

HAIDA GWAII REC AFTER SCHOOL SPORTS AND ARTS INITIATIVE (ASSAI) COVID-19 SAFETY PLAN

This document outlines safety rules and precautions for ASSAI participants, leaders, and parents/guardians, as well as school and municipal staff involved regarding the sites used during programming. The health and safety measures outlined in this document are guided by [School District 50](#), the [Provincial Health Officer](#), the [BC Centre for Disease Control](#) (BCCDC), the [Ministry of Education's Provincial Health & Safety Guidelines](#), and [WorkSafeBC](#). This is a working document, most recently updated [February 10, 2021](#).

ASSAI overview

High quality ASSAI programs provide a strengths-based, enriching and fun experience for participants. They achieve this by having a strong team delivering engaging and skill-building content, and by providing a safe and supportive environment.

- Programs are free and include a healthy snack each day.
- Programs are designed to support participants in Kindergarten to Grade 8 but may not include all grades at all times.
- Programs are accessible, and inclusive to children who face barriers to participation.
- Programming supports children who face barriers to participation such as financial, geographical, cultural, family circumstances, or behavioural.
- Programs are not necessarily exclusive to these children; schools and program leaders determine an appropriate group composition for each program.
- Programs are held immediately after school and at school whenever possible.
- Programs are varied, fun, and allow children to try new things. Both sport and arts programs offer an appropriate level of challenge and opportunities for continued skill development.

ASSAI programs in winter/spring 2021 will have a maximum of 20 **registered** participants for specific grade groupings. This is to encourage skill development at age-appropriate levels and to stay within designated cohort groupings. We recognize we can not provide programming for all students who may want to participate. Our aim is to encourage students who may not attend other recreational activities to participate and we work with the school to determine students who may benefit from the programs. The aim of ASSAI is to be as inclusive and accessible as possible, especially towards those who may not always feel included or able to participate in paid programming or specified/competitive recreational programs.

ASSAI schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
PCES age5-7	TAH gr2-4	TAH gr7	TAH gr5-6	PCES age8-12

Programs begin directly after school dismissal and end at 5pm except Monday's in Port Clements which ends at 4:30pm. Students are to be picked up outside program facilities, no parent/guardians are allowed in the schools without prior planned approval.

Covid-19 definitions

COVID-19 means the illness resulting from an infection by the novel coronavirus SARS-CoV-2 (2019-nCoV) and includes symptoms such as: new or worsening cough, shortness of breath or difficulty breathing, fever, fatigue or weakness, new loss of smell or taste, abdominal pain and gastrointestinal symptoms and in children skin changes or rashes (Canada.ca).

The virus that causes COVID-19 spreads in several ways, including through droplets when a person coughs or sneezes, and from touching a contaminated surface before touching the face. Higher risk situations require adequate protocols to address the risk.

- The risk of person-to-person transmission is increased the closer you come to other people, the amount of time you spend near them, and the number of people you come near. Physical distancing measures help mitigate this risk.
- The risk of surface transmission is increased when many people contact the same surface, and when those contacts happen in short intervals of time. Effective cleaning and hygiene practices help mitigate this risk.

Physical distancing refers to a range of measures aimed at reducing close contact with others. Physical distancing is used as a prevention measure because COVID-19 tends to spread through prolonged, close (face-to-face) contact.

Self-isolation means staying home and avoiding situations where you could come in contact with others. Self-isolation is required for those confirmed as a case of COVID-19 (i.e. those diagnosed with COVID-19) and those who are identified as a close contact of a confirmed case of COVID-19. Public health staff identify and notify close contacts of a confirmed case who are required to self-isolate. Public health ensures those required to self-isolate have access to health-care providers and that other appropriate supports are in place.

Cohort means a group of students and staff who remain together throughout a school term. Cohorts reduce the number of in-person, close interactions a person has in school without requiring physical distancing to consistently be practiced.

School mitigation

“The suspension of in-person learning resulted in significant hardship for many, with B.C. families reporting impaired learning, increased child stress, and decreased connection. With the loss of supportive routines and structures, healthy behaviours have declined dramatically. Provincial child protection reports also declined significantly despite evidence suggesting an increase in domestic and gender-based violence, raising concerns that with the closure of schools, children at risk for violence are less likely to be identified.” (BCCDC)

In BC Schools are in Stage 2 where extracurricular activities including sports, arts or special interest clubs can occur if physical distance can be practiced in line with the guidance for within and outside of cohort (learning groups) interactions.

