

WORKING TOGETHER FOR STUDENT SUCCESS!

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.

The new guidelines are based on the progressive regional alert and intervention system established by the public health authorities to ensure that young people can stay motivated, adopt and maintain healthy life habits, discover new passions, and much more.

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

Regional alert level	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Impacts on the education network	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
Stable class groups	In-class attendance in stable class groups			Distance learning services meeting the minimum requirements
Special pedagogical projects	It is possible for students to belong to the following two additional stable groups : ¹		Special pedagogical projects are permitted only within stable class groups	Distance learning services meeting the minimum requirements
Extracurricular activities			Extracurricular activities are permitted only within stable class groups	Extracurricular activities suspended
Optional courses ²	Additional stable groups for optional courses ²			Distance learning services meeting the minimum requirements
Daycare services	Students are grouped according to their class groups as much as possible, but other groups are permitted on an exceptional basis, if they are stable			Emergency daycare services for workers in selected fields
Professional services	It is possible to create subgroups for professional services, as long as distancing measures are applied			Some professional services can be provided at a distance

¹ The groups must be the same each week, but it may be possible to change the groups after the December break, as the students will not have been in contact with each other for 14 days.
² Priority must be given to optional courses that are prerequisites for college-level programs; these courses can be offered in person or through distance learning.

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](#).
- For team sports played within a group, ensure the players on the field and the players on the bench rotate.
- If possible, have the coach, teacher or group leader use a voice amplifier device 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 being used by different groups.
- Avoid physical contact that is not necessary for the activity.

Requirements:

- Ensure that players and support staff (coaches, medical teams, etc.) complete a questionnaire about the presence of symptoms before each match or practice.
- 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.
- Wear the personal protective equipment that is appropriate for the risk involved when staff members are required to be less than 2 metres away from another person without a physical barrier. (This equipment must include a medical mask and protective eyewear, 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.

A new normal

Students participating in special pedagogical projects or extracurricular activities must follow the same guidelines that apply at school:

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

For more information

[QUÉBEC.CA/BACK-TO-SCHOOL](https://quebec.ca/back-to-school)