



Shawnigan Lake Community Centre

Babysitters Training

Participant Children Guidelines During COVID-19

We recognize that the opportunity to recreate, socialize, and stay active are an important aspect of your overall health and wellness. During this time, our primary focus is to ensure the safety of staff, instructors, and participants. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to Attending

Prior to attending your session you must follow through with the following steps.

- ☐ You should assess your personal risk and motivation to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- ☐ Review the provided guidelines for your program or activity (next page).
- ☐ Complete and submit the Assumption of Risk and Permission form
- ☐ Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Is/has your child or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
 2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
 3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
 4. Travelled outside of Canada in the last 14 days?
 5. Been in contact with anyone that has displayed symptoms of COVID-19 in the last 14 days?
- ☐ Discuss any concerns or questions with Shawnigan Lake Community Centre programs staff or your instructor.

Please note that changes to Babysitter Training have been put in place to minimize the risk to staff, participants and instructors. Additionally, greater health and safety precautions have been put in place to minimize the risk at our facility.

We look forward to greeting you soon,

Shawnigan Lake Community Centre Staff

Program Guidelines for Babysitter Training

Shawnigan Lake Community Centre Arrival/Departure

- Program is in the Lounge room and program entry will be through the main front doors and proceed directly to the Lounge room to be greeted by instructor prior to entering room.
- Exit through the Loading Zone double doors beside the Multipurpose room. If other rooms have participants exiting at the same time, we will exit via the rear door beside the dance room.
- The lobby is still closed to the public and parents are not allowed to wait in the lobby during class. We ask that you please leave the centre and wait elsewhere.
- Instructor will meet at door to room to access prior to entry and to record name on attendance sheet.
- While signing participants in, instructor will ask verbal screening questions. Entry will be denied to any person who is suffering from symptoms or has travelled outside of Canada.
- Once you have entered the building, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer. Following your class, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer prior to leaving the building.
- To minimize touch points, staff will prop door open wherever possible.
- Staff member to sign the child out of our care at end of session.

Program Guidelines

- There will be no sharing of personal belongings, or water bottles.
- There will be frequent hand washing or hand sanitization between every transition in the class.
- Each participant has been asked to bring a large doll or stuffed animal for hands on training use during the class.
- There will be no participant to participant skill practicing.
- There will no be instructor to participant skill practicing or instruction.
- Bring your own water bottle as water fountains are not allowed to be used.
- Please bring a lunch and snacks as class runs 9:30 – 5:30. Lunch and breaks will take place within the classroom, or outside. The lobby will not be used.
Please bring a mask, they are not mandatory for class but can be worn if desired and will be worn at times during the class.

While in Facility

- Arrive only a few minutes prior to your session.
- Only program participants may enter the classroom.
- Follow all posted directional and instructional signage.

- It is expected that instructors and participants will only access parts of the building required for their permitted activities and will do so via the access points described (unless obstructed).
- Respect posted program and facility capacities.
- Parents will ensure they are maintaining 2 metre physical distance if there is more than one family picking up at the same time.
- Staff and Parent/Guardian to maintain 2 metre physical distance.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.
- Limit the number of personal items that you bring with you. Items may be stored along the wall of the space or near you or at our place at the table

Physical Distancing in a class setting

Understandably, physical distancing is challenging in an active program setting. The focus in a program setting is to **minimize physical contact**. At the same time, it will be important that staff do what they can to assist children in learning about physical distancing. Staff will use creative ideas and visual cues, and split children into smaller groups sizes for activities throughout the class.