



Guidelines and Protocols Reference ver.1-29-2021

Outlined are procedures to meet regulations & recommendations to protect you and others.
Our top priority is the health and safety of our members, participants and staff.

Guidelines and protocols are subject to change.

CODE RED – Supersedes all Prior Regulations and Protocols (Subject to change according to Manitoba Public Health Orders)	
Duration	Code Red restrictions are in effect. Restrictions level will be updated by Manitoba Public Health.
Capacity	No Classes/Programs to be held in the Centre. An appointment is required to visit the Centre.
Face Masks	Face Masks are mandatory at all times during your visit to the Centre. (An exception is allowed for instructors to remove while instructing classes at the Centre.)
CODE ORANGE – Supersedes all Prior Regulations and Protocols (Subject to change according to Manitoba Public Health Orders)	
Duration	Code Orange restrictions are in effect. Restriction level will be updated by Manitoba Public Health.
Capacity	Capacity of the facility is 10 . Classes/Programs will be limited to 8 participants .
Face Masks	Face Masks are mandatory for entry and all activities/programs except during a physical activity class when 2 meters physical distancing can be maintained.
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 (See Code Red Restrictions) .
Time Limit	Participants are encouraged to keep their visit to under 90 minutes
Entrance & Check In	Upon arrival a touchless/verbal check in at reception will be required by all visitors/participants. Pre-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.
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 starting.
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.
Face Masks	Wearing of a mask will be mandatory upon arrival and at time of entry. Masks may be removed once participants are spaced within 6 ft of fellow participants during their program. (See Code Red Restrictions)
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	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. Staff will monitor all users and remind of social distancing, there will be no congregating in the facility until further notice.
Illness	Please stay home if you are experiencing symptoms, even if they are mild.

Signage	COVID-19 guidelines signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene, cough etiquette and cleaning practises where required.
Protective Barriers	Please respect the protective barrier(s) at reception and while in the office area. Only 4 people can be accommodated in the 55 Plus Office.
Washrooms	Bathrooms will be open to participants. Hand hygiene stations will be available.
Cleaning	High-touch surfaces will be sanitized prior to start of each program.
Programs	
Class Size	Classes are limited to a maximum of 15 (See Code Red Restrictions) registered participants. At this time, No drop in's are allowed. Pre-Registration is required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Committee.
Arrival & Departure	Participants should arrive no more than 15 minutes prior to the class they are attending. Departure should be as quickly as possible to allow for cleaning between programs if applicable.
Equipment	All users are asked to bring their own filled water bottle and any required equipment for classes. Any Centre equipment used, must be cleaned according to the posted protocol and with the provided wipes. No storage of personal items will be available at the Centre. Weights may be available for shared use.
Card Games – Suspended During Code Red	
Face Masks	Wearing of a mask is mandatory at all times during card playing.
Hand Sanitizer	Hand sanitizer will be available during card play. Participants will be asked to sanitize if they touch their mask or upon return to the table if they leave the table for any reason.
Refreshments	<ul style="list-style-type: none"> • Refreshment/Snack break will not take place at the table of play and must take place in a designated space where physical distancing is maintained. • Participants are required to bring their own refreshments/snack which will not be shared with other participants.