

Post COVID Lockdown Daily Routine

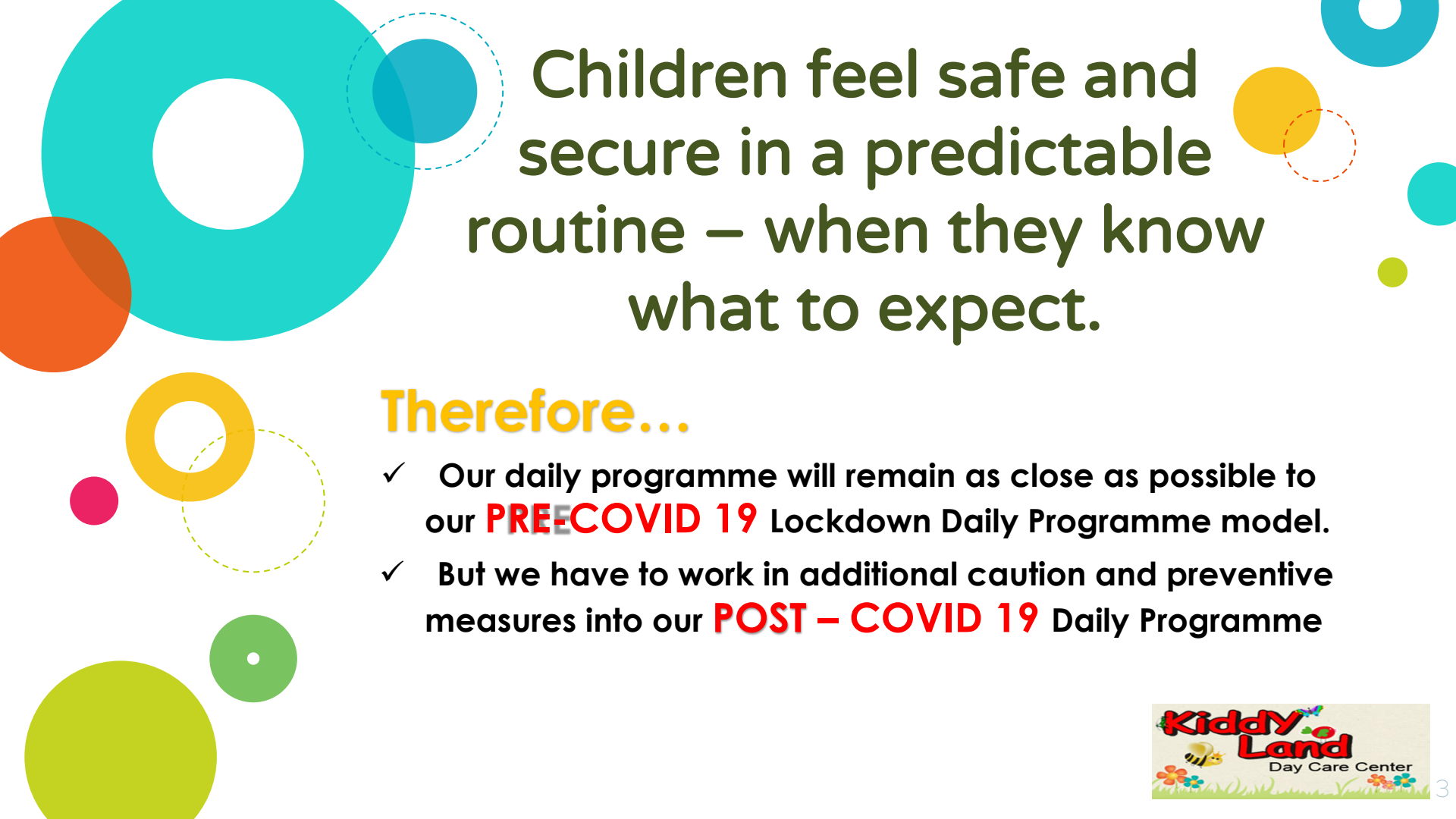


Hello!



All precautionary measures should be adhered to





Children feel safe and secure in a predictable routine – when they know what to expect.

Therefore...

