COVID symptoms will be taken to the Norton Sound Regional Hospital Cough and Cold Clinic, located on the hospital's first floor (between the Pharmacy and Primary Care) during the hours of 8:00 am – 7:00 pm on Monday – Friday, and 8:00 am – 10:00 pm on Saturday and Sunday.

After Hours/Contingency Testing: Students exhibiting COVID symptoms, and/or with concern for positive diagnosis, during "after hour" times for NSHC testing, will have home testing kits provided by Public Health to use as a screening tool at the NACTEC House.

Quarantine accompanying testing: Based on medical recommendation, a quarantine time may accompany testing conducted for suspicion of exposure or presented symptoms.

Quarantine and Isolation

COVID Positive Diagnosis:

Students who test positive for COVID will quarantine in student pods set aside for positive cases. Cell phones/electronic devices will be permitted for immediate contact with family members. Students who test positive at NACTEC will remain in isolation at the NACTEC House, at the direction of NSHC, per current CDC guidelines. In the event this isolation period extends after a variable term residential program ends, NACTEC will be adequately staffed to meet student's needs while remaining in quarantine/isolation.

NACTEC Student Medical Form:

This form has been developed as a screening tool for all student self-reported illness, injuries, or anticipated medical related needs. For COVID screening purposes the following list of potential COVID symptoms are listed on the back of the medical form for ease of screening.

Potential COVID Symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain

- Headache
- Sore Throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit

“Warm Zone” quarantine: An area in the NACTEC House dorms or selected dorm rooms may be used as a “Warm Zone” Isolation space to keep students away from the general population during investigation. The warm zone will be used for:

- Initial arrive at the NACTEC House, until rapid result tests are received.
- Any student with suspicious symptoms, but no positive test yet.
- A student identified as a close contact but not assigned quarantine or test results yet.
- Students who must quarantine as close contact but have tested negative.

Students in the warm zone will be provided room service for meals and will attend classes, where possible, by distance delivery during the quarantine time.

“Hot Zone” Isolation: One each male pod and female pod will be left unassigned to serve as “Hot Zone” isolation & quarantine spaces. Each student pod has a dedicated bathroom. Within a “pod” are three separate bedrooms, with two beds per room, and a common bathroom (shower, toilet, two sinks) in the pod. These hot zone pods will be used for:

- Any student who has tested positive for COVID 19

Students in the hot zone will be monitored daily by NACTEC staff in the NACTEC House and remotely with Norton Sound Health Corporation staff by phone who will track symptoms. NSHC’s Quarantine Team will call each patient and supply necessary resources as quickly as possible. Contact #'s are: (907) 443-4555 M-F 8:00 am – 5:00 pm and (907) 434-0654 after hours and weekends (text friendly).

Students must remain in the hot zone until all four of these criteria are met:

1. At least 24 hours have passed since recovery (no fever without the use of fever-reducing medications)
2. Other symptoms have improved
3. At least 5 days have passed since symptoms first occurred.
4. A NSHC health care provider approves re-entrance into the general population.

Students in the hot zone will be provided room service for meals and will attend classes by distance delivery, where possible, during the quarantine time. NACTEC staff will provide alternate programming options where distance delivery options aren’t viable, e.g. Driver Education training.

All staff working in the warm and hot zones will wear N95 or KN95 masks and nitrile gloves as PPE will working with COVID positive students.

Cleaning Protocol in the event of a Positive Test: If a student or staff member is confirmed positive the area will undergo a deep cleaning.

Computer and Internet access

1:1 Devices: NACTEC has capacity for a 1:1 learning environment, although most work occurs in a hands-on learning environment. Students who need to enter isolation/quarantine will be provided a laptop. NACTEC programming staff will assign or make available assignments and CTE activities of relevance for students to remain engaged during pull out from the larger group.

Internet Connectivity: If students are on campus, but must isolate in the dorm for a time, internet access will be fully available.

