

# Reopen Chinook: Fall 2020 Plan



## RETURN TO SPORT PROTOCOL



## Table of Contents

<b>Maximum Number of Participants – Mini-Leagues, Intramural Play &amp; Contests</b>	<b>1</b>
School Intramural Play	1
Mini-Leagues (football, soccer, volleyball)	1
Contests/Practice	2
Cross Country and Golf	2
<b>Protocol for all Fall Activities</b>	<b>3</b>
General Considerations	3
Facilities	4
Mask Use	4
Participants	5
Spectators	5
Officials	6
Transportation	6
Post-Competition Protocols	8
Multi-Sport Student-Athletes	8
Co-ops	8
<b>Protocol for Specific Fall Activities</b>	<b>9</b>
Golf	9
Football	9
Soccer	11
Cross Country	12
Volleyball	13
<b>SWAC - Frequently Asked Questions</b>	<b>15</b>
Practice Expectations	15
Game/League Expectations	15
Coach Expectations	15
Other Questions	16

## Maximum Number of Participants – Mini-Leagues, Intramural Play & Contests

Each school will locally determine their extra curricular options in conjunction with the SWAC Athletic Coordinator

### 1. School Intramural Play

- a. Schools can choose to not participate in SWAC mini leagues, and create their own intramural play solely within their own school. Intramural leagues/games must be discussed with Chinook Athletic Coordinator prior to any games taking place.
- b. These intramural activities would follow the same SHA expectations in regard to limiting the number of participants.
- c. A maximum of 30 participants can take part in any one contest within the intramural league (exception: football is 30 on the field of play).
  - i. Teachers, facility operators or other staff within the school at the same time as the activity, but not in the gym or field are not part of the 30 participants.
- d. The intramural play would follow the same guidelines for each of the sports (soccer, football & volleyball) as if it were played within a mini league.
- e. Intramural play teams must be registered with SWAC (and SHSAA for Senior Sport).
- f. SWAC/SHSAA policy and bylaws apply to teams (unless otherwise specified).
- g. All SWAC/SHSAA fees will apply to intramural teams.

### 2. Mini-Leagues (football, soccer, volleyball)

- a. By the current [Public Health Orders](#), competition in team sports is limited to play in “mini-leagues” (similar to cohorts). As a result of the current Public Health Orders, tournaments are not permitted, and it is not possible to administer playdowns toward an SHSAA provincial championship in any fall activity or SWAC district championship in the fall team sports. Also, by current Public Health Orders, out-of-province travel is not permitted.
- b. The teams in a mini-league are restricted to playing only those teams for the entire season.
- c. Mini-leagues will involve schools within the SWAC District only.
- d. A maximum of 30 participants can take part in any one contest within the mini-league per night. (exception: football is 30 on the field of play).
  - i. Teachers, facility operators or other staff within the school at the same time as the activity, but not in the gym or field are not part of the 30 participants.
- e. SWAC/SHSAA bylaws/policies will apply to all teams in the mini-league (unless otherwise specified).
- f. All Leagues/games will be established by the Chinook AC (whether intramural, mini-league or non-SWAC teams).
- g. Mini-leagues can have a maximum of 50 participants (80 in football).
  - i. The 50 participants (80 in football) includes all players and coaches involved with the team and any officials and volunteers who cannot maintain two meters of social

distance. Those that can maintain two meters of distancing are not counted in the number of participants.

- h. A student can be part of only one program at any one time, and in one mini-league only.
  - i. A grade 9 student may be part of one junior program or one senior program, but not both.
  - ii. If a student has completed their season in one program, that student could then join another program.
- i. A coach, official, or volunteer can be part of more than one mini league/team only if they:
  - i. wear a non-medical mask and socially distance as much as possible; and
  - ii. are diligent in their sanitation.

