

## **Protocols for the High School Seminary during COVID-19.**

As we enter the 2020-2021 school year it is a good opportunity for all of us to watch, ask, and respond to each other in more human, reasonable and faith filled ways. There are many insights and behaviours that could benefit us all if we work and listen to all those involved in seminary life: parents, students, faculty, formators etc. The more we watch, ask, and listen to each other, the more the best ways of meeting and responding to the present situation and the future will be formed.

### **The year at a glance**

- The calendar will be the same as usual with regard to breaks except that students will remain at the seminary during long weekends and have some alternative activities as a refresher.
- There will be 2-week quarantine periods when school begins and after Christmas and Easter breaks.
- Families will be able to visit their sons during the school year while respecting the protocols of the school during those times. These visits will be coordinated through the school secretary.

### **Before the school year begins**

- All parents and students have been in regular contact throughout the summer through zoom meetings, emails and phone calls. Three weeks prior to school opening the Rector will send a circular email to seminarians asking them to be extra careful and not to expose themselves to unsafe situations for 2 weeks prior to the school year. This will include a Daily Self-Monitoring Form for COVID-19 to be used for the two weeks prior to school opening.
- Students are to self-assess to ensure they do not have any cold or flu symptoms <https://bc.thrive.health/>

### **Preparation of school spaces:**

- Washrooms: sinks will be marked for use to ensure distance while washing.
- Sanitary supplies: A table for disinfecting materials will be placed between the student washrooms. The high school assistant will ensure there is a steady supply of cleaning rags and bleach water.
- Dining room: arrangements for distancing: extra tables, spacing while in queue for getting food, etc.
- Zoom meetings during the week before school starts on common school orientation as well as quarantine protocols.

### When school begins

- September 9, the Rector goes to Canada-US border in morning to meet and transport US students to seminary. Students from the US will self-isolate in accordance with *the Quarantine Act*: separate living quarters, meals brought to them etc.
- An individual risk assessment will be done on all seminarians upon arrival, temperatures recorded outside before entering the High School Lobby.
- Each student will have his own reusable mask and keep it on his person throughout the quarantine period.
- Each student will monitor and note his own health in terms of cold or flu symptoms and report anything significant to prefect, who will communicate it to the Rector. This will continue from the two weeks prior to school opening and continue throughout the year.
- If there is any reasonable concern about symptoms, after using <https://bc.thrive.health/> the Rector or other faculty member calls 811 to arrange for testing.
- If any student or member of the monastic faculty tests positive he is to be isolated for two weeks or until he is able to safely return to the seminary community. Parents are to be notified immediately of events. All of the above will be conducted in the order of and in accordance with the Ministry of Health Guidelines on the reporting of such an event.
- Arrangements will be made to ensure that each student's books will be prepared for him and placed on his desk before he arrives. This will prevent unnecessary gathering in the rec room and book store.
- Parents may accompany their sons to their dorms and assist them when they arrive. All parents' sons in the dorms must wear a mask.

### Change rooms and Shower room.

- After physical education (PE) periods the teacher will ensure that the appropriate number of students enters the locker room area at a time and departs before the next group enters. Outside of scheduled PE students must work together to avoid too many boys in the locker room at one time, no more than 8 during the quarantine period. After showering, students are to go straight up to their dorms without lingering in the change room.

### Chapel

- There will be no more than 5 boys per pew for the first 2 weeks, following the usual grade placement from youngest in the front pews to oldest in the back pews. Seating will be staggered 4/5/4/5 similar to the monastic choir in the abbey church.

- To avoid unnecessary physical contact on entering and leaving the chapel area and stairwell two seniors will monitor traffic flow to and from the chapel.
- When going from chapel to the refectory, one senior will take 5 students to the washing stations followed by another senior with 5 students. These will be followed by two more such groups about 45 seconds later, etc.

### Meals

- All students and prefects are to wash their hands **before** and **after** each meal.
- The majors' refectory will be used during the quarantine period. Tables will be arranged to ensure appropriate distance between each student.
- Food carts will be pushed by kitchen staff into the high school dining room. After the meals, the waiters will leave the carts with the food and dishes in the same area. The young monks will do all the dishes during quarantine period.
- After each meal, each boy will take his plate, utensils etc. to the cart one table at a time.
  - Serving food: first round, line up at serving table maintaining distance; second round, waiters take the food and drinks to the tables. Similarly for dessert, the waiters will bring it to the tables.
  - Waiters will wear masks while waiting.
  - See appendix on Meal Protocol for more details.

