



## PROTECT OUR PACK



### What You Need to Know About How Things Will Work After the Quarantine

#### Daily Health Checks

##### **Do I have to complete the form emailed to me every morning?**

Yes, all students and employees are required to complete the daily health check survey that is emailed to them at 6:30 AM every day of the week.

##### **What should I do if I feel sick?**

Employees and day students who are sick should stay home until cleared to return to work by their primary care physician. Employees not reporting to work should notify their supervisor and the parents of day students should call the Health Center.

Boarding students who are sick should report to the Infirmary.

##### **Do I need to have my temperature checked every day?**

Yes, boarding students are required to have their temperature checked seven days per week at their appointed breakfast or brunch time by a nurse or screener in the main lobby of the school.

Day students and employees will have their temperatures checked every day they report to school in the main lobby of the school between 7:00 AM until 8:15 AM.

Students or employees who arrive after 8:15AM should report to the Health Center for screening.

## **Masks, Social Distancing and Mixing of Cohorts**

### **When can I take off my mask?**

On Monday, September 7, at the conclusion of our initial 14-day quarantine, students may remove their masks...

- When they are on their cohort's dorm hall
- During cohort training/co-curricular activities
- In the cohort's day student spaces
- When seated at meals
- When outside in mixed cohort groups (everyone must be at least 6-feet apart)

### **When must I wear my mask?**

Students and teachers must always wear masks and practice social distancing while...

- In class
- Waiting for daily health checks
- In line for meals or when not seated in the dining room
- Traveling from my cohort's space to training, class, meals, etc.
- Not seated in class and during time between classes
- When inside and in mixed-cohort groups (except when in class)
- Whenever you are outside your cohort's dedicated spaces and cannot maintain 6-foot social distancing
- Dorm parents on the hall will continue to wear a mask

### **May I hang out with my friends in other cohorts?**

Yes, provided that you maintain 6-foot social distance and wear a mask when indoors. When outside, you may remove your mask in mixed cohort groups (everyone must be at least 6-feet apart)

### **May I play "Spike Ball" with friends from another cohort?**

(This specific question was asked by several students.) Students from mixed cohorts may intermingle, including playing Spike Ball, provided that they maintain 6-foot social distance. While playing Spike Ball, mixed cohort competitors and spectators should wear a mask because they may not always be at least 6-feet apart. Mask wearing does not mean the 6-foot rule is suspended; it

is protection against the occasional times when find themselves closer than 6-feet apart.

## **Classes and the Academic Day**

### **Will classes be in-person or online?**

Most classes will meet in-person full time. A few classes may be forced, due to space constraints, to meet part time virtually. Individual teachers will inform students how their class will run and where they will be located.

### **Will I need to wear a mask to classes?**

Yes, all students and teachers must wear a mask in class. You will also need to wear a mask as you walk to class, to move between classes and whenever you cannot maintain the required 6-feet of distance between students.

### **How will classrooms be disinfected between use?**

There is a 15-minute passing time between classes, and during that time all shared items (e.g., desks, chairs, light switches) will be wiped down by the teacher with a non-toxic disinfectant known to protect against coronavirus. Each evening, every classroom space will be disinfected with an electrostatic sprayer.

### **I have a class at the Hub. How will I get there?**

Shuttles will leave from the school's main entrance for the Hub 10 minutes before the start of A, B, C, and D periods. Exit near the admissions office and wait for the shuttle near the main entrance. Shuttles will return to Northwood from the Hub immediately following the class. Masks must always be worn on the shuttle and while waiting for the shuttle.

### **How will we travel between classes?**

To limit congestion and to help control the spread of the virus some building entryways and hallways will be one-way. Students must obey entry, dismissal and traffic flow instructions throughout the academic day.

### **When can I see teachers for extra help?**

A good time to visit teachers for extra help is during lunch when your cohort is free. Contact your teacher ahead of time to arrange an appointment.

### **What other things should I be aware of?**

- Students are not allowed to share items or pass items to one another in class.
- Students will stay in their classroom of their last class of the day for school meetings which take place on Mondays and Fridays at 2:05 pm. If your last class is a free period, you will be in your dorm room/day room.
- Day students have assigned rooms on campus for studying or relaxing during off periods. Boarders should go back to their dorm rooms during their off periods.
- Students who are remote should have already selected whether they will be synchronous or asynchronous. They are to meet the expectations as agreed upon with their advisor and teachers.
- There are no printing services available to students at this time. Work should be scanned and submitted electronically.

### **Leaving Campus and Visitors**

#### **May I attend religious services in Lake Placid?**

Students may leave campus to attend religious services in Lake Placid's houses of worship. Students wishing to attend religious services must let Mr. Spear know which service they would like to attend, and he will arrange your transportation to and from the service with the AOC on duty that day. A member of the faculty will accompany students to the services. Students may not walk to services. All local religious services require congregants to wear a mask and practice social distancing, and all Northwood students must wear a mask throughout the service, even if the house of worship does not require them to. Students can find a list of houses of worship and religious services in the Files section of the Northwood Community Team.

#### **Can boarding students leave campus and go into town?**

Not yet. For the time being, boarding students must remain on campus unless on a school-sanctioned and supervised trip with their class or co-curricular activity. We are monitoring the prevalence of the virus in our region; there has been a

recent outbreak in our area with community spread. We are being cautious and will allow boarding students to leave campus when it's safe.

### **May boarding students take a weekend?**

For the time being, boarding students may not take weekend leaves. We hope to revisit this soon.

### **May families visit boarding students?**

For the time being, we ask that families of boarding students not visit Lake Placid, but we expect to welcome visitors very soon.

### **Are there any guidelines or restrictions for day students and employees?**

We urge all day students and their families and employees and their families to continue to practice behaviors that will minimize risk of spreading the virus to our community:

- Avoid unnecessary travel outside the North Country and all travel to locations on the [New York State travel advisory](#)
- Always wear a mask or face-covering when in public
- Avoid gatherings of ten or more people
- Practice good personal hygiene, including regular handwashing
- Monitoring symptoms daily using guidelines provided by the school

We also ask day students and their families and employees and their families to notify the school if someone in their immediate family has been exposed to COVID-19 and is required by a public health authority to isolate or quarantine.

## **Meals and Dining Room**

### **When will meals be served?**

For the coming week (Mon Sep 7 – Fri Sep 11), the schedule is:

### **BREAKFAST**

Breakfast is 6:45 – 7:45 am Grab and go for all students with HEALTH CHECK.  
*All boarding students must check in at breakfast.*

**LUNCH** is served by cohort:

Lunch 1	11:50 – 12:15	Boys Hockey
Lunch 2	12:00 – 12:25	Snowsports
Lunch 3	12: 10 – 12:35	Girls Hockey
Lunch 4	12: 25 – 12:50	Independents
Lunch 5	12:35 – 1:00	Soccer

Lunch times will rotate weekly. Above is the schedule for this week (Mon Sep 7 – Fri Sep 11)

**DINNER** is served by cohort:

Lunch 1	5:45 – 6:10	Boys Hockey
Lunch 2	5:55 – 6:20	Snowsports
Lunch 3	6:05 – 6:30	Girls Hockey
Lunch 4	6:20 – 6:45	Independents
Lunch 5	6:30 – 6:55	Soccer

Dinner times will rotate weekly. Above is the schedule for this week (Mon Sep 7 – Fri Sep 11)

### **How will meals be served after the quarantine?**

All meals will be served by cohort and students may only be in the dining room during their cohort's appointed time. Always wear your mask while in line and always disinfect your hands before entering the servery. More than one cohort may dine at a time, but students may only dine in their cohort's designated area. Dining room tables are divided with clear plastic barriers and each table seats four people. Chairs may not be moved, and the capacity of each table may not be increased.

### **Can I go back for seconds?**

Yes, seconds and additional servings are allowed, as long as meals are completed during the cohort's designated time. You must always put your mask back on when leaving the table for any reason.

### **What else do I need to know about meals and the dining room?**

- Diners may remove their masks while eating but must put their masks back on whenever they get up from the table.
- Follow the signs instructing traffic patterns, including how to enter and exit the servery.
- You may only be in the dining room during your cohort's mealtime.

## **Evening Study Hall**

### **How does evening study hall work?**

Evening study hall for boarding students is in student's dorm room between 7:45 – 9:45. Preparation for study hall begins around 7:30 and all students should be ready to get to work at 7:45.

Students must have their doors wide open and work quietly. Headphone use is allowed, but the volume must be so low that the student's roommate cannot hear what is playing.

