



## **Covid-19 Mitigation Plan Summer 2020 Retreats at Glenwood Hall, Smithers, BC**

### **1. Facility Access**

The hall will have at least one staff member present when open. Maintaining physical distancing between participants is necessary at all times. Staff will ensure that disinfection of floors, tables, etc. is performed after each use.

The hall will be open after hours for washroom use. Participants will ensure disinfection with supplied sanitizers after washroom use.

### **2. Limited Occupancy**

The number of participants allowed into the facility at any one time will be limited to a maximum of 16 participants + 4 staff to:

- Ensure there's sufficient space to allow participants to remain two metres from one another
- Allow staff sufficient time to clean and disinfect surfaces frequently

### **3. Signage**

Signs will be posted throughout the facility to make participants aware of the two metre physical distancing requirements, enhanced sanitation procedures and directional flow (one way in, one way out).

### **4. Screening Upon Arrival**

Participants will be asked the following questions when they arrive:

- Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Are you, or anyone you are living with, either sick, self-isolating, or quarantined?

- Any patron who answers 'yes' to the questions above, should not be permitted to enter the facility. It is recommended that anyone with symptoms of COVID-19 call 8-1-1 for guidance.

They will also be asked to complete a Covid-19 Waiver Form.

## **5. Entry points**

Signage will be placed at entrances and exits to provide participants with visible queues that illustrate flow and encourage physical distancing.

## **6. Hand Sanitizer Stations will be provided**

## **7. Appropriate Disinfectants will be used**

500 parts per million chlorine disinfectant solution using bleach and water will be used. 1 part bleach to 99 parts water (e.g. mix 10 ml bleach (5.25 per cent) with 990 ml water)

## **8. Disinfectant in a spray bottle and paper towels for disinfecting will be provided for participants**

Disinfectants for participants will be conveniently located. Participants will be required to wipe down their Yoga space and props before and after each use. Reusable towels and cloths will not be used.

## **9. Space between yoga mats to achieve a minimum of two metre distancing between participants will be mapped out in advance**

Yoga spaces will be clearly marked to ensure participants are able to remain a 6 foot distance from one another at all times during the class. Those travelling in a social bubble will be grouped together.

Staff will disinfect surfaces before and after each use of the space.

The instructor will not provide any hands-on assists to students.

## **10. Self-serve drink stations and water dispensers will not be available**

Participants will be advised to bring their own filled water bottles. Staff will fill drink orders for participants during breakfast and by request throughout the day. Guests can pour their own drinks during meals from a jug at their table or a personal bottle at their place setting.

## 11. Tables

- Tables will be arranged to allow 2m spacing between seats at adjoining tables and 2m distance between diners and servers.
- Participants travelling together as a group will share a table with up to six people being seated at one table together.
- Single participants will be seated with 2m spacing to the next person.
- Each table will have an empty space at the end where a server can approach while keeping a distance of 2m. Food and drinks will be placed at the open end of the table, the server will step back before guests help themselves.

## 12. Eating

- Salt and Pepper are available on request in personalized portions.
- Portioned condiments are used for tea and coffee service.
- Baked goods, smoothies, cut fruit and other snacks will be individually portioned and wrapped or covered. They will be presented so they can be picked up without touching any other item.
- Main meals are served plated to individual participants. Guests travelling together and sharing a table will be served their meal family style.

## 13. Clean Up

Participants will deposit their dirty dishes in designated dish bins that are placed in a couple of locations. Participants and staff are encouraged to wash their hands before and after eating. All tables will be sanitized before and after meals.

**Dishes:** Our designated dish staff will remove and wash all dishes according to Northern Health regulations. Only staff members are allowed access to the kitchen.

Glenwood Hall has a large enough kitchen to maintain a distance of 2m between dish pit and stoves/prep area. Two doors leading into the kitchen can be opened to ensure additional cross ventilation. The kitchen also has two entrances to the hall. Single direction traffic will be used. During food service plates will be placed on a trolley by the cook. Servers will pick up the trolley on the opposite end and move it into the dining room.

- No staff members will be required to work closer than 2m together.
- Staff members will wear masks during service.
- Staff members will adhere to increased frequency of handwashing.
- Gloves will be provided.