Schools are considered a controlled environment. This is because schools include a consistent grouping of people, there are robust illness policies for sick students and staff and there is an ability to implement effective personal practices that are followed by most people most of the time in the setting (e.g. diligent hand hygiene, respiratory etiquette, etc.).

A cohort/learning group is a group of students and staff who remain together throughout the school term. School administrators assign students to cohorts for in person instruction and programming during the school day. Creating cohorts/learning groups is a strategy proposed to help limit physical contacts and help make COVID-19 contact tracing easier. Cohorts reduce the number of in-person, close interactions students and staff have while at school. They allow most students to receive in-person learning in a close-to-normal learning environment. **Within a cohort of students physical distancing is not required although students are encouraged to not have direct contact with one another and limit close face-to-face interactions.** Those outside of a cohort should practice physical distancing when interacting with the cohort and wear a non-medical mask when physical distancing is not possible to maintain.

A **Daily Health Check** is mandatory for all students and staff to determine if you should attend school and is also required for attending programs. A checklist of key symptoms of illness helps assess the risk of being sick and/or contagious. *Any student who misses program due to illness will not miss out of activity engagement and will receive a take-home activity.* Ensuring you stay home when sick is the best way to minimize the risk of spreading Covid-19.

If you answered “YES” to **one** of the questions (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school and program when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to **two or more** of the questions or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.



DAILY HEALTH CHECK LIST

Are you feeling hot or feverish?	YES	NO
Do you have the chills?	YES	NO
Do you have a new cough?	YES	NO
Does it feel hard to breathe?	YES	NO
Do you have diarrhea?	YES	NO
Do you feel sick to your stomach	YES	NO
Are you experiencing a loss of sense of smell or taste?	YES	NO

Below is a simple outline of measures taken by schools:

1. STAY HOME WHEN SICK
Staff or students with new symptoms of illness should stay home.
Staff or students who develop symptoms at school should go home.

2. HAND HYGIENE
Clean hands more often.
Thorough hand washing with plain soap and water for at least 20 seconds helps prevent the spread of illness.

3. RESPIRATORY AND PERSONAL HYGIENE
Cover coughs.
Sneeze into elbows.
Don't share food, drinks, or personal items.

4. PHYSICAL DISTANCING
Minimize close, face-to-face interactions.
Avoid physical contact.
Spread students and staff out to different areas when possible.
Take students outside more often.
Stagger break and transition times.
Incorporate individual activities.

5. CLEANING AND DISINFECTION
General cleaning of the school should occur at least once a day.
Cleaning and disinfecting of frequently touched surfaces should occur at least one additional time, during the school day.

ASSAI program protocols

Maximum 20 registered participants, no drop-ins allowed. Adults are not to enter the school unless scheduled and pre-approved therefore please wait for your child at pick-up time outside.

ASSAI students in the same cohort during the school day:

- Students in the same cohort can participate in ASSAI, and do not need to physically distance from each other
- Minimizing physical contact is still encouraged

ASSAI staff from outside the cohort:

- ASSAI staff that are not part of a school's cohort must physically distance from students.
- ASSAI staff must wear a mask if they are not part of a cohort and physical distancing cannot be maintained. Exceptions will be made for those who cannot wear masks for medical and/or disability-related reasons.

Staff and students should continue to practice physical distancing if they are interacting with people outside of their cohort/learning group or if they are not part of a cohort/learning group. Staying 1-2 metres apart is not expected with others from the same learning group or when outdoors (for elementary students only). Encourage children to avoid physical contact. Unless they are a part of the same cohort/learning group, adults should still keep 1-2 metres apart from each other. In instances where staff may not be able to keep a 1-2 metre distance from students due to diverse needs, they should focus on keeping as much distance as possible and minimizing physical contact.

Wearing a mask is a personal choice that will always be respected. ASSAI programs should have non-medical masks and face shields available for staff, if needed. The Provincial Health Officer and the British Columbia Centre for Disease Control advise that masks are not recommended for use by young children however, students wearing masks remains a family decision. Students and staff are not required to wear a mask when they are with their cohort/learning group. It is required that staff wear masks when outside of their learning groups and they cannot maintain physical distance. Exceptions will be made for those who cannot wear masks for medical and/or disability-related reasons.

If a student becomes ill or develops symptoms during program they will be separated and we will call for them to be picked up. Should a student need any first aid treatment ASSAI Leaders will first don clean PPE (mask & gloves) and assist student. Sick or injured students will be accompanied outside or, if needed, a designated isolation room to await pick-up. Any room where a person was sick will be disinfected.

