



**Livingstone Range**  
SCHOOL DIVISION

LIVINGSTONE RANGE SCHOOL DIVISION

# **Extracurricular Activities Guide**

October 28, 2020

This guide is intended to provide direction for extracurricular activities including athletics during the COVID-19 pandemic. Information and protocols in this guide will be updated as circumstances warrant.



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## 1. BACKGROUND

Due to the COVID-19 pandemic, extracurricular activities including athletics were put on hold at the beginning of the 2020-2021 school year to focus on a safe and smooth re-entry.

Beginning October 19, 2020 schools will be able to start holding sports practices and, when ready, begin inter-school competition within the school division. School Athletic Directors and school-based administrators collaboratively plan modified seasons of play and mini-leagues based on the recommendations in the relaunch guidance documents from the government of Alberta.

Please refer to the Alberta Government [Guidance for Sport, Physical Activity and Recreation](#).

Specific Government of Alberta protocols for sports include:

- For extracurricular school sports that involve or require multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort. It is recommended that individuals limit the number of cohorts/mini-leagues they belong to.
- Individual schools/school boards or organizations may have policies that set limits on the number of extra-curricular activity cohorts that participants belong to.
- Sport cohorts should be maintained during transportation to and from any external site. Combining cohorts for the purpose of transportation is not recommended (e.g., two teams sharing the same bus).

## 2. SCHOOL COHORTS

In Livingstone Range School Division, games will be among a cohort of schools:

- Crowsnest Consolidated HS, Livingstone School, and Matthew Halton HS in one cohort
- J.T. Foster School, Willow Creek Composite HS, Granum School, and F.P. Walshe in the other cohort

If a school has an active positive case, in-school practices can continue but no inter-school games can occur until the school is clear of any active cases.

Principals of teams scheduled to play each other always have the ability to cancel/postpone games if they feel uncomfortable continuing with the scheduled game.

## 3. ATHLETIC SEASONS

- Volleyball will run October 19 - December 18, 2020
- Basketball will run early January - mid-March
- Future sport seasons will be determined

## 4. GENERAL PRINCIPLES

- Participant health and safety is our highest priority.
- To be safe and successful in returning to sport, we must follow all public health guidelines, practice physical distancing, good hygiene, and continue acting responsibly.
- This document will be updated as new information becomes available. Definitions and details within this document are subject to change as guidance documents and recommendations from the Government of Alberta and Alberta Health Services are revised.
- Mini-leagues can be created among teams from LRSD schools. Students must be registered with LRSD (in person, at home learning, or home education) in order to participate on a school team.
- Removal of physical distancing guidelines puts all participants at a higher level of risk. Organizations may also be exposed to increased levels of liability. Organizers must clearly communicate to their participants the restrictions and regulations of being involved in a Cohort Group.
- Participants and organizing groups should utilize a gradual and methodical return to sport, to minimize injury and risk.

## 5. PRACTICES

- Participants must complete initial waivers and daily screening before participating in any activity. Coaches and athletes must complete daily screening.
- Participants are expected to arrive for practice ready to participate in the activity (use of change rooms will be minimized)
- Participants who become symptomatic during a session are required to be isolated from others and must return home immediately. School administration should be informed that a student was symptomatic.
- Equipment should be disinfected at frequent intervals (time outs, etc) and between groups.
- Small Group Training and skills camps without physical distancing restrictions, must proceed as a Cohort Group in Stage 2 of Alberta's Relaunch.
- Contact Attendance Logs should be collected for all participants in each session by the organizer, to support public health contact tracing efforts if a participant tests positive for COVID-19.
- Physical distancing should be practiced during breaks, prior to starting, at the completion of the session, and whenever possible. Masks must be worn by coaches and athletes whenever they are not participating in physical activity.
- It is recommended that activities be scheduled with sufficient time between activities to avoid any overlap of players on the court or field or other sports facility.
- Congestion during pick up and drop off should be avoided.

- Entry points such as doors are recommended to be propped open if they can be. It is strongly recommended that entry points should be sanitized before and after each session.
- If facilities allow, different entry and exit points should be used.
- Hand sanitizer will be supplied near entry and exit points.