### 3. Contests/Practice

- a. By current government [Public Health Orders](#).
- b. A maximum of 30 participants can take part in any one contest/practice within the mini league.
  - i. **EXCEPTION:** for **football** only, “30 participants” refers to the number of players actually on the field, not the total players and coaches in attendance.
- c. The 30 participants include all players and coaches attending the contest and any officials and volunteers who cannot maintain two meters of social distancing. This number of 30 participants relates to the gym or field area only.
- d. Officials and volunteers at both indoor and outdoor events, and spectators at outdoor events (public spaces) that can maintain two meters of social distance do not need to be counted in the number of participants.
- e. Teachers, facility operators or other staff within the school at the same time as the contest/practice activity, but not in the gym or field, are not part of the 30 participants.
- f. For large fields and gyms with curtains/dividers... If the field/court can be split so that social distancing can be maintained between the two groups during the activity (this would include preventing players or equipment from accidentally crossing the boundary during the event), as well as ensuring that the mini-leagues (or participants) do not intermingle either before, during, or after (recommended separate entrances/exits as well as separate bathroom rooms) then this would be an acceptable.

### 4. Cross Country and Golf

- a. A maximum of 30 participants can be gathered as long as physical distancing can be maintained.
  - i. For cross country, this would mean a maximum 30 participants at the start/finish line at the same time.
  - ii. For golf there cannot be a shotgun start and competitors cannot meet as a full group at any time during the competition if the number gathered exceeds 30.

## Protocol for all Fall Activities

The following is summarized from [SHSAA Return to School Sport](#) with additional information from various other sources.

These are the considerations the SHSAA expects all senior (9-12) programs in all schools to implement. All of the following should also apply to junior (6-9) programs except as noted.

### 1. General Considerations

- a. Recommendations for all phases of Re-Open Saskatchewan include the following
  - i. Physical distancing must be maintained, wherever possible.
  - ii. People must stay at home when they are sick.
  - iii. Vulnerable individuals, such as seniors and those with underlying health conditions, should continue to exercise caution and minimize high-risk exposures, such as public outings.
  - iv. Personal hygiene will continue to be a key prevention measure.
  - v. Enhanced cleaning and disinfection should take place in workplaces, public spaces and recreational facilities.
  - vi. Current public and private gathering restrictions must be followed.
  - vii. Coaches and athletes will physically distance indoors and outdoors whenever possible.
  - viii. All coaches and athletes will limit discussions with officials.
- b. Maintain the consistency of personnel (student-athletes, coaches, volunteers) within teams and mini-leagues during training and competition.
  - i. Schools may have multiple teams within an activity to provide as many students as possible the opportunity to be involved in school sport programming (fees will only be charged for one team).
  - ii. Team members who are sick or symptomatic must not attend an activity/event.
- c. Designate one or more people to be responsible for ensuring compliance with all guidelines (School Covid Leader). You can have one SCL for all your school teams or you can have one for each specific sport. This should not be someone engaged in other critical duties related to implementing school sport and who can maintain physical distancing protocols.
  - i. **DUTIES.** This could include, but is not limited to:
    1. overseeing that sanitization protocols are followed (practice/games/transportation).
    2. ensuring all recommendations/protocols/modifications for sport rules are followed.
    3. tournaments are not attended/organized.
    4. events do not exceed public gathering limits.
    5. ensuring no mini leagues/games are set up without Chinook AC input.
    6. ensure coaches take attendance and designate a place to file sheets.

7. ensure coaches/team staff are aware of any changes to protocols.
8. work with school administration to have a plan to ensure spectators follow Chinook/SWAC protocols.
9. establish with school/coaches protocol for athletes/coaches becoming ill or symptomatic during competition or a practice.
10. ensure all student transportation guidelines relating to extra curr are being followed.
11. ensure all transportation cleaning protocols are being followed.
12. Accurate record of practice and game attendance (student athletes, coaches, officials, volunteers, spectators, etc.) must be taken and kept on file.

