

Health and Safety

Face Coverings

All adults and children ages 2 and older are required to wear cloth face coverings while on Crowden property, unless they have a particular developmental condition or health diagnosis that limits their ability to wear a face covering. This includes all staff, faculty, students, and families inside or outside of Crowden buildings, during drop-off and pick-up times. Face coverings may be removed when eating or drinking, and special care should be taken to maintain a safe social distance of at least six feet.

Students and families are encouraged to bring their own reusable masks. Disposable masks are available at the front desk for students or families who forget to bring their own.

Masks should:

- Cover your nose and mouth
- Not have an exhalation valve
- Not be an N95 mask

Face shields are permissible as a substitute for cloth face masks for teachers and students who are unable to wear masks. Face shields should be worn with cloth drape across the bottom and secured (i.e., tucked into shirt, tied around back of neck).

Handwashing

All faculty, staff, and students are required to wash their hands frequently with soap and water, scrubbing for at least 20 seconds.

Handwashing breaks are built into the instructional schedule for The Crowden School, providing time for students and faculty to wash their hands throughout the day. Hands should also be washed before and after eating, drinking, break times, and after touching your face or using the restroom.

Hand sanitizer is available in every classroom. Students and faculty are required to sanitize their hands before entering any classroom, and again upon exiting.

Avoid Touching Your Face

CDC guidance recommends that people avoid touching their face to prevent the spread of infections. Recognizing that this is difficult and requires conscious effort, adults should remind children when they notice face touching.

Coughs and Sneezes

Crowden asks that all members of the community observe the recommended protocol for covering coughs and sneezes, by covering them with the insides of elbows, upper arms, or tissues. Handwashing is required after coughing or sneezing.

Refrain from Physical Contact

Hugging, handshakes, or any greeting/expression that requires physical contact is not permitted. Crowden suggests alternative greetings and non-physical forms of encouragement (e.g. clapping instead of high-fives, waves instead of handshakes).

Immunizations

The Alameda County of Public Health reminds us that during the pandemic, and even if schools are closed, immunization requirements for admission to school or childcare for 2020-21 remain in place. Requirements are listed at www.shotsforschool.org.

Crowden strongly recommends that all students and staff be immunized each autumn against influenza, unless contraindicated by personal medical conditions.

Ensuring Mental Health

Crowden recognizes that the stresses of living in the time of COVID-19 will inevitably impact students, families, faculty and staff. For those who may need assistance coping with the changes to the school environment, Crowden's School Counselor holds office hours. These take place in person when possible, or virtually as needed.

Students or parents may also contact any staff member for assistance. Additional mental health resources are provided in *Appendix B*.