## 6. SMALL GROUP COMPETITIONS & MINI LEAGUES (COHORT GROUP)

- Participants (athletes, coaches, supervisors) must complete initial waivers and the daily screening.
- Wherever possible, participants should arrive ready to participate in the activity, minimizing use of change rooms.
- Participants who become symptomatic during a session are required to be isolated from others and must return home immediately. Athletes must have a parent/guardian or designated adult (over 21 years of age) available to pick them up should they become symptomatic while away for a game.
- Equipment should be disinfected or replaced at frequent intervals, and at minimum should be done prior, once during and after each session.
- Mini Leagues & small group competitions, without physical distancing restrictions, must proceed as a Cohort Group in Stage 2 of Alberta's Relaunch. Sports teams can play in region-only cohorts of up to 50 players and coaching staff (mini leagues).
- Cohort Mini Leagues will allow teams to return to playing games and help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact. At this time, cohort groups will be composed only of LRSD students and teams.
- Where 2 metre physical distancing between individuals is maintained or the Mini League model is employed, travel for sport, physical and recreation activities is allowed.
- Teams in different Mini Leagues will not play each other. Mini leagues may be changed, provided there is 14 days between participation.
- If an individual wants to change cohorts to participate in another sport or with another group within the same sport, they must not participate in any cohort for 14 days. Changing cohorts does not require individuals to quarantine or self isolate.
- Cohort Groups must be managed by a staff person or organizer who is responsible for the maintenance of the Cohort and ensures that all the guidelines are followed.
- There may be mixing of grade level cohorts due to student numbers. This is ONLY for the extracurricular activities and does NOT change the cohort structure established within the school. Each extracurricular activity will share with students and parents what the cohort will look like.

- Students are encouraged to minimize the number of cohorts, both within and outside of school, that they belong to.
- Contact Attendance Logs must be collected for all participants in each session by the organizer, to support public health contact tracing efforts if a participant tests positive for COVID-19. Attendance Logs should be retained for 3 months and destroyed after that period in accordance with the Personal Information & Protection Act. Scoresheets can be used for the purpose of taking attendance. Ensure the name of all participants, including supervisors and bus drivers, are recorded.
- Physical Distancing should be practiced during breaks, prior to starting, at the completion of the session, and whenever possible. All participants are expected to wear masks unless they are participating in physical activity. Athletes should use hand sanitizer when they come on or off of the court.
- To the extent possible, referees will wear masks while in the building or when required by the event organizer, facility, local municipality, or health authorities. Referees will bring sanitizer to use during the warm-up and match. Referees will wear masks prior to and at the end of a match. Electronic whistles are preferred over traditional whistles- when electronic whistles are used, referees will wear a mask during the match
- The coaching staff will wear masks and bring sanitizer to use during the warm-up and match. The coaching staff will do their best to maintain physical distance with all individuals (athletes, staff, referees, volunteers, etc.) and primarily interact at two metres.
- Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged, and where possible participants should maintain physical distancing of 2 meters.
- Activities must be scheduled with sufficient time between activities to avoid any overlap of players on the court or field or other sports facility.
- Congestion during pick up and drop off should be avoided.
- Entry points such as doors are recommended to be propped open if they can be. It is strongly recommended that entry points should be sanitized before and after each session.
- If facilities allow, different entry and exit points should be used.
- It is strongly recommended that hand sanitizer be supplied near entry and exit points.

## 7. EXPECTATIONS FOR PARTICIPANTS

- Change at home prior to attending a session. Participants are encouraged to strictly follow all Public Health hygiene rules and general recommendations.
- Wash or sanitize hands before, during and after each volleyball session.
- Avoid touching their faces, and cough or sneeze into their elbow.
- Long hair is tied back to discourage participants touching their faces.
- Each participant should bring and label their own water bottles, towels, and hand sanitizer. Do not share your equipment or personal items with other participants.

- Avoid using change rooms, washrooms, meeting rooms, and water fountains.
- Avoid cheering/singing, these activities have a higher risk because infected people can transmit the virus through their saliva or respiratory droplets.
- Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged, and whenever possible all participants should maintain physical distancing of 2 Metres.
- All participants are expected to wear masks, unless they are participating in physical activity.
- Electronic whistles should be used over traditional whistles. Schools should consider purchasing these.

## 8. SPECTATORS

- Spectators are not permitted at this time.

## 9. VOLLEYBALL COMPETITION REGULATIONS

### 9.1 PREAMBLE

The event organizer, coaches, referees, and team members will work collaboratively to facilitate the safest possible return to competition. It is everyone's responsibility to be diligent and ensure these guidelines are followed for this intended purpose. LRSD will provide COVID-19 competition regulations to the participants and encourage compliance in areas when required. The referees' primary responsibility is to administer the match but will prompt individuals when necessary about any regulations. Coaches will lead by example, wear a mask, and will prompt athletes to adhere to the guidelines. Together we can return to volleyball safely and stronger than ever!

