

Health and Safety Plan - Revised: September 14, 2021

Cedars Christian School

Introduction

The health and safety of staff and students is of primary importance in our work at Cedars Christian School. The purpose of this Health and Safety Plan is to outline the Cedars-specific application of the [Provincial COVID-19 Safe Schools](#) plan for the 2021-22 (accessed: Aug 25, 2021); [COVID-19 Protocols for School & District Administrators and Staff](#) (Aug 24, 2021); BC Centre for Disease Control [Public Health Communicable Disease Guidance for K-12 Settings](#) (Sept 3, 2021); the [Provincial COVID-19 Health & Safety Guidelines for K-12 Settings](#) (Aug 24, 2021); [K-12 Educational Recovery Plan](#) (Aug 24, 2021); and [WorkSafe BC's Step 3 Restart: Communicable Disease Prevention](#) guidance (accessed: Aug 25, 2021).

Cedars seeks to inform all community members of their roles and responsibilities in promoting and maintaining a safe and healthy school and workplace setting with respect to the prevention of all communicable diseases, including COVID-19. This Health and Safety Plan provides clarity and/or context for some of the health and safety guidance linked above. It is not intended to be an exhaustive listing of all health and safety measures. Staff and parents/caregivers are encouraged to review all of the documents linked above to inform their work and/or decision to have their children return to in-class instruction. Note: Unless otherwise stated, this document outlines health and safety plans in the context of [BC's Restart Plan](#) (Step 3).

Although this Health and Safety Plan has been primarily drafted in the context of the COVID-19 pandemic and BC's [K-12 Educational Recovery Plan](#) (Aug 24, 2021), the key message of “**Give SPACE - CLEAN with Care**”, and many of the measures outlined below also apply to transmission reduction of *any* communicable disease in a PreK-12 school context. While [COVID-19 vaccinations are strongly encouraged by the Province](#) at this time, there is currently no provincial mandate for vaccinations of eligible staff and students. Individuals are encouraged to make an informed choice regarding vaccinations. The measures in each section are listed to reflect their relative effectiveness in relation to the CDC's [Hierarchy for Infection Prevention and Exposure Control Measures for Communicable Disease](#) (p.5). Some of these measures have required focus and attention but have, over time and with practice, faded to the background as routine.

Infection Prevention and Exposure Control Measures for Communicable Diseases

Give SPACE

Public health measures to *reduce transmission* of communicable diseases involve giving one another space by *reducing contact intensity* and *minimizing the number of overall contacts*. This means adjustments to the *type* (close/distant) and *duration* (brief/prolonged) of contact and the number of people gathering in a setting at one time.

Specifically, within the PreK-12 setting of Cedars Christian School, this means:

1. Daily health assessments.

- a. Staff are **required** to complete a daily health check for common-cold, influenza, and [key COVID-19 like symptoms](#) prior to coming to work. Parents/Caregivers are **required** to assess their child(ren) daily for symptoms of common cold, influenza, COVID-19 or other infectious respiratory disease before sending them to school. Parents/Caregivers are encouraged to use the [K-12 Health Check](#) site/app or the [CDC Health Check](#) resource for daily health checks for their child(ren). Staff or Parents/Caregivers that are unsure how to interpret symptoms are encouraged to use the [BC COVID-19 Self-Assessment Tool](#) or consult with their physician.
- b. Health-care provider notes are not required to confirm the health status of staff or students beyond those required to support medical accommodation as per usual (pre-COVID) practices.

2. Staying home and self-isolating when required.

- a. Those with one or more “[key symptoms](#)” (*fever, chills, cough, loss of sense of smell or taste, difficulty breathing*) are required to stay home until COVID-19 has been excluded.
- b. Those with one of the following “[other symptoms](#)” are advised to stay home. Those with two or more of these symptoms are required to stay home for at least 24 hours. If symptoms persist, they are to stay home until COVID-19 has been excluded. “**Other symptoms**” include: *sore throat, loss of appetite, headache, body aches, extreme fatigue or tiredness, nausea or vomiting, diarrhea*.
- c. Additionally, staying at home is required for:
 - i. Those with [key COVID-19 symptoms](#) awaiting test results
 - ii. Those with a positive COVID-19 test result (a minimum of 10 days from first day you presented symptoms **and** symptoms have resolved **or** as otherwise directed by public health officials)
 - iii. Those identified by public health officials as a close contact of a confirmed case or outbreak of COVID-19 (a minimum of 14 days from your last contact with a person with confirmed case; [some exceptions apply](#) for fully vaccinated individuals)
 - iv. Those returning from travel outside of Canada (a minimum of 14 days from first day you reenter the country; [some exceptions apply](#) for fully vaccinated individuals)

3. Going home if you are sick.

- a. *Staff members and students will be sent home if symptomatic.* Students who become sick will wait in a separate, supervised setting until notified parents/caregivers can pick their child up. Students will be provided a non-medical mask if they do not have one and/or given the option to wait outside with a supervisor. Older students (with permission) and staff who become sick are to go home immediately.

4. Respecting others' personal space.

Note: The PHO no longer recommends physical distancing of 2 metres as a communicable disease measure for the K-12 setting. Students, staff, and visitors will be reminded to “*respect others’ physical space*”.

