

**SURREY SCHOOLS**  
**RETURN TO EXTRACURRICULAR**  
**SCHOOL SPORT**  
**SAFETY PLAN**



# Introduction

## PURPOSE

The purpose of this document is to provide a safety plan for Surrey Schools extra-curricular school sport activities during the COVID-19 pandemic.

## IMPORTANCE OF SCHOOL SPORT

Surrey Schools agrees with BC School Sport (BCSS) that “participation in school sport aids in the development of critical life skills, improves the mental well-being of a student, enhances their academic achievement and leads to healthier habits into adulthood” and that “School sport plays a critical role in the physical, emotional and psychological well-being of our student-athletes.” For these reasons, Surrey Schools supports bringing back school sport in ways identified to be safer in order to support the health of student athletes, coaches, parents/guardians and any additional staff members involved.

## BC SCHOOL SPORT GUIDANCE

Surrey Schools Sport Safety Plan is based on the guidance developed by BCSS. BCSS has developed a staged return to sport. Stages and guidelines within the stages will change in response to the guidance of the Public Health Officials and as recommended by BCSS. BCSS has identified 4 stages for operating through this pandemic.

Stage 1	Stage 2	Stage 3	Stage 4
No in-person school sport activities	Intra-School activities within educational cohorts	Inter-school activities with modifications and restrictions	Normalized school sport activities

Effective September 10, 2020, BC School Sports is currently in STAGE 2 of the Return to School Sport Plan. Surrey Schools will move to Stage 3 only when BCSS, working collaboratively with school districts, administrators, athletic directors, the Ministry of Education, and public health officials, determines it is safe to do so.

## General safety protocols for all return to extracurricular school sport stages

The following COVID-19 health and safety protocols apply for extra-curricular sports regardless of the phase of sport:

**Daily Health Check** – Student-athletes and coaches must, consistent with their school’s Covid-19 safety protocols, complete the Surrey School District’s [Daily Health Check](#) for signs and symptoms of illness. Students-athletes and coaches who demonstrate sign and symptoms of Covid-19 are not to participate in extra-curricular athletics, or attend the facilities where these activities are occurring, and should follow the guidelines and protocols outlined in the Surrey School District’s [Daily Health Check](#).

**Consent and Participation Agreement** – All student-athletes and their parent or guardian must complete and sign the *Surrey School District Extracurricular Athletics Consent and Participation Agreement* specific to Covid-19, as well as the school-based parent permission forms before participating in any practices, activities, or events related to extracurricular athletics.

**Health & Safety Orientation** – Non-staff coaches must complete the Surrey School District Health & Safety Orientation before commencing activities with students.

**Hand Washing Stations or Hand Sanitizer:** Schools will ensure that student-athletes have easy access to handwashing/sanitizing. Washing/sanitizing hands is recommended whenever touching common surfaces or shared equipment. Student-athletes are required to wash (or sanitize) their hands before, during, and after any school sport activities. Coaches will ensure that as important as hydration breaks are, student-athletes will also be washing or disinfecting their hands at least with the same frequency.

**Masks:** The Government of BC encourages the use of non-medical face coverings whenever physical distancing cannot be adhered to. Student-athletes should wear a non-medical face mask before and after school sport activities and wherever physical distancing cannot be maintained. Players who may be on the sidelines for a portion of a training session are encouraged to wear masks when waiting to return to the field of play. It is recommended coaches will wear masks while coaching, and whenever physical distancing cannot be maintained.

**Shared Equipment:** While we encourage schools to reduce the amount of shared equipment where feasible, the sharing of equipment is permitted within and between educational cohorts. For example, in volleyball, a setter from cohort A can set a ball to a hitter in cohort B as long as they maintain the appropriate physical distance while doing so. All equipment is subject to the commonly touched surfaces protocol that requires disinfecting a minimum of twice per day. We recommend that when equipment is shared, there is increased attention to hand hygiene.

