



# COVID-19 checklist for school physical activities

**O: Nov 13, 2020**

This checklist was created to help guide school staff when organizing physical activities as part of school programming (gym class or school sports). This checklist will provide recommendations for mitigating the risks associated with COVID-19 and school-related physical activities.

Visit [phsd.ca](https://phsd.ca) for ongoing updates and links to resources related to COVID-19.

**Note:** For clarity regarding which sports are currently permitted in facilities for sport and recreational fitness, please see [O. Reg. 364/20: Rules for Areas in Stage 3](#).

## Preparedness

- ❑ All school staff and coaches have received COVID-19 health and safety protocol training, including infection and control measures, the use of personal protective equipment and outbreak prevention and control guidance.
- ❑ Designate a school staff member at each recreational event (including games, practices, and meets) as the individual in charge of ensuring that COVID-19 safety measures are followed for the duration of the event.
  - ⌘ This staff member should have contact information (including after-hours) for the designated school COVID-19 lead.
- ❑ Have a process in place for how to manage school recreational event attendees (ie. students, staff, or referees) who do not pass the COVID-19 screening tool or who are injured.
  - ⌘ Make sure that this process is non-stigmatizing and supportive of the ill individual.
  - ⌘ Personal protective equipment is available for coaches who attend to ill or injured students.
  - ⌘ School staff/coaches have up-to-date personal contact information for all students.

## Screening

- ❑ Let students and parents/guardians know that COVID-19 screening must be completed before students arrive at the location of a school recreational event.
  - ⌘ Students and parents/guardians should be advised to follow the direction provided by the Ministry of Health’s [online COVID-19 school and child care screening tool](#) or a healthcare provider (Telehealth Ontario [1-866-797-0000; TTY: 1-866-797-0007], their [local COVID-19 assessment centre](#), or their family healthcare provider).
- ❑ If able to directly enter school recreation areas from outside, place signs at the entrances to identify that no one should enter if they have:
  - ⌘ any symptoms of COVID-19,
  - ⌘ travelled outside of Canada in the past 14 days,
  - ⌘ been in close-contact with someone who is sick,
  - ⌘ been in close-contact with someone who has COVID-19, or
  - ⌘ been in told by a health care provider to self-isolate at home.

## Physical distancing

- ❑ Follow the maximum number of students and staff allowed in each sports facility.
  - ⌘ Everyone must be able to maintain a distance of at least 2m from one another.
- ❑ Place signs around school recreation areas to remind students to maintain a 2m distance from one another.
- ❑ When possible, place indicators on the floor, signs on the walls or block off certain areas to support one-way flow of traffic through school recreation areas.
- ❑ Encourage students to avoid shaking hands, high-fiving, fist bumping or engaging in any other celebratory action where they are not able to maintain a 2m distance from each other.

- ❑ Consider having students physically distance more than 2m away from each other during recreational activities that involve a large range of movement (ie. dance).
- ❑ The use of school locker rooms is discouraged. However, if locker rooms are used (refer to your school's policy regarding the use of locker rooms), maximum occupancy limits should be posted at the entrances of them. Locker rooms should also be cleaned and disinfected after each cohort use.
- ❑ If there are sign-in areas at school recreational events, place indicators on the floor, if possible, to show students where they can stand so that they are 2m apart. If physical distance cannot be maintained, barriers such as plexiglass can be used.
- ❑ Stagger start and end times for practices or recreational events that take place on the same day at the same location.

## Face coverings and eye protection

- ❑ Ensure that any individual that enters a school recreation area is aware of your school's policies regarding the use of face coverings.
  - ⌘ If able to directly enter school recreation areas from outside, place face covering signs at the entrances.
- ❑ Train school staff, coaches, and students on [how to properly wear and care](#) for their face covering.
- ❑ Have a supply of appropriately sized face coverings available at recreational events for students who forget or lost their mask, or if their mask becomes soiled or wet.
- ❑ Unless students have a face covering exemption, students who can comfortably exercise indoors with a face covering on (without having a significant increase in heart rate or breathing) should do so.
  - ⌘ Exercises that students may be able to comfortably participate in with a face covering on are low-intensity exercises like yoga or stretching.
  - ⌘ Wearing a face covering is not advised when students are participating in high-intensity exercise like running.
- ❑ If possible, high-intensity exercise is conducted outdoors where students can take off their face covering if they maintain physical distance of at least 2m from one another.
- ❑ School staff and coaches are strongly recommended to wear eye protection (ie. face shield, goggles) in addition to a medical mask in situations where physical distancing (of at least 2m) cannot be adequately and consistently maintained.

