**RETURN TO SPORTS - PBHS NOVEMBER 2020**

* Must be approved by GofA, AHS, school superintendent, principal. Currently, Palliser has no inter-school competition allowed. No travel allowed. These are guidelines for in-school grade cohorts having practice / scrimmage time.

This is the Picture Butte High School plan to return to sport, inclusive of students grades 7-12 and staff members who wish to engage within a school sport cohort. Community coaches are currently not being permitted.

Information for this document is derived from the ASAA General COVID-19 Guidelines, the ASAA Memo on participating in multiple sport cohorts, AHS Guidance for Sport, Physical Activity and Recreation and Volleyball Alberta’s resources for COVID-19 procedures.

**COHORTS**

Currently, we will only be allowing a grade non-competitive cohort into the gym to practice and scrimmage with their peers. This does not affect your ability to be part of a sport cohort.

**SPECTATOR GUIDELINES**

To simplify procedures and limit risk, there will currently be no spectators allowed in the gymnasium.

**PARTICIPANT TRACKING**

Participants (signed by a parent / guardian as required) are required to sign a Grade Cohort Participation Form (see attached).

A responsible person (supervising staff member) will be appointed for each cohort to oversee safety factors, ensure compliance and maintain an attendance record for all gatherings of their cohort for contact tracing. Names and contact information of attendees will be gathered, attendance will be taken at each event (meeting, practice, competition) on the Daily Tracking Log.

Active screening of attendees should be considered monitoring for symptoms of fever, sore throat, cough, runny nose or difficulty breathing. Any participant exhibiting any of these symptoms cannot enter the athletic facility or participate.

All participants involved in sport need to complete the AHS COVID-19 self-assessment tool daily.

**PRACTICES**

* No more than 50 individuals in a practice (includes participants and staff). There can be no substitutions within cohorts (unless the individual has quarantined for 14 days). While 50 is the maximum, we aim to keep our cohorts as small as possible. PBHS will aim to restrict the number of participants to smaller cohorts and will only practice within the cohorts for the near future. Looking forward, the hope would be to participate in mini-league cohorts provided that there are no setbacks including a positive case of COVID-19 within the cohort, restrictions set by the school or by the ASAA, Palliser Regional Schools or AHS/GoA.
* ONLY In school practices at this time (no interschool or inter-zone activity can occur at this time)
* Hand sanitizer: Hand sanitizer or wipes will be available to all participants and those responsible for setting up and putting away equipment. All individuals will sanitize upon entering and before exiting. Hand sanitizer will be set on the sidelines so available during activity time.
* Physical distancing: to be used within the cohort whenever possible
* Masks: when not engaging in physical activity the cohort participants are to be wearing a mask. Masks do not need to be worn during intense physical activity. At times when you are not engaging in physical activity, attendees are to wear a mask and remain 2 metres apart. Those not participating in the physical activity (coaches, staff supervisors) must wear masks at all times.
* Equipment: group equipment - equipment must be sanitized before and after each practice/competition. We will limit the number of people setting up and putting away the equipment each day.
* Equipment: individual equipment - personal equipment will not be shared with anyone (helmets, clubs, water bottles, sweat towels, etc). All participants will have their own labeled water bottle and they will not be shared or stored in close proximity to one another. All equipment of individuals should be kept at least 2 metres from another's personal equipment whenever practical. The sideline will be marked with pieces of tape 6 feet apart, each individual will choose a spot and label it with their name. Everyday this will be the chosen spot for their personal equipment to be stored
* Locker rooms: All participants should come to activities dressed and ready to participate.  For bathroom purposes, the main washroom outside of the gym will be used.
* Transportation: it is strongly recommended that if transportation is permitted for the purpose of athletics players only travel with members of the same household if at all possible.
* Entry/Exit points: All participants will enter through the gym doors (and sanitize their hands), they will exit the gymnasium through the north west doors to the parking lot. They are not permitted to re-enter the main school areas. The coach is to ensure the door is sanitized and closed after all players have exited.

**SCHEDULING**

Current scheduling only allows 1 cohort per side of the gym daily. This allows ample time between daily events for cleaning.

**RAPID RESPONSE PLAN (if an individual tests positive for COVID-19):**

A Rapid response plan is a fast action plan for operators when an attendee shows symptoms or tests positive for COVID 19.

All activities (for that cohort) come to a stop in the event a participant tests positive, until all individuals have been tested and receive a negative result or a 14.

If a participant shows symptoms of COVID-19 during the gathering; they are to be isolated (hand hygiene completed and masked) from the other attendees until parent or guardian arrives to remove them from the facility. Cleaning and disinfecting of all surfaces is to be completed. School administration to be informed immediately of the situation.

**GENERAL GUIDELINES**

Celebrations - celebrations that include physical contact ( fist to fist, high fives, chest bumps) are NOT permitted during any school sport activity.

Physical distancing during practice / scrimmage - if a player is on the sideline, they are to attempt to remain 6 feet apart, if this is not possible they will be asked to wear a mask. Players that are active in the competition will not be required to wear a mask.

**What are symptoms of COVID-19?**

The most common symptoms of COVID-19 include:

o Fever

o A new cough or a chronic cough that is worsening

o New or worsening shortness of breath or difficulty breathing

Loss of smell or taste

Additional Symptoms of COVID-19 can include:

o Stuffy / runny nose

o Headache

o Chills

o Muscle or joint aches

o Feeling unwell in general, or new fatigue or severe exhaustion

o Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)

o Sore throat

o Conjunctivitis, commonly known as pink eye

Most people (about 80%) recover from this disease without needing special treatment. However, it can cause serious illness. Those who are older, and those with other medical problems are more likely to develop serious illness, which can include:

o difficulty breathing

o pneumonia

o There is a risk of death in severe cases.  While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as:

o high blood pressure

o heart and/or lung disease

o cancer

o diabetes