**Physical Distancing (a.k.a. Social Distancing):** Physical distancing of 2 meters (6 feet) is to be maintained wherever possible. To prevent the spread of COVID-19, student-athletes are strongly encouraged to physical distance from fellow student-athletes, coaches, or team staff before and after school sport activities, and as much as practical during activities. Students in different educational cohorts are required to maintain physical distance at all times. Coaches must stay physically distant from athletes if they are involved in coaching athletes from outside the coaches’ educational cohort, as well as when the athletes are from multiple cohorts. Non-staff coaches must maintain physical distance at all times.

**Group Size:** As per the Government of BC’s regulations, gatherings of greater than 50 persons are not permitted, even if physical distancing is enforced. The size of any group includes participants, coaches, and anyone else in the training area. The maximum of 50 applies to one regulation field of play, and its normal and appropriate spectator areas. Note that for Stage 2, spectators are not permitted.

**Facility Preparedness, Signage and Wayfinding:** We encourage the use of school facilities whenever possible to ensure enhanced cleaning protocols and procedures are being met. School sport facilities will be in the school safety plan and subject to the required enhanced cleaning required by the school and school district. Using 3rd party facilities is permitted but must be approved by the school or district administration. School groups must adhere to the facility-specific protocols in place. Indoor and outdoor facilities should have appropriate wayfinding and signage to assist with the direction of traffic, to promote one-way traffic and eliminate congestion points where people congregate.

**Locker Rooms/Change Rooms:** Surrey Schools will determine if and when the locker rooms can be used for any specific purposes. We encourage programs to ask their student-athletes to arrive for any school sport as prepared as possible. Where the use of locker rooms may be required, ensure the timing of student entry and exits are scheduled and regulated and enhanced cleaning protocols are in place. It is strongly recommended schools consult their Health and Safety representative to evaluate the needs for these facilities and use them only when required.

**Whistles** – Coaches should not use traditional whistles and can use electronic whistles or other means of communicating with student-athletes.

## STAGE 2 SPECIFICS

Effective September 10, 2020, **all BCSS activities will be in Stage 2 until further notice.** The protocols below apply to Surrey Schools during Stage 2:

In stage 2, as per the Ministry of Education Restart Education Plan, co-curricular activities such as school sport may take place, but under the conditions as specified by the Ministry in the plan.

This means that practices and training can take place within the educational cohorts that students are placed in by their school for the delivery of the curriculum, however, physical distancing should still be maintained wherever possible. Masks should be used for all aspects of preparing for the sporting activity.

Students from different cohorts, in the same school, may participate together as long as there are strict physical distancing measures implemented. This always means maintaining a minimum of 2m of space at all times between members of different cohorts. Shared equipment between cohorts is permitted during this stage as long as physical distancing is strictly maintained between members of different cohorts, and diligent hand hygiene practices are maintained. Unfortunately, in most schools and for most of our activities, this will limit traditional training environments or practices. Scrimmages or contests between cohorts, even in the same school are also prohibited in this stage.

**Group Size in Stage 2:** A maximum of 50 participants in any one training area. Approved coaches and staff are permitted in the training zone, but unless they are a teacher in the same educational cohort, are required to maintain a 2m distance. More than 1 cohort may practice on the same training area as long as the total number of participants does not exceed 50. Sharing of equipment is permitted between the educational cohorts, as long as physical distancing is maintained between students in different cohorts. If a school is going to use one field of play for multiple cohorts, physical distancing must be strictly maintained between students in different educational cohorts.

**Facility Logistics:** Facilities used for school sport should ensure that in addition to the proper signage to control the flow of traffic, and the storage of personal belongings is provided for in a physically distant manner.

**Physically Distancing:** Physically distancing of 2 meters is to be maintained wherever possible. Between students of different educational cohorts, it is mandatory. Coaches should be staying physically distant from athletes if they are involved in coaching students from multiple educational cohorts, as well as whenever the

athletes and coaches are not members of the same educational cohort. Non-staff coaches must maintain physical distance at all times.

