

RJDS COVID-19 HEALTH & SAFETY PLAN UPDATE - MARCH 30, 2021

THE CRUCIAL ROLE OF PARENT SUPPORT

- Ensuring health and wellness of your children.
- Keeping children home if feeling unwell and using [this](#) student assessment tool
- Helping RJDS by reinforcing the necessity of compliance to these protocols and provincial health orders.

Every risk we take is putting our entire community at risk.

Recent updates to the K-12 Health and Safety Guidelines include the following:

- Prevent crowding at all times; pay particular attention at the start and end of day.
- Avoid close face-to-face contact whenever possible.
- Assign staff to a specific cohort whenever possible.
- Ensure that the use of masks does not reduce or replace practicing physical distancing and other prevention measures, for both students and staff.
- Ensure prevention measures are in place in staff only areas, including break and meeting rooms. Staff should be wearing masks at all times around students and other staff members unless they are seated away from them at their desks (at least 2 metres away) or they are eating/drinking.
- Implement music classes according to the British Columbia Music Educators' Association and the Coalition for Music Education in British Columbia Guidance for Music Classes.
- Ensure physical activity is delivered in line with the guidance in this document.

PROTOCOLS FOR KEEPING OUR STUDENTS AND STAFF SAFE

- Infection prevention and control measures can help create a safe environment for children and staff. The Hierarchy of Infection Prevention and Exposure

Control Measures for Communicable Disease describes the measures that can be taken to reduce the transmission of COVID-19. Control measures at the top are more effective and protective than those at the bottom. By implementing a combination of measures at each level, the risk of COVID-19 is substantially reduced.

- **Public Health Measures** are actions taken across society to limit the spread and reduce the impact of COVID-19. The Provincial Health Officer has implemented public health measures, including prohibiting mass gatherings, requiring travellers to self-isolate upon arrival in B.C., effective case finding and contact tracing, and emphasizing the need for people to stay home when they are sick.
- **Environmental Measures** are changes to the physical environment that reduce the risk of exposure. Examples include being in outdoor spaces, using visual cues for maintaining physical distance or directing traffic flow in hallways, erecting physical barriers where appropriate and frequent cleaning and disinfection.
- **Administrative Measures** are measures enabled through the implementation of policies, procedures, training and education that reduce the risk of exposure. Examples of these include health and wellness policies, cohorts, modified schedules and supporting the ability of individuals to maintain physical distance.
- **Personal Measures** are actions individuals can take to protect themselves and others. Examples include maintaining physical distance/minimizing physical contact, washing your hands frequently, coughing into your elbow and staying home if you are sick.
- **Personal Protective Equipment (PPE)** is not effective as a stand-alone preventive measure. It should be suited to the task and must be worn and disposed of properly. Outside of health- care settings, the effectiveness of PPE is generally limited to protecting others should you be infected.

PERSONAL PROTECTIVE EQUIPMENT

Masks

- Masks have a role to play in preventing the spread of COVID-19. They provide some protection to the wearer and to those around them.
- Masks are now encouraged for all kindergarten - grade 3 students and are required for all grades 4-7 students when indoors. Please ensure your child/ren come to school prepared.

- For more information on how to show your child how to safely wear their mask, see this [link](#).

According to the guidelines, K-12 staff should wear a mask indoors at school except when:

- Sitting or standing at their seat or workstation in a classroom or learning space that is 2 metres away from students,
- There is a barrier in place,
- Eating or drinking
- Masks don't need to be worn outdoors.
- Even when wearing a mask, staff and students will still be required to maintain physical distance from people outside of their learning group. Efforts will be put in place to ensure there is not crowding, gathering or congregating of people from different learning groups in a school setting, even if non-medical masks are being worn.
- In "staff only" spaces, staff are required to wear masks when indoors, unable to maintain physical distance (2M), and a barrier is not present. WorkSafeBC guidance for offices also lists measures that should be considered and implemented.
- Exceptions will also be made for staff who cannot tolerate masks for health or behavioural reasons.
- For more information from BCCDC regarding masks, see this [link](#).
- Specific guidance for mask use during physical education and extracurricular exercise and sports activities as well as music education classes can be found below.