- a. *Learning and gathering spaces selected and used in a manner that maximizes the ability to respect others’ personal space.* Desks/tables will be arranged to strike a balance between *good pedagogy* (teaching and learning) and *respecting others’ physical space*. It is **not** expected that students are seated 2 metres apart.
- b. *Adjusting schedules, staggering breaks, and managing movement.*
 - i. Primary and intermediate breaks will be staggered.
 - ii. High school students will *respect spaces* used by elementary students at times when breaks overlap.
 - iii. Flow of people in common areas and hallways with directional markers to prevent crowding.
- c. *Using outdoors often.* All students will be encouraged to take breaks outside when weather permits. Some learning spaces will be set up outside for K-12 use in good weather.

5. **BC’ Restart (Step 3) administrative actions.**

- a. *School gatherings and events will be carefully vetted.* Gatherings and events will be permitted in alignment with local, regional, provincial and federal public health recommendations and orders. Consideration will be given to:
 - i. Respecting student, staff, and community member comfort levels regarding personal space
 - ii. Room occupancy limits and using largest spaces available to allow for people to spread out
- b. Virtual options will be explored for larger gatherings and events.
- c. School will provide contact information to the public health office, upon official request, to assist in contact tracing in accordance with school policy.
- d. Visitors will be encouraged to make appointments and parents / caregivers encouraged to conduct business virtually whenever possible.
- e. Visitors, parents and caregivers are **not permitted to enter** school buildings if they have COVID-19 symptoms, have tested positive for COVID-19, have been identified as a close contact of a confirmed case of COVID-19, or are required to isolate due to travel outside of Canada. All visitors, parents and caregivers will be required to follow health and safety guidelines - including wearing a mask while in the building, and signing in at the main office for emergency and contact tracing purposes.
- f. *Intra- and inter-school programs, activities, and sports will be reinstated* in alignment with local, regional, provincial, and federal public health recommendations and orders; and the [Return to School Sports Plan](#) from BC School Sports.
- g. *Community use of school facilities* (birthday parties, gym rentals, etc.) will be reinstated in alignment with local, regional, provincial and federal public health recommendations; and with the school’s revised Community Use of School Facilities Policy (Aug 25, 2021).

6. **Non-medical masks will be required indoors for all adults and Grade 4-12 students.**

- a. PPEs are at the bottom of the inverted pyramid of interventions. As such, all other levels of prevention measures (*staying home when sick, cleaning and disinfecting, adapting learning environments, respecting others’ personal space, managing flow of people, hand hygiene*) will continue to be explored along with the use of non-medical masks.

- b. In the most recent, provincial COVID-19 health and safety guidelines, non-medical masks are required indoors for adults and Grade 4-12 students - except when:
 - i. There is a barrier in place
 - ii. Eating and drinking
 - iii. Engaged in high-intensity physical activities
 - iv. Playing musical instruments
 - v. Providing a service to a person with a disability or diverse ability (including but not limited to a hearing impairment), where visual cues, facial expressions and/or lip reading/movements are important
 - vi. Driving a bus
- c. Due to the recent rise in COVID-19 cases in BC, the Public Health Officer **encourages** the wearing of masks for Grade K-3 students indoors and on buses. However, non-medical masks are **not** required for Grade K-3 students at this time.
- d. Non-medical masks are provided to students who present COVID-like symptoms at school prior to going home or being picked up by a parent/caregiver.
- e. At Cedars, respect will be shown to students and adults who choose to wear a non-medical mask, and to those who cannot tolerate wearing a mask for health or behavioral reasons, or are unable to put on or remove a mask without the assistance of another person. Health-care provider notes are not required to confirm if a student or adult cannot wear a mask. Mask exemptions may be claimed in writing through the school Principal.

CLEAN with Care

Environmental cleaning and disinfection, and personal hygiene measures prevent indirect transmission from contaminated surfaces.

Specifically, within the PreK-12 setting of Cedars Christian School, this means:

1. Regular cleaning and disinfecting.

- a. *Professional, general cleaning and disinfecting **once a day.***
- b. *Targeted, professional cleaning and disinfecting of frequently-touched surfaces **once per day.*** This includes door knobs, light switches, toilet handles, desks, tables, and chairs.
- c. *Routine, staff-initiated classroom cleaning and disinfecting.* Shared equipment will be disinfected after use. Surfaces in shared spaces (elementary electives, high school classrooms) will be cleaned and disinfected between user groups.

2. Practicing hand hygiene.

- a. *Hand washing will take place at all significant transitions*, including: start/end of day, between activities, before and after snacks and outdoor play.
- b. *Rigorous hand washing with soap and water*, hand-sanitizing when necessary. Portable washing stations will be installed and maintained in the cabins without sinks to support hand washing with soap and water as our primary cleaning methodology. Approved alcohol-based hand rub will be made available at main building entrances and in locations where hand washing is not easily accessible.

3. Limiting shared materials and technology. Although paper-based learning resources are not deemed to be a risk, students will generally be discouraged from sharing school supplies (pencils, calculators, etc.). All shared technology will be cleaning and disinfecting prior to and after use.

4. Sharing of food and drink will be prohibited. Individual water bottles are recommended, and may be filled at water stations around the school.