

INTRODUCTION

The four local school boards in our region recognize the importance of extracurricular activities in supporting students' mental health, well-being, and academic development. After a long absence due to the precarious health situation, we are pleased to be able to offer a variety of extra curricular activities to our students once again. To ensure the safety of all, the four school boards, with the support of the North Bay Sound District Health Unit, have adopted this protocol which contains public health guidelines and measures that must be followed. It should be noted that extracurricular and curricular activities may be suspended or cancelled during the year to comply with any public health and Ontario government directives at the discretion of the school boards

All decisions of the school boards and local public health officials are based on the health and

are within 2m of an unmasked participant. Masks and eye protection will be provided by the school.

When outdoors, coaches

Verification of selfscreening

All participants and activity leaders, including Board personnel and community parent volunteers must successfully complete the COVID-19 self-assessment and be symptom free prior to attending any tryouts, team or club meetings, workouts, practices, competitions. Screening will be confirmed upon arrival and will be noted on the attendance log by the activity leader.

All game officials and student volunteers (score keepers, gatekeepers) will successfully complete the COVID-19 self-assessment and be symptom free prior to attending any inter school athletic events. Screening will be confirmed upon arrival and documented.

All student participants, team officials, club leaders, game officials and student volunteers must follow direction provided after completing the COVID-19 self-assessment.

Student participants and activity leaders will immediately notify the Head Coach or the lead teacher responsible for the activity/team/club if COVID-19 symptoms arise during an activity.

Any student participant who does not comply with current and updated guidelines will be subject to removal from the team or the club.

Any participant in athletics or clubs (e.g., student athletes or participants, team officials, student volunteers, game officials), must not participate in any inter club activities, including games, practices, or meetings, if they have any symptoms upon screening.

Protocol Review and Expectations

Activity leaders must review with the participants the health and safety measures to be followed when participating in the activity (practices, competitions, presentations...). We should review the new routines (COVID-19), how to move around before and after the activity (doors, corridors and areas that must be used) and the importance of helping each other respect public health measures.

It is important to reiterate some of the principles that should be followed:

- x refrain from touching eyes, nose, mouth, and face during the activity.
- x personal hand hygiene practices before, during and after training, practice, competition, and performance.
- x respiratory etiquette during physical activity (e.g., sneezing or coughing into the crook of the elbow, not spitting, not clearing the nasal passages)
- x eliminating the use of perfumes to reduce sneezing and coughing.

All current guidelines must be shared with all student participants, team officials, games officials and parents/guardians prior to the commencement of an activities season. Updates will be shared as needed.

COHORT MANAGEMENT

Mixing of cohorts in extracurricular activities, including athletics, is permitted. Schools must ensure the implementation of measures essential to the follow-up of contacts in the event of a positive case.

A record must be kept of all student participants, activity leaders, team officials, game officials and student volunteers who are in attendance at any tryouts, team or club meetings, workouts, practices, competitions or any other interschool events. This record must be readily available to the school principal at all times and be available to local public health officials as needed. Records shall be kept for at least 30 days by the school principal for contact tracing purposes.

If staff and students use school transportation to travel to another location, a seating plan must be submitted to the school principal in case a positive case is reported. In the interest of risk management with the possibility of a positive case, the number of activities in which students may participate should be limited (e.g., one or two activities).

In a game between two schools, the head coach of each team must verify that the players have successfully completed their daily self-test. The players' certification shall be noted on the attendance log which shall be submitted to the principal of his/her school as soon as possible. The logbook must be available within 24 hours upon request by the Public Health Unit if a positive case is reported in the school.

COVID-19 immunization is strongly recommended. Unvaccinated students may experience longer periods out of school activities, including practices, games, performances if there is a case or outbreak.

PERMITTED ACTIVITIES

Definition of Activity Types:

- x High contact activities/sports are defined as those activities/sports where physical contact and/or close proximity is required between individuals.
- x Low contact activities/sports are those that involve intermittent proximity or limited, incidental physical contact between participants and allow for physical distancing most of the time.

Elementary (K-6): Since students are not yet immunized, only low contact activities and those that allow for safe masking are allowed.

Secondary (7-12): All extracurricular activities and sports are permitted as long as the health and safety measures of the government, the provincial Chief Medical Officer of Health and the Health Unit can be met.

Here are some things to consider before determining whether a sport, activity or club will be allowed:

- x Type of activity: Is the activity low or high contact?
- x Location of the activity: Will the activity take place indoors or outdoors?
- x Cohort: Will students participate within their cohort or between cohorts?

- Physical distance: Can the activity be conducted while maintaining physical distance?
- x Masking: Will masking be required? Can masks be worn properly and changed as needed?

Please see the following OPHEA document for examples of how to apply these elements in an analysis: [Considerations when Selecting Interschool Athletic Activities](#)

In all cases, activities must be approved by the principal and superintendent in charge of the school prior to the start of the season or meetings.

EQUIPMENT

The use of common equipment is allowed. The risk associated with transmission through shared items is low. Regular hand hygiene and respiratory etiquette should be reinforced to reduce the risk of infection from shared equipment, especially when it is not possible to clean shared items regularly.

