

## CTCA London COVID Guidelines – July 2023

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 regularly 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 returning to required masking for activities and potentially stop in-person classes and return to virtual instruction.



The London Location utilizes air filters in some of the rooms we use. As well, instructors are provided with CO<sub>2</sub> monitors to measure the environment in the room so that corrective action can be taken if air quality is poor or deteriorates.

### 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 Location Newsletter – The Plum Blossom News. To subscribe to the newsletter, send a request to [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca).

### Self Screening

If you feel unwell, please stay home until you feel better. The primary health safety protection measure that applies to everyone is that we need to consider our fellow members and if we have any symptoms of illness to stay home. During the 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.

### Optional Mask Wearing (Indoor Activities)

All members and guests are encouraged to wear a mask at all times while participating in any indoor activity. Each member can make their own choice to wear or not wear a mask. A box of masks is available at each class for anyone who requests a mask. Members and guests are encouraged to use a tight-fitting mask. If you feel unwell, wearing a mask is not sufficient protection for the group – please stay home until you are symptom free.

### Required Mask Wearing (Designated Activities)

All members and guests who attend a designated activity, that is identified as mandatory mask wearing, must wear a mask at all times while participating in the activity. There are no exceptions for persons attending the designated activity. 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.

### Optional Mask Wearing (Outdoor Activities)

All members and guests are encouraged to wear a mask at all times while participating in any outdoor activity.

### Social Distancing / Physical Distancing

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

### 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. The instructor may choose to decrease the separation to 1 ½ m to increase the maximum capacity of the room.

## **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 may choose to allow physical contact with the members and guests at the session (i.e. corrections to the Tai Chi form). Push hands practice is permitted at the instructor’s discretion. 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. Tea may be served during a class at the discretion of the instructor. People are to be reminded to maintain social distancing while on food or drink breaks.

## **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 especially during flu and cold season. Hand sanitizer is available for use by the participants.

## **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. Please follow the booster recommendation from the London Middlesex Health Unit (Ontario Ministry of Health). Vaccination status including date of the last booster will **not** be checked. It is highly recommended that members receive their seasonal flu vaccination.

## **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.

## **Contact Us**

If you have any concerns or questions regarding classes or the COVID Guidelines, please contact us at [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca).