

Horizon School Division Extra-Curricular Sport COVID-19 Strategy: These descriptors outline the processes that schools will follow should conditions deem a specific course of action is necessary. These levels may differ between communities and schools. These levels also **may** differ from the level of concern at the school (i.e. Level 4 in sport does not coincide with Level 4 – [learning from home] in schools.) All protocols will be reviewed on a community by community, and school by school basis.



Level 1

**Mild level of concern.
Low level of urgency.**

- Student-athletes may take part in more than one program concurrently in their school.
- Masking is recommended at all times.
- Physical distancing is **encouraged** when possible.
- Hand sanitizer must be available at all times, used by all participants upon arrival, and use encouraged regularly.
- Equipment and surfaces shall be sanitized between user groups.
- All participants must self-screen prior to each practice or game.
- Those showing COVID-19 symptoms shall not take part in practices or games and should be at home.
- Masking of all occupants is **required** while being transported to competition by bus or coach/parent private vehicle.
- All other current Horizon SD transportation guidelines must be followed.
- Change rooms shall **not be shared** by multiple teams at the same time. Sanitizing between usage.
- Spectators at indoor events will be **required** to wear masks **AND** sign in/use the QR Code at the school site for contact tracing purposes.
- Competition against teams outside Horizon SD and tournament play is **permitted**. Protocols of the host SD will be followed unless Horizon SD's protocols are tighter.
- Canteens are permitted when hosting; the food must be prepared by individuals who have completed the Safe Food Handlers course.
- **Co-op programs are permitted**. Co-ops with non-Horizon SD schools must also have the written approval of the other SD's Director or designate.
- Officials are **encouraged** to wear masks
- Sport-specific protocols not covered above will be communicated directly to the schools and coaches.

Level 2

**Moderate level of concern.
Moderate level of urgency.**

- Student-athletes may take part in more than one program in their school, **at the discretion of the school principal**.
- INDOOR ACTIVITIES: Masking is **required** for all athletes **not on the playing surface** and recommended for athletes on the playing surface.
- OUTDOOR ACTIVITIES: Masking is **recommended** for all athletes.
- Physical distancing **must be maintained** when possible.
- Hand sanitizer must be available at all times, used by all participants upon arrival, and used regularly
- Sanitizing of equipment regularly during games and practices, and sanitizing of surfaces between user groups.
- All participants must self-screen prior to each practice or game.
- Those showing COVID-19 symptoms shall not take part in practices or games and should be at home.
- Masking of all occupants is required while being transported to competition by bus or coach/parent private vehicle.
- All other current Horizon SD transportation guidelines must be followed.
- Spectators at indoor events will be **required** to wear masks and to be physically distanced from other spectators from other households.
- Visiting teams will be given a room for their use throughout the tournament.
- Canteens are permitted when hosting; the food must be prepared by individuals who have completed the Safe Food Handlers course.
- Competition with teams outside of Horizon SD will only be allowed **with express approval** from the Horizon SD Director of Education.
- **Co-op programs** must attain **express approval** from the Horizon SD Director of Education in order to continue.
- Officials and coaches **must** wear masks.

Level 3

**High level of concern.
High level of urgency.**

- Outdoor activities **may continue** under stringent sport-specific protocols. These protocols will be communicated directly to the schools and coaches.
- Individual games **may be** permitted.
- Canteens will not be permitted.
- **Visiting teams will not be given a change room and must show up dressed to play.**
- Tournament play will **not** be permitted.

Level 4

**High level of concern.
High level of urgency.**

- Indoor extra-curricular activity is **limited** to training and skills development, with a maximum of 8 students in any one area, masks will be worn at all times, and a 3-metre distance will be maintained at all times.

Sport-Specific Considerations

Golf

Level One:

- The coaches/athletes meeting could be held outside if reasonable. If held inside, masks will be required for all, and teams shall stay socially distanced from other teams as best as possible.
- Competitors shall not engage in handshakes, high fives, or any other physical contact with their competitors.
- There will be no exchange of scorecards (to minimize touching of shared surfaces).
- All coaches and competitors shall wear masks when in the clubhouse or any other enclosure. Mask may be removed while eating and drinking.
- Players shall minimize the touching of shared surfaces.

Level Two:

- There will be no coaches/athletes meeting if it cannot be held outside.
- Groupings, individuals within each grouping, and groups that may come together at tee boxes during the round must maintain a physical distancing of a minimum of two meters between individuals throughout the round when possible.
- Facilitators will not be permitted to transport golfers or their belongings on the cart at any time.
- Facilitators will be asked to stay 5m away from all golfers during the round at all times possible.
- Should “clumping” occur at tee boxes, facilitators will remind and ensure social distancing is being maintained.
- Spectators are discouraged, with the exception of volunteer drivers. Spectators must keep at least 20m of distance from the golfers while on the course.
- Facilitators and golfers from the same school will be kept together in the groupings where possible.

Cross Country

Level One:

- During training runs and exercises, runners should try to maintain a 3-5 meter separation from one another (as opposed to running side-by-side or one-behind-the-other).
- An accurate record of attendance for each practice should be kept and saved for 21 days.

Level Two:

- There will be no coaches/athletes meeting at meets. Coaches will check in by text upon arrival, and indicate any scratches at that time.
- Athletes shall come dressed to participate to eliminate sharing of change areas.
- Athletes and coaches shall be masked when congregating. This includes the walk-through, making their way to the start line (the starter will indicate when masks may be removed), and while in a close team meeting or gathering.
- At meets, teams shall keep a clear physical separation from where other teams are gathered.
- At meets, volunteers shall have a mask available at all times, and wear it when needing to be in close proximity to runners (e.g. tending to an injured runner).

