

Extra-curricular and Co-curricular Phase-in Plan

The goal of the plan is to establish parameters for the commencement of extra-curricular and co-curricular activities. The plan is subject to ongoing revision with consideration given to the pandemic context (e.g. rates of transmission/ number of illness) and revisions to provincial guiding documents.

Note regarding AHS Guidelines: There are AHS guidelines that are specific to education included in Alberta Education guiding documents for school jurisdictions. These guiding documents distinguish school activity from community sport and recreation activity. AHS recommendations in the Alberta Education guiding documents will be taken seriously.

Guiding documents:

<https://www.asaa.ca/covid-19/general-covid-19-guidelines>

https://www.asaa.ca/sites/default/files/uploads/basic/attachments/guide_asaa_safe_return_to_high_school_athletics_part_2_2020_oct_8_compressed.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>

<https://www.alberta.ca/enhanced-public-health-measures.aspx#open>

COVID-19 Information, Stage 2: Guidance for Sport, Fitness and Recreation

“Guidance for Schools (K-12) and School Buses” January 2022 Update [COVID-19 Guidance for Schools \(K-12\) and School Buses \(alberta.ca\)](#)

The chart below is fluid because the parameters at each phase reflects what the conditions are in the province relative to COVID-19, provincial guidelines and restrictions, and AHS recommendations. Specific sport and co-curricular activities (e.g. band, choir, drama) can more closely define parameters at each phase particular to the activity using AHS documents specific to the activity as well as ASAA guidelines.

Updated January 14, 2022

| PARAMETERS | PHASE 0 | PHASE 1 | PHASE 2 | PHASE 3 (with restrictions) |
|--|---------------------------------------|--|--|---|
| Activity Level | No extra-curricular sports/activities | Limited to no extra-curricular sports / activities. Activity may be restricted to practices only at secondary level. Any activity will be in accordance with Alberta Health Services (AHS) restrictions. | Extra-curricular sports/activities permitted with restrictions as outlined below and in keeping with any AHS and/or municipal guidelines. *For cohorts of students who are younger than age 12, there will be a more cautious implementation given the unknown outcome of vaccination rates and transmission (e.g. starting with no after-school activities and reviewing on an ongoing basis). *Field trips forms require acknowledgement of potential hazard of COVID-19 infection. *If another variant or illness presents the Division will respond as per AHS guidelines. | Extra-curricular sports/activities permitted with restrictions as outlined below. *Partial/Full vaccination in provincial context. *For cohorts of students who are younger than age 12, there may be a more cautious implementation given the unknown outcome of vaccination rates and transmission (e.g. starting with no after-school activities and reviewing on an ongoing basis) *Many, if not most, AHS provincial restrictions relative to sport and recreation are less rigorous than Phase 2. *If another variant or illness presents the Division will respond as per AHS Guidelines/recommendations. |
| Cohorts | No activity groups | AHS guidelines | No limit on cohorts other than groups of students who are younger than age 12 where it is recommended that cohorts at a maximum of 50 (AHS). | No limit on cohorts other than groups of students who are younger than age 12 where it is recommended that cohorts are at a maximum of 50 (AHS). |
| Audience | No Audience/Fans/Performances | AHS guidelines | Outdoor Events – Restriction Exemption Program as well as other protocols including 1/3 capacity of facility or 150 non-fixed seating, physical distancing between non-household parties, no standing audiences; masks may be required. Cross country may need consideration (crowds, physical distancing) Indoor Events: Limited or no indoor event spectators. Schools may move to cautious implementation of “controlled events.” Controlled events are those with identified participants (e.g., team rosters or list of students by name) and limited number of spectators for each participant. Spectators required to wear masks, physical distancing between non-household parties. Live streaming will be explored at each school site to facilitate virtual spectator access for events that are restricted to spectators. | Outdoor Events – Restriction Exemption Program as well as other protocols that may be in place at any site outside of the school site. Indoor Events – Restriction Exemption Program. At secondary level schools may progress from smaller controlled events (e.g. league games or modest size events such as Awards Nights) to larger events with controlled entrance of spectators to ensure physical distancing between non-household parties can be maintained. Live streaming will be explored at each school site to facilitate virtual spectator access for events that are restricted to spectators. |
| Travel | No Travel | AHS guidelines | Provincial play permitted pending provincial and national guidelines. | Provincial play permitted adhering to provincial and national guidelines |
| Tournaments | No Tournaments | AHS guidelines | Tournaments permitted adhering to any provincial/national/international travel restrictions. | Tournaments permitted adhering to any provincial/national/international travel restrictions. |
| Masking Hygiene Practices Social Distancing | | Masking & hygiene guidelines will be followed as per AHS guidance | Coaches/trainers/supervisors of activities/practices must be masked and maintain social distancing when not engaged in physical activity with athletes. Non-playing players must mask for events. Performers playing/singing without a mask must be socially distanced. Hand sanitization centers. | When able to transition to spectators attending indoor events: Supervisors of indoor activities/performances must be masked and maintain social distancing. Athletes/Performers/Coaches/Trainers/Officials must be masked when entering/exiting indoor school facilities and within all common areas, hallways, and washrooms. Hand sanitization stands available. Athletes/Performers/Coaches/Trainers/Officials do not need to be masked during the activity when socially distanced from spectators. |
| Volunteers | No Volunteers | AHS Guide | Volunteers following above guidelines. | Volunteers following above guidelines. |
| Changerooms | No Changerooms | No Changerooms | Assigned rooms. | Assigned Rooms. |
| Equipment | No Equipment | Equipment used-cleaning protocols | Limit shared equipment/materials, no team water bottles, hand sanitizer. | Follow AHS guidelines with appropriate sanitization of equipment/materials, hand sanitizer. |

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| Performance | | | Performance guidelines for band/drama/choir Performers for singing are not facing one another social distancing adhered to, masking is required as per AHS guidelines for performance (for rehearsing, not for live performance including wind instruments). | Performance guidelines for band/drama/choir Performers for singing are not facing one another social distancing adhered to, masking is required as per AHS guidelines for performance (for rehearsing, not for live performance including wind instruments). <i>Note masking may become optional pending AHS guidelines & municipal mask law.</i> |
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