Physical Education During COVID

- People should be spread out as far as possible during physical activity. Activities should be adapted wherever possible to reduce physical contact.
- There should be no activities that include prolonged physical contact (i.e. physical contact beyond a brief moment) or crowding. For example, activities like tag or touch football are lower-risk, whereas activities like wrestling or partner dancing should be avoided.
- Physical education and extracurricular exercise and sport activities should occur outside whenever possible.

- Wearing masks during high intensity exercise activities or outdoors is based on personal choice, but cannot be in place of the other measures detailed in this section.

Music Education During COVID

- Students within the same cohort should be spaced as far apart as possible.
- Music education should occur in line with guidance developed by the British Columbia Music Educators' Association and the Coalition for Music Education in British Columbia, available [here](#).

ILLNESS POLICY

- All parents are expected to closely monitor the health of their children before sending them to school. Students will be sent home if they come to school with any signs of illness.
- All employees must closely monitor their health before coming to school and sign in that they are healthy when they enter the building. Employees must promptly report any changes in health and symptoms of COVID-19 to the Head of School and should stay in regular contact with her regarding the ongoing status of their condition.
- Staff and parents should make use of BC's [self-assessment tool](#) should they have questions about their health status or they should contact 8-1-1 or their health care provider.
- Parents are responsible to let the school know if anything has changed in terms of the assessment.

When to Stay Home?

- Parents are asked to screen their child's health every morning before bringing them to school to ensure that they are not exhibiting any of the signs or symptoms of COVID-19.
- Key symptoms of COVID-19 include: [Fever](#) or chills, Cough, Loss of sense of smell or taste, Difficulty breathing
- Other symptoms may include: Sore throat, Loss of appetite, Extreme fatigue or tiredness, Headache, Body aches, Nausea or vomiting, Diarrhea

- Parents/caregivers of a self-isolating child and self-isolating educators should call 8-1-1 or consult with their medical provider for medical advice and for advice on when the child or educator are fit to safely return to school.
- Children or staff members who live in the same household as a person with confirmed COVID-19 symptoms who is self-isolating must only return to school once cleared to do so by the Public Health.
- Parents/caregivers of a self-isolating child and self-isolating staff members should stay in regular contact with the school administration regarding the ongoing status of their condition and are not to return to school until cleared to do so by the Public Health.

Appendix E: What to Do if a Student or Staff Member Develops Symptoms At School

<i>If a Student Develops Symptoms of Illness At School</i>	<i>If a Staff Member Develops Symptoms of Illness At School</i>
<p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Immediately separate the symptomatic student from others in a supervised area. 2. Contact the student's parent or caregiver to pick them up as soon as possible. 3. Where possible, maintain a 2-metre distance from the ill student. If not possible, staff should wear a mask if available and tolerated, or use a tissue to cover their nose and mouth. 4. Provide the student with a mask or tissues to cover their coughs or sneezes. Throw away used tissues as soon as possible and perform hand hygiene. 5. Avoid touching the student's body fluids (e.g., mucous, saliva). If you do, practice diligent hand hygiene. 6. Once the student is picked up, practice diligent hand hygiene. 7. Staff responsible for facility cleaning must clean and disinfect the space where the student was separated and any areas recently used by them (e.g., classroom, bathroom, common areas). <p>Parents or caregivers must pick up their child as soon as possible if they are notified their child is ill.</p>	<p>Staff should go home as soon as possible.</p> <p>If unable to leave immediately:</p> <ol style="list-style-type: none"> 1. Symptomatic staff should separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a tissue or mask to cover their nose and mouth while they wait to be picked up. 4. Staff responsible for facility cleaning must clean and disinfect the space where the staff member was separated and any areas used by them (e.g., classroom, bathroom, common areas).