Return from Isolation/Quarantine

All staff and students that are fully vaccinated and boosted that test positive for COVID-19 must isolate for 5 days. On Day 6, staff and students (experiencing no symptoms) may return to work or school with a clearance from NSHC before returning. Masks are mandatory for these individuals through Day 10 at all times on school grounds.

Note - Exception

*If after 5 days a fully vaccinated and boosted individual is still experiencing symptoms, then isolation shall extend to 10 days.

All staff and students that are not fully vaccinated that test positive for COVID-19 must isolate for 10 days. On Day 11, staff and students (experiencing no symptoms) may return to work or school with a clearance from the clinic prior to returning.

Fully vaccinated and boosted **Close Contacts** (experiencing no symptoms) do not need to quarantine. They may continue to work or go to school. However, these individuals must test on Day 5 and masks are mandatory for 10 days.

Close Contacts that are not fully vaccinated or boosted must quarantine for 5 days and be tested on Day 5 after last contact with the positive case.

Symptom-Free Schools

Symptom-free schools include maintaining a school without the following symptoms: fever, sore throat, runny nose, cough, shortness of breath, vomiting, diarrhea. Students should be symptom-free for at least 24 hours prior to attempting to return to school.

COVID Prevention Measures

Prevention measures will be encouraged by all students and staff. Key prevention measures will include: (1) reduced program capacity (2) mask wearing for mitigation, (3) social distancing, and (4) increased cleaning and handwashing,

Reduced Program Capacity:

NACTEC programming will initially return to variable term residential programming at 50% capacity (14 students), leaving ample beds available for quarantine and isolation needs. During times of low community transmission program capacity may be increased up to 75% capacity, leaving both separate male and female sleeping quarters and bathroom areas available for potential isolation needs.

Masks as layered Mitigation:

Students and staff are encouraged to wear masks whenever they are indoors and around other people in NPS schools and during any active City of Nome emergency orders. Masks may be required in a variety of situations. Students need to be prepared to wear masks anytime and should carry one with them at all times.

Masks will be required on Nome-Beltz campus for all students when:

- When students first arrive on campus after travel, regardless of community risk.
- When requested by a staff member during activities that require close interaction.
- At events that may pose a risk or have an unknown vaccination rate among participants.

Mask guidance will follow the CDC guidance for vaccinated/unvaccinated individuals in schools when the community is at low or limited risk levels; allowing masks to be optional for vaccinated.

When the community is in moderate risk level, additional risk factors will be considered to determine the masks may be optional for vaccinated individuals, including trend data and any current information about the virus.

At all risk levels, masks are considered a mitigation measure that can be layered with other mitigation measures for increased safety. Masks may be used at lower community or campus risk levels to mitigate a higher risk activity. Higher risk activities include anytime students are face to face and within 3 feet or anytime students are in groups including non-NACTEC staff or students with unknown vaccination levels. If the community transmission drops to low or even moderate, these higher risk activities may be reintroduced into the classroom or recreation activities but with a plan for increased mitigation. At low risk students may be allowed to work in groups or attend recreation activities that include close contact or large mixed groups. To further mitigate these activities, a teacher or staff member may ask students to mask up regardless of vaccination status at any community or campus risk level.

Sporting events or other events that include non-campus visitors may also require masks at any risk level as a layered mitigation strategy during this higher risk event.

Masks will be required during transportation at all risk levels for all students. This includes when being transported by motorized vehicles while in Nome.

All students will be expected to follow community guidelines for mask wearing while in the community of Nome and with regard to local emergency orders.

Cloth masks will be readily available for staff and students.

- Each student will receive three cloth masks, to be labeled with the student's name.
- Cloth masks must be laundered each day. Masks provided to students will be laundered by NACTEC staff, laundry baskets for masks will be available in the NACTEC House.
- Students are welcome to bring and use their own mask, but must launder their own masks daily.
- When disposable masks are provided, it is very important to dispose of them appropriately.
- A limited supply of N95/KN95 masks will be available in the NACTEC House during times of COVID positive diagnosis and quarantine of any students.

