



Kerry Park Recreation Centre

Participant Guidelines During COVID-19

Dear Chair Yoga Participants,

Welcome back to Kerry Park Recreation Centre.

We recognize that the opportunity to recreate, socialize, and stay active are an important aspect of your overall health and wellness. During this time, our primary focus is to ensure the safety of staff, instructors, and participants. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to Attending

Prior to attending your session at Kerry Park Recreation Centre you must follow through with the following steps.

- You should assess your personal risk and motivation to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- Review the provided guidelines for your program or activity (next page).
- Complete and submit the participant waiver and informed consent.
- Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.
 - Please ensure that you or someone in your household is not experiencing the following symptoms: fever, sore throat, cough, difficulty breathing, or sneezing.
 - If you feel you are suffering from any other symptoms such as flu like symptoms including diarrhea in the last 24 hours you are expected to stay home.
 - If you have travelled outside of Canada in the last 14 days you are to stay home and self-quarantine.
- Discuss any concerns or questions with Kerry Park Recreation Centre programs staff or your instructor.

Please note that changes to Chair Yoga have been put in place to minimize the risk to staff, participants and instructors. Additionally, greater health and safety precautions have been put in place to minimize the risk at our facility.

We look forward to greeting you soon.

Kerry Park Recreation Centre Staff

Program Guidelines for Chair Yoga

Kerry Park Recreation Centre Arrival/Departure

- During the month of July program entry and exit will be through **the warm room exterior doors** (at the front of the building and to the left of the main doors). Your program will be held in the warm room.
- While signing participants in, instructor will ask verbal screening questions. Entry will be denied to any person who is suffering from symptoms or has travelled outside of Canada.
- Once you have entered the building, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer. Following your class, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer prior to leaving the building.

While in the Facility

- Arrive only a few minutes prior to your session.
- Follow all posted directional and instructional signage.
- It is expected that instructors and participants will only access parts of the building required for their permitted activities and will do so via the access points described (unless obstructed).
- Respect posted program and facility capacities.
- Maintain physical distance between yourself and others.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.
- Limit the number of personal items that you bring with you. Items may be stored along the wall of the space or near you.

Registration

- All participants must be registered prior to attending the class and have completed the assumption of risk and informed consent form.

Physical Distancing in a Recreation Setting

Please follow the guidelines below to ensure proper physical distancing during your usage.

- Defer to instructor on cleaning protocols of equipment and shared equipment policy.
- Ensure there is 6 feet of space between yourself and the other participants.
- No use of water fountains (ensure you pack your own water bottle)

Personal Protective Equipment

Please note that within the hierarchy of controls for preventing the spread of Covid-19, PPE such as masks and gloves are considered to be less effective than Physical Distancing and good hygiene. Participants and staff that choose to use PPE are still required to adhere to Physical Distancing guidelines. Further, participants that choose to wear masks during physical exercise are directed to monitor themselves to ensure that the mask does not interfere with effective respiration.