Children developing symptoms of COVID-19 while at school or after having been at school

- If a child becomes sick while at school they must be isolated from others in a designated isolation room/area, with adequate supervision, until their parent/caregiver picks them up.
- The ill child who is able to comply with mask wearing should be instructed to wear a surgical mask. The adult(s) caring for them should wear a mask when assisting the student.
- Once at home, children with onset or worsening respiratory systems will be encouraged to seek COVID-19 testing and will be expected to self-isolate.
- Everyone (children and employees) that was in contact with the ill child will thoroughly wash their hands.
- The child's workstation will be cleaned and disinfected. As students and staff are maintaining a 6 ft separation, disinfecting the classroom environment can wait for a break in classroom activities. The space where the child was isolated must be cleaned and disinfected thoroughly, once the child leaves the school.

Employees developing symptoms of COVID-19 while at school or after having been at school

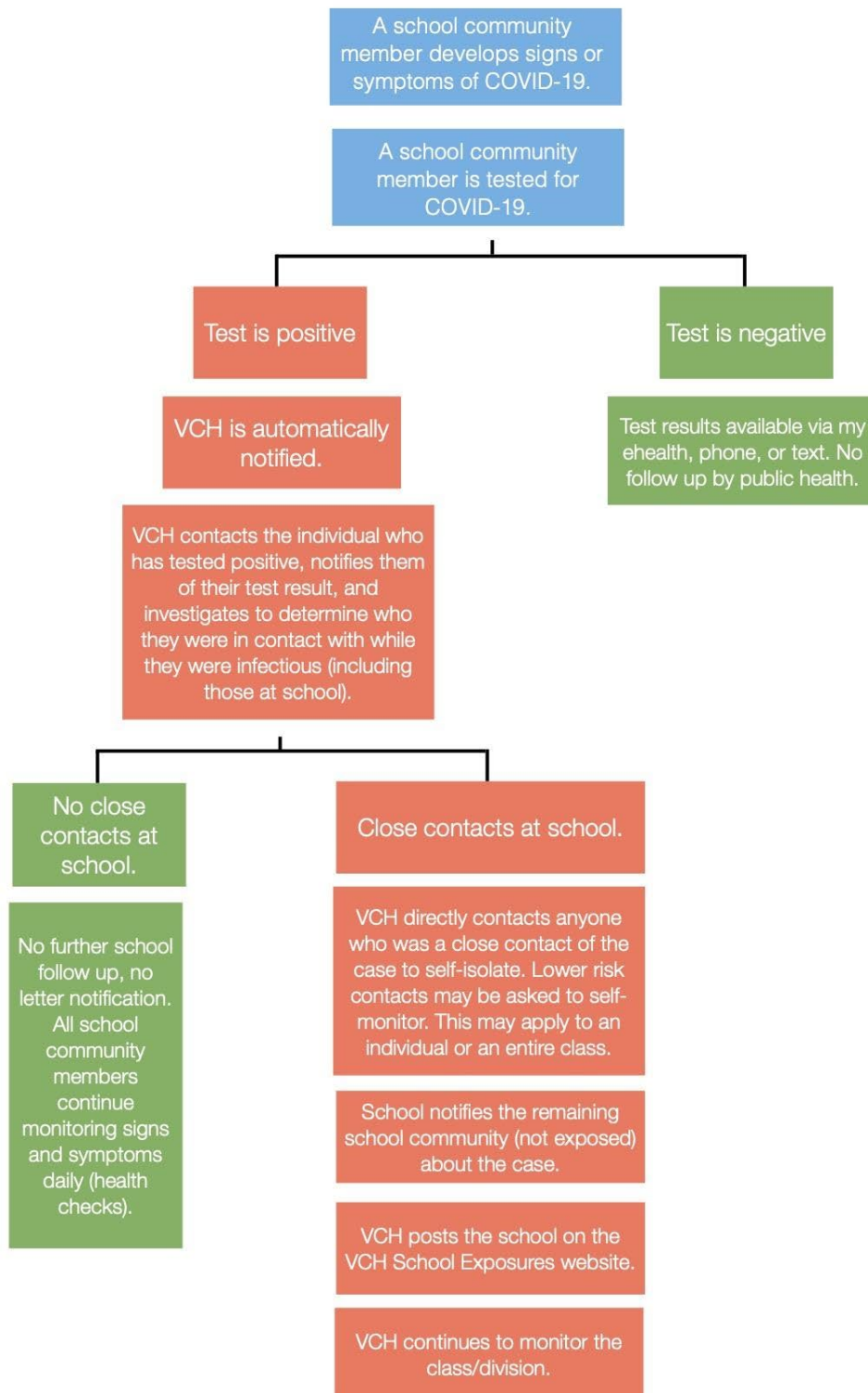
- Employees who display symptoms should inform their supervisor from the leadership team or the Head of School and will be instructed to go home right away and self-isolate following the directions described above.
- In cases where an employee either: (i) develops and reports symptoms of COVID-19 while at work; or (ii) reports symptoms of COVID-19 while at home after being at work should be advised to seek testing.
 - The employee should call public health and follow any directions received from public health.
 - A member of the leadership team will ensure that the reporting educator's work area, other places in the workplace they may have attended, and any other workplace items or equipment they used or had contact with when symptom onset was during attendance at school are promptly cleaned and disinfected.