## 2. Facilities

- a. Display signage to educate and direct participants about handwashing, personal hygiene, directional flow through the facility, and other safety considerations.
- b. Signage is also required to reinforce key risk related messages:
  - i. Individuals who are sick must stay home.
  - ii. A physical distance of two meters must be maintained between people not from the same household or extended household.
  - iii. Individuals must wash/sanitize their hands.
  - iv. Avoid overcrowding. Individual groups must not exceed the restrictions on public gatherings.
- c. Limit/decrease the opportunity for injury. Should injury or illness occur, implement an established emergency action plan – see guidelines regarding [Participant Health and Wellness](#) in [Sports and Activities Guidelines](#).
- d. Establish protocol for handling any participant at the event that develops signs of cold, flu, or COVID-19 during the activity. This should include identification of an isolation area, notification process, and education of coaches and organizers on the procedure.
- e. Scheduling of facility use should allow time for cleaning and disinfection between consecutive facility usages by two different teams or mini leagues.
- f. Plan for cleansing and disinfection of equipment before, during, and after practices and games.
  - i. It is recommended that scheduled stoppages be incorporated in practices and games to allow for cleansing and disinfection.
- g. Hand washing stations and/or approved hand sanitizers should be available and used.
  - i. It is recommended that scheduled stoppages be incorporated to training and competition situations to allow for hand sanitization.

### 3. Mask Use

*If social distancing can't be maintained consistently (or if it is unpredictable) all coaches, volunteers and officials **MUST** mask as they move around players in a practice or a game. As a coach/official you do need to interact with players, so the reality is masks will become the norm.*

*All coaches **MUST** mask all the time if they coach multiple teams (regardless of social distancing)*

*Athletes **MUST** mask when they are in tight indoor spaces with prolonged exposure to others (eg. private vehicle/van/bus medical room).*

- a. Each indoor and outdoor participant WILL provide their own mask(s) to be available in case of situations where participants and others at the event are forced to an area where physical distancing cannot be maintained (i.e. transportation, lightning during an outdoor event forcing everyone inside, medical room, injury at venue).
- b. Masks WILL be worn in schools where the school or school division policy mandates mask use.
- c. For more information on masks and mask use, reference page 24 (Cloth Mask Guidelines) in the [Re-Open Saskatchewan Plan](#).

### 4. Participants

- a. Home School and Option 3 Chinook at Home (remote) learning students are prohibited from participating in extracurricular activities.
- b. Safety education is essential for anyone engaging in school sport activities (parents, coaches, players, officials, volunteers etc.). Hand washing, cough suppression, and body fluid emissions must be strictly controlled (for example: spitting, mucus, vomit, or other bodily fluids may not be expelled in public areas, immediate clean up required).
- c. Reduce the amount of time at the training/competition venue.
  - i. Warm up individually, away from the competition area, and arrive at the training or competition area 5 -10 minutes prior to the start of training session or competition.
  - ii. Participants arrive in uniform and ready to participate.
  - iii. When activity is completed, leave the training or competition area immediately after following proper hygiene protocol.
- d. Water bottles for personal use only – no sharing of water bottles. Water fountains will not be accessible in facilities; however, some facilities may choose to offer water bottle filling stations.
- e. Minimize cheering and whistling as much as possible to control the spread of COVID-19.

### 5. Spectators

- a. Indoor activities: Spectators add to the maximum 30 people allowed in any one room/area of a facility, so spectators **will not** be allowed unless:
  - i. they are authorized volunteers for the event, **AND**
  - ii. they can maintain two meters of distancing at all times while in the facility, **AND**
  - iii. they wear a non-medical mask.
- b. **Outdoor activities:** Spectators **MAY** be allowed at Chinook/SWAC outdoor events if schools determine they can follow all SHA guidelines and spectators meet the following guidelines:
  - i. The school must limit outdoor spectators to a maximum of 30 in total.

- ii. All spectators will undergo a screening process to ensure they are healthy and meet all SHA guidelines to attend the event.
- iii. All spectators must mask on entry to the event, as they sign in with their name and phone number.
- iv. The host school must screen all spectators and keep a record of all spectators' names and phone numbers in case contact tracing is required.
- v. All spectators must physically distance on the field.
- vi. Spectators are only allowed in specifically designated spectator areas.
- vii. Spectators are kept very clear of participant spaces (field of play, bench areas).
- viii. Spectators will not come into contact with any coaches or players over the duration of the event.
- ix. Masking is mandatory at all times for spectators when they are not able to physically distance themselves and when they enter or leave the event.
- x. Spectators minimize cheering and whistling as much as possible to control the spread of COVID-19.
- xi. Spectators can pick up their children from the event outside the school grounds.
- xii. The host school can attempt to live-stream any games that spectators are limited or prohibited at.