Levels of protection and our measures in place

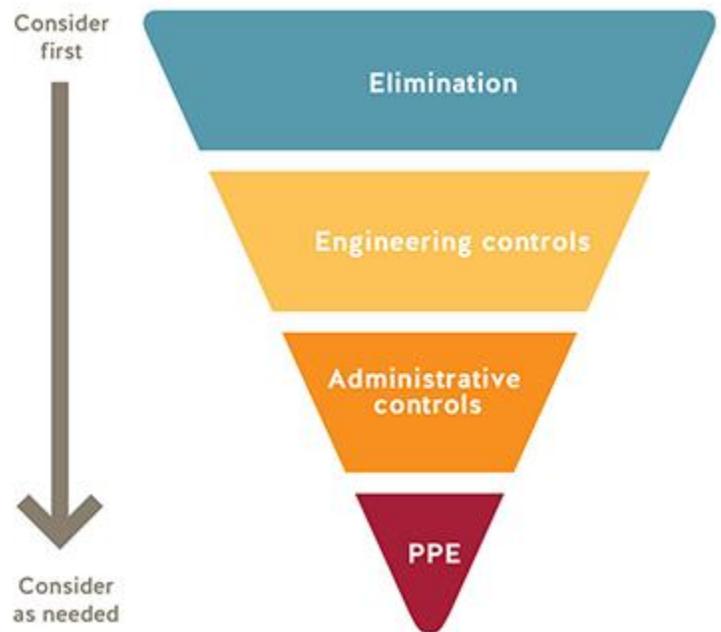
First level protection (elimination): Limit the number of people in your workplace where possible by implementing work-from-home arrangements, establishing occupancy limits, rescheduling work tasks, or other means. Rearrange work spaces to ensure that workers are at least 2 m (6 ft) from co-workers, customers, and members of the public.

Second level protection (engineering controls): If you can't always maintain physical distancing, install barriers such as plexiglass to separate people.

Third level protection (administrative controls): Establish rules and guidelines, such as cleaning protocols, telling workers to not share tools, or implementing one-way doors or walkways.

Fourth level protection (PPE): If the first three levels of protection aren't enough to control the risk, consider the use of masks. Ensure masks are selected and cared for appropriately and that workers are using masks correctly.

(WorkSafeBC)



1) *Elimination*

- We have established maximum participant numbers for our program; no more than 20 students per day and 5 leaders.
- We are planning low-contact activities for students within the same cohort, minimizing activities that encourage face to face time and avoiding high-contact activities (ie. Wrestling).
- Physical distancing of leaders is enforced as we are considered visitors in the school and not a part of the cohort.

2) *Engineering controls*

- Physical barriers or partitions are unnecessary for students within a cohort and as long as leaders are able to maintain physical distancing.
- When indoors we will have doors/windows open to enhance air flow

3) *Administrative controls*

- We have identified the rules and guidelines set out by SD50, Public Health, BCCDC and WorkSafeBC that are relevant to our programs.
- Strict school setting rules due to Covid-19 as well as general rules for the school setting are in place.
- Visitors are not allowed at programs and people coming to pick up students are not to enter any buildings. We will exit with the students ready to go and wait outside with them until everyone has been picked up.
- Maximum of 20 participants is enforced with registration ensuring all emergency contact, medical, and allergy information is collected.
- Handwashing will be scheduled and supervised multiple times during program hours.
- Shared equipment will be washed between use by each cohort.

4) *PPE*

- We have reviewed the information available on selecting and using masks and will follow guidelines for who, when and where they should be worn: i.e. Only leaders
- Even when wearing a mask, staff and students will still be required to maintain physical distance from people outside of their learning group.
- We understand the limitations of masks to protect the wearer from respiratory droplets. We understand the masks should only be considered when other control measures cannot be implemented/physical distancing cannot be maintained.
- Leaders are trained on the proper use of masks
- Cleaning of the site and high-touch surfaces will remain the responsibility of school custodians while any shared equipment used during program will be disinfected by leaders following WHMIS protocols.

Confirmed case scenario

It is important to note that if a confirmed case occurs with an ASSAI participant or staff it will be up to public health to contact trace and determine who needs to be aware of the confirmed case and if necessary, who should isolate. A confirmed case does not imply all participants and/or staff are at risk. Confidentiality of health is crucial and ASSAI staff will not disclose any information unless requested by public health. Below is the SD50 flow chart for a confirmed case that will be followed in the event of a confirmed Covid-19 diagnosis:

