

CTCA London COVID Guidelines – October 2022

The following COVID Guidelines have been determined by the members of CTCA London with the objective to limit the spread of COVID to any member or guest participating in any in-person CTCA activity. The group meets monthly to update the guidelines to reflect the 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 and the elderly.

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



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.

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 while participating in any outdoor activity.

Vaccination

Every member is encouraged to be vaccinated and to keep up to date with their booster shots to help to protect yourself and other members of the Tai Chi class. Everyone is reminded that the booster immunization affect needs to be updated at regular intervals (health unit recommends every six months). Vaccination status including date of the last booster will not be checked. It is highly recommended that members receive their seasonal flu vaccination.

Self Screening

If you feel unwell, please stay home until you feel better. As we enter flu and cold season, please stay home if you are not feeling well. The self-screening process follows the 'honour' system asking each person to only attend the session if you are feeling well.

Social Distancing / Physical Distancing

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

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.

Maximum Capacity

Each venue is limited to 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.

Attendance

Attendance will be taken for each session recording each member and any guest who are present. 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 class). 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.

Instruction

The session leader / instructor is **not** permitted to make physical contact with the members and guests at the session (i.e. corrections to the Tai Chi 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 CTCA Sexual Harassment Policy.

Food / Drink (Classes)

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.

Food / Drink (Workshops)

Members and guests are encouraged to bring your water to drink for workshops. Day long events may make a lunch available to be purchased (soup and sandwiches). Tea may be served during a full day event. People are to be reminded to maintain social distancing while on food or drink breaks.

Sanitation

Good hand hygiene practices are recommended as we enter flu and cold season. Hand sanitizer is available for use by the participants.

Contact Us

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