

Return to Academy Communication GCD:

Hello GCD families,

Thank you for your patience as we have worked through the protocols for the safest return possible to GCD Academy. We have researched the Alberta Health Services', Chief Medical Officer's, Ministry of Education's, and the Alberta Schools' Athletics Association's (ASAA) guidelines. In addition, we have collaborated with our neighboring school boards to ensure a common approach.

Programming Changes:

Before coming to school each day, all staff and students must complete the Alberta government's [COVID-19 Information Screening Questionnaire](#), which is [available in multiple languages](#), to determine whether they can attend or must stay home. Therefore, if your child shows any symptoms listed in the screening questionnaire, he/she should not come to School/Academy.

In GCD Academy programming changes will include the elimination of any close contact drills. There will be no Cheer routines at this time. There will be no singing or chanting. In Gymnastics the athletes will work on the 4 components of beam, bars, vault and floor routine, in dance they will explore different genres and will be able to dance maintaining a distance of 2 meters apart. Dryland training will have a greater emphasis on strength, flexibility and speed. Outdoor activities will be emphasized as much as possible. Game play in close contact sports such as basketball and handball will be removed.

Dryland activities will be limited to individually focused skill development. Examples would include fitness training and skill work in team oriented sports.

In our jurisdiction, as is happening in surrounding school divisions, we are having Grades 4-9 academy students stay at their home schools to engage in fitness programming and skills training until October 1st. The reason for staying at the home schools is to provide time for students and staff to learn about health measures and to adjust to school re-entry protocols. Academy staff will be teaching academy students during regularly scheduled academy times.

Academy staff will meet athletes at their schools during the designated academy times. This will give athletes the opportunity to get familiar with the new safety protocols being implemented at school. It will also give academy athletes an opportunity to review safety procedures for when we are moving from schools to facilities and from facilities to schools. Programming at this time will focus on individual strength, flexibility and speed. There may also be individual skill work done.

It is important to note that the variety of our regular dryland activities will be limited due to COVID - 19 restrictions.

October will see a return to more normal academy programming where athletes will be doing sport specific training off campus.

The following Health and Safety Protocols will be in place for all Academy programs:

We will follow standardized respiratory etiquette such as “Cough or sneeze into your elbow” as well as good hand hygiene (e.g., Wash or sanitize hands properly and frequently.).

No Sharing of Food while waiting for busses or Pick-ups.

Hand sanitization – Regularly – before entering and exiting any facility. Before entering or exiting a bus.

Facilities – All facilities that we use will be vetted to ensure they meet the safety standards set forth by our division. This would include proper sanitization, hand sanitizer availability and protocols for social distancing in dressing rooms and drop off/pick up areas. Athletes will wear a mask in all facilities.

Athlete Illness- If an academy athlete becomes ill during an academy session their parents will be notified immediately to come and pick up their child. The athlete will be given a mask and isolated from the rest of the group immediately. Staff monitoring the athlete will also be wearing a mask.

Safety Protocols in Dressing Rooms:

- Using more dressing rooms – spread athletes out providing facilities can manage this.
- Athletes will wear a mask in dressing rooms.
- Keeping athletes in school cohort dressing rooms. For Example Albert Lacombe athletes change in the same dressing room.
- No eating in dressing Rooms.
- Only allow a maximum number of athletes in a dressing room at a time. Once the group moves out Dressing room is wiped down.
- Change of clothes not stored in dressing rooms if kids are moving in and out. Clothes would have to be stored in bags spread out in the facility but somewhere safe. An example would be player benches.
- Ensure Facilities have a high standard and frequency of sanitization.
- Chairs set out in the hallways so athletes have somewhere to sit and be distanced from others while waiting for dressing rooms to clear.

Safety Protocols in Training:

- Focus on small group skill development – This is something that already happens but will be emphasized.
- Create small groups from school cohorts – For example Albert Lacombe athletes work with Albert Lacombe athletes when possible.
- Regular sanitization of shared equipment and high touch point areas.
- All athletes must have their own water bottle. Something that we already implement. Monitoring to ensure that athletes are only using their water bottle will have to be enhanced.
- At water breaks spread out – Have athletes put their water bottles throughout the facility rather than in one area. Staggered water breaks.
- Fitness facility at Albert Lacombe sanitized regularly. All equipment sprayed and wiped down after each individual use.
- All equipment such as apparatus, cones etc. to be handled by only the coaching staff.

Transportation:

Students with COVID-19 symptoms or experiencing illness will not be permitted on the bus.

Because physical distancing is not possible on a bus, to help keep students and staff as safe as possible, the following protocols will be followed:

- Because of our inability to maintain a physical distance of 2m or more on a bus, all athletes will be asked to wear a mask. Students in Grades K–12 who are physically, psychologically or developmentally able to wear a mask will be required to do so.
- Riders must line up 2 meters apart when getting on the bus.
- Students must load back to the front and unload front to back.
- Students will sit with members of the same household when possible.
- Students will be taught and reminded of how to respect physical distancing.
- There will be a protective zone between the driver and student passengers, with no person seated directly behind the bus driver.
- The bus will be cleaned according to COVID-19 cleaning standards.
- High contact areas will be cleaned throughout the day.
- A deep clean of the bus will be completed daily.
- Driver will wear a PPE or have a Plastic Shield.
- No consumption of food or drink on the bus.
- Busses will be sprayed with a disinfectant after each trip. Example: Bus travels from VJM to Servus. Bus gets Sprayed - then the bus travels from Servus to the Golf Course. Bus gets Sprayed.
- Assigned seating. All athletes will have assigned seats and will adhere to the seating plan. Riders will sit in a school cohort. For example, Albert Lacombe athletes will share a seat with Albert Lacombe athletes. Siblings on the bus will sit together.
- Riders will hand sanitize prior to loading the bus and after getting off.

- Athletes from the same school will ride the same bus. When two or more schools share a bus, students from the same schools will be seated together.

Food:

- Food will not be shared and will only be consumed at designated times and in designated places. Example would be afternoon academy athletes eating when they arrive at Servus Place or before they leave school.
- Activities that involve the sharing of food between students are suspended until further notice.
- Just as there are no outside food providers permitted in schools (i.e., No Skip-the-Dishes or food services (e.g., hot lunches), athletes are to bring their own food and water bottles.
- Athletes are **not** permitted to purchase food during academy time.
- Food provided by the family should be stored with the student's belongings.
- Students/children will practice physical distancing while eating.
- There should be no common food items (e.g., salt and pepper shakers, ketchup).

There will be a zero tolerance policy in place for any athlete not adhering to these safety guidelines.

Group schedules for September and permission forms will be sent out shortly.