### Classrooms and Study Hall

- The South doors of each classroom will be for student use only, the North doors for teachers – with the exception of the Science room, it will be the opposite.
- Our classrooms are large enough and our class numbers are small enough that, masks are not necessary unless distances are reduced.
- During the quarantine period there will be two study halls to ensure distance. The grade 10s and up will use rooms 204-205. Masks will not be necessary in these study halls because of adequate distance; if a student gets individual help of another student or the prefect in the study hall then masks should be worn.
- During quarantine, Band, Choral and Elocution classes will be arranged so as to ensure proper distance.

### Washrooms

- During the quarantine there should not be more than 3 students in a washroom at one time.
- For wash up: The sinks will be marked so as to ensure distance between users.

### **Rec room & ping pong room**

- During the quarantine period recreation periods will be held outside or in the gym.
- During breaks and free time less people and more space should be observed.
- The recreation room and ping pong room will not be used for recreation while in quarantine.

### **Lobby and hallways and Parlour at break time**

- Students and teachers will work on awareness to avoid the type of movements within these places that would cause unnecessary nearness, especially such things as crowding around the bulletin board and rushing through hallways etc.
- During the 2-week initial period, the number of seminarians in the lobby will be limited to half the student body at a time.
- Students should go outside or to the gym during breaks.

### **PE, gym, sports, work activities**

- Try to keep games and work activities as unhindered as is reasonable.
- Everyone wash their hands before and after games such as basketball or ultimate Frisbee where there would be a common object that is transferred from hand to hand.
- For hockey, establish the good habit of wearing all required protective equipment at all times on the court. During quarantine there will be no hockey games as such, the goalie gear will not be used. Students may work on skating, passing and other hockey skills.
- The tasks for work period seldom require activities where students have much contact.
- During the quarantine period there will be no student food preparation activities.

### **Sanitising routine for high-touch surfaces:**

Students will be assigned and properly equipped to sanitise various areas 2 times per day during quarantine period and daily afterwards:

- Toaster
- Door handles, window handles, light switches in general
- Telephones
- Computer keyboards
- Sink faucets
- Laundry machines
- Pianos, organ
- Liturgical vessels or books

**Rector's office**

- If no more than 2 students come to the office, they maintain appropriate distance. If more than 2 students wish to meet together, they arrange to meet in a classroom or outside.

**Utility closets during chores**

- Work on awareness of the limited size of these spaces and traffic to and from them when getting implements for chores.

**When leaving and returning the same day**

- During or after quarantine students or faculty members who must leave the seminary (e.g. for doctor or dentist appointments) must wear a mask if they cannot maintain adequate distancing in public settings. They also need to wash their hands upon returning. During quarantine, they will also wear a mask in the car.

**Outside Teachers and Workers:**

- Teachers and workers from outside the Seminary community must enter by the receiving entrance. Before heading to the high school area they are to wash their hands at one of the wash-stations. The washroom in the high school lobby will be reserved for outside teachers and will be supplied with sanitary materials.

## Appendix:

### Isolation of USA Students.

During isolation periods – school opening, after Christmas break, after Easter break – students from the USA will be separated from the rest of the student population. They will have separate sleeping quarters, washrooms and showers during these times. Food will be brought to them in their sleeping quarters.

### Quarantine of COVID-positive monks or seminarians

#### Symptoms

If any monk or seminarian shows symptoms of COVID-19, he should notify his superior at once, who will see that he takes the online self-assessment test at <https://bc.thrive.health/>. (For safety, the superior or his delegate should obtain answers from the sick one orally and do the computer data entry.) If results of the above test require it, he should then phone 8-1-1 and book a COVID test.

While awaiting the test, the sick one will need to self-isolate: a monk or a major seminarian in his room, a minor seminarian in the high school infirmary. As needed, the infirmarian of the respective community will bring him meals and the superior or delegate visit him. If a minor seminarian needs to be transported to a testing station, both he and the driver need to wear a mask while in the car.

