

COVID-19 Health and Safety Plan: Outdoor Fitness Programs

Summer 2021



Introduction

The Macdonald-Headingley Recreation District (MHRD) is looking forward to welcoming participants back to our outdoor fitness programs this Summer. To mitigate the spread of COVID-19 within these programs, the following guidelines as recommended by the Province of Manitoba and Public Health (June 2021), will be followed to protect the health and safety of participants and staff.

Health Screening

Participants, staff, and instructors may **NOT** attend MHRD programs if they have any symptoms of illness. An up-to-date list of symptoms can be found at <https://www.gov.mb.ca/covid19/fundamentals/symptoms.html>

All participants must complete a **Daily Health Check** prior to attending a MHRD program. www.gov.mb.ca/asset_library/en/coronavirus/covid19_screening_checklist.pdf

If the screening checklist has advised you not to attend the program, please self-isolate and call Health Links or go to the online screening tool located at: www.sharedhealthmb.ca/covid19/screening-tool/

A participant who does not pass the screening criteria will not be admitted to the program, will be advised to self isolate immediately and consult Health Links – Info Santé or their health care provider. If an instructor or participant begins to show signs of Covid-19 while at the program, they will be asked to return home.

Face Masks

All participants, staff and instructors will wear facemasks when physical distancing is not possible.

Physical Distancing

Always maintain 2m distance between yourself and others. If physical distancing is not possible, please wear a mask.

Cleaning and Sanitizing

Sanitizing supplies will be always available

Program staff will continue to monitor directives from the Provincial Public Health Officer and will update and adjust the Health and Safety plans accordingly.