CONTACT TRACING

- Active testing of anyone with cold, influenza or COVID-19-like symptoms, even mild ones, helps identify cases early in the course of their disease.

- When a person is confirmed as positive for COVID-19, significant efforts are undertaken to determine if they are part of a cluster of cases or part of a local outbreak, and whether others in close contact with them are at risk for infection.
- Not everyone who has been in contact with a confirmed COVID-19 case is determined to be a close contact.
- Public Health determines who is considered a close contact. We will work in collaboration with Public Health to follow their recommendations should an illness occur.

COVID-19 SCHOOL FOLLOW UP PROCESS



CONFIRMED COVID-19 POSITIVE CASE

- If a staff member or student in a school is confirmed by Public Health as positive for COVID-19, Public Health will work with school administration to determine what actions should be taken, including if any staff or students who have been in contact with that person need to self-isolate, and if other staff and students' families should be notified.
- We ask our community members and staff to inform the school should there be a positive COVID-19 case in the community.
- All contact tracing would be undertaken under the guidance of Public Health.
- Communication to the community will balance the privacy of the individual with the duty to inform, and all communication will be under the guidance of Public Health.
- **Schools will not provide notification to staff or students' families if a staff member or student becomes ill at home or at school, including if they display symptoms of COVID-19, unless directed to by Public Health.**

RESPIRATORY ETIQUETTE

Students and staff should:

- Cough and sneeze into their elbow, sleeve or a tissue. Throw away used tissues and immediately perform hand hygiene.
- Refrain from touching their eyes, nose or mouth with unwashed hands.
- Refrain from sharing any food, drinks, unwashed utensils.
- Educators will instruct and encourage children/students on following cough/sneeze etiquette.

HAND HYGIENE

- Handwashing with soap and water is still the single most effective way to reduce the spread of illness.
- When sinks are not available, alcohol-based sanitizer containing at least 60% alcohol will be used.

Alcohol-Based Hand Sanitizer ABHS Steps

- Apply enough product to cover hands
- Rub hands together *for at least 20 seconds* (sing the ABCs). Rub palms, back of hands between fingers and under nails/ creating a lather.

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Students and staff will be required to wash/sanitize their hands:

- Upon arrival at school and departure from school.
- Before eating and drinking.
- After using the bathroom.
- After sneezing or coughing into hands or tissue.
- Whenever hands are visibly dirty.
- When moving between different learning environments (e.g. Outdoor/indoor transitions, from gym room to the classroom).
- Teachers will assist younger students with hand hygiene as needed.



PHYSICAL DISTANCING

- Within cohorts, physical distancing should include avoiding physical contact, minimizing close, prolonged face-to-face interactions, and spreading out as much as possible within the space available.
- Outside of cohorts, practicing physical distancing should include avoiding physical contact and close, prolonged face-to-face interactions, spreading out as much as possible within the space available, and ensuring there is 2 meters of space available between people.

- Spaces where members of different cohorts interact should be sufficiently large, and/or should have limits on the number of people so that 2 meters of space is available between people.
- Within and outside of cohorts, there should be no crowding.
- Staff and students in different cohorts will practice distancing in common areas, hallways, while entering and exiting the building, and when queuing for events.
- We are aware of the challenges of monitoring distancing and will do so with targeted supervision, signage and continual reminders. Please support this effort by discussing expectations with your child at home.
- Traffic flow in common spaces will be managed with directional signs.
- Students can socialize with peers in different learning groups if they are outdoors, but are expected to minimize physical contact, as noted in the provincial guidelines.
- During drop off and pick up, parents and caregivers will remain outside of the school.
- Students and staff will avoid greetings like hugs or handshakes.
- Outside learning will occur more frequently.
- Shared items will be reduced.
- There will be no sharing of food or drink.

CLEANING AND DISINFECTING

- Regular cleaning and disinfecting of objects and high-touch surfaces is very important to help to prevent the transmission of viruses from contaminated objects and surfaces.
- RJDS will be cleaned in accordance with the BCCDC expectations for a public setting.
- General cleaning and disinfecting of the premises will occur at least once every 24 hours.
- Cleaning and disinfecting frequently touched surfaces will occur at least twice every 24 hours (This includes doorknobs, light switches, toilet handles, tables, desks, keyboards.)
- Garbage containers will be emptied daily.
- We will limit frequently touched items that are not easily cleaned.
- Shared items where cross-contamination is possible (e.g., shared school supplies, coffee and water stations, and snack bins) will be removed or cleaned between uses.
- Common, commercially available detergents and disinfectant products will be used.
- A cleaning and disinfecting schedule has been created to ensure the above is completed daily.

LEARNING GROUPS

A learning group is a group of students and staff who remain together throughout the school quarter, semester, or year, and who primarily interact with each other. Each learning group can contain no more than 60 people.

- RJDS will be divided in 2 learning groups, K-3, and 4-7. This division works well as the two groups are primarily located in 2 separate buildings.
- Students will stay in their homeroom classroom, for the most part. Specialist teachers not in the cohort will distance themselves from students in the classroom. (Interactions with specialist teachers will be minimized while still maintaining programs.)
- Students in different cohorts enter and exit the building using different doorways.

BUS TRANSPORTATION

- Buses will be cleaned and disinfected in accordance with BCCDC Guidelines.
- Seating will be kept consistent and students will have assigned seats when possible.
- RJDS will keep an up-to-date passenger list to share with Public Health if contact tracing is required.
- Students must wash or sanitize their hands prior to boarding the bus.
- Students in grades 4 and above will be required to wear a mask on the bus.
- The bus driver will wear a mask at all times.

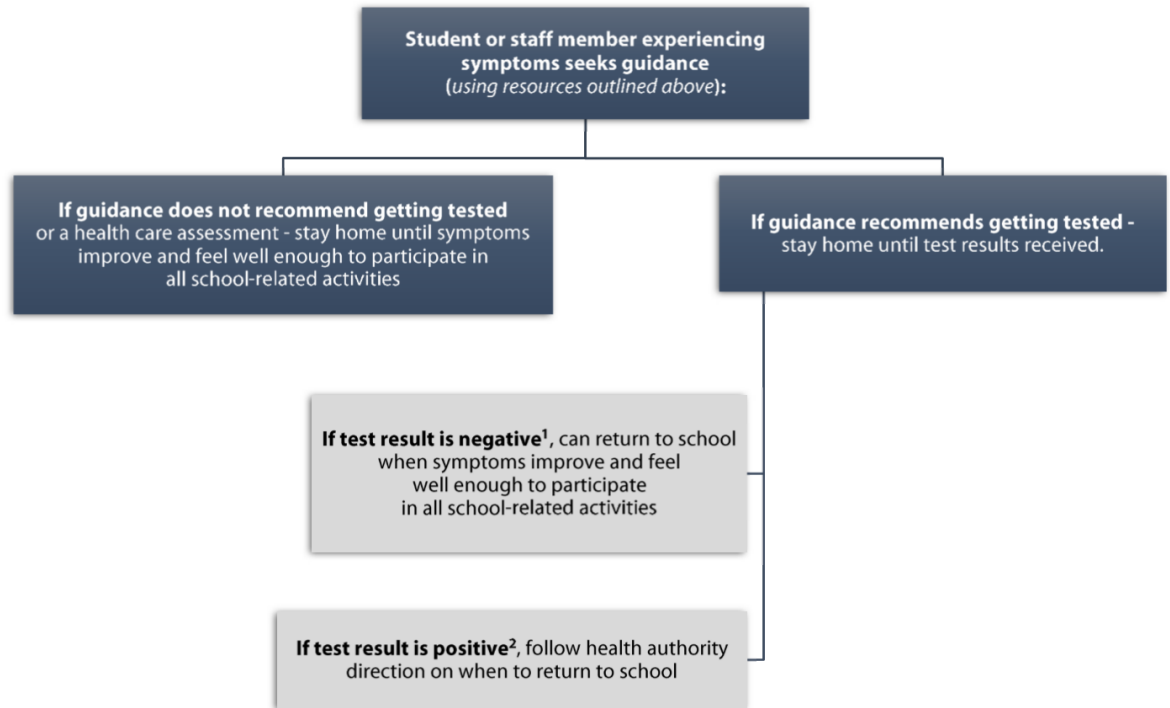
VISITORS

- We will strive to keep visitors prioritized to those supporting activities that benefit student learning and well-being (e.g. teacher candidates, therapists).
- Those wishing to make an appointment with a member of staff are asked to schedule through the office, or schedule a phone or Zoom meeting.
- Parents dropping off or picking up students are asked to remain outside the building and practice physical distancing.
- All visitors to the building will be required to complete a health check, sanitize hands, and don a mask before entering.
- RJDS will keep a list of the date, names, and contact information for all visitors who enter the school.

