

# **EARL MARRIOTT ATHLETICS**

## **RETURN TO PLAY – COVID GUIDELINES**

### ***Stage 2 – Intra-School Activities Within Educational Cohorts***

School Sport is a co-curricular activity at EMS that provides hundreds of student-athletes an opportunity each year to explore physical activity in a variety of team and individual pursuits. As one of the largest Athletic Programs in the Province, it is important that we work towards providing the safest environment possible for our student-athletes to participate. It will be critical that all stakeholders work collaboratively moving forward to ensure we are abiding by the protocols and guidelines set forth by BC Schools Sports and the Ministry of Education. School Sport may look a little different when we begin, which may also require a little extra work for our coaches and student-athletes, but I am confident the value and positive experiences sport provides our students will be as meaningful as ever!

### **Risk Mitigation**

- Student-athletes, coaches and managers must complete a daily check for signs and symptoms of illness. No person is to attend an activity if they are ill.
- All participants must abide by each specific facility safety plan including, but not limited to:
  - o Utilizing designated entrance and exit points;
  - o Sanitizing or washing hands upon entrance, at scheduled breaks throughout the duration of the activity and when leaving;
  - o Wearing a mask when applicable. Most importantly on arrival and departure, but encouraged during participation;
  - o Student-athletes should arrive for any school sport as prepared as possible, limiting the required use of changeroom facilities;
  - o Remaining physically distanced throughout activity as required, preventing physical contact with others and avoiding face touching.
- Keep numbers low (space dependent), have larger teams or programs work within smaller groups or cohorts separate from others.
- Record attendance daily, including student-athletes, managers and coaches.
- Spectators not permitted to attend training sessions unless able to physically distance from each other and the team environment.
- Coaches should avoid using traditional whistles as a way to communicate.
- Reduce the amount of shared equipment when feasible, include regularly scheduled sanitization of equipment before, during and after activity.

### **Personal Health Hygiene Guidelines**

***Intended to be required for anyone involved in School Sport***

- Anyone displaying ANY illness symptoms **MUST NOT** attend
- Daily reminder to all participants to avoid touching any part of the face
- No sharing of water bottles
- No sharing of food of any kind
- No sharing of personal equipment or items
- All participants encouraged to disinfect equipment after each event
- All participants encouraged to wash clothing and selves after each event

## **Organizational Guidelines**

### **Planning:**

- i. Groups of no more than 10 student-athletes can participate together, unless the following can be met:
  - a. Multiple groups of 10 can practice together as long as they can be separated by 10m and must remain distanced throughout each session (Football training across entire field).
  - b. No more than 50 total participants in any one location.
  - c. Individuals can remain physically distanced without question throughout the entire duration of the event (ex: Cross Country training outdoors).
- ii. Practice structure needs to be considered in order to create an environment where student-athletes can remain physically distanced.
- iii. No team huddles before, during or after training for coaching or teaching purposes unless physical distancing can be achieved.
- iv. Current fitness levels of all participants must be considered when designing training sessions, some may have been inactive for extended periods of time.
- v. All shared equipment must be disinfected regularly during training. Field prep equipment & touch surfaces must be disinfected prior to and following each session.

### **Time of Arrival:**

- i. Student-athletes are expected to arrive to training session as prepared as possible, limiting the required use of changeroom facilities.
- ii. Arrival should be no more than 5 minutes prior to scheduled start time, avoid all non-physically distanced gathering outside of designated entrance.
- iii. Handwashing or sanitizing must take place upon entrance into designated practice facility.
- iv. Attendance must be recorded for all participants including coaches and managers.
- v. Each individual participant should have a designated area for their personal items that must be physically distanced.
- vi. Verbal reminder of remaining physically distanced throughout the training session.

### **During Activity:**

- i. Should have focus on skill development or low-risk activities such as controlled or isolated game simulation situations.
- ii. Sports where there is continuous or sustained close contact are required to adapt sessions to reduce sustained contact.
- iii. Incorporate hand washing, sanitizing and disinfecting at designated water breaks.
- iv. Verbal reminders to remain physically distanced throughout the training session.

- v. Teams are encouraged to have a “Team Safety Person” who would be responsible for ensuring participants are adhering to all health and safety guidelines, could be a coach or manager.
- vi. If a participant feels ill/symptomatic during training/activity, the following must occur:
  - a. Notify a Coach and Safety Person immediately;
  - b. Team Safety Person takes participant to Isolation Space;
  - c. Parent/Guardian contacted to pick up participant;
  - d. Team Safety Person monitors until participant is safely collected by parent/guardian;
  - e. Isolation Space sanitized once participant exits.

#### **Time of Departure:**

- i. Handwashing or sanitizing must take place when exiting the designated facility.
- ii. Upon departure participants are required to avoid all non-physically distanced gathering outside of designated practice facility.
- iii. Shared equipment should be disinfected before being stored.
- iv. Encourage student-athletes to depart without using the changerooms.

#### **Post Activity:**

- i. Coaching Staff and Safety Person review the practice or training session as per the most recent BCSS Return to School Sport Plan guidelines.
- ii. Collaborate as a Coaching Staff about adjusting drills to ensure physical distancing occurs consistently.
- iii. Contact Athletic Director regarding any concerns immediately.
- iv. Connect with Parents and Guardians with any reminders about Return to Play Guidelines.

## **Sport Specific Guidelines**

### **FOOTBALL:**

- Utilize the North West entrance gate to the Lower Field via the bleachers, attendance will be recorded at this point. The South West entrance gate to the Lower Field will be the exit point.
- Coaches are expected to consult the Guidelines for Skill Development created in partnership with BC School Sports and BCSS Football Commission.
- Each Group of 10 must be separated by a 10m Buffer Zone, it should be clearly indicated by markings on the field.
- Utilize cones or markers indicating locations for athlete's individual equipment station.
- Splash shields are encouraged to be used when wearing a football helmet.
- Gloves are recommended whenever possible.
- Bleachers are to be closed to spectators.
- No contact drills to take place.

### **CROSS COUNTRY:**

- Student-athletes are required to meet at designated training site, which could include:
  - Upper Field at Earl Marriott Secondary
  - Bakerview Park
  - South Surrey Athletic Park (trail running)
- For training that occurs offsite, attendance will include parent-drivers.
- All running will take place in single file and physical distancing will be adhered to during all activities.

### **VOLLEYBALL:**

- The main gym and new gym will only have one cohort/group/team in attendance at any one time. Daily schedule will reflect this organizational structure.
- All participants must enter via designated entrance: main gym entrance – through the cafeteria and new gym entrance – through the corridor via the cafeteria. Participants will then be expected to exit each facility via doors that lead directly outside upon departure.
- There will be no spectators permitted inside the gymnasiums to view volleyball activities, all parents and guardians will be required to wait outside the school during training.
- Utilize designated area for individual athlete's equipment station.
- Each designated group/cohort/team will be issued a set of volleyballs and must only be used by that group/cohort/team.
- Coaches are expected to focus on skill development, no more than 6 individuals on each side of the court.