**Equipment:** While we encourage schools to reduce the amount of shared equipment where feasible, the sharing of equipment is permitted within and across educational cohorts. For example, in volleyball, a setter from cohort A can set a ball to a hitter in cohort B as long as they maintain the appropriate physical distance while doing so. All equipment is subject to the commonly touched surfaces protocol that requires disinfecting a minimum of twice per day. With school approval, and while taking the utmost care, a coach may contact the equipment to facilitate a drill or element of practice, provided again that physical distance is maintained. When equipment is shared, there should be increased attention to hand hygiene. Staff members who are overseeing or sponsoring activities are to ensure that any equipment used is disinfected after use.

**Health and Safety Protocols:** Students, required by the Ministry of Education, are to wear a mask in certain educational settings (i.e. when outside of their cohort and physical distance is not easily maintained) and should continue to do so whenever preparing for, or immediately after a school sport activity. Sports that allow for masks to be worn during training are encouraged to do so. Coaches and athletic directors must be cognizant of high touch-point surfaces such as pylons or cones. Any coaches who do not teach within the same educational cohort as the students must wear a mask while coaching.

**Attendance Records:** Coaches will keep records of who attended each training session for the entire season of play. Records must include names and contact numbers of participating athletes, coaches, and anyone else within the 50 person gathering at each practice or event. Attendance and contact details will be shared with Fraser Health in the event of an identified COVID exposure. At the conclusion of the sport season, when the team is no longer participating in practices, activities, or other events, these records should be submitted to the school administration.

**Virtual Competition:** Although in-person competition between cohorts or schools is prohibited at this time, virtual competition is permitted during this stage as long as student athletes from different cohorts are not physically on the same field of play at the same time. This will likely only be achievable for Cross-Country and Aquatics in the fall. For example, a virtual cross country competition where all student-athletes run a designated course, on their own or with athletes from their educational cohort and submit their time, or a virtual swim meet where athletes go to the pool independently and submit their time(s). Virtual Competition at no time will include student-athletes from different cohorts or schools competing together in the same space at the same time.

**Spectators:** During Stage 2 spectators are not permitted at any extracurricular sporting events. Further details on spectators will come when we move into stage 3.

What is permitted currently may change as we move forward in the coming months based upon guidance from the medical health officer and BC School Sports. Athletic Directors, coaches and student athletes will be apprised of any changes.

## **Exposure & Outbreak Protocol**

Upon notification of a participating student-athlete receiving a positive diagnosis for COVID-19, the coach and/or athletic director will notify the school principal to be reported as per the District's COVID-19 response plan. For privacy reasons, this information is not to be shared with other individuals or organizations. The District Covid-19 response plan will be followed.

The School/District will work with Fraser Health to determine whether any individuals need to self-isolate and/or monitor for symptoms as well as to when that team can resume their school sport activities.

## **Return to extracurricular school sport stages**

### **STAGE 1: NO IN-PERSON SCHOOL SPORT ACTIVITIES**

In this stage, there are to be no in-person school sport activities. Facilities are closed, all in-person team activities are not permitted to meet in person. This includes “off-site” unofficial practices, workouts, or meetups between the team and coaches. Virtual team meetings and workouts are permitted to stay engaged with your team if the team has already been selected.

### **STAGE 2: INTRA-SCHOOL ACTIVITIES WITHIN EDUCATIONAL COHORTS**

In stage 2, as per the Ministry of Education Restart Education Plan, co-curricular activities such as school sport may take place, but under the conditions as specified by the Ministry in the plan.

This means that practices or training can take place within the educational cohorts that students are placed in by their school for the delivery of the curriculum, however, physical distancing should still be maintained wherever possible. Masks should be used for all aspects of preparing for the sporting activity.