## 6. Officials

- a. Reduce the number of officials needed.
  - i. Promote local officiating to minimize interaction with those outside of school/community.
  - ii. If an official is not able to socially distance, use that same official for all contests in that mini-league (they count as one of the maximum people in the mini-league).
  - iii. Capable team members (coaches, players) could officiate while not playing. This includes minor officiating.
- b. Officials must come “in uniform” to the game. Change areas will not be provided.
- c. It is recommended that officials wear masks when possible, frequently wash or sanitize hands, and utilize hand-operated whistles.
- d. Officials should operate such that appropriate physical distancing measures are maintained before, during, and after competition.
- e. Officials who are unable to maintain physical distancing should, as much as possible, only officiate in one mini-league (in this case they count as one of the maximum people in the mini-league).
- f. Officials should not share any gear.
- g. Officials should avoid touching the ball being used in warm-up and competition or at least make every effort to reduce touches.

## 7. Transportation

The protocols and school options for transportation are as follows.

- a. **Private Vehicle** - Private vehicles would be allowed for transportation at approximately half capacity. *Plan for time to sanitize the private vehicle before loading kids.*
  - i. Masks are worn.
  - ii. This would limit one student in the front seat, and two students in the back seat.
  - iii. Parent driver cohorts would be encouraged. The same parent drives the same 3 students during the entire season.
  - iv. The coach or a staff member can act in the same manner as a parent driver.
  - v. **Cleaning and sanitization** - Vital Oxide will be applied to private vehicles.
    1. Prior to using the spray, crack windows, leave the vehicle running and put the car fan on high with warm air.
    2. Complete a quick light spray for no more than 10 seconds for the vehicle, including the main touchpoints, including the door handle, steering wheel, console, doors, and the top of seats.
    3. steering wheel, console, doors, and seats.
    4. Let the vehicle dry for 15 minutes before loading kids.
    5. Extra Curr - School COVID leader - will ensure cleaning processes are followed.
    6. All schools will dedicate one sprayer (with Vital Oxide) for Extra Curr usage (Devin will provide). Swift Current schools, Shaunavon schools and Maple Creek schools will receive a 3.8 litre jug of Vital Oxide to use for sanitization. All other schools have access to the dedicated amount of Vital Oxide that is used to support their bus drivers.
- b. **School 15 passenger vans**
  - i. Masks are mandatory.
  - ii. 1 student in the front seat, with 1 student in row 1, 2 students in row 2, 1 student in row 3 and 2 students in row 4 for a maximum of 7 athletes and a driver.
  - iii. A seating plan must be created and maintained for the duration of the activity.
  - iv. **Cleaning and sanitization** - Vital Oxide will be the resource to disinfect school vans. School vans will be delivered or returned to schools cleaned and disinfected. There is no need to spray the van down on its initial trip.
    1. Upon returning from all extra curr trips, Vital Oxide will be applied to all school vans to ensure it is safe for the next trip. The same processes used for private vehicles will be applied to school vans.
    2. When a van returns from a trip, please ensure that all players pick up their own garbage to ensure the van is clean, prior to Vital Oxide being applied.
    3. Prior to using the spray, crack windows, leave the vehicle running and put the car fan on high with warm air.

4. Complete a quick light spray for no more than 10 seconds for each vehicle, including the main touchpoints, including the door handle, steering wheel, console, doors, and the top of seats.
  5. Let the vehicle dry for 15 minutes.
  6. Extra Curr - School COVID leader - will ensure cleaning processes are followed.
  7. All schools will dedicate one sprayer (with Vital Oxide) for Extra Curr usage (Devin will provide). Swift Current schools, Shaunavon schools and Maple Creek schools will receive a 3.8 litre jug of Vital Oxide to use for sanitization. All other schools have access to the dedicated amount of Vital Oxide that is used to support their bus drivers.
- c. **School Buses** - To use school buses for extra curr travel schools must ensure we are maintaining all current guidelines for bus travel.
- i. Masks are mandatory.
  - ii. One student per seat.
  - iii. Two students per seat if they are family members.
  - iv. A seating plan must be created and maintained for the duration of the activity.
  - v. Cleaning and sanitization - Vital Oxide will continue to be the resource to disinfect Chinook School Buses. The school will not have any responsibility in the bus cleaning as Chinook bus drivers will follow normal Chinook bus disinfection procedures.