Equipment in use should be cleaned and disinfected after each game, practice and/or meet. If equipment is used all day, it should be cleaned at least twice during the day. Equipment used

- Ensuring physical distancing for those using the change room and/or shower.
- x Ensuring all students wear a mask when using the change room.
- x Blocking off areas in locker rooms, posting signs that remind participants to maintain distance.
- x Ensuring there is time between games to allow for cleaning of high touch surfaces prior to another team utilizing the space.

It is important that change rooms that have been used are cleaned and disinfected, including high contact surfaces, after each use.

Gymnasium

When more than one game is being played in the same day as in e.g., Junior and Senior games back-to-back

Maintain appropriate physical distance before and after practices, competitions, and performances (e.g., locker room, arrival/departure)

The media

Media is permitted at school extracurricular events both indoors and outdoors, to provide the opportunity to broadcast events and results to the community. The terminus boards have developed a media pass that must be displayed to gain entry to an event. To obtain a pass, members of the media must show proof of being fully vaccinated. Media contacts must register prior to the event. Upon arrival to the game/event, member of the media verifies screening and signs in visitor log (as per usual process).

Spectators at outdoor events

School boards are responsible for managing contact tracing and COVID safety measures; therefore, personnel will be at school related outdoor events to assist in verifying that spectators have completed prescreening and contact information requirements before entering the venue.

Spectators are permitted at school related outdoor events, including sports games. To attend events, spectators at school events are required to:

- x Prescreen for COVID using this screening tool prior to the event.
- x Upon entry, all spectators must scan the displayed QR code to c.3 (r)3.f-1.9 (9)-1(R)1.5 (c)1.L Tw 1

Hand sanitizer should be available at school entrances and exits and in rooms used for activities (including gyms, weight rooms, auditorium, music room).

Students in grades-12 are required to wear non-medical masks or properly fitting cloth masks inside the school, including in the hallways (e.g., on the way to the activity area, inside the locker rooms) and on school buses or vehicles (to and from offsite facilities).

Students with sensory or respiratory difficulties may be exempted by the school principal in accordance with school board policies.

Kindergarten students are encouraged to wear medical or cloth masks in indoor spaces, but this is not required.

Student Transportation

For some activities, participants in an extracurricular activity may need to travel to another location. In this case, school transportation should be used as the preferred mode of transportation. Masks must be worn, and students should maintain physical distancing whenever possible by dividing into different seats on the bus. The use of cars or vans should be limited to the transportation of a very small number of participants. The same public health measures should be applied.

In the case of a school bus:

- x School vehicles may operate at full capacity. Vehicles for elementary school students should reduce capacity where possible.
- x The seat directly behind the driver is empty to maintain a physical distance between the driver and students.
- x When school vehicles are not operating at full capacity, students shall be seated in a manner that maximizes physical distance.
- x Windows should be opened whenever possible to increase ventilation.
- x Students should be assigned seats and a record of the seating plan should be kept to facilitate contact tracing in the event a student or driver contracts COVID-19. If a car or van is used, it is important to document who traveled in each car.
- x Students who live in the same household or are in the same class cohort should be seated together when possible.

In the case of regional or provincial travel, a minimum 15-minute break must be provided for every two hours of travel to allow students, staff and driver to leave the bus to remove their masks while ensuring a physical distance of 2m. All passengers must disinfect their hands (s)-11.3 (h)-0.7 (aem)7

All day trips and overnight stays will be subject to current provincial and local health guidelines. In consultation with school administration, the lead activity leader/Head Coach will review current restrictions and guidelines in each public health unit and the school boards when appropriate, prior to final approval for travel. If the requirements are less strict in that area, the measures used in our district must apply.

The plans for the field trip must include specific measures on how to treat a participant who has developed COVID-19 symptoms. This plan must include the designation of a space to isolate the student away from all other participants and the method they will be sent home.

For day trips and overnight stays, everyone on the trip must be screened before boarding the bus. During an overnight stay, anyone participating in the trip must be screened every morning before beginning the day's activities.

Student arrival and departure must take place in a designated area where screening must be completed prior to entering the activity site or on the bus, as appropriate.

The Ontario Physical Activity Safety Standards in Education (OPASSE)

The implementation and practice of sport activities must be done in strict accordance with OPASSE's Ontario Physical Activity Safety Standards in Education and recommendations. Please refer to the following documents for the most recent guidelines and recommendations:

- x [COVID-19: Health, safety and operational guidance for schools \(2022\)](#)- MOE
- x [Ontario Physical Activity Safety Standards in Education \(OPASSE\)](#)
- x [COVID-19 Considerations for Physical Activity](#)
- x [COVID-19 Considerations for Curricular Activities \(Health and Physical Education\)](#)
- x [COVID-19 Considerations for Intramural Activities](#)
- x [COVID-19 Considerations for Interschool Athletic Activities](#)

ARTISTIC ACTIVITIES

Music

Music programs are permitted in areas that are well ventilated. Singing and the use of wind instruments will be permitted:

- x The use of wind instruments is permitted indoors, within a cohort, if a minimum distance of at least two meters can be maintained. Maintaining as great a distance as possible should be encouraged and the use of large, well-ventilated rooms is preferred.
- x The use of wind instruments is permitted outdoors in mixed cohorts, encouraging the maintenance of physical distance.
- x Singing is permitted indoors. Masks are encouraged but not required for indoor singing if a minimum distance of two meters can be maintained between cohorts and as much distance as possible.

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