COVID-19 Protocol

- ⇒ In the event that an athlete **tests positive** for COVID-19 they shall not participate in any sport until they are released from self-isolation by Public Health.
- ⇒ If an athlete is deemed a close contact to a positive case, and the exposure was within 48 hours of either a positive test result in an asymptomatic case OR the onset of symptoms in a symptomatic case;
 - Vaccinated athletes are eligible to return to sport as long as they are not symptomatic.
 - Vaccinated athletes who are symptomatic will be eligible return to sport following a negative test result.
 - Unvaccinated athletes shall not participate in any sport (including practice) for 14 days from the date of exposure.
- ⇒ Other participating athletes of teams **within Horizon School Division**, may be offered a point-of-care antigen test.
- ⇒ Other participating teams will be **notified** that a case connected with the event has been identified in order to take action for their team, including parents, coaches, and caregivers.

Soccer

Level One:

- Competitors and teammates shall refrain from handshakes, high fives, team hugs, or any other physical contact that isn't necessary as part of practice or game play.
- Practice and game balls shall be regularly sanitized and/or regularly replaced with a sanitized ball(s).
- Water bottles shall not be shared.
- No spitting (especially goalkeepers into their gloves).
- An accurate record of player and coach attendance for each practice and game shall be kept and saved for 21 days.

Level Two:

- Masking of coaches is mandatory.
- Masking of officials is recommended.
- Soccer balls must be routinely replaced with sanitized ones throughout practice.
- A newly sanitized ball shall be introduced to the game (while the other ball is retrieved and sanitized for its next use) at appropriate stoppages in play.
- Officials should refrain from touching the ball with their hands (e.g. direct player where to place ball on penalty kick; referee leaves ball on ground for dropped ball).

Tackle Football

Level One:

- Competitors and teammates shall refrain from handshakes, high fives, team hugs, or any other physical contact that isn't necessary as part of practice or game play.
- Practice and game balls shall be regularly sanitized and/or regularly replaced with a sanitized ball(s).
- Water bottles shall not be shared.
- Officials are encouraged to use quick whistles to avoid excessive gang tackling situations.
- An accurate record of player and coach attendance for each practice and game shall be kept and saved for 21 days.

Level Two:

- Masking of coaches is mandatory.
- Masking of officials is recommended.
- A mask shall be worn by those not participating in the activity if physical distancing cannot be maintained or is unpredictable (e.g. volunteers, scorers booth/table).
- The bench area will be adjusted to enable officials proper physical distancing from the participants on the bench. Restricted area for team members shall be maintained a minimum of 5 yards from the sideline.
- During practice, footballs shall be regularly sanitized and/or regularly replaced with a sanitized ball(s).
- When on offense, teams shall provide and utilize their own game balls. After each offensive series, the ball just used shall be sanitized, and a previously sanitized ball be ready for the next offensive series.
- Officials shall utilize the offensive players as much as possible when returning the ball to the line of scrimmage.

Flag Football

Level One:

- Competitors and teammates shall refrain from handshakes, high fives, team hugs, or any other physical contact that isn't necessary as part of practice or game play.
- Volleyballs shall be sanitized after each practice/game if another team will be utilizing the volleyballs.
- Water bottles shall not be shared.
- An accurate record of player and coach attendance for each practice and game shall be kept and saved for 21 days.
- A reminder that when hosting a tournament, teams must have their own change room or space (not shared with any other team).

Level Two:

- Masking of coaches becomes mandatory.
- Masking of officials is recommended.
- Footballs must be routinely replaced with sanitized ones throughout practice.
- When on offense, teams shall provide and utilize their own game balls. After each offensive series, the ball just used shall be sanitized, and a previously sanitized ball be ready for the next offensive series.
- Officials should refrain from touching the ball with their hands (e.g. have the offensive player bring the ball to the line of scrimmage bag).

Volleyball

Level One:

- All visitors (e.g. visiting drivers, spectators) must complete the QR Code Screen upon entering your school, and if unable, must fill a form with their name, email, and phone number. Coaches shall work with their school administration to ensure a system is in place to ensure that when hosting, everyone who enters is recorded.
- Competitors and teammates shall refrain from handshakes, high fives, team hugs, or any other physical contact that isn't necessary as part of practice or game play.
- Practice and game balls shall be regularly sanitized and/or regularly replaced with a sanitized ball(s).
- Water bottles shall not be shared.
- An accurate record of player and coach attendance for each practice and game shall be kept and saved for 21 days.

Level Two:

- Masking of players not on the playing surface (e.g. bench) is mandatory.
- Masking of officials (including minor officials) and coaches is mandatory.
- Physical distancing must be maintained when possible (e.g. on the bench; scorekeepers).
- Visiting teams for league and exhibition matches shall ensure they do not arrive until after dismissal time at the home school.
- Spectators not from the same household must be physically distanced from spectators from other households.
- It is recommended visiting teams come dressed to play. If not, the host shall give them their own space to change in (not shared).
- Volleyballs must be routinely replaced with sanitized ones throughout practice/games.
- A newly sanitized ball shall be introduced to the game (while the other ball is retrieved and sanitized for its next use) at appropriate stoppages in play, such as during substitutions and time-outs.
- Teams shall not switch benches or sides between games.
- In tournament play, benches shall be sanitized between matches and before a new team takes the bench.