Laundry room use is allowed during study hall only on the cohort's dedicated laundry room days. Student must not disrupt other students' studies while moving laundry.

Students may keep their phones during study hall, but phone privileges may be suspended if the phone becomes a distraction from schoolwork.

## **Health Center and Infirmary**

### **What is the Infirmary and where is it?**

The Infirmary is where students go when they are sick. If you are coughing or sneezing or have a sore throat or think you might have a fever or feel nauseous or have diarrhea, go to the Infirmary.

- Enter the Infirmary through the door near the admissions office at the end of the windowed hallway outside the dining room.

### **What is the Health Center and where is it?**

The Health Center is where you go when you do not have symptoms of a contagious illness. Go there to get medications, inquire about follow-up doctors' appointments, when you need first aid, have a headache or otherwise need to see the nurse.

- Enter the Health Center through the entrance at the back of the dining hall.

## **Fitness Center and Field House**

### **Will the fitness center be open?**

Yes, the fitness center will be open for student use beginning on Monday, September 7. The fitness center may be used during a cohort's designated time and will be thoroughly disinfected every day. Students must wipe own equipment they use when they are finished with it.

### **How will the fitness center be disinfected?**

After each cohort's use, the fitness center will be disinfected with a non-toxic spray known to protect against the coronavirus. Each evening, the fitness center will be deep-cleaned and disinfected with an electrostatic sprayer.

### **Are masks required in the fitness center?**

Masks are not required in the fitness center during strenuous physical activity, but they are mandatory at all other times.

### **Can we use the field house (indoor turf field)?**

Yes, the field house (indoor turf field) may be used by one cohort at a time. You may only use the field house if it is assigned to your cohort.

The schedule of field house and fitness center use is managed by Athletic Director Mr. Riffle.

## **Information for Day Students**

### **What programming can I take part in on campus?**

With the exception of evening study hall, which students will do at home, all on-campus programming, including weekend programming, is open to day students.

### **Where can I go during free periods?**



The school has created spaces for day students in each cohort. Day students may use these spaces during free periods, down time, and other times that they are allowed on campus.

**Will I be allowed to enter residential halls?**

Day students may be on their cohort's residence hall to use the rest room and showers, but day students are not allowed to be in the rooms of boarding students.

**When am I expected to leave campus for the day?**

Day students may stay for dinner with their cohort, but they are expected to leave campus immediately after dinner. Day students may not stay for the evening study hall.

**Will day students be able to eat meals on campus?**

Day students may eat all meals on campus. Keep in mind that mealtimes are strictly regimented, and day students may only eat when their cohort has a scheduled meal. Day students who do not wish to eat breakfast may miss the meal, but they will be required to have a mandatory health screening once they arrive on campus and must allow time (approximately 15 minutes) for screening so they are not late to class.

**Will day students be able to leave campus and go into town during the academic day?**

No. Day students are not allowed to go into town (e.g., to Starbucks, Stewarts, etc.) during free periods or downtimes for any reason. Trips on and off-campus increase the risk of community spread every time students leave and return to campus.

**May I go home if I have free periods or a break during the academic day or before co-curricular activities?**

Yes, day students may go home if they have an extended break between school obligations, but they are also welcome to stay on campus and make themselves comfortable in the day student spaces.

## **Can a day student work during the school year?**

We urge all day students and their families and employees and their families to continue to practice behaviors that will minimize risk of spreading the virus to our community:

- Avoid unnecessary travel outside the North Country and all travel to locations on the [New York State travel advisory](#)
- Always wear a mask or face-covering when in public
- Avoid gatherings of ten or more people
- Practice good personal hygiene, including regular handwashing
- Monitoring symptoms daily using guidelines provided by the school

We also ask day students and their families and employees and their families to notify the school if someone in their immediate family has been exposed to COVID-19 and is required by a public health authority to isolate or quarantine.

Day students may work if they follow the guidelines above. Day students (and faculty) need to think carefully about their actions while they are away from campus and keep in mind that the work environment and associated risks of working may prohibit the student from continuing to work. Day students who wish to work need to first speak with John Spear, the Assistant Head for School Life.

## **Who do I contact with specific questions about day student matters?**

Mr. Andy Donadello (Parent of Sara '18, Haley '21, and Drew '24)  
[donatelloa@northwoodschoo.org](mailto:donatelloa@northwoodschoo.org) or 518-302-5121

*Revised September 17, 2020*