### 9.2 TEAM COMPOSITION

A team may have a maximum of two staff: one head coach, and a maximum of one other staff (assistant coach, manager, team therapist or a medical doctor). Cohorts of a maximum of 3 teams must remain below the 50-person limit.

### 9.3 PARTICIPANTS

Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged, and where possible participants should maintain physical distancing of 2 meters.

### 9.4 COACHES

The coaching staff will wear masks and bring sanitizer to use during the warm-up and match. The coaching staff will do their best to maintain physical distance with all individuals (athletes, staff, referees, volunteers, etc.) and primarily interact at two metres.

## 9.5 REFEREES

To the extent possible, referees will wear masks while in the building or when required by the event organizer, facility, local municipality, or health authorities. Referees will bring sanitizer to use during the warm-up and match. Referees will wear masks prior to and at the end of a match. Electronic whistles are preferred over traditional whistles- when electronic whistles are used, referees will wear a mask during the match.

## 9.6 EQUIPMENT

The referee will allow cloth face masks for athletes that choose to wear them.

## 9.7 TEAM UNIFORMS

A player with a jersey soiled with blood is not allowed to change jerseys with a player on the bench. A player has the option to switch to an extra uniform with a unique number that is not associated with any player on the roster.

## 9.8 BENCH AND WARM-UP AREA

If permitted by the facility, the preferred composition of the bench area is to have two chairs, two metres apart, for the coaching staff. An extended warm-up area for the athletes (to allow for physical distancing between participants) may start two meters from the nearest coach and be extended as space permits. Athletes should be standing a safe distance from the court (behind the invisible line that would extend from the front of the coaches' chairs and run parallel to the court).

Note: If a bench must be utilized, all individuals should maintain distance in the bench and warm-up area.

## 9.9 PRIOR AND POST MATCH

Event organizers will schedule buffer times between matches for sanitization of equipment and frequent touch points, and for teams to transition on and off the court without overlap. Teams will not greet one another before or after the match nor will they shake the referee(s) hand post-match. Teams may acknowledge the opposition and referee(s) by facing them and clapping prior to leaving the bench.

## 9.10 THE TOSS

Before the match, the event organizer will assign service and sides of the court.

To limit shared surfaces and communal points of contact, teams will remain on their side of the court for the duration of the match. If the event organizer determines one side of a court has a notable advantage, teams will switch sides after the first set only in a best of 3, or the 2<sup>nd</sup> set in a best of 5. Coaches will keep the same chair and carry it over for the side switch and all players must carry their personal items (water-bottle, hand sanitizer, etc.) for the side switch. Teams should be



mindful when switching sides and take different paths to maintain physical distancing during this transition. If a deciding set is necessary, the teams will remain on their side of the court.

### **9.11 SCORER AND SCORE TABLE**

Both scorekeepers will be required to wear masks and it is preferred they are from the same team or cohort.

### **9.12 ROSTER AND MATCH VERIFICATION**

Roster verification will occur prior to the match (roster signed by the coach), the team captain and coach will not need to approach the scorer's table to sign the score sheet. The team captain will not sign the score sheet to verify the result, it will be the referee's responsible to ratify the result (verbally confirm with the coaches) and sign the scoresheet.

### **9.13 LINE JUDGE FLAGS**

Line judge flags will not be used to eliminate unnecessary contact surfaces. Line judges will make the corresponding signal by using their hands. Line judges should be players from the same cohort.

### **9.14 CAPTAIN**

The game captain can approach the referee for an explanation or interpretation of the rules but must do so from behind the attack line.

### **9.15 TIME-OUTS**

Physical distancing should be maintained during time-outs between all coaches and athletes. Participants will be permitted to stand within the playing court to maintain distance. Water should be provided to only those players who are off the playing court, the team is responsible for a quick and timely cleaning of spills to prevent a delay in the resumption of play. Players should hand-sanitize during time-outs.

### **9.16 TECHNICAL TIME-OUT (SANITIZATION & GAME BALL)**

There will be a 60 second technical time-out when the leading team reaches the 16th point, or the 8th point in the deciding set (if best of 5). The players, coaches, referee(s), scorekeepers, etc. will sanitize their hands during this time, and the game ball will be replaced with a sanitized ball. Discretionary time-outs will remain at 60 seconds.

### **9.17 WIPING THE FLOOR**

To eliminate communal contact surfaces, each team will be responsible for the provision of a towel that can be used to wipe their own court. Prior to the towel being introduced, the team is still required to make a proper request and receive acknowledgement from the referees.

## **10. BASKETBALL**

Information about the basketball season and protocols will be added to this document soon.