

EDUCATION SYSTEM

# Health measures by regional alert level

Special pedagogical projects, extracurricular activities and optional courses help students stay in school and succeed.

More than ever, it is important for us to keep working together to help stop the spread of the virus and provide young people with conditions to help them thrive.

These guidelines are based on the progressive regional alert and intervention system published by the public health authorities.

This plan is based on three key premises:

- Reducing the risk of outbreaks
- Facilitating epidemiological investigations when COVID-19 cases occur
- Minimizing the number of complete school closures



When a school located in a region within a red zone is closed, distance learning services will be provided, as planned, to students based on the minimum number of required hours. Additionally, certain professional services could be provided at a distance in order to support student learning. This also applies if a school closes in an orange or yellow zone.

Regional alert level	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Impacts on the education system	The situation is under control	The situation involves some cases, leading to the closure of some class groups	The situation involves localized outbreaks that may lead, for example, to the closure of multiple classes within a school	The situation involves significant outbreaks in a given region, which may lead, for example, to the complete closure of one or more schools in the region
<b>Stable class groups</b>	In-class attendance in stable class groups (without physical distancing requirements)  Compulsory face covering for students in Elementary 5 and 6 and in secondary school when in common areas and when using school transportation			Each student can be part of only one stable class group (without physical distancing requirements) at all times.  For students in Secondary III, IV and V, school attendance is based on a <b>blended learning format where students are in class one day out of two on a rotating schedule to allow them to continue their schooling.</b> <sup>1</sup>  Secondary school students are required to wear a face covering at all times, even while in class, except: <ul style="list-style-type: none"> <li>• when seated and eating or drinking</li> <li>• if a medical condition prevents them from wearing one</li> <li>• when receiving care, obtaining a service or practising a physical activity that requires them to remove their face covering (It is then necessary to maintain a physical distance of <b>2 m between students, even if they are from the same class group.</b>)</li> </ul>
<b>Special pedagogical projects</b>	<ul style="list-style-type: none"> <li>• It is possible for students to belong to the following <b>two additional stable groups:</b><sup>2</sup></li> <li>• Stable group for a special pedagogical project</li> <li>• Stable group for an extracurricular activity</li> </ul>			Special pedagogical projects (e.g. Arts-études and Sport-études programs) may continue. <sup>3</sup>  Group activities, competitions, games and matches are not permitted.
<b>Extracurricular activities</b>				Extracurricular activities are suspended.
<b>Optional courses<sup>4</sup></b>	Additional stable groups for optional courses <sup>4</sup>			Face coverings must be worn and 2 metres of physical distancing must be maintained at all times, or distance education must be provided.
<b>Daycare services</b>	Students stay with their stable class groups as much as possible, but other groups are permitted on an exceptional basis, if they are stable.			Daycare services are offered for students from the same stable class group, or it is possible to create subgroups with 2 metres of physical distancing between students or separation using a physical barrier.
<b>Professional services</b>	It is possible to create subgroups for professional services, <b>as long as physical distancing measures are applied.</b> <ul style="list-style-type: none"> <li>• Complementary educational services</li> <li>• Welcoming classes and francization</li> </ul>			Services provided individually or in groups of no more than six students with 2 metres of physical distancing between students.



1 Students with special needs can attend school in person every day. Additionally, in areas where Internet service is not available or is insufficient for distance education, students in Secondary III, IV and V can continue to attend school in person.  
 2 The groups must be the same every week, but it may be possible to change the groups after the December break, as students will not have been in contact with each other for 14 days.  
 3 However, for a special pedagogical project, it is possible to group students from different class groups together so long as a 2 m physical distance is maintained between the students from each class group. In this case, the face covering can be removed if necessary to carry out the activity, but a 2 m physical distance must be maintained between all students, regardless of their class group.  
 4 Priority must be given to optional courses that are prerequisites for college-level programs; these courses can be offered in person or through distance education.

## Playing sports at school

# SAFETY FIRST

### Recommendations:

- Prioritize activities held outside, if possible.
- Limit the sharing of equipment (sports equipment and other equipment).
- Clean and disinfect the equipment used as well as practice and training rooms (including the floor) after each group has used them. See the [specific information for swimming pools](#).
- In green, yellow and orange zones, for team sports played within a group, ensure a rotation of players on the field with players on the bench.
- If possible, have the coach, teacher or group leader use a microphone or megaphone to ensure physical distancing is observed. Physical markings showing the distance to be maintained can also be installed on the floor or walls.
- Disinfect shared stationary equipment after it has been used by different groups.
- Avoid physical contact that is not necessary for the activity.
- In red zones, only activities practised individually or in pairs are permitted. If the participants do not live in the same household, they must maintain a physical distance of 2 metres at all times.

### Requirements:

- In green, yellow and orange zones, ensure that players and support staff (coaches, medical teams, etc.) complete a questionnaire about any symptoms they might have before every match or practice, once it is permitted to hold matches.
- Ensure that the number of support staff members (teachers, monitors, coaches, medical team, etc.) is limited and that they remain the same throughout the school year.
- Staff members must wear the personal protective equipment that is appropriate for the risk involved when they are required to be less than 2 metres away from another person without a physical barrier. (This equipment must include a procedural mask and protective eyewear, that is, either safety glasses or a visor that covers the face to the chin.)

### A student cannot participate:

- If they are showing symptoms of COVID-19
  - To determine if your child can participate, refer to the [self-assessment tool](#). Follow the instructions to determine if your child must be tested or if they can return to school or daycare.
- If they must self-isolate at home after a COVID-19 diagnosis, if they are in contact with individuals who are medium- or high-risk or if they have been advised to self-isolate after returning from a trip outside Canada

### We continue to follow health guidelines

- [Wearing a face covering](#)
- Frequent handwashing
- Respiratory hygiene
- Compliance with the current instructions for circulating when in groups

### For more information

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