

CTCA London COVID Guidelines

The following COVID Guidelines have been determined by the members of CTCA London with the objective to maintain the health and safety of all members and guests participating in any in-person CTCA activity. The group meets monthly to update the guidelines to reflect the current status of the local population (hospitalization levels) and membership concerns. The CTCA London is taking a cautious approach to in-person activities to protect our most at-risk members (the elderly).



If the local / provincial situation deteriorates (local increases in hospitalizations) we may decide to stop in-person classes and return to virtual instruction.

Mask Wearing (Indoor Activities)

All members and guests are required to wear a mask at all times. There are no exceptions. A box of masks is available at each class for anyone who requires a mask. Members and guests are encouraged to use a tight-fitting mask.

Mask Wearing (Outdoor Activities)

All members and guests are encouraged to wear a mask at all times.

Vaccination

All members and guests must provide proof of vaccination. There are no exceptions. Proof of Vaccination (two doses or equivalent) must be provided by each participant which will be recorded as a checkmark on the attendance form. Proof only needs to be provided once. Collection of any personal information is covered under the CTCA Privacy Policy. No information is to be retained beyond a 'check mark' recording the provision of proof of vaccination on the attendance sheet.

Self Screening

If you feel unwell, please stay home until you feel better. Each person is required to answer each question on the CTCA COVID-19 Screening Questionnaire for each session the person attends. The self-screening process follows the 'honour' system asking each person to only attend the session if they answer NO to all of the questions. Copies of the Questionnaire are available at each class. The information in the Questionnaire is not to be used as a clinical assessment tool or intended to take the place of medical advice, diagnostics, treatment, or legal advice. The results from the Questionnaire will **not** be retained by the CTCA. No personal identification will be recorded as part of the questionnaire.

Signage

The CTCA Entrance Sign is posted at all entrances to the premises where our activities are held in a conspicuous location visible to the public. The Sign will indicate the maximum capacity of the facility being used for the in-person activity. The Sign will inform individuals on how to screen themselves for COVID-19 prior to entering the premises.

Social Distancing / Physical Distancing

The social distancing / physical distancing criteria is 2 metre separation between members and guests.

COVID Waiver

All participants must sign the 2021 COVID Acknowledgement and Release which will be retained by the CTCA for one year. The CTCA Attendance Sheet (or equivalent) will be ticked (✓ checkmark) indicating that a signed form is on file for the individual. Collection of information is covered under the CTCA Privacy Policy.

Non-Members

All non-members (guests and visitors) must sign a General Waiver to attend any CTCA sessions of any type. The purpose of the waiver is to legally protect the CTCA and its representatives. Collection of information is covered under the CTCA Privacy Policy.

Attendance

Attendance will be taken for each session recording each member and any guest who are present. All participants must provide contact information to be retained for contact tracing if required by the local health unit. Everyone including Instructors, members, guests, visitors, and non-members must sign in for each session. Collection of information is covered under the CTCA Privacy Policy.

Socializing / Physical Contact

All attendees are reminded to resist the urge for physical contact – everyone must keep physical distance from each other while they attend the session (before, during hydration breaks and after). It is difficult when socializing to maintain separation – please consider other’s safety and respect their distancing. Avoid physical contact which includes handshakes, hugs, kisses, and other forms of physical contact.

Maximum Capacity

Each venue is limited to 50% of the room capacity (as defined by the fire regulations) or the number of people who can be in the room with a 2-metre separation while practicing Tai Chi.

The instructor is responsible for ensuring that the maximum capacity for the venue is not exceeded. Landlords, churches, municipal facilities, and other venues may define the maximum capacity for the venue which must be respected including any required health and safety measures (physical distancing, mask wearing, etc.).

Instruction

The session leader / instructor is **not** permitted to make physical contact with the members and guests at the session (i.e. corrections to form). The leader / instructor must respect the physical distancing guideline at all times. Push hands practice is not permitted. All instructors are reminded to be familiar with the Sexual Harassment Policy.

Food / Drink

Members and guests are encouraged to bring your own food and/or drink. No food or drink (of any kind) will be prepared and/or provided for the session. Please do not share your food or drink.

Sanitation

Areas such as doors, don-yu bars, tables, chairs, and weapons as applicable are to be cleaned daily or after every class, or as detailed by the venue/landlord. Good hand hygiene practices are recommended. Hand sanitizer is available for use by the participants. Washroom cleaning may be required by the venue/landlord. Ensure the venue has sufficient ventilation within the practice space.

Virtual Classes

The London location offers many different online virtual (Zoom) classes that members and guests are welcome to attend. Virtual classes are listed in the London Branch Newsletter – The Plum Blossom News. To subscribe to the newsletter, send a request to info@LondonTaiChi.ca .

Contact Us

If you have any concerns or questions regarding classes or the COVID Guidelines, please contact us at info@LondonTaiChi.ca .