## Hand hygiene and respiratory etiquette

- ❑ All school staff, coaches, and students have received training on of proper [handwashing](#) and [respiratory etiquette](#) (this includes avoiding spitting).
- ❑ Students are encouraged to avoid touching their eyes, nose, and mouth (even when wearing sports gloves).
- ❑ Have alcohol-based hand-sanitizer (60-90% alcohol) available at entrances of school recreation areas.
- ❑ Limit the sharing of materials such as pens, paper, or other supplies.
- ❑ Ask that all school staff, coaches, and students wash or sanitize their hands before and after attending recreational events/gym class.
- ❑ Limit the sharing of gym equipment.
  - ❖ If students are sharing equipment, they should wash or sanitize their hands after each use.
  - ❖ When possible, assign students their own equipment and consider numbering the equipment.
  - ❖ If equipment is shared, it should be cleaned and disinfected between each use.
  - ❖ If students use their own personal equipment, they should clean and disinfect the equipment before and after each use.
- ❑ Signage is posted in washrooms to demonstrate proper hand hygiene.
- ❑ No-touch garbage cans are available.
- ❑ If available, school staff and coaches should consider the use of microphones to support physical distancing and reduce the need for shouting or walking around.
  - ❖ If shared, microphones should be sanitized between each use.
- ❑ School staff/coaches should bring hand sanitizer and wipes to recreational events that are off school property or outdoors.
- ❑ Water fountains should only be used to fill water bottles and should not be used to drink from.
  - ❖ Encourage students to bring their own water bottles to recreational events/gym class (preferably labeled with their names).
  - ❖ Have single-use, disposable cups or water bottles available for students who do not have or forgot to bring their own.

## Ventilation

- ❑ Consider having recreational events/gym class outdoors if possible.
- ❑ If using a school gymnasium, open the doors to maximize airflow and prevent contamination of frequently touched surfaces (door handles).
- ❑ If possible and weather permitting, open the windows of indoor recreation areas to increase ventilation.
- ❑ The use of fans should be limited because they blow people's exhaled droplets to others.
  - ⦿ Pedestal fans or high-powered fans on/near the floor should not be used because they generate strong air currents across surfaces and people's head levels which increases the risk of transmission.

## Record Keeping

- ❑ Keep a record of all attendees at all school recreational events.
  - ⦿ Records should be kept for at least 30 days.
- ❑ Follow applicable privacy laws.

## References

Government of Ontario. (2020). A Framework for reopening our province – Stage 3. Retrieved from <https://files.ontario.ca/mof-framework-reopening-province-stage-3-en-2020-07-13-v2.pdf>

Government of Ontario. (2020). Guidance for facilities for sports and recreational fitness activities during COVID-19. Retrieved from <https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>

Government of Ontario. (2020). Reopening Ontario: Frequently asked questions about Stage 3. Retrieved from <https://www.ontario.ca/page/reopening-ontario-frequently-asked-questions-about-stage-3#section-5>

Government of Ontario. (2020). Return to play. Retrieved from <https://www.ontario.ca/page/return-to-play>

Physical and Health Education Canada. (2020). COVID-19 pandemic: Return to school Canadian physical and health education guidelines. Retrieved from <https://phecana.ca/sites/default/files/content/docs/Home%20Learning%20Resource/Guidelines/COVID-19%20Return%20to%20School%20Canadian%20PHE%20Guidelines%20EN.pdf>

Public Health Ontario. (2020). Checklist: COVID-19 preparedness and prevention in elementary and secondary (K-12) schools. Retrieved from <https://www.publichealthontario.ca/-/media/documents/ncov/sch/09/covid-19-checklist-preparedness-schools.pdf?la=en>

Work Safe BC. (2020). Gyms and fitness centres: Protocols for returning to operation. Retrieved from <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/gyms-and-fitness-centres>