

## COVID GUIDELINES

- All people entering SEESA must provide proof of double vaccine. Show your double vaccine information at the door and you will get a SEESA card that says you have been double vaccinated. You only need to show that card on all of your visits.
- Everyone is required to wear a mask while moving around in the hallways, sanitize often and practice social distancing whenever and wherever possible. All attendees, including staff and volunteers, will wear a mask or face covering when in the building. Masks or face coverings must be worn to cover both the nose and mouth and should fit snugly.
- **Masks are optional during fitness programs including all classes and clubs.** We have rechecked the City of Edmonton and Provincial protocols and have adjusted our guidelines to reflect their updated measures. Masks will continue to be mandatory at the centre, except when eating/drinking.
- COVID screening posters have been put up all around the building. If you have any of the symptoms or have been in contact with anyone that has tested positive for COVID please stay home.
- The procedure to put a mask on is to sanitize hands and then put the mask on. The procedure to take a mask off is to sanitize hands, take the mask off and sanitize again. Wash reusable masks after each use.
- Disposable masks must be put into the garbage after each use.

### Hand Washing

- Members will be expected to use hand sanitizer as they enter the building.
- Please wash your hands or use hand sanitizer BEFORE you enter the class area and as you leave.

### Information About Returning to Classes

- SEESA equipment will no longer be available during fitness and yoga programming at the centre. Please bring your personal equipment for each class.
- The following items can be used in place of standard fitness equipment, should you require it:
  - ✓ Hand weights – water bottles, socks filled with beans, soup cans
  - ✓ Therabands – Cut off panty hose

- ✓ Wands – Yard sticks, broom sticks
- ✓ Bender Balls – Small cushions

### **Steps for Attending a Class**

#### **Step 1 – GO DIRECTLY TO YOUR ACTIVITY**

We are limited as to the number of people allowed in each area. This means you must go directly to the room your activity is in. Continue practicing social distancing in all areas and classrooms.

#### **Step 2 – USE THE SANITIZER**

Each room has a sanitizer dispenser that you can use to sanitize your hands prior to your activity starting. We suggest you sanitize as you enter the room prior to touching any surfaces and then again as you exit the room.

#### **Step 3 – HAVE FUN**

Our team has worked hard to get to this point where we can reopen our centre. We are all excited to be back and we hope you are too!

#### **Step 4 – HELP US CLEAN AFTER YOUR ACTIVITY**

See below

#### **Step 5 – DO NOT LINGER WHEN YOU LEAVE**

Please do not linger in the classrooms or hallways when you are finished your activity. If you want the opportunity to visit with your friends please consider stopping in the café to visit. This is to help us ensure we are meeting all guidelines.

### **Cleaning After Classes and Clubs**

Please lend a hand after your class or club to make sure we can get things clean and ready for the next one by:

- Wipe down all touched surfaces with the cleaner and cloth provided. We will collect the cloths and have clean ones available for the next group.
- Wipe it dry and do not touch the surface again with your hands.

If we all pitch in to work together, our centre will stay clean and we will all stay safe and healthy!