

FLC SENIORS CLUB TAI CHI – COVID-19 PROTOCOL
For October 2020 at the Deer Run Community Association (DRCA)

SCREENING FOR SYMPTOMS

- Before each class commences, Class Reps will review the FLC Seniors Club COVID-19 Screening Checklist with their participants in the hallway.
- Participants with adverse symptoms will be counseled to contact Alberta Health Services for direction and will then be asked to leave immediately.
- “Safe” participants will only then be allowed into the gym.
- A list of participants will be kept for two weeks.

DISTANCING MEASURES

- Classes will be LIMITED to 25 participants on the SOUTH side of the gym and 20 participants on the NORTH side of the gym.
- This should suffice to provide participants with “travelling room”.
- Those who do not consistently practice safe social distancing (2 m) will be asked to leave the class AND session by their Class Reps.
- Participants will Enter the gym through the hallway doors, and will Exit the gym through the external doors.
- Chairs (hard sided, folding) will be safely spaced in the hallway and in the gym. (Chairs will be used in the hallway for the removal of outer footwear, and in the gym to hold possessions and to switch back to outer footwear. This will avoid close contact of coats on coat racks.)

CLEANING

- Chairs will be spritzed with DRCA’s officially-approved sanitizer, before and after each use.
- Participants will use hand sanitizer before and after class.
- The DRCA has hand-sanitizer stations installed in the entry to their facility.

PARTICIPANT RESPONSIBILITIES

- Staying home if not feeling well or having a temperature.
- Bringing their own water, and mask.
- Sanitizing their hands before and after class.
- Maintaining social distancing.
- Using the correct Entrance and Exit doors.
- Limiting the personal items they bring into the gym to a bag, a coat, and outdoor footwear in a sturdy plastic bag.
- Storing their personal items on & under their chairs in the gym (leaving these in the car is not feasible in cold weather, nor is it advisable due to potential theft/vandalism).
- Receiving AND reading the FLC Seniors Club COVID-19 Screening Checklist, and a one-page version of the approved FLC Seniors Club Tai Chi COVID-19 Protocol, as part of their “Welcome to your First Class” package, emailed 7 to 14 days prior to their first class.

PPE

- Participants will abide by the City of Calgary by-law requiring masks to be worn when entering and leaving a public indoor space.
- Participants will abide by the City of Calgary by-law requiring masks to be kept on until the start of their activity, and put back on at the end of their activity.

CLASS REPS and HELPERS

- Each level will have two Class Reps and a few Helpers.

CLASS REPS' RESPONSIBILITIES

- Maintaining their own folders.
- Wearing a name tag.
- Reviewing the FLC Seniors Club COVID-19 Screening Checklist with their participants prior to each class.
- Counseling participants with adverse symptoms to contact Alberta Health Services for direction and then asking them to leave immediately.
- Allowing "safe" participants into the gym.
- Taking attendance (eliminating the need for multiple pens).
- Keeping a list of participants for two weeks.
- Ensuring participants consistently maintain a 2 m distance while in class, and, if not, asking them to leave the class AND session.
- Stopping participants from other levels from Making-Up a Class.
- Admitting late entrants into the class will be left up to the discretion of the Class Reps. If they do admit them, the late student must tap on the Entrance door to the gym in order to catch the attention of the Class Rep (already participating in their class while stationed by the door) who will then step out of the gym to conduct the Screening Procedure. Class Reps will communicate their position on this point to their students.

HELPERS

- Will help set up, sanitize, and take down chairs.
- Will help to protect the gym floor by the Exit doors.