Social Distancing & Special Considerations

The level of social distancing and reduced capacity for events will be determined by the community and campus risk level. The guidance below may be adjusted based on circumstances, new information, or new guidance. Social distancing and routines are described for Classroom, Recreation, Dormitory, and Cafeteria locations.

Classroom Set-up and Routines

To the extent possible, classrooms will be set up to allow for social distancing.

- Target 3 feet apart for desks/students and 6 feet when possible
- Teachers will create a socially distanced space to teach from when strict social distancing is needed
- End each class with a clean routine and have cleaning supplies available

This set up will allow teachers to respond to the various risk levels. Higher risk levels will require stricter social distancing and greater limits. Teachers will need to be prepared at all levels to accommodate students who may be in quarantine which is part of the continuity of learning plan.

Strict Social Distancing- High Risk & Entrance/Travel

- Teachers will limit activities that allow students to remain at least 3 feet apart and generally facing the same direction.
- Teachers will remain in a space that is 6 feet away from students as much as possible.
- Limit shared use of materials, if unavoidable, put in place a cleaning routine.
- Masks required for all

Moderate Risk

- Groups and partnering allowed with masks for everyone, but should be limited in timeframe to 15 minutes or less
- Teachers may circulate and work with students directly with masks
- Mask recommendations will be made based on multiple factors

Low Risk

- Groups and partnering allowed
- Teachers may circulate and work directly with students, masks optional for vaccinated staff.
- Special instructional events that combine classes may be approved with a mitigation plan.
- Maintain 3-foot seating, but flexible seating to advantage instruction allowed as needed.

Recreation

Strict Social Distancing- High Risk

- Indoor activities must allow for at least 3 feet and preferably 6-foot distance.
- “Open Gym”/Recreation Center activities that do not reasonably allow for social distancing may have capacity limits to minimize potential close contacts and/or spread
- Outdoor activities are prioritized and selected to limit close contact time, e.g. ice skating, sledding, ice fishing, hiking, beach walks.
- Off campus activities are limited to outside activities that do not commingle students with community members, e.g. Bowling, Milano’s, Gold Coast Cinema.
- No large-scale events
- No events that rely on or encourage close contact

Moderate Risk

- Masks may be considered for activities that have close contact and required for any off-campus event that commingles students with community members
- Outdoor activities prioritized
- Large-scale and/or campus-wide events may be approved with mitigation plan
- No events that rely on or encourage close contact (i.e. dances)

Low Risk and minimal/ Limited

- Large-scale and/or campus wide events allowed
- Events with community members as guests or commingled with community members must follow CDC guidelines and/or city guidelines for masking
- Events that rely on or encourage close contact may be approved with mitigation plan

Dormitory Spaces

Strict Social Distancing- High Risk Community Level

- Maximum student population up to 50% capacity, i.e. 14 students
- No mixing of outside populations, residing in the NACTEC House with residential students
- Persons residing in the dorm must be vaccinated or provide evidence of previous COVID exposure release letter

Moderate & Low Risk

- Student capacity up to 75% permitted, as long as both male and female isolation areas remain set aside for potential isolation needs
- No mixing of outside populations, residing in the NACTEC House with residential students
- Outside group facility rentals must follow City of Nome emergency orders, if/when applicable

Cafeteria/Dining

Strict Social Distancing- High Risk Community Level

- Social distancing and masks expected in line
- No self-service food
- Reduced chairs per table
- Bag lunch availability is a possibility
- Separate NACTEC lunch time in NBMHS cafeteria

Moderate Risk

- Limited self-service (drinks, condiments, silverware etc.)
- Bag lunch availability is a possibility
- Separate NACTEC lunch time in NBMHS cafeteria

Low Risk

- Limited self-service but may include additional items, e.g. NACTEC House meals
- Family night dinners may be reinstated
- Separate NACTEC lunch time in NBMHS cafeteria

Campus Special Alert times

Quarantine- Cafeteria food will be delivered to rooms for any student in quarantine. Additional snack will be provided to quarantine students.

