

FLC SENIORS CLUB TAI CHI – APPROVED COVID-19 PROTOCOL for Participants

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 are asked to arrive 15 minutes early to allow time for this.**
- 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.
- Participants from a different level will NOT be allowed to Make Up a Class due to the Class Reps inability to easily trace their attendance records.

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.
- That 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 via the hall doors, and will Exit the gym via 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 dirty outer footwear, and in the gym to hold possessions and to switch back to outer footwear)

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.
- DRCA has hand-sanitizer stations installed in the entry to their facility.

PPE

- Participants will abide by the City of Calgary by-law requiring masks to be worn when entering 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 to be put back on at the end of their activity.

PARTICIPANT RESPONSIBILITIES

- Staying home if not feeling well or having a temperature.
- Providing their own water, hand sanitizer, and mask.
- Sanitizing their hands before and after class.
- Maintaining social distancing.
- Not trying to Make Up a class.
- Using the correct Entrance & Exit doors.
- Limiting the personal items they bring into the gym to a bag/purse, coat, and outdoor footwear in a sturdy plastic bag.