



MEMORANDUM

TO: BCSS MEMBER SCHOOL ADMINISTRATORS AND ATHLETIC DIRECTORS
FROM: JORDAN ABNEY, EXECUTIVE DIRECTOR
SUBJECT: UPDATED HEALTH AND SAFETY GUIDELINES FOR EDUCATION
DATE: FEBRUARY 10, 2021
CC: BCSS COMMISSIONERS, ZONE PRESIDENTS, & STAKEHOLDERS

The Ministry of Education released updated Provincial COVID-19 Health and Safety Guidelines for K-12 Settings on February 4th. (<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-covid-19-health-safety-guidelines.pdf>)

The document provides updated guidelines on various aspects of the educational environment and includes updated language relevant to Physical and Health Education (PHE) as well as co-curricular activities such as school sport.

The guidelines are intentionally high level, meant to cover many different situations across the educational landscape and as a result, are not intended to provide clear sport-specific guidance on what these guidelines look like applied to a practice setting. We have received numerous inquiries from within the membership on the effects of the changes and what an accurate interpretation of the guidelines looks like. I met on Tuesday with representatives from the BCCDC and the Ministry of Health who were involved in the authoring of the Guidelines to go through various situations so that BCSS can provide insight for a more applied understanding. We ask that you ensure every coach at your school is aware of the impacts of these changes.

To simplify the intent of the guidelines would be the following:

- Moderate-to-High Intensity activities, (which would be most of our sports when competing or training game-like situations), when performed indoors, are no longer permitted to happen even within an educational learning cohort. Stationary activities require 2m of physical distance. Activities involving movement require ample space to minimize contact and ensure there are less than 2m between participants for no more than a brief moment.
- For example, in Basketball, this eliminates the ability to have scrimmages or other game-like situations where players are constantly in close physical contact or have face-to-face interaction.



- High-intensity drills are still able to be performed where athletes may cross paths briefly and intermittently. Drills such as or similar to fast break simulations with no defenders, or a 3-person weave are still permitted, but the idea is that the participants are maintaining a physical distance at all times, except for a brief moment when performing a drill. Prolonged exposure such as guarding someone is now prohibited.
- Moderate-to-high intensity activities are those that have a meaningful increase in pulse, respiration rate, and usually, but not always, include the onset of perspiration (sweating).
- Low-intensity drills are permitted and while do not require the same level of distancing of students in the same educational learning group (cohort), the guidelines do require using all of the space available, reducing face-to-face contact, and minimizing physical contact.
 - Low-intensity drills may include ball handling, stationary passing, or controlled shooting drills
- Sporting activities should be held outside as much as possible, although we recognize that there are limitations due to the availability of appropriate outdoor facilities and inclement weather.
- Masking is not required by participants during high-intensity activities. They should be worn for all moderate-to-low intensity activities, especially where physical distancing can't be maintained. Masking does NOT replace the need to maintain a minimum physical distance of 2m.
- Interschool sports remain banned

We understand that this further limitation on school sport will bring additional frustration. We recognize that each restriction makes it harder and harder to engage the student-athletes in your building. We continue to support the work of public health officials while working with the Ministry of Education, Ministry of Health and the BCCDC to advocate the importance of a return to school sport activities. We are encouraged by Dr. Henry's comments about the potential for sport as we head towards spring, but there has yet to be any indication on whether school sport will be included in that progression when it is deemed safe to do so. We will continue to update our schools as appropriate.