Family Night Dinners

Family night dinners, which typically invite extended families into the cafeteria on Sunday night for dinners with students, will not be allowed during high risk. If the community drops to minimal/limited, family night dinners may be reinstated.

Increased Cleaning, Hand Washing & Messaging

Cleanliness and safety have always been central to NACTEC's operating procedures. To best prevent the spread of COVID, existing cleaning protocols will be enhanced to follow recommended CDC guidelines and increased in frequency. Messaging for students will be consistent.

Prevention Strategies and messaging: A key to preventing the spread of COVID will be for the full student body and staff to practice good handwashing, use face coverings when in close contact, practice social distancing, and clean common surfaces frequently. Students will be taught these needed prevention strategies and reminded frequently.

Hands: Students and staff will be taught and reminded to wash their hands effectively and to do so frequently. Students and staff will be reminded to keep their hands to themselves as much as possible and limit handling shared materials.

Face: Students and staff will be taught about how the virus spreads through your breath. They will be reminded to not touch the face and to cover the mouth with a face mask whenever feasible.

Feet: Students and staff will be taught about social distancing and provided the guidance of 6 feet when possible, 3 feet when 6 is not possible.

Dorm Cleaning: Cleaning protocols have been revised with COVID in mind. These protocols provide frequent cleaning and disinfecting of frequently touched surfaces, shared areas, and dorm rooms.

Classroom Cleaning: In addition to classrooms being cleaned daily, teachers will establish a cleaning routine for the last few minutes of each class in which desks, door knobs, and shared surfaces in the classroom are wiped down to prepare for the next group of students.

Vehicle Cleaning: NACTEC students are often transported in one of four motorized vehicles. These vehicles will be routinely cleaned using CDC guidelines.

Readily available cleaning supplies: Cleaning and self-protection supplies will be readily available in both dorm and academic areas.

Hand sanitizer: Washing hands with soap and water is the best method of preparation and students will be encouraged to do this frequently. Additionally, hand sanitizer will be made available in every classroom and throughout the dorm environment.

Cleaning supplies: Cleaning supplies will be available in every classroom and will be available in the dorm setting. Cleaning supplies will be required for use during the cleaning protocols, and made available upon request.

Gloves: Gloves will be available for cleaning duties.

Student training: Students will be trained in CDC recommended prevention measures as well as all cleaning protocols and new campus procedures to minimize COVID spread. Students will be taught information about the virus and new recommendations as more information is released. Messaging will be consistent across the campus and frequent to maintain a healthy focus on prevention measures.

Staff with virus

If a staff member is identified as positive for the COVID virus they will be instructed to stay home. If a staff member becomes ill at work they may be asked to leave work and go home. Staff members will request the appropriate COVID leave in BambooHR and fill out a paper leave slip, upon return to the office. Employees returning to work from an approved medical leave should contact their supervisor prior to return and may be asked to submit a health care provider's note before returning to work. If a staff member has been diagnosed with COVID19, they may return to work when all three of the following criteria are met:

1. At least 24 hours have passed since recovery (no fever without the use of fever-reducing medications; and
2. Other symptoms have improved
3. At least 5 days have passed since symptoms first occurred.

Visitors and Check Outs

The option for visitors to campus and/or student's being checked out to go off campus with approved adults will be determined by community and campus risk levels.

Hosts and visitors must show proof of vaccination or a negative COVID test result in the past 72 hours to check out students or come onto campus.

High/Moderate Risk

- No visitors or check outs allowed

Low

- Check outs and visitors may be reinstated