

## **Covid -19 Extra-curricular (In School Cross Country Skiing Grades K-7) Health and Safety Operational Plan**

Preamble: The Cross Country Ski program at St. Elias Community School is a high priority as it provides a healthy outdoor, active for life opportunity for students. This operational plan explicitly follows recommendations from the document: [YE Sport and Recreation Guidelines: COVID -19](#) (updated September 28, 2020).

Statements from the YE document are in **bold** with specific measures pertaining to St. Elias School Ski Program listed below.

### **1) Physical Distancing of at least 1 meter, preferably 2 meters.**

- Cross Country Skiing allows for distance between skiers and limited contact between skiers. St. Elias School has the ability to use the outdoor field as well as local ski trails to maintain physical distancing.
- Students will be spaced out as much as possible on the bus to the Forestry Ski Trails.

### **2) Indoor activities that can be conducted in groups of not more than 50 athletes is permitted**

- St. Elias School will have no more than 25 skiers in a session at a time.
- Other than dressing, preparing to go out and come in and on the bus to the Forestry Trails, all skiing and activities will take place outdoors.

### **3) Some sharing of sporting equipment is permitted such as kicking a soccer ball, hitting a tennis ball, etc.**

Sharing of skis, boots and some equipment will be necessary, as there are not enough skis and boots for each child to be assigned a pair/set. However, we will use the following precautions:

- All participants will hand wash / sanitize before and after skiing.
- All skis, boots and equipment will be wiped down after skiing and/or will be allowed to sit unused for at least 72 hours. In cleaning, particular attention will be given to boot laces and ski bindings.
- Very minimal sharing of skis, boots, equipment between bubbles. All boots have been labelled by class bubble and by student name. ie Grade 1/2 and 4/5 have orange flagging tape, K, 3/4, 6/7 have pink flagging tape and minimal sharing of boots within the color groups. Color coding of classes was selected with minimal crossover of foot size.
- Students from the same class bubble will ski together.
- On a given week only 1 class (occasionally 2, if in the same color code) will use the skis, boots, equipment.

- This year minimal equipment for games and skill development will be used. When used there will be a specific bag of equipment for each class for that week. The equipment will be disinfected and/or left for 72 hours unused.
- 4) Non-contact skills training is permitted. Accidental contact may occur but no deliberate body contact drills**
- Deliberate body contact games and activities will not be permitted during ski sessions.

### **Cleaning, hygiene and public health**

- 5) Participants should not attend if they are experiencing a cough, fever, shortness of breath or are feeling unwell. If a participant develops any COVID-19 like symptoms during the activity, they should leave immediately, and all equipment they used should be disinfected.**
- If students are feeling unwell, they will be asked to leave the school or ski session immediately. A mask and gloves will be provided to the student while waiting at the school to be picked up by a parent/guardian. Skis, boots, equipment used within their bubble will be disinfected.
- 6) Organizers must provide hygiene education, supervised hand hygiene as appropriate, and hygiene supplies such as soap and water, hand sanitizer, and paper towels.**
- Skiers, staff and coaches will be required to hand wash / sanitize prior to and after every ski session.
  - Hand Sanitizer will be provided.
- 7) All common areas and high touch surfaces should be cleaned and disinfected at the end of each day or if visibly dirty. This includes washrooms, common tables, desks, light switches, handrails and door handles.**
- All ski boots will be taken, by the coach, from the locked storage area to the boot room of the specific class bubble.
  - All skis and equipment will be taken, by the coach, from the locked storage area to the field.
  - All equipment will be disinfected and returned to the locked storage area by the coach at the end of every session.
  - Students will not have to cross into other bubble areas in order to get/return equipment.

- The bus will be sanitized after each group has used it to go to the Forestry Trails, with particular attention to seats and hand rails.

**8) Equipment including sticks, pucks, and balls should be disinfected after use. Some shared equipment that's touched less often, such as nets, can be cleaned when set-up or taken down, or at the end of each day.**

- Skis, boots and any equipment used will be wiped down at the end of each session.
- The bus will be sanitized after each group has used it to go to the Forestry Trails, with particular attention to seats and hand rails.

**9) "Get in, train and get out" – be prepared for training prior to arrival at venue, as much as possible. Minimize the need to use or gather in change rooms or bathrooms.**

**10) Physical distancing must be respected in change rooms. Consider staggering change times to accommodate this, or wear a mask when physical distancing is not possible.**

- Students will not require change rooms. They will prepare for outdoor activity in their classroom and bootroom.
- If skiers need to use a washroom, they will use the washroom allocated to their bubble.

**11) Have [cleaning protocols](#) in place for equipment and facilities.**

- All equipment will be cleaned at the end of each ski session, including the activity bus used to go to the Forestry Ski Trails.

**12) Items such as towels or water bottles should not be shared.**

- Skiers will need to bring their own water bottles and will not be permitted to use school water fountains.

**13) First aid attendants should use appropriate personal protective equipment.**

- PPE for First Aid Response will be worn by the coach for easy and immediate access.

**14) A record of participants should be kept to enable contact tracing if the need arises. These records should be kept for a minimum of 21 days.**

- Regular attendance of ski sessions will be kept.

**15) The wearing of masks is mandatory for staff, and for students 10 years (Grade 4) and older in common areas such as change rooms and hallways where physical distancing cannot be maintained.**

- The coach will wear a mask when transporting equipment through the school from storage area to staging area.
- The coach will wear a mask when assisting with boot tying/untying and getting skis on and off.
- Students in Grade 4/5 and 6/7 will wear masks while in the school, as they prepare to ski and return to their classes.
- All students and staff will wear masks on the bus to and from the Forestry Ski Trails.

### **Further Precautions specific to St. Elias Community School**

- 1) Classes will ski with their class bubble. They will exit and enter through their designated doors. Sessions will take place during their regularly scheduled PE times as well as optional after school sessions for interested students, delivered within respective bubbles.
- 2) No classes will be held back to back, to eliminate bubbles crossing over and time to disinfect equipment. No students will go to the usual equipment storage area. All skis, boots and equipment will be brought to the designated areas by the coach.
- 3) Kindergarten to Grade 7 will be participating in the in school ski sessions offered for one week during their PE period. The optional after school ski sessions will be offered once a week.
- 4) Sessions were trialed in November and December and will continue until mid March.
- 5) COVID-19 School Bus Health and Safety Guidelines can be found on Yukon.ca and will be followed for use of the school's activity bus to transport to and from the Forestry Ski Trails.

This document or a version appropriate for the parents and students, will be shared with the following groups:

- Players
- Coaches
- School Administration
- Parents / Guardians of students