## 8. Post-Competition Protocols

- a. Competitors will acknowledge their opposition in appropriate physical distancing and non-contact manners.
- b. Should an awards ceremony be required, verbal recognition at the end of competition in a physically distanced setting is permitted but no awards will be presented. Awards, if available, will be made available to participants/school in a contactless manner at a later date.

## 9. Multi-Sport Student-Athletes

- a. A student may not participate in more than one fall activity concurrently.
- b. The SHSAA is reviewing this provision but at the moment this is the high school protocol.

## 10. Co-ops

*(programs made up of student-athletes from more than one school)*

- a. Co-ops between SWAC schools are permitted with approval from the Director of Education or designate.
- b. Co-ops that involve a school not governed by Chinook School Division are not permitted.

## Protocol for Specific Fall Activities

The following is summarized from [SHSAA Return to School Sport](#) with additional information from various other sources.

These are the considerations the SHSAA expects all senior (9-12) programs in all schools to implement. All the following would apply to junior (6-9) programs except as noted.

### 1. Golf

- a. Season of play
  - i. Senior golf: September 28 – October 3.
- b. The following **must be included** as part of SHSAA sanctioned play:
  - i. No shotgun start may be used.
  - ii. Tee times will be 10 minutes apart.
  - iii. Groupings and individuals within each grouping must maintain physical distancing throughout the round.
  - iv. There will be no exchange of scorecards.
  - v. There will be no meeting of participants before or after the event unless the total number of participants (golfers and coaches) is 30 or less while maintaining physical distancing.

### 2. Football

- a. Season of play
  - i. September 28 - November 14 (earliest contest: October 8, if at least 10 hours of practice time has been attained).
- b. The following **must be included** as part of SHSAA sanctioned play.
  - i. Current Public Health Orders, including the gathering limit of 30 people for all practices and training sessions.
  - ii. All other current Public Health Orders and Chinook School Division COVID-19 directives and protocols.
  - iii. Teams need to be separated while on the sidelines (opposite sidelines is best).
  - iv. At least two meters distance should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
  - v. Contact must be minimized whenever possible.
  - vi. If physical distancing cannot be maintained or is unpredictable, a mask **WILL** be worn by those not participating in the activity (e.g. coaches, volunteers, etc.). Use hula hoops or gym dots on the sideline to have a visual for social distancing.
  - vii. It is required teams also implement the General Considerations contained in the [SHSAA Return to School Sport](#) document (pages 4-7). See section F.

- viii. The following recommendation sections in the Football Saskatchewan [COVID-19: Return to Football Guidelines](#) be reviewed and implemented:
    - 1. Athlete Protective Equipment.
    - 2. Equipment Manager Guidelines.
  - ix. Review and update your school's first aid protocol to incorporate safety measures including self-administration of first aid when appropriate.
  - x. The bench area will be adjusted to enable officials proper physical distancing from the participants on the bench. Restricted area for team members must be maintained a minimum of 10 yards from the sideline.
- c. The following are Chinook approved recommendations:
- i. Attempt to live-stream any games where spectators are limited or prohibited.
  - ii. No special teams - punting, place-kicking and/or kick-offs.
    - 1. Should a team choose to 'punt', the field will be advanced by 30 yards down the field. The punt cannot go any closer than the 10-yard line. Example: If you are on the 37-yard line, the ball will be placed on the 10-yard line, instead of the 7-yard line.
    - 2. After a touchdown, teams will go for 2 points by playing regular offensive play from the 5 yard line.
    - 3. To start the game/half and following a touchdown, scrimmage will begin at the 35-yard line.
  - iii. No formal huddles
    - 1. Options could include players lining up 10 yards back from the line of scrimmage, facing the opposition, while the quarterback moves in front of the players facing the sideline and shares the play.
    - 2. Use of wristbands for each player, with plays listed by number and the play number is shared.
    - 3. **OR** other options approved by Chinook.
  - iv. Shotgun snap exchange only or other non contact options with Chinook approval.
  - v. Minimum of 1 meters distance between all players prior to the snap.
  - vi. No tandem blocking.
  - vii. Four - 12 minute quarters, (this can be adjusted down on agreement from coaches ex. 10 min quarters)
  - viii. Officials and volunteers.
    - 1. Officials are encouraged to use quick whistles to avoid gang tackling situations.
    - 2. Only officials for offensive backfield, defensive backfield, line of scrimmage.
    - 3. 1 ball person be used to deliver sanitized ball to be put into play at line of scrimmage and retrieve the ball used on previous play to be sanitized.
    - 4. A three man officiating crew is recommended and they must be masked.

