



Gabriola

RECREATION SOCIETY

This year Gabriola Recreation Society will be enforcing new safety protocols and guidelines to help keep everyone safe this summer. All participants are required to review and understand the new program guidelines and submit all required forms required in advance.

Program guidelines:

- Please do not participate in any of our programs if:
 - you are sick, Even if you have a cold or are not showing symptoms of COVID-19, stay home!
 - experienced **any** flu-like symptoms in the last 14 days
 - Been in close contact with anyone who has shown symptoms of COVID-19 in the last 14 days
 - Been in close contact with anyone who has traveled outside of Canada in the last 14 days.
 - Been outside of Canada in the last 14 days
 - Let your instructors know if you are not feeling well while at program

*Please note: if you are displaying symptoms of respiratory distress or illness, you will be asked not to participate.

Before program participation:

- Check to make sure you have *signed and submitted* all required forms
- Do a personal check in, how are you feeling? Are you sick? Have you eaten? etc.
- Wash your hands! Please make sure you are washing your hands with soap and water for at least 20 seconds before leaving your home to attend a program.
- Wear weather appropriate and program appropriate clothing. For example: do not wear shorts to bike camp or on a day when the weather is poor.
- Wear or pack closed toe shoes.
- Make sure to pack a snack, even for a short program.
- Bring lots of water! Make sure you have enough water to last the program

*Note GRS will supply personal protective equipment and hand sanitizer

DURING PROGRAM PARTICIPATION

- Read and follow all signs posted at the program.
- Listen to your instructor, follow all instructions as they are given.
- Wash your hands regularly
- Use the provided hand sanitizers regularly.
- Maintain a physical distance (2 meters) between you, fellow participants, and instructors at all times.
- Do not share water or snacks with other participants
- Demonstrate a respectable behaviour (keep hands/feet to yourself, no spitting or rude gestures at other participants/ instructors, etc)

AFTER PROGRAM PARTICIPATION

- Wash your hands as soon as you return home from a program- 20 seconds with soap and water.
- Wash the clothing you wore to the program
- Wipedown any equipment brought from home

It is vital that any person who believes they may have become ill within 14 days of visiting one of our facilities and/or while participating in one of our programs report this immediately to the GRS by contacting [250-247-2014](tel:250-247-2014) or gabrec@telus.net and seek appropriate medical attention by first calling 8-1-1. **We will share personal information for the purposes of contact tracing if the need arises.** To attend our facilities and/or take part in our programs you must consent to the same.

It is also vital that we all be calm and compassionate throughout this pandemic. Any person who exhibits any aggression towards our staff or any other person in one of our programs will be asked to leave and not return.

If you would like more information regarding the risks associated with COVID-19, please review the BC CDC guidelines for recreation facilities:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities> . You can also look for more information on our website at <https://www.gabriolarecreation.org/>