



Shawnigan Lake Community Centre

Musical Beginnings

Participant Children Guidelines During COVID-19

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. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to Attending

Prior to attending your session 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 Assumption of Risk and Permission form.
- ☐ Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Is/has your child or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
 2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
 3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
 4. Travelled outside of Canada in the last 14 days?
 5. Been in contact with anyone that has displayed symptoms of COVID-19 in the last 14 days?
- ☐ Discuss any concerns or questions with Shawnigan Lake Community Centre programs staff or your instructor.

Please note that changes to Musical Beginnings 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, Shawnigan Lake Community Centre Staff

Program Guidelines for Musical Beginnings

Shawnigan Lake Community Centre Arrival/Departure

- Class will be held in the Dance room, program entry will be through the main front doors and proceed directly to the Dance room to be greeted by instructor prior to entering room.
- Exit through the Loading Zone double doors beside the Multipurpose room. If other rooms have participants exiting at the same time, we will exit via the rear door beside the dance 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.
- Only program participants and may enter the classroom along with 1 parent or guardian.
- 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). The lobby is not a place to wait while children are in their classes.
- 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.
- Participants are encouraged to pre-register for program. Enrollment is limited.
- Instructor will meet at door to room to access and screen prior to entry and to record name on attendance sheet.
- There will be limited equipment used.

Physical Distancing in a class Setting

Understandably, physical distancing is challenging in a class setting. The focus in childcare settings is to **minimize physical contact**. At the same time, it will be important that staff do what they can to assist children in learning about physical distancing. Staff will use creative ideas and visual cues, and split children into smaller groups sizes for activities throughout the day