

COVID-19 Health and Safety Precautions Recreation Programs

Effective March 15, 2022



Introduction

The Macdonald-Headingley Recreation District (MHRD) is pleased to offer in-person recreation and healthy living programs. The following guidelines have been established to protect the health and safety of participants, instructors, staff, and volunteers. These guidelines comply with the current public health orders and are subject to change as new orders are announced.

Proof of Immunization – Not Required

The Province of Manitoba has announced proof of immunization is no longer a requirement. MHRD will follow these orders unless the facility owner requires proof of vaccination as an extra precaution. Program participants will be advised if immunization is required at the time of registration.

Recommended Precautions

All participants are reminded to exercise precautions to protect against the spread of illness.

- Get the COVID-19 vaccine.
- Practice good handwashing hygiene and wash your hands with soap and warm water for at least 20 seconds and dry them thoroughly – if you are unable to wash your hands, use an alcohol-based hand cleanser.
- Cover your mouth and nose with a tissue when coughing or sneezing, or cough or sneeze into your sleeve – throw used tissues in the garbage and immediately wash your hands or use an alcohol-based hand cleanser.
- Avoid touching your eyes, nose and mouth.
- Masks are strongly recommended.
- If you are unwell, stay at home.
- Physical distancing is no longer required however is recommended if possible.

Additional information on COVID-19 prevention and assessing individual risk can be found at <https://manitoba.ca/covid19/prevention-assessing-risk.html#vaccinated>

MHRD staff will continue to monitor directives from the Provincial Public Health Officer and will update and adjust the Health and Safety plans accordingly. If you have any concerns or would like clarification, please contact us at info@mhrd.ca or 204-885-2444.