

Sikh Academy Communicable Disease Plan

Effective Date: 1 November,2024

Reviewed and Updated: 7 January,2025

1. Introduction

Sikh Academy prioritizes the health and safety of all students, staff, and visitors by implementing rigorous measures to manage and mitigate the risks of communicable diseases, including COVID-19. This plan aligns with the following authoritative guidelines:

- **BC Centre for Disease Control (BCCDC) - COVID-19 Guidance**
- <https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-communicable-disease-guidelines.pdf>
- http://www.bccdc.ca/Health-Info-Site/Documents/communicable_disease/Guidance-k-12-schools.pdf
- **WorkSafe BC - Communicable Disease Prevention**

2. Objectives

1. Minimize the spread of communicable diseases within the school environment.
2. Promote preventive health practices among students, staff, and visitors.
3. Ensure alignment with provincial health and safety standards.
4. Provide a safe and supportive learning environment.

3. Key Preventive Measures

3.1 Vaccination

- Sikh Academy encourages all eligible individuals to remain up-to-date with vaccinations, including COVID-19 and seasonal influenza.
- Information on vaccination resources can be accessed at [ImmunizeBC](#).

3.2 Daily Health Checks

- Staff and visitors must self-assess for symptoms daily and stay home if unwell.

3.3 Stay Home When Sick

- Students, staff, or visitors displaying symptoms of communicable diseases must stay home.

4. Hygiene Protocols

4.1 Hand Hygiene

- Handwashing with soap and water for at least 20 seconds is required:
 - Upon arrival at school.
 - Before and after meals or snacks.
 - After using shared equipment or washrooms.
- Hand sanitizers are strategically placed in classrooms, entrances, and common areas.

4.2 Respiratory Hygiene

- Individuals must cover their mouths and noses with tissues or elbows when sneezing or coughing.
- Tissues must be disposed of immediately, followed by hand hygiene.

5. Cleaning and Ventilation

5.1 Cleaning Protocols

- Frequently touched surfaces (e.g., keyboards, doorknobs, light switches, handrails, desks) are cleaned and disinfected at least once daily.
- Cleaning materials comply with **WorkSafe BC** standards.

5.2 Ventilation

- HVAC systems are maintained to optimize airflow and air quality.
- Natural ventilation (e.g., open windows and doors) is utilized when weather permits.
- Portable fans and air conditioning units are positioned to avoid airflow from person to person.

6. Physical Distancing and Space Management

- While physical distancing is no longer mandatory, personal space will be respected.
- Classrooms and common spaces will be arranged to reduce crowding.
- Outdoor activities and lessons are encouraged when feasible.

7. Mask Use

- Mask use is optional unless mandated by public health authorities.
- Masks are available on request for students, staff, and visitors.
- Mask-wearing exemptions are respected for medical or developmental reasons.

8. School Gatherings and Events

- Events will adhere to public health guidelines regarding capacity and personal space.

9. Protocols for Illness at School

9.1 Students Developing Symptoms

- The student will be immediately isolated in a designated area, with supervision maintaining a 2-meter distance.
- Parents/guardians will be contacted for prompt pickup.
- Areas used by the symptomatic student will be disinfected immediately.

9.2 Staff Developing Symptoms

- Staff must notify administration and leave the premises promptly.
- The workspace used by the staff member will be cleaned and disinfected.

10. Communication and Training

10.1 Communication with Families

- Updates will be provided via email, the school website, and newsletters: [Sikh Academy Website](#).
- Parents/guardians will receive clear instructions regarding health checks and attendance protocols.

10.2 Staff Training

- Staff will participate in ongoing training on communicable disease prevention, including:
 - Proper hand hygiene techniques.
 - Cleaning and disinfecting protocols.
 - Identifying and managing symptoms of communicable diseases.

11. Record Keeping and Reporting

- Visitor and staff attendance logs will be maintained for 45 days.
- Records of cleaning schedules, training sessions, and reported cases will be securely stored.

12. Review and Continuous Improvement

- This plan will be reviewed quarterly to ensure alignment with the latest public health directives.
- Feedback from staff, parents, and inspectors will guide revisions.

13. Resources and Links

- [BC Centre for Disease Control](#)
- Ministry of Education - Health & Safety
- WorkSafe BC - Communicable Disease Prevention
- [ImmunizeBC](#)
- <https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-communicable-disease-guidelines.pdf>
- http://www.bccdc.ca/Health-Info-Site/Documents/communicable_disease/Guidance-k-12-schools.pdf