

Programs in Tanglewood Community Center during COVID-19

August 2020

Only people who have ‘signed’ this agreement are allowed to be in the building during the program.

By ‘signing’ below, everyone in the program is agreeing to do the following:

Make sure you are healthy before attending the program:

All program attendees (including the instructor) agree to use a the [COVID Screening Tool](#) health self-assessment before attending each class of the program to ensure they are not ill. If you are sick, you need to self-isolate or seek medical advice and not go to the program until you are better. **Please inform your program manager of your illness and the date that you last attended a program with the community.** Please let us know if you are tested positive with a contagious virus or disease after attending a class and up to 2 weeks after your last class that you attended.

or if you don’t have internet at home, please ask your program manager for information about this.

Maintain Physical Distancing of 2 metres (6 feet)

All program attendees (including the instructor) must maintain physical distancing of 2 metres (6 feet) at all times, unless they are of the same household.

All program attendees (including the instructor) must wear non-medical face masks while in the building, to protect others from the spread of droplets generated by breathing, talking, coughing, sneezing, etc. Face masks can *reduce* (not eliminate) the spread of droplets from people who are infected but aren’t showing symptoms. Masks don’t replace proper physical distancing. See guidance from Health Canada <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/activities/announcements/covid19-notice-home-made-masks.html>

Keep Hands and Tools Clean and Safe

Program attendees (including the instructor) must practice good personal hygiene practices such as washing hands, coughing or sneezing into their arm, and not touching their face (mouth, nose, or eyes) unless they have washed their hands immediately before.

Washed hands are the best protection against accidentally transferring the virus to your mouth, nose or eyes where infection can get started.

Wash hands as soon as possible before and after attending a program. If hands are visibly dirty, handwashing with soap and water is preferred, but hand sanitizer can be effective if dirt is removed from hands first.

Please bring your own mat and water bottle to be used during the program.

Follow the rules!

The need to contain the spread of the COVID-19 must be our main focus at this time. This agreement follows Ottawa Public Health's (OPH) guidelines.

I understand that if I don't follow the rules, I may be told by a Tanglewood-Hillsdale Community Association Representative (working with City of Ottawa) that I can't attend the program, and I could be fined by the City of Ottawa ByLaw Officers.

By signing this form, the participants identified below agree to abide by the rules and regulations, policies and procedures of the City of Ottawa and agree to use the facility and equipment in a manner consistent with its intended use and application. I acknowledge that **each week before class** I will review the [COVID Screening Tool](#) and I will sign the COVID screening Acknowledgement form (the instructor will have this form at the class) to confirm that I have answered "NO" to all the screening questions.

I have read and understand the Programs in Tanglewood Community Center during COVID-19 agreement

Date:

Name:

Contact information:

Email address(es):

Phone number(s):

Signature: