

# COVID-19 Health and Safety Plan: Recreation Programs

September 3, 2021



## Introduction

The Macdonald-Headingley Recreation District (MHRD) is looking forward to welcoming participants back to our recreation and healthy living programs. To mitigate the spread of COVID-19 within these programs, the following guidelines have been established to protect the health and safety of participants, instructors, staff, and volunteers. These guidelines comply with the most recent public health orders and are subject to change when new orders are announced.

## Proof of Immunization Requirement

Current public health orders outline specific activities that require participants to be fully immunized. To attend an MHRD program, proof of immunization will be required for the following:

- Anyone age 18 and older attending an indoor recreational sport program (recreational hockey, Karate, etc.).
- Anyone age 12 and older attending a fitness program, yoga program, or group instruction class (art class, babysitter training, craft class, etc.).
- Parents, guardians, and spectators attending a program.

Exceptions for immunization screening:

- Youth aged 17 or younger participating in a sport program governed by a Manitoba Sport Governing Body <https://www.sportmanitoba.ca/partners/>.
- Authenticated proof of exemption provided by the Province of Manitoba.

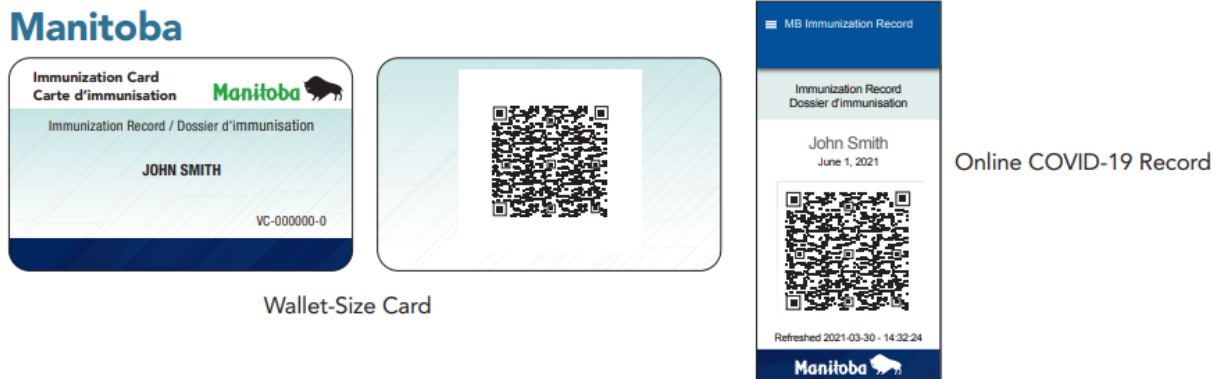
*Note: Please check MHRD program descriptions for details on immunization requirements or contact the office at [info@mhrd.ca](mailto:info@mhrd.ca) or 204-885-2444 for clarification.*

- Information on immunization cards can be found here: <https://manitoba.ca/covid19/vaccine/immunizationrecord/residents.html>
- Information on immunization screening, including information on acceptable immunization documents can be found here:
- <https://www.gov.mb.ca/covid19/vaccine/immunizationrecord/businesses.html>

MHRD staff/designate will validate your **Manitoba Digital or Physical COVID-19 Vaccination Card QR code** in person along with **government issued photo identification**.

MHRD will make a safe and secure note of your proof of immunization. It will not be necessary to show your card at every program.

Without valid proof of immunization, participants will not be allowed to enter the facility or participate in the program.



If you require any assistance, please call 204-885-2444 and we will be happy to help you.

## Health Screening

Participants, instructors, staff, and volunteers 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>

Participants, instructors, staff, and volunteers must self administer a **Covid Screening Checklist** prior to attending a MHRD program.

[www.gov.mb.ca/asset\\_library/en/coronavirus/covid19\\_screening\\_checklist.pdf](http://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 (204.788.8200) or go to the online screening tool located at:

[www.sharedhealthmb.ca/covid19/screening-tool/](http://www.sharedhealthmb.ca/covid19/screening-tool/)

## Indoor Mask Requirement and Physical Distancing

Participants, instructors, staff, and volunteers must wear face masks while inside buildings and/or program space. Exceptions apply to children under 5, persons with specific medical conditions or a person who is not able to put on or remove a mask without the assistance of

another person. Please contact our office to discuss mask exemptions for medical conditions prior to attending a program.

Masks are not required during physical activity. They may be removed only when participants are at the designated program space (i.e., yoga mat, exercise space, chair, etc.).

Masks can be temporarily removed while in an indoor public place to consume food or drink.

Physical distancing of 2 metres is recommended in all indoor spaces.

### **Cleaning/Sanitizing and Personal Safety**

There will be enhanced cleaning protocols in all facilities. Participants, instructors, staff, and volunteers are expected to cooperate and follow health guidelines appropriately.

- High touch points will be sanitized prior to different cohorts sharing space.
- Participants, instructors, staff, and volunteers may be asked to sanitize personal space (i.e., table, chair) and/or equipment before and after use.
- Participants, instructors, staff, and volunteers should wash their hands and/or sanitize as often as possible.
- Personal items (water bottles, mats, fitness equipment, etc.) should be kept in close contact with participant program space or in designated area.
- Participants should bring own water bottle. Water fountains may not be available.
- Participants should only bring what is essential to participation in the program. Please leave valuables at home.
- Participants should arrive dressed in appropriate attire for the program. Changing in washrooms is discouraged.
- Do not loiter before or after the program time. Please arrive a maximum of 10 minutes prior to program start and leave promptly at the end of the class.

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](mailto:info@mhrd.ca) or 204-885-2444.