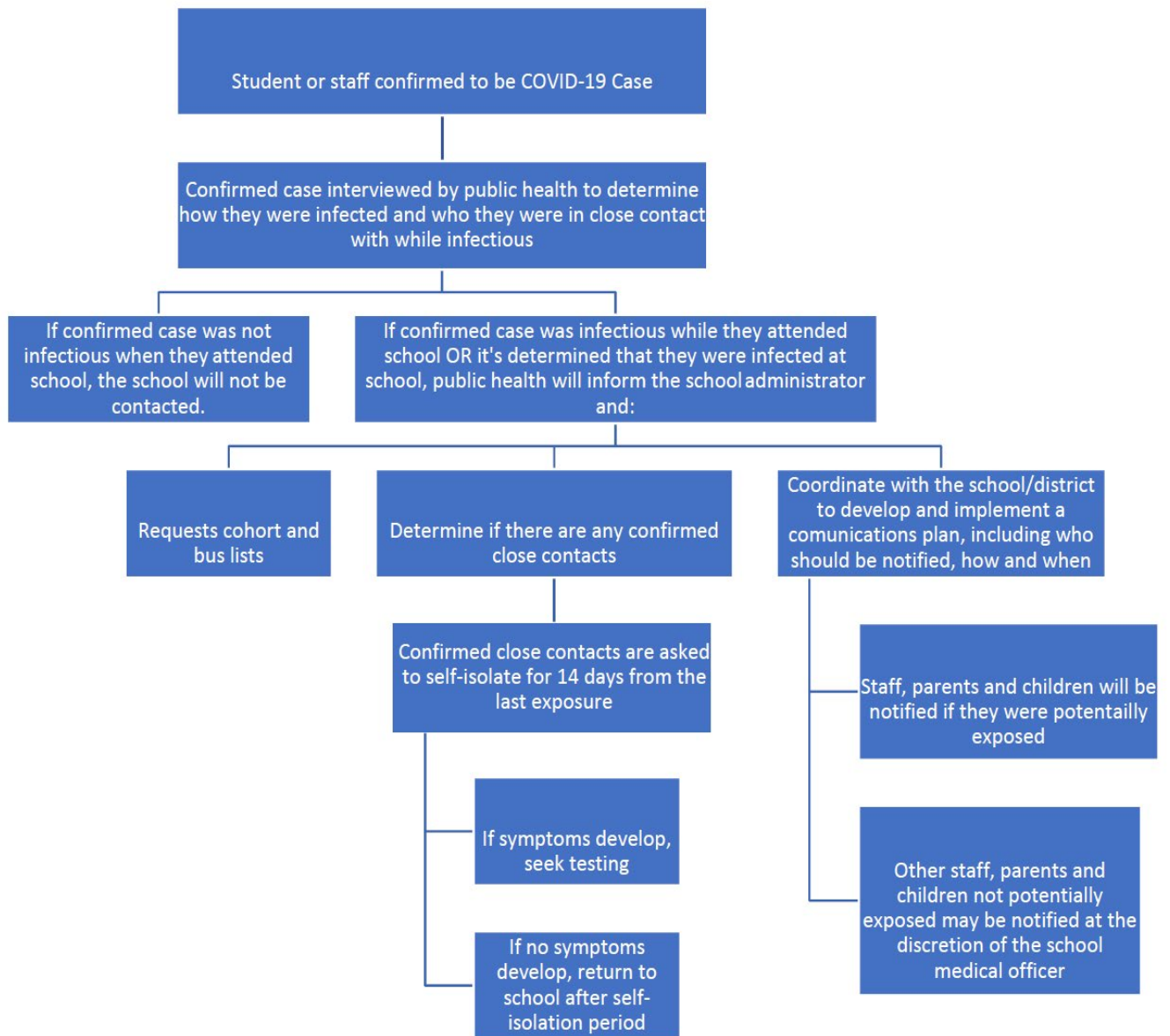
SYMPTOMS, TESTING, AND RETURN TO SCHOOL

- When a student, staff or other adult can return to school depends on the type of symptoms they experienced and if a COVID-19 test is recommended.

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1. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. BCCDC has information on receiving negative test results.
2. Public Health will contact everyone with a positive test. Visit the BCCDC website for more information on positive test results.



COVID-19 RESOURCES

[Student K-12 Assessment Tool](#)

Self Assessment Tool

- [BC COVID-19 Symptom Self-Assessment tool](#)

BC Centre for Disease Control

- [COVID-19 Public Health Guidance for K-12 School Settings](#)

Ministry Documents

- [Provincial COVID-19 Public Health Guidance for K to 12 School Settings](#) - A guidance document to help schools maintain a safe and healthy school environment.
- [COVID-19: Return to School website](#) - The website that focuses on details on Stage 2 of B.C. 's Education Restart Plan, including information on health and safety guidelines and learning groups.

WorkSafe BC Documents

- [Education \(K-12\): Protocols for Returning to Operation](#)

Healthcare Resources

- [HealthLinkBC](#)
- [Vancouver Coastal Health](#)
- [BC Centre for Disease Control](#)
- [BC Ministry of Health](#)
- [Canada Health Agency](#)
- [World Health Organization](#)