



**GUIDE TO HOLD AN ACTIVITY
IN COMMUNITY CENTRES
MUNICIPALITY OF CHELSEA**

1. Information on the coronavirus pandemic, COVID-19

Coronavirus disease (COVID-19) is a new disease that has infected thousands of people around the world. It is caused by a virus in the same family as SARS (Severe Acute Respiratory Syndrome).

The symptoms of COVID-19 are similar to those of a cold, flu or other respiratory illnesses. They can range from mild to severe and include:

- Fever;
- Cough onset or aggravated cough;
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste;
- Difficulty breathing (a few cases);
- Headache, sore throat, muscle aches, severe fatigue, significant loss of appetite and gastrointestinal symptoms (a few cases).

Coronaviruses are most often spread by droplets from an infected person, whether symptomatic or not. They can also be spread by infected hands. For example, touching the face after contact with an infected person or a contaminated surface is one way to develop COVID-19.

"Coronaviruses do not survive long on objects. They will survive a few hours on inert objects with dry surfaces and a few days on inert objects with wet surfaces. »

- 4 hours on copper
- 24 hours on cardboard
- 48 hours (2 days) on stainless steel
- 72 hours (3 days) on plastic

The best way to protect yourself from COVID-19 is to follow health guidelines.

2. Standards to be respected during indoor gatherings in public places

Indoor gatherings in public places in Québec.

As of June 22, 2020, indoor gatherings in certain public places will be permitted, respecting a maximum of 250 people. As in other circumstances, a distance of 2 metres will be recommended between people.

In places where seated persons will not have to move around for reasons other than getting in or out, which are relatively quiet and around which there is no traffic, such as classrooms in CEGEP's, universities, theatres and cinemas, a physical distance of 1.5 metres will be permitted.

The physical distance of 1.5 metres will apply only to spectators or users. In the case of artists, entertainers or others, the latter will have to respect a distance of 2 metres between them.

As for gatherings in private places, the physical distance will not apply to people from the same household.

In places where there is increased traffic, such as common areas or queues, the distance to be respected between people will remain 2 metres. In these circumstances, wearing a mask or face cover is mandatory, and health instructions must be respected.

General safety measures for activities held in community centres

Here are the measures that must be respected to minimize the risk of contagion:

2.1 Voluntary declaration of the participants' state of health:

Each participant present at the activity is invited to confirm to the organizer that he or she has no symptoms of COVID-19 or similar to those of a cold, flu or other respiratory diseases such as :

- Fever;
- The onset or aggravation of a cough;
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste;
- Difficulty breathing;
- Headache, sore throat, muscle aches, severe fatigue, significant loss of appetite and gastrointestinal symptoms.

2.2 Wearing of mask and gloves

Participants who will be handling objects or handing out food or beverages must wear a mask and gloves.

3. Set up and Environmental Health Measures

3.1 Before each activity, the municipal maintenance team will clean the site to ensure the health and safety of users, in accordance with current health standards. Here are the essential elements to remember:

3.2 Entry point to the community centre: Only the main door can be used to access the centre. Users must respect the two-metre rule when waiting outside the centre before entering. Users will be able to use the exit door located at the back of each building to exit. Users who need to use an access ramp can do so as needed.

Note: participants will not be permitted to walk freely in the centre before, during and after the activity. If you must circulate in the centre as the organizer of an event or activity, **wearing a mask is mandatory.**

4. Procedure during the activity

4.1 Organizers are responsible for restricting the entry of persons with symptoms of infection related to COVID-19;

4.2 Each participant must disinfect his or her hands before entering the centre (organisers must provide a table with hydroalcoholic disinfectant gel);

4.3 No entry through the back door on the floor or in the basement shall be permitted at any time except for the organizers;

4.4 Participants are prohibited to circulate freely in the centre;

4.5 Wearing a mask is mandatory when moving from one room to another (e.g. to the washrooms).

5. Procedure after the activity

5.1 Upon completion of the activity, all surfaces such as tables, counters, door handles and items used must be disinfected with the cleaning solution provided by the Municipality.