



Recreation Programs - Health and Safety Precautions (As of March 2021)

The Macdonald-Headingley Recreation District (MHRD) is implementing the following protocols to ensure the safety of all participants, instructors, volunteers, and staff during recreation programs. These guidelines are based on recommendations established by the Province of Manitoba and Public Health.

Pandemic Response System

The Province of Manitoba has developed the Pandemic Response System to provide a clear overview of public health guidance on the current level of risk of COVID-19. The Pandemic Response System enables us to respond and adapt to changing conditions as the situation with COVID-19 evolves.

LEVEL RED OF THE PANDEMIC RESPONSE (EFFECTIVE MARCH 2021)

Effective March 2021, everyone must wear a non-medical mask when participating in programming that takes place indoors. Masks must be worn at all times.

This will remain in effect until further notice.

Health Assessment/Screening for Covid-19 Symptoms

- For the safety of everyone, all participants are asked to stay home from attending any recreation programs or entering a recreation facility, if feeling sick or unwell.
- Participants should be symptom free for 48 hours prior to attending any MHRD recreation programs.
- Instructors and participants must complete a pre-screening health assessment prior to participating in a recreation program. Parents must complete this screening on behalf of children participating in a program. <https://sharedhealthmb.ca/covid19/screening-tool/>
- If a program participant does not pass the screening assessment, they will not be permitted inside the facility or program area and will be advised to immediately self isolate and contact Health Links or their health care provider.
- If a participant is tested and has a negative result, they can return to the program 24 hours after symptoms resolve.
- If an instructor or participant begins to show signs of Covid-19 while at the program, they will be provided with a disposable mask to wear and will be removed from the area and sent home.
- Symptoms may include:
 - Fever
 - Cough
 - Shortness of breath / difficulty breathing
 - Sore throat

- Runny nose / nasal congestion
- Feeling unwell / fatigued
- Nausea / vomiting / diarrhea
- Muscle aches
- Headache

Enter/Exit

- All recreation facilities are required to comply with current health and safety standards as prescribed by the Provincial Government as it relates to COVID-19.
- Every recreation facility is different. Program participants will be advised if there are changes to the typical entrance and/or exit of the building.
- Participants are reminded to watch for posters and directional signage to assist with navigating safely to program location.
- Parents entering a recreation facility to drop off their child/children and respond to the pre-screening assessment on behalf of their child are asked to remain in the building for as short of time as possible.
- Hand sanitizer will be available at entrances and high contact areas.

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness and to maintain health. MHRD programs are carefully planned to ensure physical distancing at all times. Program participants are asked to:

- Avoid common greetings such as handshakes
- Keep a distance of at least 2 arms lengths (approximately 2 metres/6 feet) from others
- 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.
- Check signage around bathroom area for any limits on occupancy
- If physical distancing is not possible, a mask should be worn by the instructor, participants and/or parent.
- Participants are welcome to wear a mask during non fitness related programs if it makes them more comfortable.

Cleaning/Sanitizing and Personal Safety.

- There will be enhanced cleaning protocols in all facilities. Instructors and participants are expected to cooperate and follow health guidelines appropriately.
- High touch points will be sanitized prior to different cohorts sharing space.
- Participants may be asked to sanitize personal space (i.e. table, chair) and/or equipment before and after use.
- Participants should sanitize hands upon entry and at the conclusion of the program.
- Personal items (water bottles, mats, fitness equipment, etc.) should be kept in close contact with participant program space or in designated area.

For Everyone's Safety

- There will be no circuit classes or equipment sharing. Participants may bring their own equipment from home or borrow the necessary equipment from MHRD for the duration of the program. Participants will be responsible for bringing this equipment back to class each week.
- All participants must be pre-registered with MHRD.
- 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.
- All participants are asked to wash hands frequently.
- It is recommended that all participants have a mask in the event it is needed.
- Parents/guardians of school age children will not be permitted to stay in the facility for the duration of the program. Exceptions may be provided based on approval by MHRD.

Contactless Payment

- Participants are encouraged to pay registration fees using a form of contactless payment such as e-transfer. If this is not possible, please contact the office at 204-885-2444 and we will discuss other arrangements.

If you have any concerns or would like clarification, please contact us at info@mhrd.ca or 204-885-2444.