Students from different cohorts, in the same school, may participate together as long as there are strict physical distancing measures implemented. This always means maintaining a minimum of 2m of space at all times between members of different cohorts. Shared equipment between cohorts is permitted during this stage as long as physical distancing is strictly maintained between members of different cohorts, and diligent hand hygiene practices are maintained. Unfortunately, in most schools and for most of our activities, this will limit traditional training environments or practices. Scrimmages or contests between cohorts, even in the same school are also prohibited in this stage.

### **STAGE 3: INTER-SCHOOL ACTIVITIES WITH MODIFICATIONS AND RESTRICTIONS**

Surrey Schools is diligently working to offer school sports to our school athletes while staying within the Ministry of Education protocols.

An updated version of this document containing details on Stage 3 may be released when guidelines are updated by the Ministry of Education and BC School Sports.

### **STAGE 4: NORMALIZED SCHOOL SPORT**

Training and Competition can resume with limited to no modifications. Zone and Provincial Championships will look and feel similar to what they have in the past, although may require adaptation based on the guidance of public health officials.

# COVID-19<sup>1</sup>

## TRANSMISSION

Covid-19 is transmitted via liquid droplets when a person coughs, sneezes or sometimes talks or sings. If you are in close contact with an infected person, the virus can enter the body if droplets get into the eyes, nose, or throat.

COVID-19 can also spread by touch. If droplets are left on objects and surfaces after an infected person sneezes, coughs on, or touches them, other people may become infected by touching these objects or surfaces, and then touching their eyes, nose or mouth. That's why it is recommended you cough or sneeze into your arm and wash your hands regularly.

## SYMPTOMS

Symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms include:

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of Breath
- Runny Nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Nausea and vomiting
- Muscle Aches

## PREVENTION

Prevention efforts to reduce exposure or spreading of droplets is focused in 3 key areas:

### 1) Hand Washing

Wash your hands often with soap and water for at least 20 seconds. Where soap isn't available, using an alcohol-based hand rub (ABHR) is a suitable alternative

### 2) Physical Distancing or Social Distancing

Knowing that the majority of droplets fall to the ground in 1-2 meters, maintaining a physical distance of 2m is an effective way to lower the risk of transmission.

### 3) Wearing a Mask

Non-surgical masks can act as a barrier of droplets and help stop the spread of droplets from a person's mouth, and nose when talking, laughing, yelling, singing, coughing or sneezing. Wearing masks should be used in combination with other preventative measures, but are important to wear when physical distancing can't be maintained, or if you or someone you care for is sick.

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<sup>1</sup> BC Centre for Disease Control [www.bccdc.ca](http://www.bccdc.ca) (multiple pages). Accessed August 24, 2020

For further information on COVID-19, visit the BC Centre for Disease Control website at: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

## Resources

[BC Government Restart Plan](#)

[BC K-12 Education Restart Plan](#)

[BC School Sports Return to Sport Plan Version 2.0](#)

## Glossary

**Contact:** Contact is defined for the purposes of this document as close proximity (within 2 meters) or physical contact.

**Contact Sport:** A contact sport is a sport that continuous or sustained physical proximity between competing athletes.

**Educational Cohort:** An educational cohort is a group of students and staff who remain together throughout the school quarter, semester or year, and who primarily interact with each other in the educational (and school sport setting) Educational cohorts are generally set for the duration of the quarter, semester or year, depending on the delivery model of each school.

**Inter-School Competition:** An inter-school competition is a competition between student-athletes from two different schools that can include but is not limited to: exhibition, scrimmages, league games, tournaments, and championships

**Intra-School Competition:** An intra-school competition is a competition between student-athletes from the same school/educational cohort, commonly known as intramurals.

**Training Area:** The training or competition environment is normally used for school sport purposes. (ie. A single full-sized court or field) including the bleachers and immediate viewing areas for that field of play.