#### Quarantine

The results of a COVID test can take 24-48 hours to come in. It is desirable, especially for a younger seminarian, that he have the comfort of continued nearness to the community and not be too quickly quarantined in the guesthouse. While he awaits his results, he will remain in the high school infirmary but have meals brought to him. However, if he manifests simultaneously the three most common COVID symptoms (fever, dry cough, and shortness of breath), he should be quarantined in the guesthouse without delay. A similar judgement can be made for a major seminarian or monk, should he be awaiting the results of a COVID test.

If he is found to be COVID-positive, we will follow the directives of Fraser Health. If they judge that we keep the person on the premises, he will remain in quarantine in the guesthouse for 2 weeks. Here are some possible provisions for this situation:

- An infirmarian in the guesthouse will be assigned from the monastic community.
- room: 2<sup>nd</sup> floor, starting from 211 and 218
- visits:
  - infirmarian, at least for each meal

- superior will visit at least once daily
- priest will bring Communion daily, if desired
- daily conversation with peers/confreeres at the window
- possible contact of a seminarian with his parents by cell phone
- protective equipment during visits:
  - infirmarian, superior, priest: gown, visor and mask
  - sick person: mask
- sanitising: door handle disinfected daily by infirmarian before entering
- disposal:
  - clothing and sanitising rags in designated bucket with lid
  - garbage in closed barrel
  - uneaten food: manure pile
  - dirty dishes in bleach water, then to dishwasher
- activity:
  - if health permits, some of regular prayer and study/reading (books needed)
  - any movement inside or outside the guesthouse building will have to comply with directives of health authorities

### **Changes in Food Serving during Quarantine Period**

Majors and minors switch dining rooms until after breakfast on Saturday, September 26, when the quarantine will have ended for the majors.

Kitchen wheels food on carts into dining rooms of minors and majors for all meals.

If students need more of something (bread, butter, milk, cutlery, etc), they phone kitchen from telephone beside elevator and kitchen staff drops it off inside the dining room door on the table.

Monks will be washing all the dishes during these 2 weeks. They retrieve the carts from the dining rooms after the meals.

At the end of a meal, the waiters phone the kitchen to let staff know. Kitchen staff or a dishwasher wheels the waiters' food in to them.

Leftovers can be handled as usual. The waiters will be wearing masks while serving.

Dishwashers will put each dining room's specific serving utensils back on their respective carts when washing the dishes. They will also supply the necessary amount of cutlery for the table setters. For the next meal's dirty dishes, they will supply an empty cutlery tray, a bucket for serving utensils, and a bowl for food scraps. (Alert them if they need big bowls for things like corn cobs.)

For the high school's afternoon snack, the PE teacher will take a cooler or hamper with the food and drink and cups/plates/utensils when he goes to class. He will serve up the snack at the end of class. The kitchen can simplify things by supplying individualised items like nutri-bars or apples or popsicles. Recall that the seminarians will not be washing dishes in this period, so if cups and plates are needed, provide an alternative set to the ones used in the dining room, if possible.

## Quarantine Period - High School Meal Protocol

*These measures are based on the fact that the transmission of COVID-19 is primarily through air droplets and through contact with high-touch surfaces.*

### Preparation

- Kitchen staff will have pushed the food carts into the major seminary dining room.
- The waiters wash their hands for 20 seconds before entering the dining room
- They don their masks, then open both doors.
- Then they set out food containers and serving utensils at the serving table. Milk and water stay on one cart.
- They fill the cutlery tray and bucket with water for the stacking of dirty dishes at the end of the meal.
- See the protocol on traffic in hallways for the movement of seminarians from the chapel to the dining room.
- Seminarians enter the dining room one at a time with 2-metre distance between them. They take their place one at each end of a table.