- ✓ Our daily programme will remain as close as possible to our **PRE-COVID 19** Lockdown Daily Programme model.
- ✓ But we have to work in additional caution and preventive measures into our **POST – COVID 19** Daily Programme

In this document we will:

- © Walk you through a Basic Daily Programme
- © Show you **when**, **where** and **how** we add the required preventive measures

**We will be able to apply this programme
to compliment our Daily Programme**

Staff arrives at school

Screen for fever with a
Forehead Thermometer
(available at Clicks /
Dischem)

1 Time – 06:30 to 06:45
QUARANTINE AREA - COVID 19 Testing

2 Prepare Area

TENT / GAZIBO / SEPERATE ROOM ON
PREMISES

3 Activity

Sanitize hands, clothes and shoes
Sanitized with Isopropyl Alcohol 70% / Vinegar /
Sunlight Dishwashing Liquid with lemon

Arrival and Free Play

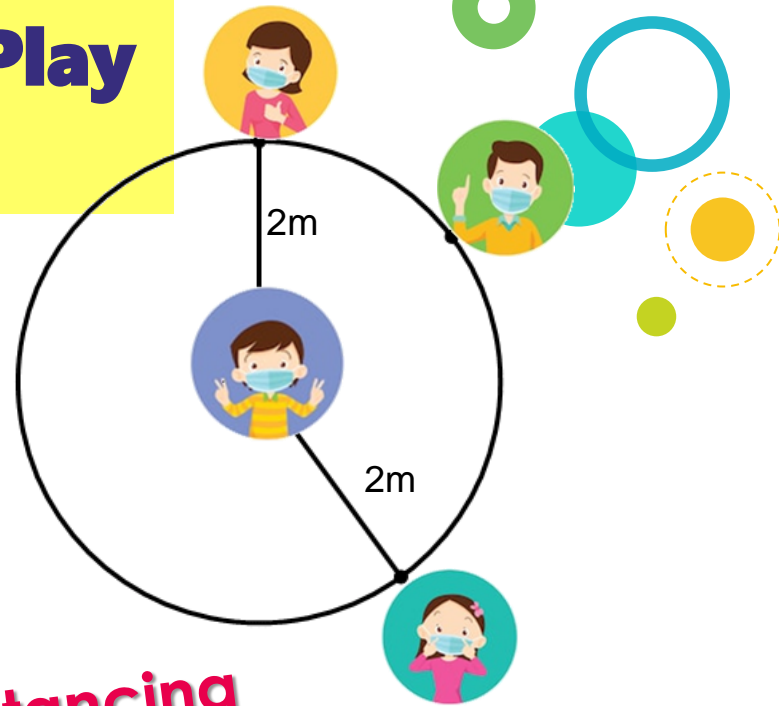
06:45 – 07:50

Reception Area

- ✓ 2 Appointed and trained staff members to receive and screen/test arrives. (questionnaire for parent and child's temperature scanned).
- ✓ Staff member to accompany child to class

(NO PARENTS ARE ALLOWED ON THE PREMISES)

- ✓ Both the child and the staff member must wear masks



Distancing

Distance must be marked out in the Reception area, to implement physical distancing – preferably between 2 and 3 meters apart. Not only in length, but also in width as well. In other words a radius of at least 2 x 2 meters



Larger groups



Remember that your scenario is unique and we provide guidelines. Adjust everything to suit your school

- ✓ When groups numbers increase, there should be different drop off points or times.
- ✓ Children must be scanned before entering the premises. This should be done at the quarantine area.
- ✓ Hands and shoes should also be sanitized.
- ✓ Children will only be permitted to bring in a Zip lock bag with extra clothes in. This bag should also be sanitized ~ wiped down

Going to class after arrival



- ◎ Divide learners into groups of 4 or 5
- ◎ Tables and chairs should be placed further apart
- ◎ Only 1 to 2 learners at small pre-school tables
- ◎ Classes should be sanitized before entering

Toilet Routine
Throughout the day
Estimated duration:
10 minutes per session

**8:30 to
8:40**

- ✓ Hands should be washed with water and soap
- ✓ Dry with a paper towel and then sanitized with Alcohol 70% (or Vinegar) before and after Restroom use
- ✓ Restrooms and toilets must be cleaned and sanitized after each child



Rollcall, Weather, Birthday And News

08:00 – 08:15

Children will sit in rows and not opposite one another, about 1,5 to 2 meters apart from each other.

