Health and Safety Guidelines for Cowichan Valley School District

General Information	
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About COVID-19	
Children are Low Risk	
Controlled Environments	

Covid-19 Safety Plan Reviews

Interacting with Learning Groups

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Physical Distancing

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In Stage 2, members of the same learning group must minimize physical contact, but they are not required to maintain physical distance.

How to Support Physical Distancing When Outside of a Learning Group

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School Gatherings and Events

Food and Beverage

Student Transportation on Buses

If a child is sick, they must not take the bus or go to school.

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Cleaning and Disinfecting

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Visitor Access/Community Use

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Hand Hygiene

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If needed,

Music Programs

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As a general rule, <u>high intensity physical activities</u> involve sustained heavier breathing and elevated heart rates - most people engaged in these activities cannot say more than a few words without having to catch their breath. In contrast, most people engaged in <u>low intensity physical activities</u> can carry on a conversation without having to catch their breath.

Science Labs/ Technology Educ. / Shop classes

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Extracurricular Activities

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School Sports

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Resources Provincial COVID-19 Health & Safety Guidelines for K-12 Settings	
Provincial K to 12 Health Check App	
BC Centre for Disease Control K-12 Schools and COVID 19 Website	