



Guidelines and Protocols Reference

ver. 10-07-2021

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.

| General | |
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| Centre Hours | Tuesday - Thursday: 8:30am - 6:30 pm, Friday: 8:30am - 4:30pm |
| Office Hours | Monday - Friday: 8:30 - 4:30 pm Note: Mondays - Office Contact is by Appointment ONLY |
| Capacity | The maximum number of people permitted indoors at the 55 Plus Centre is 25 . |
| 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. Screening will occur upon entry. Hand hygiene stations will be placed at the front vestibule of the Centre. |
| Proof of Vaccination | <p>Being a senior's centre, our members may be at higher risk for severe outcomes from a COVID-19 infection. Our Centre takes the health of its members, staff and volunteers very seriously. Ideally, all members should be immunized as per government recommendation. We will require one of the following</p> <ul style="list-style-type: none"> • Vaccination card • Downloadable QR code – on a mobile device or printed • Printout of vaccination record <p>Your QR code (on a card, phone, printout, etc) must be scanned each time you attend in person programming. Photo ID must be shown at the time of scanning.</p> <p>Individuals that are not vaccinated for personal reasons will not be allowed for on-site activities, but are welcome to join in our activities on Zoom.</p> |
| Face Masks | Face Masks are mandatory for entry to the centre. Once individuals are situated for their program (in a physically distanced manner), they may remove their mask. If moving around, individuals will be required to put their mask back on. |
| Shared Spaces | Avoid congregating in shared areas, such as the entrance & cloak room. |
| Participation | Pre-Registration is required for participation in any activity. 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. |

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| Equipment | All users are asked to bring any required equipment for classes and their own filled water bottle. No storage of personal items will be available at the Centre. Weights may be available for shared use. |
| Class Size | Classes are limited to a maximum of 20 registered participants in person . Pre-Registration is required for classes. Registrations are non-transferable unless approved as per 55 Plus Program Committee. |
| Safety | |
| Regulations | Adherence to Manitoba and Canada Health recommendations will be required. |
| Tracking | South Interlake 55 Plus keeps 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. After the 21 days, |
| Screening | <p>55 Plus is responsible for 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.</p> <ul style="list-style-type: none"> • 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> <p>All answers to Screening Questions must be “NO” for entry.</p> |
| Spacing | Physical distancing of two meters (6ft) will be required at all times. During physical activity, three meters (9ft) of physical distancing will be required. Please be mindful of physical distancing upon entering and exiting the Centre. Staff will monitor all users and remind of physical 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. Please practice good hand hygiene. Hand sanitizer will be available throughout the centre. |
| Cleaning | High-touch surfaces and used equipment will be sanitized prior to start of each program. |

Card Games

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

- Refreshments/Snacks must take place where physical distancing is maintained.
- Participants are required to bring their own refreshments/snack which will not be shared with other participants.