Teacher and children to wear face masks all the time.
(Not under 3 years)

Promoting handwashing and hygiene practices throughout the day (reminding children not to touch their faces, eyes, nose, or mouth)

Teaching children to cough and sneeze into a tissue and not onto clothes. Sanitize children's hands after a sneeze or cough. Cough like Batman

1. Children to sit 1,5 to 2 meters apart from each other.
2. Children should preferably sit in rows and not opposite each other
3. Sanitize hands again before and after breakfast.
4. Show them the correct way to remove and put on their face masks or visors
5. Pots, bowls and spoons will be cleaned with soap and hot water to kill any germs.

Seating arrangement:



Breakfast
08:15-08:30



MORNING =CIRCLE=

First GUIDED CLASS ACTIVITY: Theme Discussion

Sit on carpet while maintaining physical distancing. Sanitize children's hands again after theme discussion.

Suggestions:

1. Hoola Hoop Self Play Area
2. Masking tape self play area
3. Large Rubber mat Self Play Area

Each child's belongings to be kept separate.

Suggestions:

- © Use a tray or 2 litre ice-cream tub
- © Store personal educational resources in it, such as own clay, own threading card etc.
- © Label it clearly with learner's name



GUIDED CLASS ACTIVITY (Cycle 1)



- ✓ Divide the class into 3 to 4 groups to support physical distancing.
- ✓ Each child must have his/her own 2L ice-cream bucket with clay, crayons, scissor, puzzle, wool, threading card, etc.
- ✓ Everything must be sanitized before and after use.
(No sharing)

Group 1 - At the tables

- ✓ Sitting 2 meters apart from each other and not opposite each other.
- ✓ Doing the main activity of the day.

- ✓ Children to rotate after 15/20 min.
- ✓ All equipment to be sanitized before rotating.
- ✓ All equipment to be sanitized after use.

Group 2/3/4

- ✓ busy with inside activities.
- ✓ Group 2 - on carpet treading.
- ✓ Group 3 - reading in a corner
- ✓ Group 4 - skipping rope outside.

- ✓ All equipment (educational toys) used, to be sanitized before and after use.
- ✓ Include information about social distancing in the curriculum.

Approach to activities

Round Robin Station Play

After each cycle, the toys & supplies are removed to wash and a new set of toys or supplies packed out for the next group.



What is Round Robin?

- ✓ It is when you have several activity stations
- ✓ Small groups of learners rotate to have access to each activity and resource.
- ✓ For the purpose of Post COVID 19 Lock down:
 - You must have more stations
 - 2 learners per station ~ maintaining distance
 - Resources to be sanitized before second learner interacts with it
- ✓ Thus, instead of the learner moving to the next station, it will be easier to move the pre-sanitized resource to the learner station

Important Note



1. Make use of electronic communication during the Post COVID lock down period.
2. Don't send any books, any paper or any art work home

This is to ensure no
contaminants are spread to the
home

**10:00
to
10:10**

Toilet Routine
Throughout the day
Estimated duration:
10 minutes

- ✓ Hands should be washed with water and soap.
- ✓ Dry with paper towel and then sanitized with Alcohol 70% (or Vinegar) before and after restroom use.
- ✓ Restrooms and toilets must be cleaned and sanitized after each child



10:10 to 10:40

Above 37.4°
counts as a
fever

COVID – 19 Prevention Time



1. Child's hands and feet sanitized.
2. Fever checked.
3. If found that a child has a fever, is coughing or feeling ill, the child must be quarantined in a separate, sanitized sick room with first aid qualified staff, to take care of the child.
4. Parents must be informed to come and collect the child.
5. Teacher and child must wear masks.

Refreshments


10:40 to 10:55

- ✓ Hands to be sanitized before eating and after eating.
- ✓ Maintain Physical Distancing Precautions

Food is prepared:

- ✓ In clean sanitized kitchen.
- ✓ Cook will also sanitize on frequent intervals
- ✓ At home and sent in a sealable bag (Zip lock)



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- A colorful illustration of a child with brown hair, wearing a blue striped shirt and green shorts, sliding down a red slide. The slide is part of a larger play structure with a silver ladder and orange and red curved supports. The background is a light blue sky with a yellow sun, white clouds, and a green grassy area. The entire scene is framed by a large blue circle. There are also several colorful circles (pink, orange, yellow, green, blue) scattered around the edges of the slide.
- ✓ Children to play in different play areas.
 - ✓ With teacher walking around, sanitizing children's hands and making sure they practice physical distancing.
 - ✓ No sharing during this time.