- ix. The use of bean bag markings, laid out by game officials, instead of a stick crew and downs marker is recommended.
- x. Due to limits on pre-game arrival times, athletes should be taped prior to leaving their school of origin.
- xi. Players need to be dressed at their school of origin. A player's jersey and helmet/shoulder pads may be put on at the game or contest site.
- xii. Host schools should plan for possible school access for a visiting team in case of any kind of emergent situation (ex. weather) prior to being able to board their mode of transportation home.

### 3. Soccer

- a. Season of play: September 28 – October 31 (earliest contest: October 5)
- b. The following must be included as part of SHSAA/SWAC sanctioned play.
  - i. By current Public Health Orders, the gathering limit of 30 people must be maintained at all practices and training sessions.
  - ii. All other current Public Health Orders and current Chinook School Division COVID-19 directives and protocols must be adhered to.
  - iii. Teams need to be separated while on the sidelines.
  - iv. At least two meters distance should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission). Use hula hoops or gym dots to visualize social distance.
  - v. Contact must be minimized whenever possible.
  - vi. If physical distancing cannot be maintained or is unpredictable, a mask **WILL** be worn by those not participating in the activity (e.g. coaches, volunteers, etc.).
  - vii. It is required teams also implement the General Considerations contained in the [SHSAA Return to School Sport](#) document (pages 4-7). See section F.
  - viii. Review and update your school's first aid protocol to incorporate safety measures including self-administration of first aid when appropriate.
  - ix. Goalkeepers must wear gloves and there will be absolutely no spitting allowed (even for keepers who normally spit into their gloves). Gloves must be disinfected with hand sanitizer.
  - x. Spitting on the field or clearing of nasal passages onto the field or a person's clothing will be a red card offence. This would include a goalkeeper spitting on their gloves.
  - xi. Yelling or shouting at any person will be a minimum yellow card and, at the referee's discretion may be a red card if considered excessive.
  - xii. If there is a physical altercation involving no more than two players, those players will receive a red card and be required to leave the field.
  - xiii. If there is a physical altercation involving more than two players, the game will be terminated.
  - xiv. No slide tackling.

- xv. Should lightning/thunder occur, the game is abandoned.
- xvi. The game may be stopped, suspended, or terminated by the referee or game day manager (if no referee) for any breach of the requirements of the plan by participants or spectators.
- c. The following are **recommendations** from the SHSAA to implement during SWAC soccer events.
- d. Coaches should lead and instruct without touching the ball as much as possible. If handling the ball, coaches should use hand sanitizer and/or gloves.
- e. Manage training and game situations to avoid circumstances where physical distancing is not maintained (i.e. standing in line during a drill).
- f. Each team (individual) should provide their own equipment, but where that is not feasible, sanitized soccer balls should be separated from those requiring cleaning.
  - i. Breaks for sanitization of equipment should be scheduled during training sessions.
  - ii. All equipment must be sanitized following a training session so it is ready for use by the next team that will be accessing the equipment and training area.
- g. At appropriate stoppages in play, a newly sanitized ball is introduced to the game while the other ball is retrieved and sanitized for its next use.
- h. Team benches will be on opposite sides of the field.
  - i. The designated home team will choose a direction to play or initiate the opening kick-off, the latter of which is left to the visiting team.
- i. Reduce the number of officials utilized for a game.
  - i. Minimum contact allowed.
  - ii. Officials should not handle the ball for a penalty kick; players should set up the ball and officials will whistle it in.
  - iii. No dropped ball - referee will leave the ball on the ground.
- j. Kick-ins used in place of throw-ins (same conditions as a free kick – minimum required distance).
- k. Ball should stay below the waist to prevent contact with the head, hands, chest, mouth.
- l. No heading of the ball (indirect free kick from the location of the offence).
- m. Have designated washrooms for each team (not for changing purposes).

