



Welcome Back!

Re-Opening Quick Reference

ver.07-2020

This is an overview of our approach to re-opening the Centre.

Our top priority is the health and safety of our members, participants and staff.

Outlined are procedures to meet regulations & recommendations to protect you and others.

Our goal is to re-open slowly and safely to maintain a safe and welcoming environment.

Guidelines and protocols subject to change.

General	
Centre Hours	Tuesday - Friday: 8:30 - 6:30 pm
Office Hours	Monday - Friday: 8:30 - 4:00 pm Note: Mondays - Office Contact is by Appointment ONLY
Capacity	The maximum number of people permitted indoors at the 55 Plus Centre is 20.
Time Limit	Participants are encouraged to keep their visit to under 90 minutes
Entrance	Screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre
Shared Spaces	Avoid congregating in shared areas, such as the entrance & cloak room.
Check In	Upon arrival at the Centre, touchless/verbal check in at reception will be required by all visitors/participants.
Participation	Pre-Registration is required for participation in any activity. No Drop-in activities are allowed at this time. Arrival for programs is expected to be no more than 15 minutes prior to the program attending.
Transactions	Payment for registration fees may be made by cheque, cash or e-transfer (si55info@gmail.com); e-transfer is preferred when possible.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Safety	
Regulations	Adherence to Manitoba and Canada Health recommendations will be required.
Tracking	South Interlake 55 Plus is required to keep a list of all individuals and their contact information who visit the Centre for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to Covid-19. There will be touchless (verbal) sign in at Reception.
Face Masks	Wearing of a mask is not mandatory; individual choice. Face masks are not recommended while exercising.

Screening	<ul style="list-style-type: none"> • 55 Plus is responsible for pre-screening all individuals • Participants, staff and volunteers will be screened daily for symptoms prior to work or participation in activities. Individuals who are ill with Covid-19 symptoms will not be permitted on site for work or scheduled activities. • Screening Questions: <ol style="list-style-type: none"> 1. <i>Have you been out of the province in the last 14 days?</i> 2. <i>Are you experiencing any symptoms of illness - runny nose, cough, fever, sore throat?</i> 3. <i>Have you been exposed to someone who has tested positive or is a probable case for COVID-19 or is symptomatic?</i> • All answers to Screening Questions must be "NO" for entry.
Spacing	<p>Physical distancing of two meters (6ft) will be required at all times; except when brief exchanges are required. Please be mindful of physical distancing upon entering and exiting the Centre.</p> <p>Staff will monitor all users and remind of social distancing, there will be no congregating in the facility until further notice.</p>
Illness	<p>Stay home if you are experiencing symptoms, even if they are mild. You will be requested to return to the Centre when well.</p>
Signage	<p>COVID-19 guidelines signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene and cough etiquette and cleaning practises where required.</p>
Protective Barriers	<p>Please respect the protective barrier(s) at reception and while in the office area.</p> <p>Only 4 people can be accommodated in the 55 Plus Office.</p>
Washrooms	<p>Bathrooms will be open to participants; high-touch surfaces will be cleaned periodically.</p>
Cleaning	<p>55 Plus staff and volunteers will sanitize touch surfaces in between programs.</p>
Programs	
Class Size	<p>Classes are limited to a maximum of 15 registered participants.</p>
Arrival & Departure	<p>Participants should arrive no more than 15 minutes prior to the class they are attending.</p> <p>Departure should be as quickly as possible to allow for cleaning between programs if applicable.</p> <p>Any Centre equipment used, must be cleaned according to the posted protocol and with the provided wipes.</p>
Equipment	<p>All users are asked to bring their own filled water bottle and any required equipment for classes. No storage of personal items will be available at the Centre. Weights may be available for shared use.</p>
Registration	<p>At this time, No drop in's are allowed.</p> <p>Pre-Registration required for classes.</p> <p>Registrations are non-transferable unless approved as per 55 Plus Program Policy.</p>