



# Health and Safety Guidelines

## MASKS

**Masks are required for students in Grades 4-12 and all K-Grade 12 staff in all indoor areas.**

**Exceptions:**

- » Health or behavioural reasons.
- » There is a barrier in place.
- » Engaged in high-intensity physical activity or playing a wind instrument.
- » Eating or drinking (stationary).

Masks are encouraged for students in K-Grade 3.  
Masks are required when riding the school bus (Grades 4-12)

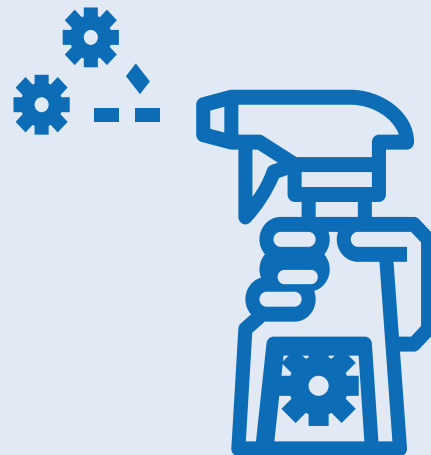


## CLEANING AND DISINFECTING

Frequently touched surfaces (e.g. door knobs, light switches) will be cleaned and disinfected once during every 24 hour period and at least once during the school day.

In addition, regular school cleaning will occur once in every 24 hour period.

Shared items, such as sports equipment, student technology, or instructional aids will be limited.



## HAND HYGIENE

Rigorous hand washing with plain soap and water is the most effective way to reduce the spread of illness.

**Students will be encouraged to wash their hands frequently throughout the day, in particular:**

- » When they arrive at school and leave school.
- » Before and after any breaks (e.g., recess, lunch).
- » Before and after eating and drinking (excluding drinks kept at a student's desk or locker).
- » Before and after using an indoor learning space used by multiple cohorts (e.g. the gym, music room, science lab, etc.).
- » After using the toilet.
- » After sneezing or coughing into hands.
- » Whenever hands are visibly dirty.
- » Before touching face (nose, eyes or mouth).
- » Before and after use of play structure/playground.
- » After handling common resources.

**District schools have been equipped with additional hand wash and/or sanitization stations as follows:**

All dry portables, School entrances, Additional stations distributed throughout middle and secondary schools.



## STUDENTS WITH COMPLEX MEDICAL NEEDS

Parents of students who are immunocompromised or have underlying medical conditions are encouraged to consult with their health care provider to determine their level of risk regarding return to school.

If a medical professional determines that a student cannot attend school due to their health risks, the school district will work with the family to review alternative learning options for the student.

## MANAGING SICKNESS - Stay home if feeling sick

### Staff and students who are sick are to stay home.

Parents are required to self-assess their children daily for symptoms of common cold, influenza, COVID-19 or other infectious respiratory disease prior to sending them to school. Head over to the K-12 Health Check online.

If these symptoms are present, parents should seek assessment by a health-care provider or call 811 and have their child self-isolate while they wait results.

### Students may still attend school if a member of their household is sick provided that the student is asymptomatic.

Students who experience seasonal allergies or other COVID 19-like symptoms, which are related to pre-existing conditions, can continue to attend school when experiencing these symptoms as normal.