FREE PLAY / OUTSIDE ACTIVITY
10:55 to 11:30

- ✓ Allow different classes to go outside at different intervals.
- ✓ Small groups will go out, and sanitization of the area needs to be done before the next group may enter the area.

Important Note

- ✓ Water play should not be an issue, as long as it is soapy water.
- ✓ Suggestion: A play surface ~ like a tray ~ for a child to play. With their own toy supplies in one space. Pack it away into the child own container.



Sand Play
Not to be used for now



EXTRA MURAL Activities

11:00 to 11:45

- ✓ 3rd Parties should also follow the protocols set up by the school before they enter the premises.
- ✓ All equipment (educational toys included) used, to be sanitized on a daily basis. Plan to be approved first
- ✓ No swimming for the time being



**11:45
to
11:55**

Toilet Routine
Throughout the day
Estimated duration:
**10 minutes each
time**

- ✓ Hands should be washed with water and soap.
- ✓ Dry with paper towel and then sanitized with Alcohol 70% (or Vinegar) before and after restroom use.
- ✓ Restrooms and toilets has to be cleaned and sanitized after each child.





Lunch
12:00 to 12:30

- ✓ Hands to be sanitized before and after eating.
- ✓ Maintain Physical Distancing Precautions

Food is prepared:

1. In clean sanitized kitchen.
2. Cook should also sanitize at frequent intervals
2. At home and sent in a sealable bag (Zip lock)

Story Time – 12:30 to 13:00

- ◎ Have learners sit spread out.
- ◎ Cross legged and hands in the basket.
- ◎ Encourage participation in discussion and answering questions
- ◎ Discourage movement during story time (Box Reading/ Reading pillow etc.)



All tables and chairs to be packed away to make more room in classes to children to sleep. If extra classes are available for sleeping, split learners into groups to sleep at least 1.5 meters apart. Let them sleep head to toe. Mattresses to be sanitized before naptime, as well as after waking up. Learners to be sanitized before and after sleeping.

Rollcall needs to be taken
BEFORE & **AFTER** nap time

Take each learner's
temperature
BEFORE & **AFTER** nap time
with an infrared thermometer

Sleep Time
13:30 – 14:30



**14:30
to
14:40**

Toilet Routine
Throughout the day
Estimated duration:
10 minutes

- ✓ Hands should be washed with water and soap.
- ✓ Dry with paper towel and then sanitized with Alcohol 70% (or Vinegar) before and after restroom use.
- ✓ Restrooms and toilets has to be cleaned and sanitized after each child.



14:40 to 15:15

Above 37.4°
counts as a
fever

COVID – 19 Prevention Time



1. Child's hands and feet sanitized.
2. Fever checked.
3. If found that a child as a fever, is coughing or feeling ill, the child must be quarantined in a separate, sanitized sick room with first aid qualified staff, to take care of the child.
4. Parents must be informed to come and collect the child.
5. Teacher and child must wear masks.

Refreshments

15:15 to 15:30

- ✓ Hands to be sanitized before eating and after eating.
- ✓ Maintain Physical Distancing Precautions

Food is prepared:

- ✓ In clean sanitized kitchen.
- ✓ Cook will also sanitize on frequent intervals
- ✓ At home and sent in a sealable bag (Zip lock)



FREE PLAY / OUTSIDE ACTIVITY

15:30 to 16:00

- ✓ Children to play in different play areas.
- ✓ With teacher walking around, sanitizing children's hands and making sure they practice physical distancing.
- ✓ No sharing during this time.

- ✓ Allow different classes to go outside at different intervals.
- ✓ Small groups will go out, and sanitization of the area needs to be done before the next group may enter the area.



- Hands must be sanitized, and temperature checked before leaving
- Parents stay in cars and children leave the premises in a proper manner.
- Teacher will accompany the child to their parent's car.



**CLEAN UP &
WAITING TO BE
COLLECTED**



**GOING HOME
16:00 TO 17:30**

TOGETHER WE CAN !



Any questions?