



# Extracurricular Protocol

(Site Specific, September 2021)

## **Facility**

- SD 71 Coach/Sponsor must be present at training/competition site at all times
- Student-athletes and coaches/sponsors only permitted in training area: no friends, parents, spectators allowed
- Student-athletes are to use exterior entrance/exit wherever possible
- -Only use equipment (balls) signed out from Athletic Department. Each team will receive their own equipment
  - -Sanitize equipment before and after training sessions
  - -Equipment cleaning supplies and hand sanitizer will be on site in both gymnasiums
- Coaches/Sponsors must wear a mask at all times
- Student-athletes must wear a mask at all times before and after training while indoors. This includes the change rooms and washrooms, and while making their way to the field/court of play
- Masks may be removed at the discretion of the student athlete when engaged in high intensity activity
- Masks should be easily accessible and worn when appropriate during training/competition
- Masks are encouraged while participating in light warm-ups or stretching
- Coaches/Sponsors are encouraged to move high intensity sport activities outdoors wherever possible
- Mask use for coaches while outdoors are up to their discretion, with social distancing and etiquette in mind

## **Sign-In**

- Coaches or sponsors are to complete sign-in and health check with all student-athletes before each training session/competition
- If student athletes are experiencing any symptoms or unwell, they are asked not to attend and communicate with coach/sponsor when appropriate
- Student-athletes arriving late must adhere to sanitation protocol and sign-in immediately. Those students leaving early should communicate that to coach/sponsor prior to session
- Coaches or sponsors are to submit the sign-in sheet to the office the next morning for record-keeping

## **Hygiene**

- Hand hygiene protocol is in effect: this means proper hand sanitation must occur upon entry to facility
- Those exiting the facility to train outdoors should also sanitize on their way out
- Coaches/sponsors are encouraged to facilitate breaks for hydration and sanitation
- Student-athletes should bring a personal, clearly labelled water bottle to training/competition: absolutely no sharing of water bottles is permitted
- All participants are to practice "respiratory etiquette". This means sneezing or coughing into one's elbow or tissue and sanitizing hands immediately after.
- Students respirating heavily while stationary or exiting the field/court should consider distancing