

# Kitimat City High School Health and Covid – 19 Safety Plan

## KCH Cohort and Learning Groups:

- KCH students and staff are one cohort (Less than 120)

## Sickness and Safety:

- Students should download the BC K to 12 Health Check and use it to do daily health checks
- If you are sick, stay home
- If you become sick at school, a mask must be put on (unless identified medical reason)
- A space will be provided where you can wait comfortably that is separated from others
  - The student will be supervised at a safe distance
- Arrangements will be made to go home as soon as possible
- Area will be cleaned and disinfected
- Requested that they stay home until COVID-19 has been excluded and symptoms have improved

## MASKS:

- Non-medical masks must be worn at all times in all indoor areas for staff, students and guests
  - Unless:
    - Sitting or standing at their seat or workstation in the classroom
    - they are eating and drinking
    - there is a barrier in place

## CLEANING:

- A daytime custodian will begin at noon.
- Cleaning and disinfecting will occur throughout the day and in the evening.

### **Entering and Exiting the Building:**

- **All students and visitors will enter and exit the building from the main entrance.**  
**ALL STUDENTS/STAFF/GUESTS MUST WEAR A MASK UPON ENTERING THE SCHOOL**  
**ALL STUDENTS/GUESTS AND STAFF WILL SANITIZE OR WASH THEIR HANDS UPON ENTERING**

### **Visitors/Public/Parent/Guardians:**

- **Please schedule an appointment or call ahead before coming to the school**
- **A mask must be worn before entering the building and must remain on at all times**
- **All visitors must sign in/out at the front entrance in the visitor binder (hand sanitizer and masks will be made available if you do not have one).**

### **Physical Distancing:**

- **When students are in their cohorts, they are encouraged to minimize physical contact with their peers.**

### **Breaks:**

- **Students are permitted to leave the school ground to MAC'S during their breaks. Physical Distancing must be respected. Students are not allowed to congregate in groups.**

**Energy drinks must not be consumed during the school day.**

- **SMOKING/VAPING: Smoking and Vaping is only allowed in the designated area. NO SHARING of any kind. You must not be huddled in a group.**

**FAILURE TO COMPLY TO THESE RULES WILL RESULT IN LOSS OF PRIVILEGE.**

## **Lunch Time:**

- Hands must be washed before entering the multi-purpose room. The entrance is the door closest to the kitchen. There are markers on the floor for directional purposes. When in line to get food, please remain physically distanced.
- The students will eat their lunch in the multi-purpose room. Students must clean up their area when they are done. Dishes, etc., will be rinsed and put in bins.
- The students will exit the multi-purpose from the door closest to Kathy and Spencer's classroom.

**STUDENTS ARE NOT ALLOWED TO GATHER IN THE HALLWAYS DURING LUNCH HOUR. THE STUDENT LOUNGE WILL BE SUPERVISED AND OPEN DAILY FROM 12:15 – 12:35 P.M.**

**NO FOOD WILL BE ALLOWED IN THE STUDENT LOUNGE UNTIL FURTHER NOTICE. THERE WILL BE NO EATING IN THE HALLWAYS.**

**THE GYM AND CLASSROOMS WILL BE CLOSED DURING LUNCH HOURS FOR CLEANING.**

## **SHARING:**

- **Students are not to share cell phones, food, water, vaping, cigarette products, etc.**

## **WATER FOUNTAIN:**

- **Bring a water bottle to be filled up at the Water Fountain.**

**NO DRINKING FROM THE WATER FOUNTAIN WILL BE PERMITTED**

## **CLASS ORGANIZATION:**

- **15 student's maximum per classroom.**

## **ACTIVE LIVING:**

- **move outdoors if possible for high-intensity**
- **less intense activity indoors**
- **shared equipment/items such as treadmills, weight machines should be cleaned between use**

## BUS:

→ All students who ride the school bus must wear a mask upon entering the bus and it shall remain on until the student has departed the bus.

## COUGHING/SNEEZING:

→ Cover your mouth and nose with a tissue when sneezing or coughing. Immediately throw away tissue after using. **WASH HANDS WITH SOAP AND WARM WATER.**

When Students Should Perform Hand Hygiene	When Staff Should Perform Hand Hygiene
<ul style="list-style-type: none"><li>- When they arrive at school</li><li>- Before and after any breaks</li><li>- Before and after eating and drinking (excluding drinks kept at student's desk or locker)</li><li>- After using the toilet</li><li>- After coughing or sneezing into hands</li><li>- When hands are visibly dirty</li></ul>	<ul style="list-style-type: none"><li>- When they arrive at school</li><li>- Before and after breaks</li><li>- Before and after handling food</li><li>- After using the toilet</li><li>- After coughing or sneezing into hands</li><li>- Whenever hands are visibly dirty</li></ul>

## STAFFROOM:

→ Students are not permitted in the staffroom. If the student would like to see the Youth Support Worker, they must enter and exit from the door closest to Kathy and Spencer's room.

If you have any questions, please do not hesitate to contact me at 250-632-2811 or [nancy.tormene@cmsd.bc.ca](mailto:nancy.tormene@cmsd.bc.ca)

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