#### 4. Cross Country

- a. Season of play
  - i. Sr/Jr/Int/Bantam/PeeWee: September 28 – October 17 (or the date of the SWAC District Event, whichever is earlier)
- b. Inter School competition will be allowed where:
  - i. A maximum 30 people are at the start/finish area at any one time.
  - ii. Interval starts are preferred instead of mass starts.
  - iii. If numbers are large, have schools arrive at different scheduled times throughout the day. Schools will run as a cohort.

- c. The following must be included as part of competition and training:
  - i. By current Public Health Orders, the gathering limit of 30 people must be maintained at all practices and training sessions.
  - ii. All other current Public Health Orders and current Chinook School Division COVID-19 directives and protocols must be adhered to.
  - iii. At least two meters distance should be maintained between all individuals, except members of the same household.
  - iv. It is required that teams also implement the General Considerations contained in the [SHSAA Return to School Sport](#) document (pages 4-7). See section F.
  - v. Review and update your school's first aid protocol in order to incorporate safety measures including self-administration of first aid when appropriate.

## 5. Volleyball

- a. Season of play
  - i. Junior/Senior volleyball: October 13 – November 28 (earliest contest: October 19 as per SHSAA guidelines)
- b. The following **must be included** as part of SHSAA/SWAC sanctioned play.
  - i. By current Public Health Orders, the gathering limit of 30 people must be maintained at all practices and training sessions.
  - ii. All other current Public Health Orders and current Chinook School Division COVID-19 directives and protocols must be adhered to.
  - iii. At least two meters distancing should be maintained between all individuals, except members of the same household, when off the court.
  - iv. Contact must be minimized whenever possible.
  - v. If physical distancing cannot be maintained or is unpredictable, a mask **WILL** be worn by those not participating in the activity (e.g. coaches, volunteers, etc.).
  - vi. It is required teams also implement the General Considerations contained in the [SHSAA Return to School Sport](#) document (pages 4-7). See section F.
  - vii. Review and update your school's first aid protocol to incorporate safety measures including self-administration of first aid when appropriate.
- c. The following are **recommendations** from the SHSAA to implement during SWAC volleyball practice.
  - i. Coaches should lead and instruct without touching the ball as much as possible. If handling the ball, coaches should use hand sanitizer and/or gloves.
  - ii. Manage training and game situations to avoid circumstances where physical distancing is not maintained (i.e. standing in line during a drill).
  - iii. Clearly communicate the route and rules with students ahead of every location move and transition. Review with students how the move went and how it can be improved.
  - iv. Avoid sharing equipment as much as possible (by numbering and assigning each players their own supplies).

- v. Disinfect coaching aids (clipboards, white boards, pens, plastic bins for transporting materials etc.).
- d. Mini League protocols from SWAC Athletic Coordinator/SHSAA
- i. Sanitation available for officials to sanitize the referee stand after it is set up.
  - ii. Home team serves first so that no coin toss is required (alternate each set).
  - iii. Warm up procedures as follows:
    - 1. Teams bring their own warm up balls.
    - 2. Serving team has 7 minutes on the court first, then the receiving team has their 7 minutes.
    - 3. When hitting, teams shag their own balls following Volleyball Canada guidelines.
    - 4. The non-hitting team is not allowed on the court (ideally out of the gym...socially distanced in the hallway).
  - iv. During play, each coach stands at the back line of court with extra game balls and sanitizer. When your team serves, the coach tosses a clean ball to their server. At the end of a rally, the ball is rolled to coach for sanitizing.(teams will need to bring their own sanitizing materials).
  - v. 5 set matches (play all 5 sets).
  - vi. Teams do NOT change sides (you play the entire match on the same side).
  - vii. No line-up cards and scoresheets; utilize the score clock/flip chart to keep score and handle rotation on the honour system. One scorekeeper only is required.
  - viii. No linesmen needed (if coach stands at back line), if linesmen needed, use team personnel and social distance.
  - ix. No second referee (umpire).
  - x. During the serve, the serving team stands behind the attack line to facilitate physical distancing during the game.
  - xi. Receiving blockers are to spread out at the net during the serve (2 meters)...switch quick!
  - xii. No 'meet in the middle' huddles, high fives, group celebrations.
  - xiii. No standing near other players to switch.
  - xiv. Substitutes maintain physical distancing of 2 metres during exchange.
  - xv. Players are to be 2 meters apart while on the bench, unless from the same household (use chairs 2 meters apart for a bench).
  - xvi. Teams will each have a designated washroom (not for changing purposes).

