

Cowichan Community Centre
Participant Guidelines During COVID-19

Dear Cowichan Community Centre Participants,

Welcome back to the Cowichan Community Centre. Additional health and safety precautions have been put in place to minimize the risk of COVID-19 at our facility. 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 WorkSafeBC, Public Health and BCRPA. We ask that you thoroughly read and strictly adhere to these guidelines to assist us in minimizing risk.

Prior to attending any programs or courses at the Centre, you must observe 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.
- There may be Guidelines applicable to your activity, such as specific sports that you should review.
- 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.
 - flu-like symptoms including diarrhea in the last 24 hours.
 - Been in close contact with anyone who has had these symptoms in the last 14 days.
 - If you have travelled outside of Canada in the last 14 days you are to stay home.

Upon arrival to the Centre, please follow directional signage and physical distancing protocols. We ask that you enter/exit through the appropriate doors, as outlined below. (you can find out which room your program or course is in by looking at your receipt or course confirmation).

Upon entering and exiting the building, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer.

While in the Facility:

- ✓ Arrive ready for your activity or program and arrive no more than 10 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.
- ✓ Maintain physical distance between yourself and others.
- ✓ Minimize the items and surfaces that you touch.
- ✓ Practice appropriate respiratory and hand washing hygiene.
- ✓ Limit the number of personal items that you bring with you.
- ✓ Ensure you pack your own water bottle as only water filling stations are in use.

Registration:

All participants must be registered prior to attending the class and have completed the Assumption of Risk and Informed Consent form. Your instructor will take attendance and ask about your Health Screening Self Assessment once you arrive. Anyone suffering from symptoms by be denied entry. Shared equipment will be limited and must be sanitized between uses.

Elevator Use

If you require elevator use, please follow the directional signage and adhere to the Facility guidelines of 2 people in the elevator, unless a family, and stand back 2 metres while waiting for the elevator.

Washroom Use

Patron must follow directional signage and adhere to the Facility guidelines of 1 person in the washroom adhering to 2 metres of physical distancing if others are waiting.

Please follow guidelines identified in this document including directional signage and physical distancing markers

Heritage Hall Use Procedures

Entrance

- Heritage Hall patrons will enter through the Heritage Hall exterior doors on the east side of the building using the stairwell or elevator to proceed to the Heritage Hall on the second floor
- There will be no spectators, so parent/guardian is encouraged to drop children off and leave, unless guided otherwise by program specific procedures (i.e. Summer Camp). If this is not an option we ask that you limit it to one parent accompanying a child (no siblings or other children)

Exit

- Exit through the same exterior doors immediately following your activity adhering to 2 metres of physical distancing while exiting

Meeting Room Use Procedures

In addition to the General Safety Plan, meeting rooms on the first and second floor that have more than one door into the hallway (Koksilah, Genoa, Dance Studio, Maple, Quamichan, Maple, and Somenos) will designate separate entrance and exit doors.

The rooms are set up adhering to the 2 metres of physical distancing, please do not move the chairs unless you are moving closer to a family member. Please do not move chairs closer to the presenter, as the requirement is 3 metres of physical distancing for presentations.

Entrance

First Floor

- **Koksilah:** patrons will enter through the exterior marked entrance doors on the west side of the building and proceed to the room following the directional signage adhering to 2 metres of physical distancing while entering.

Second Floor

- **Genoa, Dance Studio, Maple Room:** Patrons will enter through the exterior marked entrance doors on the west side of the building and proceed up to the second floor following the directional signage adhering to 2 metres of physical distancing while entering.
- **Nitinat, Quamichan, Somenos Room:** Patrons will enter through the exterior marked entrance doors on the west side of the building and proceed up to the second floor following the directional signage adhering to 2 metres of physical distancing while entering.

Third Floor

- **Board Room:** Patrons will enter through the exterior doors on the west side of the building and proceed up the stairs to the third floor following the directional signage adhering to 2 metres of physical distancing while entering.

Exit

Exit immediately at the end of your activity/program and follow the directional signage adhering to 2 metres of physical distancing while exiting.

- **Koksilah:** Patrons will exit following the directional signage to the west side of the building thru the main lobby adhering to 2 metres of physical distancing while exiting.
- **Genoa:** Patrons will exit down the stairs following the directional signage thru the main lobby using the west doors adhering to 2 metres of physical distancing while exiting.
- **Dance Studio, Maple Room** will exit using the emergency exit by the water fountain and will follow the directional signage down the stairs exiting to the parking lot adhering to 2 metres of physical distancing while exiting.
- **Nitinat, Quamichan, Somenos Room:** Patrons will exit through the emergency exit past the Somenos room exiting to James Street following the directional signage adhering to 2 metres of physical distancing while exiting.
- **Board Room:** Patrons will exit the room and proceed down the stairs following the directional signage thru the main lobby to the exterior doors on the west side of the building adhering to 2 metres of physical distancing while exiting.