



Park West School Division Return to Play Protocol

*This return to sport is effective November 13, 2020 to January 31, 2021.
An update will be provided for Board consideration at their January 8 meeting.*

School sport has countless physical, mental, and emotional health benefits. However, our current priority continues to be the health and safety of students and staff. Park West is therefore considering a Limited Return to Play which will enable us to sustain the current risk mitigation measures that currently exist in our schools.

- The Limited Return to Play would be optional for divisional schools. The school administration would make the decision regarding the Limited Return to Play in collaboration with school staff.
- The Limited Return to Play would be in effect only when schools or the school division are in Levels Green or Yellow. If the school or division was moved to Levels Orange or Red, all extracurricular sports would be immediately suspended.
- Middle Years and High School sports may return at a skill building / practice level only.
- There will be no interschool travel, games, or tournaments.
- There will be no co-op teams allowed. All students engaged in skill building / practice would need to be from the same school.
- Students and team personnel should self-screen prior to the skill building / practice session. Students and team personnel experiencing cold or flu symptoms are not permitted to participate in skill building / practice sessions.
- The skill-building should occur within existing school instructional cohorts.
 - Students who are not in the same cohorts may practice at the same time but in separate areas of the gymnasium. They would not be permitted to be involved in the same drills or activities if shared space or equipment was required. They would need to maintain 2 metre physical distancing from any other students not from their regular school cohort. The exception would be athletes from the same household.
- Physical distancing of 2 metres is required for any students when they are not physically active.

- Coaches will record the names of all student and adult participants for each skill building / practice sessions.
- Scheduling:
 - Skill building / practice sessions may be scheduled during the noon hour and afterschool, up until 7:00 pm from Monday to Friday.
 - Students should report to the gym exactly at their scheduled start time.
 - It is recommended that gym time be scheduled with sufficient time between activities to avoid any overlap of players on the court or field or other sports facility.
- 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.
- No spectators are permitted during skill building / practice sessions held on school facilities.
- Masks:
 - Masks would be required for students when there is 2 metres of physical distancing is not possible, including during times of skill building / practice.
 - Individuals not participating in physical activity such as coaches and team managers must wear masks at all times.
- Students must wear their own appropriate workout clothing. No shared uniforms or pinnies may be used.
- Equipment:
 - If any shared equipment is being used, it is strongly recommended at a minimum that it be cleaned and sanitized before and after each session. This is the responsibility of the team. The cleaning materials will be supplied by the school and placed in the gym for easy access. This cleaning and sanitizing will be overseen by the coach.
 - It is recommended that the number of people setting up and putting away the equipment be kept to a minimum and respect social distancing guidelines.
 - It is strongly recommended that hand sanitizer and/or sanitizing wipes be made available to participants and those responsible for setting up and putting away of equipment.
 - Participants may not share their personal equipment with anyone.
 - All equipment of individuals should be labelled with the participant's name.
 - All equipment of individuals should be kept at least 2 metres from another participant's equipment whenever practical.
 - All participants should have their own labelled water bottles and water bottles should not be shared or stored in close proximity to one another.
- It is strongly recommended that locker rooms or change rooms not be used at this time. Ideally, students would come to activities fully dressed and ready to participate.

- Celebration such as handshakes, fist to fist contact, high fives or any other physical contact should not occur during skill building / practice sessions.
- Coaching continues to be voluntary for staff members. The decision of any staff member to opt out of coaching at this time will be respected and supported by the Division and the local school.
- While there is a restriction on non-essential visitors, the provincial Restoring Safe Schools plan allows for visitors who support implementation of public health measures and activities that benefit student learning and well-being. Therefore community coaches would be permitted. This should be limited to those who regularly volunteer to minimize the number of possible exposures. Any community coaches would expect to follow all school and divisional health and safety protocols.
- Community use of schools continues to be suspended, with the exception of child care centres operating in schools. Consequently club teams will not be permitted to use school facilities.
- Individuals or teams not adhering to the Return to Play guidelines may lose their privileges for skill building / practice sessions.
- Each school's administration will be responsible to determine how this limited Return to School Sport will be implemented in their building, ensuring all current provincial Public Health Guidelines are followed.
- Specific guidelines for fall sports are found on the next page. Guidelines for spring sports will be articulated in the next update.

Fall Sport	Governing Body Return to Play Protocol	Park West Plans
Football	80 person maximum during any activity at a field. Training and competition will only occur amongst the consistent cohort of 80 persons at school. No member of your team/cohort may be a part of any other sport cohort during this stage, unless that other sport cohort is also using the sanctioned RTP guidelines of their Provincial Sport Organization	The Rural Manitoba Football League has suspended the Fall season with the possibility of having their competitive season in the spring of 2021.
Golf	Full return to play permitted, with modifications in place.	Possibility of reintroducing sport in the spring of 2021.
Soccer	Full return to play permitted, with modifications in place	Possibility of reintroducing sport in the spring of 2021.
Cross Country	Full return to play permitted, with modifications in place.	Possibility of reintroducing sport in the spring of 2021.
Volleyball	Full return to play permitted, including a return to gameplay and competition.	Indoor small group training / skill development approved with shared equipment, no competition. No scrimmages unless players on same side of court are members of the same school cohort or family group. Court time not exceeding 90 minutes.
Hockey	Full return to play permitted, including a return to gameplay and competition.	Indoor small group training / skill development approved with shared equipment, no competition. On-ice skill development (non-contact), drills, team tactics. No scrimmages. Ice time not exceeding 90 minutes.
Basketball	Indoor small group training approved with shared equipment, no competition.	Indoor small group training / skill development approved with shared equipment, no competition. Introduce passing, rebounding and other drills that will involve two or more players using the same basketball. No scrimmages. Court time not exceeding 90 minutes.
Curling	Full return to play permitted, with modifications in place.	Full return to play permitted, with modifications in place.