### Serving Food

- After the usual start of a meal, the prefect gives the signal for serving food.
- Students come up to the serving table in the order established by the rector.
- They maintain the usual distance between themselves so that only one student is at the serving table at a time. The next one in line perhaps stands at a spot marked on the floor till it is his turn.
- When all have been served and have sat down, the waiters bring water and milk to everyone, starting with those at head table and following the order in which the students were served their plate. They repeat this as needed throughout the meal.
- Then, they put the tubs of food on one of the carts.
- At a signal from the prefect or when they judge that most students are ready, the waiters wheel the cart with seconds around, keeping in mind to ration them for all. (At breakfast, since the waiters too must eat, a secondary set of waiters (those who were served first) will bring seconds around. They wear masks when serving.)
- Again when the prefect indicates it or when they judge it opportune, they bring dessert to all. So also for seconds of dessert.

### End of the meal

- Near the end of the meal, the waiters set the cart for dirty dishes near the exit of the dining room.

- In the order that the rector or prefect have set, the students come up one at a time to the cart - all the while maintaining social distancing - and place their plates and cutlery in the appropriate place. One of the waiters is at hand to ensure that they scrape off food scraps beforehand into the bowl provided.
- Then the students leave the dining room directly. They may not congregate outside the dining room but must wash their hands either at the sinks by room 100 or in the dormitory. They must move on to a space where they can maintain adequate distancing.
- When all the dirty dishes are on the cart, the monk dishwashers retrieve them.
- Then, the waiters wash their hands and call the kitchen from the phone by the piano room to let them know that they need their meal. One of the kitchen staff wheels their cart to them. After finishing their meal, they leave their cart in the dining room for the dishwashers to retrieve.
- When the dishwashing is all done, the monk dishwashers check on the level of cutlery in the dining room and supply sufficient cutlery for the minors' table setters. They also ensure that an empty cutlery tray, a bucket, and a bowl for food scraps are on the cart for the next meal.

### **Family Visits Protocol**

*Guidelines for family visits during the 2020-2021 school year:*

#### **Visiting Days**

Every second Sunday (or the Monday of long weekends) will be available for families to come in the afternoon between 1:00 and 4:00 p.m. to visit with their sons in the gymnasium. Please see dates below.

Because the capacity of persons in the gym at any one time is limited, families will be asked to register at least one week beforehand with the secretary, Joanne, who will coordinate and communicate the visiting times. Families need to state the number of people coming and select the time frame that works best for them. Families cannot bring food and drinks for consumption there and then. However, if they wish to give food that the kitchen can later serve up to the seminarians, they can leave it on a designated table. Kitchen staff will pick it up and see that it is properly stored.

On the day of the visits, there will be different visiting areas in the gym with chairs and a table set up so that physical distancing can be easily maintained. On entering the gym, all sanitise their hands. There is a washroom downstairs. Only one person at a time may be in the washroom. Those next in line should wait upstairs in the room with the volleyballs and basketballs. Each one sanitises the sink and toilet after each use.

Families may wish to bring other items for their sons: clothing, books, gifts. These should be set on the designated table in the gym and clearly marked with their son's name. The rector will arrange that senior students bring them to a place of storage for a few days; this is a precaution against transmitting the coronavirus by touch. Then, they will be handed to their son.

### **Simple drop-off or pick-up of items**

If family members need to drop off or pick up items for their son, they should alert him or the rector beforehand as to when they will come. The exchange of items and greetings will need to be limited to just outside or inside the lobby of the high school, maintaining distancing. Dropped-off items or food items are handled as mentioned above for visiting days.

### **Medical appointments**

The seminary recommends that parents schedule medical or dental appointments for their sons during the Christmas and Easter breaks. However, when that is not possible, the seminary appreciates it if parents can take their sons to appointments themselves. This year, there is an added complication in that the seminarians will be within the COVID-free "bubble" of the seminary community. So, though it may seem strange, it will be necessary for parent and son each to wear a mask in the car ride and whenever they cannot maintain social distancing.

### **Days that families may visit.**

**All days are Sundays unless otherwise indicated.**

September 27

October 12 Monday

October 25

November 9 Monday

November 22

Dec 13

January 3 Students return from Christmas Break.

January 17

January 31

February 15 Monday, Family Day.

February 28

March 14

April 25

May 9<sup>th</sup> Mothers' Day

May 24, Monday, Victoria day, Track Meet. Families are welcome to attend.

June 6

Please consult school calendar for other dates and holiday times.