## SWAC - Frequently Asked Questions

### Practice Expectations

1. Do I need to take attendance at practices?

Yes, a poster is being created for schools with “health questions” that athletes/coaches should ask themselves at every practice/game and revisit symptoms to watch for often. You must take attendance at practice (athletes/coaches) and at games (athletes/coach/volunteer/spectators). This form is to be kept on file at the school. The Chinook AC has emailed a common sheet.

2. Can outside (football, soccer) fields be split in such a way that participants from more than one mini-league (or activity) could be engaged in practice (or game within their mini-league)?

If the field can be split so that social distancing can be maintained between the two groups during the activity (this would include preventing players or equipment from accidentally crossing the boundary during the event), as well as ensuring that the mini-leagues (or participants) do not intermingle either before, during, or after (Recommended separate entrances/exits as well as separate change rooms) then this would be an acceptable.

### Game/League Expectations

3. How many nights a week will a team in the mini-leagues compete? Is there a max at this time?

The plan is for games to be once a week. Rarely, two games a week. No school time will be missed for mini-leagues...outside chance that football might have to leave a bit early due to darkness at game time.

4. How many games will our team get?

There is no way to answer that question, at this time. It will depend on entries, number of weeks for competition etc. There is no guarantee that each league will have the same number of games for each school.

5. Has hosting 2 towns at one host site been considered (giving home team 10 games/ night and visiting teams 5 games/night) with all sanitization and physical clearing of 30 people in buildings before the next town arrives?

We are not allowed to have more than one mini league game per gender at a site per day. Eg...there can only be 2 girls teams and then possibly two boys teams playing at a site on one date.

6. Could there be a mini-league team AND in-house teams?

Yes

### Coach Expectations

7. Can we have community coaches/ non teacher coaches?

Yes

## Other Questions

8. Can we have mixed-gender teams?

Yes, they would compete in the boys mini-leagues (as in the past). Coed jr and sr are allowed.

9. Can Homeschool and Option 3-Learning From Home students play in extracurricular activities?

No, just as we are limiting access to our school facilities for parents or any other outside groups, we would also be prohibiting any homeschool students and Option 3 remote learning students from extracurricular activities.

10. Do we have to count homeschool and option 3 students in our September enrollment numbers for SHSAA?

You will count option 3 students even though they are not participating, but you will not count homeschool students in your numbers for SHSAA.

11. If we have a large gym with a curtain, can it be pulled and run practices on both sides? Would the "30" number be in effect? We'd make sure that kids do not mingle/separate entrances/etc...

If the gymnasium can be split so that social distancing can be maintained between the two groups during the activity, as well as ensuring that the mini-leagues (or participants) do not intermingle either before, during, or after (Recommended separate entrances/exits as well as separate change rooms) then this would be an acceptable

12. As a multi-sport organization there are 5 activities in our rotation for fall activities. Some of the Provincial Sport Organizations and/or Community Groups are currently running club/community seasons parallel to our seasons of play. Does this impact the opportunity of a student athlete to participate with their high school and participate in the club/community program in the same activity?

At this time players are not restricted to one mini-league in multiple sports so they could play in community programs as well as high school programs. BUT - the SHSAA only athletes to be involved one SHSAA activity at a time. That said it is highly recommended to limit contact with those outside your extended household. Therefore, people should limit the number of mini leagues they are part of. The only current exception would be for border city students who may be on a team in Alberta or Manitoba. Those students are not eligible to participate in another mini-league in Saskatchewan.